



SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1
Ph: (519) 344-1601 Fax: (519) 344-3886

Principal: Mr. Wm. Nelson

Secretaries: Mrs. T. Green; Mrs. J MacDonald

Director of Education: Mrs. D. Crawford Board Chair: Mr. J. Van Heck
Superintendent: Mrs. L. Demers Trustees: L. Ward / J. McCann



Week at a Glance for Families

April 22 2019

Monday, April 22

- **HAPPY EASTER MONDAY**

Tuesday, April 23

DIABETES AWARENESS WEEK

(\$2.00 donation for a "shoe" to display in the hallway and the opportunity to wear a hat all day on Friday).

- **Lego League** after school to 4:30pm
- **Badminton Practice at 8:10am**
- **Junior Girls Basketball** practice at lunch hour
- **Gym set up** in the afternoon for our production of "Newsies" next week.
- **We are still in need of newspapers** for the show. If you can send in any copies of Sarnia Journal, (this is the size that works best for us); it would be greatly appreciated.

Wednesday, April 24

DIABETES AWARENESS WEEK

(\$2.00 donation for a "shoe" to display in the hallway and the opportunity to wear a hat all day on Friday).

- **Continuation of Gym set up** after school for our production of "Newsies" next week.
- **"Newsies" rehearsal** after school to 4:30pm (Whole cast)

Thursday, April 25

DIABETES AWARENESS WEEK

(\$2.00 donation for a "shoe" to display in the hallway and the opportunity to wear a hat all day on Friday).

- **Sibling Picture Day**
- **Sacrament of Reconciliation** for students in Grade 2 in preparation for 1st Holy Communion

Friday, April 26

DIABETES AWARENESS WEEK

BLUE DAY - wear your **BLUE** today to support Diabetes Awareness.

(\$2.00 donation for a "shoe" to display in the hallway and the opportunity to wear a hat all day on Friday).

ATTACHMENTS: childmind.org

Have a Great Weekend!



Childmind.org Reading books with children has to be one of the most pleasurable parts of parenting, and we're happy to report that there are many books created by talented writers and illustrators that aren't just sweet stories — they also address emotional and learning issues kids may be facing. Reading them with children, or giving them to older children to read by themselves, can help kids understand and handle things that are challenging for them.

At the Child Mind Institute we've searched out and vetted books on ADHD, anxiety, dyslexia, autism, OCD, depression and more. We've also included books on common things kids struggle with: managing big emotions, dealing with grief, bullying, self-esteem. The result is a list on childmind.org of 44 books our clinicians liked best, for kids up to 12 years old. It's been a labor of love for us, and we hope you find these helpful. Caroline Miller, Editorial Director



Best Children's Books About Mental Health

These books help kids understand emotional and learning challenges.

[READ MORE >](#)



How to Help Children Manage Fears

Why learning to calm down on their own is key.

[READ MORE >](#)



Preschoolers and ADHD

Recommended treatment for children under 5 is behavioral therapy, not stimulant medication.

[READ MORE >](#)



How to Discipline Toddlers

As they test their independence, setting limits lays the groundwork for good behavior.

[READ MORE >](#)



How to Know if Your Child Is Being Bullied

What are the signs of bullying? When does teasing become torment?

[READ MORE >](#)