



SACRED HEART CATHOLIC SCHOOL

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Principal: Mr. Wm. Nelson

Vice-Principal: Mrs. Tamara Johnson

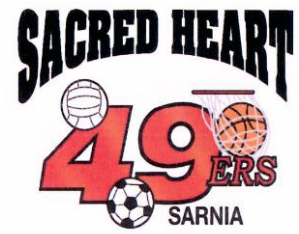
Secretaries: Mrs. T. Green; Mrs. J. MacDonald

Director of Education: Dan Parr

Board Chair: John Van Heck

Superintendent: Laura Callaghan

Trustee: Michelle Parks



Week at a Glance for Families

November 27, 2017

Monday, November 27

- Monday Liturgy at 12:20pm
- Junior Girls Volleyball practice at lunch time
- Junior Girls Volleyball Quarter Finals at Gregory Hogan School – leaving the school at **3:25**
- Parish connections (knitting, crochet, learning about the Church) – lunch hour
- Students from Gr. 6-8 creating Christmas Cards for Christmas Food Baskets at lunch hour at the Church
- Lego League meeting at Lunch recess today in the library

Tuesday, November 28

- Father David visiting classrooms and blessing classroom Advent wreaths
- Recording students singing for Production of Christmas CD
- Choir at lunch hour
- Lego League meeting at Lunch recess today in the library
- Possible Junior Girls Volleyball at lunch hour

Wednesday, November 29

- Father David visiting classrooms and blessing classroom Advent wreaths
- Recording students singing for Production of Christmas CD
- Band practice at lunch recess
- Possible Junior Girls Volleyball at lunch hour
- Junior Boys Volleyball after school to 4:10pm
- Lego League meeting at Lunch recess today in the library

Thursday, November 30

- Lego League meeting after school to 4:45pm
- Student Council meeting at lunch recess
- Junior Boys Volleyball practice at lunch hour
- Junior Boys Volleyball Quarter Finals @ HOME @ 3:15pm

Friday, December 1

- PIZZA DAY
- FIRST FRIDAY Can Food Drive – Fill the Barrel for St. Vincent de Paul



Looking Ahead: *Christmas Concert dates:*

- **Tuesday, December 12th 12:30pm at the Church;**
- **Wednesday, December 13th 9:00am at the Church**

Attachments:

- [Link to TED talk regarding ANXIETY](#)
- [Church Happenings](#)
- [Irish Miracle](#)

Have a Great Weekend!

TED TALK – Dr. Alex Russell

Please click on the link below to view the TED TALK by Dr. Alex Russell.

Children once “grew up,” now we “raise” them.

Today’s parents do their best to meet all of the emotional, educational, nutritional and recreational needs of their kids throughout the entire day, every day. All this attention on children represents a huge advance: we know so much more about children’s development and needs, and as a result, are much better able to support their growth.

However, there can certainly be too much of a good thing. With all this provisioning, protecting and programming we sometimes forget to ask:

Is it really a good thing to give children everything they need, all the time?

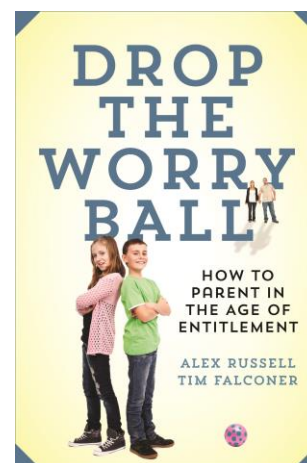
As soon as we ask the question the answer seems obvious: No. Children need to experience adversity at least some of the time, and they need to fend for themselves, increasingly so as they get older.

The irony is that modern, obligated parents, working so hard to nurture emotionally healthy children, are increasingly raising children who are delayed in their emotional development because they have been given too much and protected too often.

Our modern understanding of the emotional needs of children represents significant progress. By being attuned and responsive to their needs we help kids feel secure. But we do need to find a balance, giving children what they need but not allowing our sense of obligation to drive us into being so attentive, so afraid of failing them, that they develop the belief that they are entitled to this unflinching response from the world around them.

It’s a difficult tightrope to stay on. *Drop the Worry Ball: How to Parent in the Age of Entitlement* helps parents achieve this balance by providing essential perspective on today’s child-rearing context and the powerful forces that pull us to become over-involved in our children’s lives. The book helps parents:

- See failing (tests, courses, tryouts for sports teams) as a normal part of growing up and not a sign of parental incompetence
- Stop doing all the worrying—and let their kids do some
- Retire as managers and gatekeepers and become providers of compassionate support
- Resist the social pressure to become over-involved parents
- Build trusting relationships with outside authorities (including teachers, coaches, camp counselors) so they can play effective roles in kids’ lives
- Understand parent-child dynamics, particularly the way children learn to recruit parents to do too much for them.



TED TALK: Dr. Alex Russell: [click on the link below:](#)

<https://www.youtube.com/watch?v=Oryu48euY44>

SACRED HEART CHURCH HAPPENINGS

- A **Candlelight Memorial Service** will take place on Sunday, Nov. 26 at 7p.m. Sacred Heart Church. Come & remember loved ones from this past year or years gone by.
- **Come Celebrate a “Joy Filled Faith” with Chris Bray**
All are invited to join in an afternoon &/or evening of engaging music and a dynamic talk to inspire your faith with Catholic speaker and worship leader Chris Bray on Sunday, November 19 at Sacred Heart Church. At 2:00 in the afternoon, Chris promises to deliver a “down to earth” approach for families - exploring practical tips for sharing their faith with others through living out their baptismal call. At 7:00p.m. Chris’ talk will cast a broader net to all parishioners at large as he brings his own brand of storytelling sure to light your faith on fire!



IRISH MIRACLE

Irish Miracle has been an event in Sarnia for over thirty years. Hundreds of students, teachers and community volunteers canvass Sarnia (and its greater area) to collect non-perishable food items for the St. Vincent De Paul.

Irish Miracle is always on the first Saturday of December, rain or shine (or snow or sleet or hail...)! Students begin canvassing the Sarnia area around 9:00 am and meet back at St. Patrick’s for a wonderful breakfast prepared by the Knights of Columbus.

The food collected goes to the St. Vincent de Paul, where it is used in their soup kitchen, and is also put towards Christmas hampers. In the past we have collected anywhere from six thousand to almost nine thousand BAGS of food! It truly is a miracle!



As Catholics and followers of Jesus, it is our humble responsibility to feed the hungry in our community. At St. Patrick’s, the issue of hunger weighs heavy on our hearts, and we encourage every student, from our elementary partners to our current St. Patrick’s students, to become involved in helping those in need in our own backyard, both as Catholics and as human beings.

If you and/or your child(ren) would like to give your time for this worthy cause, please fill out the bottom portion of this sheet and return it to your child(ren)’s teacher. Then, come to St. Patrick’s (1001 Rapid’s Parkway) on **December 2nd at 8:30 am** and help the fighting Irish fight hunger!!!

We would like to participate in Irish Miracle on December 2nd, 2017

Driver: _____ **Canvasser:** _____
Canvasser: _____ **Canvasser:** _____
Canvasser: _____ **Canvasser:** _____

