



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

March 4, 2019

Monday, March 4

- Knitting Club at the Church at lunch hour
- Liturgy at 12:20pm
- School Family Teams activities following liturgy

Tuesday, March 5

- SHROVE TUESDAY – pancakes provided for everyone at lunch time (a loonie or toonie donation would be appreciated to support our nutrition program)
- WINTER CARNIVAL – celebrating Mardi Gras with fun, outdoor activities in the afternoon
- Lego League after school to 4:30pm
- Chess Club at lunch recess

Wednesday, March 6 *ASH WEDNESDAY (Lent begins)*

- We will be celebrating ASH WEDNESDAY MASS at the church with our parish family at 12:45pm
- “Newsies” rehearsal after school to 4:30pm
Scenes 1-8 (Jack, Crutchie, Newsies : (Georgia H., Alexa S., Lena H., Autumn K., Mya M., Piper C., R., M.J. O., Ella W., Fallon M., Allie G., Jocelyn T., Ella B., Grace N., Taeah T., Jillian T., Lily G., Lily N., Keely R.), Nuns, Pulitzer, Seitz, Bunsen, Hannah, Medda, Bowery Beauties, Davey, Les, Katherine)
- Chess Club at lunch recess
- Parent Council Meeting – 6:30pm



Thursday, March 7

- SUBWAY DAY
- Chess Club at lunch recess

Friday, March 8

Attachments:

1. Parents' Guide to Eating Disorders and Self-Esteem
2. Sacred Heart Spring Fundraiser
3. MOMO Challenge – Letter from Director of Education found on the Board website:
<http://www.st-clair.net/letter-from-the-director-of-education-%E2%80%93-important-information-regarding-self-harm-gamessuicide-challenge-on-social-media.aspx>



Have a great MARCH BREAK, everyone!

Parents' Guide to Eating Disorders and Self-Esteem

Eating disorders are much more common than we realize. Adolescents and young adults often hide them — until they can't — and you can do a lot of dangerous bingeing and purging without being conspicuously thin. An estimated 30 million Americans will struggle with a full-blown eating disorder, and millions more will experience food and body image issues. This week is [National Eating Disorders Awareness Week](#), an excellent reason to focus on how important a healthy body image is for mental as well as physical health. That's why on childmind.org this week we are rounding up our best resources on eating disorders and self-esteem. Kids get a lot of unhealthy messages from pop culture, social media and their peers, but the good news is that parents can play a big role in counteracting those messages and raising kids who are confident and happy in themselves.

Rachel Ehmke, Managing Editor | ✉



What Is an Eating Disorder and When to Worry

Signs that your teen might be on an unhealthy path.

[READ MORE ►](#)



What Selfies Are Doing to Girls' Self-Esteem

How they can exacerbate insecurity, anxiety and depression

[READ MORE ►](#)



13 Ways to Boost Your Daughter's Self-Esteem

How to help girls build confidence based on what they can do, not what they look like.

[READ MORE ►](#)



What Is Body Dysmorphic Disorder?

How to help kids who feel they have disfiguring flaws.

[READ MORE ►](#)



How to Help Your Daughter Have a Healthy Body Image

It's not easy, given the pressure to be super-thin and sexy, too.

[READ MORE ►](#)



The Family's Role in Recovery from Eating Disorders

Involving parents in treatment is key.

[READ MORE ►](#)



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 Trustee: Mrs. L. Ward / Mrs. J. McCann



Sacred Heart Two SPRING Fundraisers

- All proceeds from these Fundraisers will go to support our Muskoka Woods trip and School Technology
- **ORDERS DUE BY MARCH 22ND (CASH or CASH-ON-LINE)**
- 1. **PRAIL's Coupons:** Prail's Greenhouse (1508 Blackwell Rd, Sarnia) [\(519\) 542-3371](tel:5195423371)
 - \$10.00 coupons (Valid from May 1st to June 15th)
 - To be used at the Prail's store to purchase bedding plants or hanging baskets



2. EASTER / SPRING Signs:



Option A:
(8x8) signs
\$12.00 each



Option B:
(6x12) signs
\$20.00 each



#C1



#C2

Option C:
Large sign
(12x24)
\$40.00 each

Sacred Heart Catholic School Fundraiser

All orders and money due in the office by **FRIDAY, MARCH 22nd**

Student Name: _____ Teacher: _____

Name	Phone Number	Prail's Coupon \$10.00	Option #A1 \$12.00	Option #A2 \$12.00	Option #A3 \$12.00	Option #B1 \$20.00	Option #B2 \$20.00	Option #B3 \$20.00	Option #C1 \$40.00	Option #C2 \$40.00	Total \$ Amount	Payment Type	
												Cash	Online
TOTAL Orders													

**Deliveries are available for pick up at the
school on
Thursday, April 11th from
8:30am to 5:30pm**

