



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 29 2019

Monday, April 29

- Badminton Tournament today
- Senior Boys Soccer tryouts 3:15pm – 4:00pm
- Dress and Tech rehearsals today for “Newsies”

Tuesday, April 30

- “Newsies” OPENING day!
 - 10AM show for schools
 - 7PM show

Wednesday, May 1

- Senior Boys Soccer tryouts 3:15pm – 4:00pm
- “Newsies”
 - 10AM show for schools
 - 7PM show

Thursday, May 2

- Senior Girls Soccer tryouts 8:10am
- PIZZA DAY
- “Newsies”
 - 10AM show for schools
 - 7PM show

Friday, May 3

- “Newsies”
 - 10AM show for Sacred Heart school

Congratulations to our students who will be receiving their 1st Holy Communion this weekend and over the next three weekends.

ATTACHMENTS: childmind.org

Have a Great Weekend!



[Childmind.org](https://www.childmind.org)

For a high school or college student, being chronically disorganized can be a huge problem. Younger children tend to get lots of support as they learn organizational skills, but that scaffolding falls away as kids mature. After a certain age it can look like kids don't care or aren't trying when they struggle with simple things like turning in assignments, arriving on time, remembering obligations, or just not losing things. But the reality is that for many teens with ADHD or executive function problems, the ability to stay organized can seem as elusive as a superpower. How in the world do people do it?

This week on [childmind.org](https://www.childmind.org) Rae Jacobson, who has ADHD and has done battle with being disorganized all her life, shares tested strategies to help teenagers and young adults tackle their organizational challenges, one step at a time. Instead of apologizing and vowing to try harder, she recommends trying *differently*. We hope you'll pass it along to young people you know who are struggling. Caroline Miller, Editorial Director



Organization Skills for Teenagers and Young Adults

Tested strategies for staying on top of things.

[READ MORE ▶](#)



How to Support a Friend With Mental Health Challenges

What to do and what to avoid.

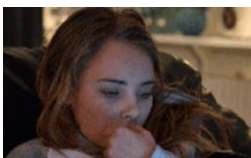
[READ MORE ▶](#)



How to Talk to Your Parents About Getting Help

Speaking up for yourself is the first step to getting better.

[READ MORE ▶](#)



What Selfies Are Doing to Self-Esteem

How they can exacerbate insecurity, anxiety and depression.

[READ MORE ▶](#)