



SACRED HEART CATHOLIC SCHOOL

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Board Chair: John Van Heck

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Week at a Glance for Families

May 16, 2016

Dear Families,

You can also find this Week at a Glance for Families and all previous WAAGS and Newsletters on the school website at <http://www.st-clair.net/SHS/news.aspx> and on our school TWITTER site: @shs49ers.

GODSPELL WEEK! *Tickets are still available! We have sold about 90 tickets per evening show. Don't miss out. It is a wonderful performance that you won't want to miss! Contact the office for tickets.*



Monday, May 16

- GODSPELL tech rehearsals during the day
- Boys SOCCER tournament in the PM at Germain park (1 and 3pm)
- TRACK practice after school until 3:50

Tuesday, May 17

- GODSPELL matinee performance @ 10am
- GODSPELL opening night performance @ 7pm
- NO TRACK practice today
- SHOKAS Pizza Co - every Tuesday night is a fund raiser for Sacred Heart School. When you order, say that you are with Sacred Heart and 10% of your bill will be donated towards reading materials for our school!

Wednesday, May 18

- GODSPELL matinee performance @ 10am
- GODSPELL night performance @ 7pm
- Girls SOCCER tournament in the PM at Germain park (1 and 3pm)

Thursday, May 19

- GODSPELL matinee performance @ 10am
- GODSPELL closing night performance @ 7pm
- NO TRACK practice today

Friday, May 20

- Boys and Girls SOCCER Finals in the PM at Germain park (1 / 3pm)

Attachments: Sun Safety for Children

Have a Great LONG Weekend!





SOME FACTS:

- Most exposure to harmful ultraviolet radiation (UVR) happens during the first 18 years of life.
- Overexposure to sun/UVR can damage eyes and cause skin cancer later in life. One sunburn in childhood doubles the risk of developing melanoma, the most serious skin cancer.
- When the UV index is 3 or higher, skin needs as much protection as possible.

Here's What You Can Do:

- Use clothing to protect skin. Loose fitting, long-sleeved shirts and longer shorts or pants made from tightly woven materials are best.
- Use a wide-brimmed hat to shade the ears, face, and neck.
- Generously apply at least **SPF 30** sunscreen to areas of exposed skin, except near eyes/lips. Ensure sunscreen protects against both **UVA** and **UVB** rays (may be labelled '**broad spectrum**').
- Children should have their own labelled bottle of sunscreen at school and daycare. **Please do not send SPRAY sunscreen to school as it tends to cause slip hazards on the floor when sprayed.**
- Use lip balm with SPF 30 to protect lips.
- Use sunglasses with 100% UVA and UVB protection.



Source: Lambton Public Health