



## SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1

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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

*February 4, 2019*

### Monday, February 4

- Senior Girls BB practice at lunch hour
- Senior Girls BB HOME game vs. St. Matthew @3:15pm
- Chess Club at lunch recess
- Knitting Club resumes at the church at lunch hour

### Tuesday, February 5

- Lego League after school to 4:30pm
- Senior Boys' Basketball Practice – 3:05 – 4:15pm
- Chess Club at lunch recess
- Grade 8 Graduation Photos
- Sacrament of Confirmation Practice at the Church at 7pm

### Wednesday, February 6

- Senior Boys BB practice at lunch hour
- Senior Boys BB AWAY game vs. St. Francois at 3:15pm
- "Newsies" rehearsal after school to 4:30pm
- Chess Club at lunch recess
- Parent Council Meeting 6:30pm

### Thursday, February 7

- Senior Boys BB practice at lunch hour
- Senior Girls BB practice after school to 4:10pm
- Chess Club at lunch recess
- Grade 8 Sacrament of Reconciliation at 9am at the Church
- PIZZA DAY

### Friday, February 8

- Art Goes to School – Grade 2/3 Mrs. Tremblay's class
- First Friday – **Fill the Barrel** – Help to fill our St. Vincent de Paul barrel this week with donations non-perishable food items. Thanks!

### Sunday, February 7

- Sacrament of Confirmation at the Church at 2pm

### **Attachments:**

- Better Sleep for the Whole Family
- Spirit Wear order form – if you are interested in ordering Sacred Heart Spirit Wear, please see attached form. Due Feb.17<sup>th</sup>. Thanks!

**Have a great weekend, everyone!**



## Better Sleep for the Whole Family

Any parent will tell you that sleep — who is getting it, who's not getting it, who's desperate to be getting more of it — can be a major problem no matter how old your kids are. Your challenge may be finding a sleep training method that will get both you and your baby a decent night's rest, or how to help an exhausted teen fit the sleep she needs into her packed schedule. Nobody in the family can be at their best when they are chronically sleep-deprived.

This week on [childmind.org](https://www.childmind.org) we are rounding up our best articles on sleep and sharing tips and techniques to help everyone be less stressed and more rested.

Rae Jacobson, Staff Writer | ✉



### Choosing a Sleep Training Method That Works for Your Family

How to decide what is right for you and your child

[READ MORE ►](#)



### How to Help Teenagers Get More Sleep

What parents can do to help kids get the rest they need.

[READ MORE ►](#)



### Encouraging Good Sleeping Habits

Why planning ahead can mean better sleep for the whole family.

[READ MORE ►](#)



### How to Help Kids With Sleepover Anxiety

A step-by-step plan for building comfort (and courage!) away from home.

[READ MORE ►](#)

# SACRED HEART SCHOOL SARNIA – SPIRIT WEAR CLOTHING ORDER FORM

Name of Student: \_\_\_\_\_

Teacher/ Grade of Student: \_\_\_\_\_

Order Forms must be returned to school with information.

Clothing Item	Colour	Quantity	Size	Size	Price	Total
			Youth S, M, L, XL	Adult S, M, L, XL, 2 XL		
Hooded Sweatshirt	Black				\$45.00	
Hooded Sweatshirt	Red				\$45.00	
Gildan T-Shirt	Black				\$17.00	
Gildan T-Shirt	Red				\$17.00	
Gildan T-Shirt	Grey				\$17.00	
Gildan Track pants	Black				\$25.00	
Gildan Crewneck Sweatshirt	Black				\$40.00	
Baseball Cap	Black		One size	One size	\$15.00	
Toques	Black		One size		\$15.00	
Long Sleeve T-shirt	Black				\$20.00	
Long Sleeve T-shirt	Red				\$20.00	
Long Sleeve T-shirt	Grey				\$20.00	
Child's Name screened on back					\$5.00	
Child's Name embroidered on sleeve					\$5.00	
Child's name embroidered on hat back					\$5.00	
All payments please pay online						
Due date to order - February 17, 2019. Please return this order form to the school indicating the size						
Prices are retail prices. This is not intended as a fundraiser for the school.						
** All sales are final						
Receipt # _____					Subtotal:	
					Total	