



# SPURS WEEKLY



HOME EDITION: Week of February 4– February 8  
Holy Child School Motto: **INSPIRE INCREDIBLE ACTION!**

Website: <https://www.cssd.ab.ca/schools/holychild>

Twitter: @HChild\_CCSD

## THIS WEEK:

Holy Child Celebrates Pet Week



### Monday, February 4 (Day 3)

- Fun Lunch (pre-ordered) – Pasta Monday from Pizza Hut
- Boys Basketball @ Ecole St. Marguerite Bourgeoys, Girls @ Holy Child 4:15 PM
  - Our first and only Girls Basketball home game! Come and cheer our girls on!

### Tuesday, February 5 (Day 4)

- Danceworks in the small gym at noon
- Boys Basketball Practice 3:15-4:30

### Wednesday, February 6 (Day 5)

- Elem Chess Club- Mrs. Mahalek
- Sister Madeleine Gregg- in school faith talk with students

### Thursday, February 7 (Day 6)

- Library Helper Club in the Learning Commons
- Danceworks in the small gym at noon
- Healthy Hunger: Costa Vida
- Boys Basketball Practice 3:15-4:30

### Friday, February 8 (Day 1)

- Fun Lunch (pre-ordered) – Pizza Friday from Little Caesars

## COMING UP

- Feb 13 Pajama Day “Dream about Kindness Day”
- Feb 14,15 Teacher’s Convention- No School for Students
- Feb 18 Family Day- No School for Students
- Feb 22 Adversity and motivational talk for Grades 6-9
- Feb 27 Wear Pink to show that you believe all students are important
- March 5, 7 Holy Child presents Alice in Wonderland
- March 14 Pi Day- Wear Green Day
- March 14 Evening Parent Teacher Conference
- March 15 Parent Teacher conferences- No school for Students
- March 25-29 Spring Break, School resumes April 1st

## **January Counsellor Corner**

I hope you all had a happy, relaxing and wonderful Christmas vacation and that January finds you healthy and happy!

As January is the start of a new year, it is typically associated with making resolutions, setting goals and getting back on track with healthy living after a Christmas of sugar and treats! For us Canadians, January can also mean cold weather and less sunlight, which can make many feel tired, down and even isolated. If you or a family member seems off, they may have Seasonal Affective Disorder (SAD). SAD is a type of disorder that is related to seasonal changes and can have a wide variety of symptoms that many pass off as the winter blues, but for some these blues may be indicative of something more. Being self-aware and paying attention to what our body is telling us, is key to ensuring you remain healthy. It is also important to pay attention when loved ones are showing signs of distress or difficulty. Although symptoms of SAD often begin in Fall or early Winter and improve in the Spring, often people do not notice until the winter months are really upon us. Things to look out for can include:

- Feeling down or depressed most of day and consistently (almost every day)
- Losing interest in activities you once enjoyed,
- Having low energy
- Changes in sleep patterns: oversleeping, difficulty sleeping, and staying asleep.
- Significant changes in your appetite or weight gain
- Feeling tired, sluggish or easily agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty

If you or a loved one is experiencing a number of these symptoms, it is important to advocate for yourself and speak to a Doctor. There are various treatment options for SAD depending on the severity. Here are a few websites for you to check out and learn more!

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/seasonal-affective-disorder>

Renee Luedey

Counsellor Holy Child

## **PET WEEK**

This week is Pet week at Holy Child School. Please have your child bring a loonie or toonie for the SPCA to help animals in need. Please bring in a 4X 6 photo of your pet for our Pet wall of Fame.

## **DRAMA PRODUCTION**

We are looking forward to Holy Child's first drama production. "Alice in Wonderland" will be performed at the school on the evenings of March 5th and 7th. Tickets are \$10 for Adults and \$5 for Children.

## **SCHOOL FEES**

Please note that all school fees are now **due**. Please settle outstanding fees online or by sending cash or cheques to the office. Thank you for those who have already paid. For any concerns regarding school fees, please contact our principal, Mr. Gillis.

<https://www.cssd.ab.ca/Parents/Fees/Online-Fee-Payment/Pages/default.aspx>

## **UTENSILS FOR LUNCHES**

Please ensure that your children bring the utensils needed for their lunches as we do not have a supply of utensils for students to use. Thank you.

## **SAINT PATRICK CHURCH NEWS**

St. Patrick's Church Used Toy & Kid's Clothing Sale

Saturday, March 2, 2019

10 am - 1 pm

1414 Shawnessy Blvd. SW

Admission \$1.00 (children and seniors FREE)

Strollers welcome after 11 am please

For more information or table registration call Lara at (403) 988-2252 or

email [st.patricksmomsgroup@gmail.com](mailto:st.patricksmomsgroup@gmail.com)

Check us out on Facebook: St. Patrick's Used Toy & Kid's Clothing Sale

Please note that documents about our parish (includes Sacramental Preparation, Christmas Masses, etc.) can be found on our website under Parents Tab > Church Information.

<https://www.cssd.ab.ca/schools/holychild/Parents/church/Pages/default.aspx>

## **2019 DISTRICT DAY WITH THE CALGARY HITMEN**

Looking to give the gift of an experience this year?! The annual Hitmen game rings in the Chinese year of the pig and includes performances from dragon dancers and post-game fireworks inside the Saddledome. You'll also be front and center for a free CCSD face-painting booth, and national anthem and Hockey Canada Skills performances.

You'll also be giving a gift to the Calgary Catholic Education Foundation. We raise \$2 for the foundation from every ticket sold and from a portion of the night's 50/50 sales. Tickets are only \$12 with the promo code LUNAR.

Here are the details you need to know:

What: Lunar game against the Medicine Hat Tigers. Entertainment includes a:

- Free CCSD face-painting booth
- National anthem performance from a CCSD choir
- On-ice intermission skills performance from CCSD's Hockey Canada Skills students
- Performance from dragon dancers to celebrate the year of the pig
- Post-game fireworks display.

Where: Calgary Saddledome

When: Friday, Feb. 15, 2019 at 7 p.m.

How: **Purchase tickets at** [bit.ly/DistrictDay2019](http://bit.ly/DistrictDay2019) with the promo code LUNAR. \*\*\*Tickets must be purchased through this link for the LUNAR code to work.

## SCHOOL COUNCIL CORNER

### HEALTHY HUNGER

Holy Child school council uses Healthy Hunger to offer fun lunches and special event items to students to purchase. Please go to [www.healthyhunger.ca](http://www.healthyhunger.ca) and click "REGISTER STUDENT". After your account is created, you will be able to view all upcoming Fun Lunches and special events. You can place orders and then pay for your order Online with Visa, MasterCard or Interac Debit.

Below is a listing of the dates and restaurants. You must submit your order on Saturday before the lunch. Unfortunately, the system cannot accept late orders. Healthy Hunger is not available for Kindergartens.

If there are any volunteers that can help during the day of the fun lunch for 1-1/2 hours that would be greatly appreciated. Please email our school council chair, Claudette Gourdeau at [cgourdeau@shaw.ca](mailto:cgourdeau@shaw.ca)



Valentines Cookies - Wednesday February 13th



Thursday February 21st (Gluten Free)



Thursday February 28th (Gluten Free)