

# Sacred Heart School Updater

“We are the Hands and Feet of God.”

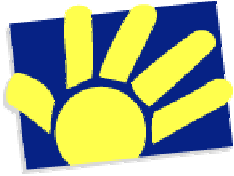
**November 2009 Issue**

<http://sacredheart.hpcdsb.edu.on.ca/>

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## Remembering in November

In the banner of this newsletter you will see that we proclaim ourselves to act as “the Hands and Feet of God”. We strive to link our curriculum activities as well as our school activities to reflect this as much as possible. The month of October saw our Catholic Student Cabinet begin their long term planning keeping this theme in mind. In addition, our pilot project with Canadian Food Grains bank was a success. Despite the less than ideal growing conditions this summer, with the help of the Higgins family, we grew and sold pumpkins to help feed the hungry in Malawi. We raised \$250 and with the matching of our donation by four times, we helped to get \$1000 for CFGB. The grade 4/5 class delivered baked goods to local residents who needed a ‘pick me up’. I look forward to continuing the many and diverse ways that students of Sacred Heart are being the hands and feet of God.

On Friday, November 6 at 2:00 pm, Pat Onions, a WWII veteran is addressing students of Sacred Heart School. This is a great opportunity for our children to understand the great sacrifice made by our men and women.

Our Fruits of the Holy Spirit assembly saw the following people recognized for practicing Faithfulness:



|            |   |
|------------|---|
|            | <b>Justin R</b>                           |
| <b>2/3</b> | <b>Nathan T<br/>Kristen S</b>             |
| <b>4/5</b> | <b>Landon A-J<br/>Victoria D</b>          |
| <b>5/6</b> | <b>Eric VN<br/>Evan S</b>                 |
| <b>7/8</b> | <b>Alex S<br/>Jayden A-J<br/>Nathan S</b> |

Being faithful is literally being filled with faith in God and that we trust that things will work out for the best when we do. Faithfulness also means to stick with an idea, a cause, friends, family and community. Next month we feature Goodness.

### **What is Goodness?**

I think back as a child and remember being told by my parents to be *good* often enough. It’s a term that has many meanings. But what does it mean to be *good* in relation to the Fruits of the Holy Spirit?

Primarily, it is how we should treat others. It is being generous to all people not just those we choose. It displays integrity, honesty and compassion to others and allows us to do the right thing. Goodness is doing the right thing even when it does not feel like we should.

Goodness is a Fruit of the spirit, because it takes effort to cultivate. Matthew 7:12 is often called “The Golden Rule,” because it defines how we should treat one another. Sometimes we need to put effort into how we speak and act toward one another. We need to ask ourselves how we would feel if we were treated the way we were treating others.

Being good is not easy. If it was, it wouldn’t be a Fruit of the Holy Spirit. We are faced with situations on a daily basis where we need to choose to be ‘good’. Goodness comes from a place in our hearts. It comes from a focus on God and not a focus on what the world tells us is good.

### **H1N1 Latest Information from Huron Health**

|                     |  |
|---------------------|--|
| <b>Kindergarten</b> | <b>Leah F<br/>Logan B<br/>Hunter S</b> |
| <b>1/2</b>          | <b>Kaitlynn G</b>                      |

We know that H1N1 is in our community and that people have been ill as a result. Please read the information below in order to assist at home if your child is ill:

### **Step #1. Protect yourself and others**

Clean your hands with either soap and warm water or an alcohol-based hand sanitizer after touching items that the sick person has touched (such as dishes, towels and clothes), before you eat and before and after touching your eyes, nose or mouth.

If possible, have the sick person wear a mask to control the spread of virus filled droplets. This is especially important, when someone is within two metres or six feet of a sick person. If the sick person cannot wear a mask, encourage the use of a tissue when coughing and sneezing. Dispose of the tissue immediately.

There is no evidence that wearing a mask will protect you from getting the flu. However, if you wear a mask, wash your hands before and after putting on, or taking off, the mask.

### **Step #2. Allow the sick person to rest (away from others)**

It is expected that anyone sick with the H1N1 flu virus will need lots of rest and will be contagious for about seven days from the onset of the symptoms -- especially in the first few days. Clean items (such as the phone, TV remote) and surfaces that the sick person has touched using normal household disinfectant. The virus can survive on hard surfaces for up to 48 hours. The sick person can resume normal activities after symptoms are resolved.

### **Step #3. Treat the fever and cough**

Fever often comes with chills or aches and pains. Certain medications (such as acetaminophen, for example Tylenol®, or ibuprofen, for example Advil®) may help to reduce these symptoms. Do not give Aspirin® to children to treat a fever, as it has been linked to Reye's Syndrome.

### **Step #4. Give lots of fluids and nutritious food and ensure a smoke-free environment**

Warm drinks, such as tea with honey and lemon or chicken soup, can be very soothing for a sore throat. The sick person may not have an appetite, but simple foods may be welcomed.

Cigarette smoking is hard on the lungs of a person with an infection. The sick person should avoid smoking. Second-hand smoke is harmful also, so people should not smoke around the sick person.

### **Step #5. Keep the sick person's things separate**

Each sick person should have his/her own personal items (towel, face cloth, toothbrush etc.) and they should be kept separate from the belongings of others in the house. Wash your hands after touching the items belonging to the sick person and avoid touching your eyes, nose or mouth.

Keep common surfaces (door knobs, light switches) clean and disinfected.

### **Step #6. Stay alert for complications**

When treated at home with proper care, most people will begin to feel better after a few days. Take the sick person's temperature daily to track any fever. Sometimes people with underlying medical conditions -- such as asthma or diabetes -- may develop complications and so may need to see a health care provider.

Please provide details about your child's illness (fever, cough, aches, vomiting, etc.) when informing your school of your child's absence.

### **H1N1 vaccinations**

H1N1 flu vaccine clinics will be available for everyone. It is recommended that the majority of school-aged children receive their H1N1 vaccine in the second stage of clinics which will start later in November. Children with underlying medical conditions (e.g. asthma, diabetes, etc.) are in the higher priority group and should receive their vaccine as soon as the clinics begin. Please check your local public health unit for when you and your child should get vaccinated:

Huron County Health Unit: [www.huroncounty.ca/health](http://www.huroncounty.ca/health)

## **Canadian Food Grains Bank**

Sacred Heart School is feeding the hungry through our participation in the Canadian Food Grains Bank. Pumpkins were planted last June on a plot of land donated by the Higgins family. Now they are being harvested and sold with proceeds to CFGB. Each dollar raised locally is matched 4 times! So \$ 1= \$5. Pumpkins are sold at the school foyer. If you are interested in helping out with this partnership in the future, please contact the school.

## **School Improvement**

As indicated in the last newsletter, the school goals for Sacred Heart indicate a need in the area of decoding and fluency for grades K-3 and non fiction persuasive writing for grades 4-8. Our Junior and Intermediate classes are currently half way through their journey in this instructional cycle.

By the end of November, grade 4-8 teachers will look at their data as it pertains to how students have moved forward as a result of this instructional focus.

The primary classes have set the end of January as their next assessment period to evaluate student progress in decoding and fluency.

**Fluency: reading quickly, accurately, and with expression. Fluent reading flows. It sounds smooth, with natural pauses. Fluent readers are able to focus their attention on understanding**

**text. Fluency is important because if readers focus much of their attention on figuring out words, they have less attention to devote to comprehension.**

*It is possible for students to be good 'word readers' but not read effectively for meaning.*

Below are some of the strategies used by the Junior/Intermediate division to improve instruction, and therefore learning, in the area of non-fiction writing:

- 1) Students will be provided with explicit, timely and relevant feedback (next steps) that helps them know how to improve their written communication skills
- 2) Checklists/anchor charts of what needs to be completed to successfully demonstrate the expectation are used to guide students in how they can improve their writing.
- 3) Students will be given opportunities to practice the new skill acquisition through guided practice.

### **Sacred Heart Cross Country Team:**

On October 16<sup>th</sup>, the Sacred Heart Cross Country team set out for the system meet at Benmiller's Falls Reserve Conservation Area. The team not only out performed their individual personal bests during practice sessions in the month and a half leading up to the meet, but demonstrated superior teamwork.

Cross country is often seen as an individual sport, however, our team cheered each other on, supported each other in preparation, and encouraged each other when doubt and nervousness started to creep in. I couldn't be prouder of the team for all of their achievements.



Likewise, a big thank you to the parental support team that came out to cheer and supervise; especially Greg Higgins, Melissa Heimpel, and Carolyn Schiestel. This year's meet was the first of its kind as it was inclusive of all students and student abilities. 437 students turned out from both counties of the Huron-Perth School Board, a record-breaking turnout for such a meet. The largest races were for those in the 9-10 age group as there were 139 junior girls and 131 junior boys. Special congratulations go out to Kyle Cronin who placed 12<sup>th</sup> in

the junior boys race, and Alex Sanders (10<sup>th</sup>) and Scott Peterson (11<sup>th</sup>) in the senior boys race.

**Team members were:** Kyle C, Landon A-J, Brady M, Brody H, Colton D, Rylee S, Wyatt M, Stuart H, Pat F, Tyler C, Eric VanN, Jake H, Nicole J, Courtney N, Alex S, Scott P, and Nathan S.

Thanks to Ms. DeJong for preparing our runners for cross country meet and exhibiting the enthusiasm in recruiting runners for this year.

### **Sacred Heart Parent Council News**

Hello all parents of Sacred Heart School. First off we would like to announce that we have changed our parent council name from LSAC to Sacred Heart Parent Council. This was done so that we could identify ourselves as being more than just the stereo-typical parent council looking after fund raising and to identify us more as a catholic parent council who is working to improve all aspects of catholic education here at Sacred Heart. As many of you may of heard we have held our elections and our new council as as follows:

Chair – Kevin Schmidt  
Vice-Chair – Mary McInnes  
Treasurer – Mary Adele Davies  
Secretary – Annette Jessen  
Advisors – Sandra Skinn, Lorraine McIlhargey  
Faith Committee Members:  
Bill Townsend, Cindy van Nes  
Fundraising Committee: Members: Sandra Skinn, Margaret Schiestel, Desiree Good, Francine Long, Kathleen MacDonald, Angie Bross

We have already had a very successful fund raiser (thanks, everyone!) and we are now hoping to establish at this month's meeting the goals and direction that we as the parent council would like to take our school today and into the future. Questions that we asked at our last meeting to help inspire some ideas in preparation for this months meeting were as follows:

How would you describe an ideal Catholic school?  
How would you see the role of council evolving in the next 5 years?  
What, as a group, do we see us accomplishing in the future?  
What do we need to know for us to support student learning?

Our next meeting is on **Nov. 10 at 7:00 pm** and I hope that we see the continued support of the members who have been coming and are hoping that many others will take the time to come out and support our school. We are always looking for new ideas and realize that the best ideas always come when the whole community works together.

We would also like to thank all past members and look forward to working together on the goals of this year's committee.

P.S. Dads are always welcome, too! (don't let me and Bill be the only fathers in the room)

Thanks,  
Kevin Schmidt

Please join us in our first information night for parents on the topic of Internet Safety. Officer Joanna Van Mierlo of the OPP will be here immediately after the abbreviated parent council meeting on **Tuesday, December 8 @ 7 pm** in the gymnasium. Joanna will talk to us about issues such as step by step instructions on such items as:

- setting proper security on Facebook accounts and MSN accounts*
- the law as it pertains to internet use and what activities break the law.*
- information that should not be shared and is considered personal*
- luring and signs that your kid is communicating with someone with ill intent*

This event is open to all parents of all the community schools, so please plan on attending and bring a friend!

Our students will have had this presentation the previous day.

## **Supervision Hours at School**

Due to issues surrounding supervision, the primary yard (west end playground) is closed to students until 8:35 am. All students will be supervised in the east end where buses unload and allowed to access the west end once a teacher is there on duty at 8:35. A reminder to all parents that for safety reasons all student drop-offs must be done where buses unload.

## **Kindergarten Registration**

Our Kindergarten Registration at Sacred Heart School is November 24th, 2009 from 1-3 pm

Come by and see how your child is doing with activities designed for them. Get tips on how to prepare our child for school.

Children who are 5 years of age by December 31 2009 are eligible for Senior Kindergarten and those who are 4 years of age by December 31<sup>st</sup>, 2010 are eligible for Junior Kindergarten.

Please contact the school if you have a child who will be eligible for registration, even if you are not sure if he/she will be attending kindergarten and we will be able to send you correspondence pertaining to Registration.

## **Weather**

As you can no doubt tell, the weather is letting us know that winter is not too far off. Please ensure that your children are coming school prepared to fully participate in outdoor activities at recess by having a hat, mitts and proper footwear for cold weather. A pair of indoor shoes is necessary for both safety for the students (in case of fire or immediate evacuation) and cleanliness of the school.

## **Inclement Weather**

Parents and students are reminded to listen to CKNX Wingham FM 102 or AM 920 to check if buses are delayed or cancelled. You can also get quick and accurate information by going to the School web page where bus delays, school closures and cancellations of sporting events and trips will be posted. For your information, our school webpage is:

<http://sacredheart.hpcdsb.edu.on.ca/>

## **Christmas Bureau**

Once again, Sacred Heart School, is participation the Christmas Bureau program as sponsored by the Huron Perth Children's Aid Society. We are asking for donations of hats, waterproof mittens, underwear and pajamas as these items were in short supply last year. There are many needy children in our community and this way we feel that they can be properly outfitted for the winter. We will begin collecting these items as soon as you wish to donate them.

Last year 146 children were helped by the Bureau. Thank you ahead of time for your generosity.