

January 30, 2007

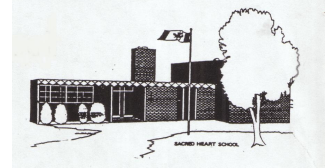
[HTTP://WWW2.HPCDSB.EDU.ON.CA/~SACREDHEART](http://www2.hpcdsb.edu.on.ca/~sacredheart)



## Sacred Heart School

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Wingham, On.  
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### From the Principal's Desk

February has long been our "month of love". Valentines Day has seen to that, but there are other important events that have occurred during this month:

While World War I was raging in Europe, the Canadian Parliament Buildings in Ottawa caught fire on a freezing February night in 1916. February 2<sup>nd</sup> is Ground Hog Day and we all eagerly await Wiarthon Willy's Prognostication. Mostly it seems that February is the month we all breath a sigh of relief over, as we consider that we are likely only to have 2 more months of snow....we hope! February is a busy month for school as we recognize our speakers and poets; participate in activities to increase our physical endurance and healthy living; and prepare for the season of Lent. We invite our parents and community members to join us in any or all of these events. Please read further and consult our website for more school and faith related activities.



### Rosary Apostolate

This week we began our first visit from three parish ladies who came to explain and model the use of the rosary. We are thankful that Annette Good, Cindy VanNes and Doris Sanders were able to present this information to our primary and junior students and we look forward to their return visits each month.

### Applause Breakfast Award

Congratulations to Ryan Stack and

Sydney McIllargy who were chosen to represent our school at this event. Both students we feel are good examples of significant, positive contributors to the life of the school. They will be honoured on February 13<sup>th</sup> at a breakfast in Clinton, along with students from other Huron Schools.

### Mother Teresa Faith In Action Award

This year our school and faith community submitted the name of Mary McGlynn as our nominees for this award. We are very happy that Mary has agreed to accept this honour. She will be formally recognized along with other members of the Huron and Perth communities in May during Catholic Education Week. We are blessed to have her in our parish and appreciate her efforts on behalf of our students at Sacred Heart School.



### February Respect Assembly

Our guest speaker for this assembly was Mike Gangl, a parent in our school community and local doctor of chiropractic medicine. Mike spoke about the need to accept the fact that each of us has been disrespectful at one time or another. That sometimes we are respectful, at other times we are not. But we each have the responsibility to try again and work at our positive relationships.

Our Respect House Team winners were the Blue team and our Golden Dustpan winners were the kindergarten class.

Congratulations to all students for demonstrating their Christian attitudes and behaviours on a daily basis.

### Student Cabinet

Our Student Cabinet will be selling candygrams again this year. They will begin on Feb 5 and continue until Feb 8<sup>th</sup>. Delivery will occur on Feb 14<sup>th</sup>. Each student and staff member will also make and send a Valentine's Day card to another school

member. This is a wonderful way for us to share our friendship and respect for each other.

**Ash Wednesday**

Father John will hold Ash Wednesday services in Wingham on Feb 21<sup>st</sup> at 6pm and in Brussels at 7:30 pm. Families are encouraged to attend together.



**Palm Branches**

Again this year the Student Cabinet will be burning last year’s palms to provide ashes for our services at both churches. Parents are asked to send these branches into the school so we can begin the process the week of Feb 19<sup>th</sup>.



**Catholic Graduate Expectation**

A Collaborative Contributor Who:

- a. Works effectively as an interdependent team member.
- b. Thinks critically about the meaning and purpose of work.
- c. Develops one’s god-given potential and makes a meaningful contribution to society.
- d. Finds meaning, dignity, fulfillment and vocation in work which contributes to the common good.
- e. Respects the rights, responsibilities and contributions of self and others.
- f. Exercises Christian leadership in the achievement of individual and group goals.
- g. Achieves excellence, originality, and integrity in one’s own work and supports these qualities in the work of others.
- h. Applies skills for employability, self-employment and entrepreneurship relative to Christian vocation.

**Wingham Minor Ball**

Wingham Minor Ball Registration  
Thursday, March 1<sup>st</sup> from 6:00-9:00 p.m., Saturday, March 3<sup>rd</sup> from 9:00-12:00 a.m. at the Wingham Legion downstairs. For more information call Gail Irvine at 357-3891.

**Wingham Minor Soccer**

Registration for Wingham Minor Soccer will take place at the North Huron Wescast Community Complex on Thursday, March 8, 2007 from 6-9 p.m. and Saturday, March 10, 2007 from 9 – noon. Open to boys and girls aged 4-18 (born 1989-2003).

For more information please call Fred Valdez @ 519-357-1194 or Linda Walker @ 519-357-2545.

**Health News**

**Tips for Eating Out**

Order small portion sizes-don’t “supersize”. If the kids menu doesn’t have healthy choices, choose and share items from the adult menu or ask to make substitutions with the kids menu. Ask for milk or water instead of pop with the child’s meal.

**Did You Know.....**

Overweight and obese people are at risk of developing chronic illnesses and conditions including: type 2 diabetes, coronary heart disease and stroke, hypertension, osteoarthritis, some types of cancer (breast, endometrial, colon, prostate and kidney) and gallbladder disease.

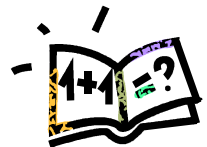
Childhood obesity effects growth and development, and contributes to health and psychosocial problems.

**Numeracy Tips**

**What Families Can Do**

If you have a negative attitude about mathematics, chances are your child will, too. Help your child have a “can do” attitude by praising your child’s efforts as well as her accomplishments. Acknowledge the facts that mathematics can be challenging at times and that persistence and hard work are the keys to success. Relate mathematics learning to other endeavors that require hard work and persistence, such as playing a sport. Struggling at times in mathematics is normal and is actually necessary to, and valuable in, understanding mathematics

**Champs Doggie Quiz**



When does the Eastern Orthodox Church celebrate Christmas?

Answer \_\_\_\_\_



Family Name \_\_\_\_\_

Parent Signature: \_\_\_\_\_

