



Sacred Heart School

1312 15 Street SW Calgary AB T3C 1G2 • Ph: 403-500-2004 • Fax: 403-500-2204

October, 2017 Newsletter

Please check our school website for all the latest news: www.cssd.ab.ca/schools/sacredheart



Dear Parents and Guardians: We had a great start to the school year!! We had fabulous support from our parents for oral interviews and for our Shine Awards, Orange Shirt Day and Terry Fox Walk. It was a beautiful day to walk in our community. Together we raised \$378.00 for the Terry Fox Foundation. Thank you to Constable Hartmann and all the parents who walked with us.

School Fees: School Fee forms will be sent home this week, except for transportation fees (Bussing). Fees for the 2017-2018 school year are \$40 for kindergarten and \$60 for Grade 1-6 students. The Lunch Room Supervision fee for all full day students is \$65 for the year. We encourage all parents to pay their fees. Fees can be paid in full or on monthly installments. Please contact the office if you have any questions.

School Council: One of the most important ways parents can make a meaningful difference in the lives of their children is by participating on school councils. By connecting with our parents, we are better able to nurture and inspire students to achieve their full potential. *School Council is actively seeking more members.* Watch for ways you can become involved with the council and the parent survey that we will be sending home. ***Next meeting – October 23 at 3:00 pm.***

Dress for the Weather: We are in the season of fall, but snow has arrived. It is important to remind our children to dress appropriately for the cooler temperatures and to discuss healthy hygiene practices for sickness prevention.

Allergies: We would like our parents and students to be aware that there are several students in our school with severe life threatening food allergies to peanuts and various nut products. This medical condition causes severe reactions to specific foods and can result in death within minutes. Although this may or may not affect your child's class directly, we encourage all parents to send foods that are ***free from peanuts and/or nut products.*** We realize that this may not always be possible, but we ask for the cooperation of our parents and students in helping to protect the allergic children from danger. With your help, we will do our best to prevent mishaps and make sure that all of our students are safe, healthy and able to concentrate on learning.

Brown Bagging for Calgary Kids: Brown Bagging has supplied us with sandwiches and snacks for students. BB4CK works in partnership with Calgary schools to make and deliver free healthy lunches for students who would otherwise go hungry. If your child would benefit from this program, please contact the school.

Professional Development Day: ***No school on Friday Oct 6.*** The staff will be participating in professional development activities.

Thanksgiving Day: ***No school Monday, October 9, 2017.***





Picture Day: Smile! Student photos will take place on Thursday, October 12, 2017.

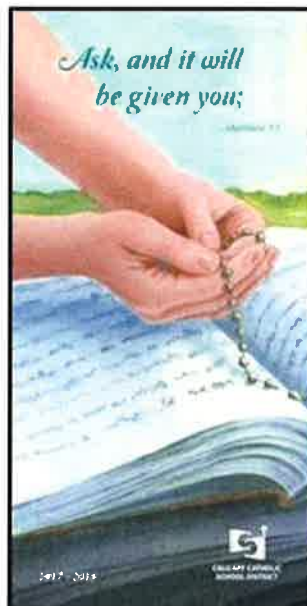
Civic Election: Monday, October 16 is the Civic Election. Sacred Heart School gym will be used as a voting station.

October 31: Fun Food Day – watch for details.

All Hallows Eve, otherwise known as Halloween, is the beginning of the celebration of All Saints/All Souls. While we recognize Halloween as part of our culture, the primary focus in a Catholic school is the celebration of All Saints and All Souls Day. Teachers will be talking to the students about the significance of these traditions.

Sacred Heart Parish News - Please visit the Sacred Heart Church website for information on Mass times and other pertinent information regarding the church. Please click here: [Sacred Heart Church](#)

*We wish you and your family Thanksgiving Blessings!
May God bless us all with larger hearts, wider reach and more generous intentions.*





October 2017

Sun Mon Tue Wed Thu Fri Sat

1	2 <i>Day 1</i>	3 <i>Day 2</i>	4 <i>Day 3</i>	5 <i>Day 4</i>	6	7
				"Soup"er Stars! Gr. 4/5, 5/6	Professional Development Day <i>NO school</i>	
8	9 Thanksgiving Day <i>NO school</i>	10 <i>Day 5</i>	11 <i>Day 6</i>	12 <i>Day 1</i>	13 <i>Day 2</i>	14
			Book Truck	ICNR - "It's a Crime NOT to Read"  Photo Day		
15	16 <i>Day 3</i>	17 <i>Day 4</i>	18 <i>Day 5</i>	19 <i>Day 6</i>	20 <i>Day 1</i>	21
	Civic Election			"Soup"er Stars! Gr. 4/5, 5/6		
22	23 <i>Day 2</i>	24 <i>Day 3</i>	25 <i>Day 4</i>	26 <i>Day 5</i>	27 <i>Day 6</i>	28
			Book Truck	Shine Awards 10:15am "Soup"er Stars! Gr. 4/5, 5/6		
29	30 <i>Day 1</i>	31 <i>Day 2</i>				
		Fun Food Day				

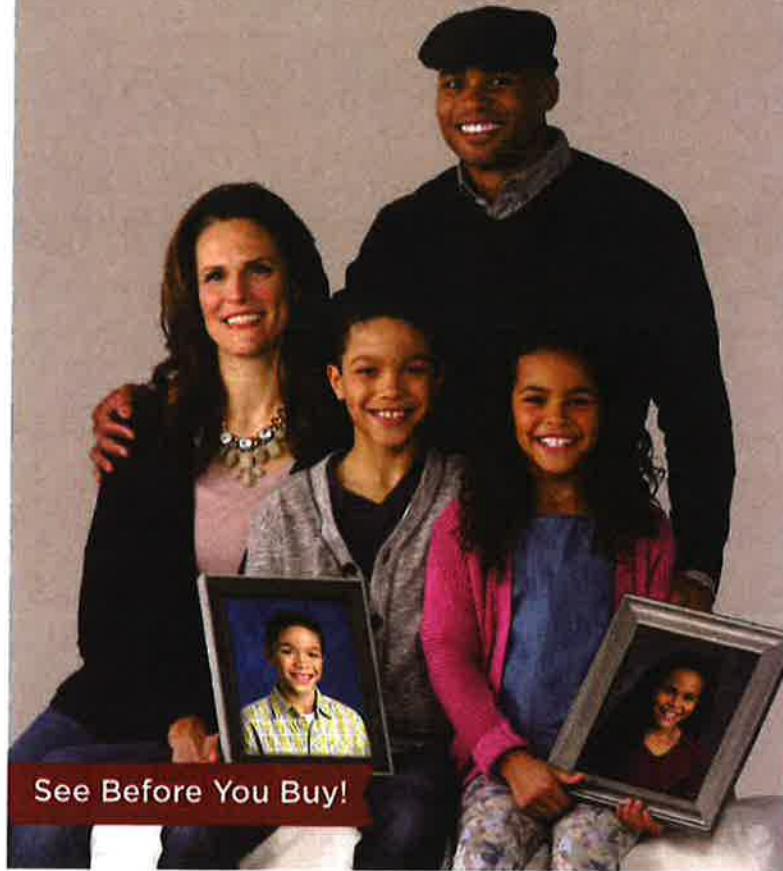
REMINDER

PICTURE DAY IS COMING

Mark your calendar!

Sacred Heart School
Thursday, October 12, 2017

Send no money now; view and order
images after Picture Day.



See Before You Buy!

27133
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 **Lifetouch**
School Portraits



Connections



CALGARY CATHOLIC SCHOOL DISTRICT MONTHLY NEWS

OCTOBER 2017

New CCSD School Openings

Three new Calgary Catholic schools opened for their first day on September 5, 2017. Congratulations to **Guardian Angel School**, a K–6 school in Aspen Woods, with a capacity of 750 students led by Principal Paul Dorin; **Apostles of Jesus School**, a K–9 school in Skyview Ranch with a capacity of 900 students led by Principal Jennifer Orr; and **Holy Child School**, a K–9 school in Silverado with a capacity of 900 students led by Principal Christine Gannon. CCSD also has five new schools in various stages of development in the communities of **Mahogany**, **Sherwood**, **Legacy**, **Auburn Bay** and **Morningside** in Airdrie. Learn more on our website under Schools/Future Schools.

Municipal Election – October 16, 2017

Don't forget to vote in the upcoming municipal election on Monday, October 16. Calgarians are voting for mayor, city councillors and school board trustees. Learn more about who is running to be a trustee with the Calgary Catholic School District on the [Elections Calgary website](#).

New Dual-Credit Program in Nutrition

In partnership with SAIT, Calgary Catholic high school students now have the opportunity to enrol in a two-year program focused on nutrition. Students will be provided with hands-on experience modifying and evaluating recipes for specific population needs. Topics such as sports nutrition, disease prevention, health coaching, health promotion and adult behaviour change process are also taught. SAIT instructors deliver the program at SAIT Campus with some materials delivered online. All CCSD high school student are eligible to apply. There are limited spots available. Apply through your counsellor, career practitioner or off-campus teacher.

CCSD/Flames Student Nights

Calgary Catholic is happy to partner with the Calgary Flames again this season to offer students, staff and families a discounted ticket to a Flames game, while also fundraising for their school. Due to the success of the program last year, we have added a third CCSD Student Night to choose from. The three nights are: Friday, October 27 vs. the Dallas Stars, Thursday, December 14 vs. the San Jose Sharks and Wednesday, January 30 vs. the Vegas Golden Knights. CCSD Price: \$39/ticket. For every ticket sold, the Calgary Flames will donate \$10 back to your school. Last year, this fundraising program raised over \$10,000 for CCSD schools and the Calgary Catholic Education Foundation (CCEF). Tickets can be purchased at www.calgaryflames.com/ccsd

Thanksgiving Holiday

Schools and offices are closed on Monday, October 9 to celebrate Thanksgiving Day. As we look forward to the celebration of Thanksgiving, we remember the abundant blessings God has provided in our lives through Christ and we join all staff and students in asking that God continue to provide for our needs and the needs of others.

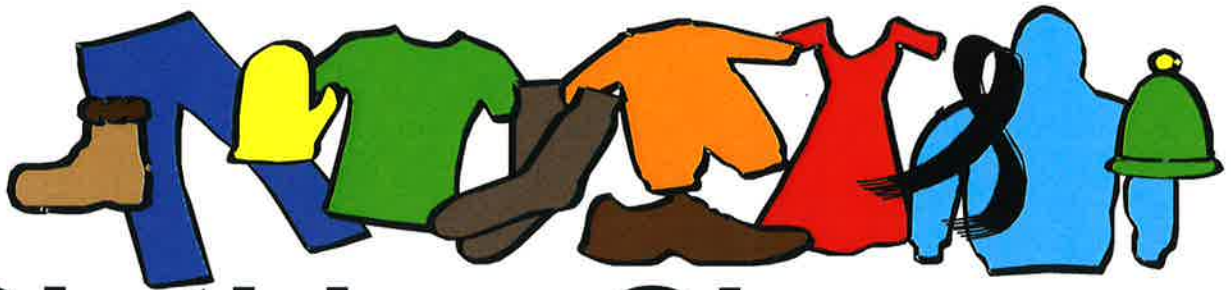
Catholic Education Sunday

On this day, we recognize and celebrate the wonderful work that is taking place throughout the province in our Catholic schools. Catholic Education Sunday is also an opportunity for us to share our generosity. The **Calgary Catholic Education Foundation** is a charitable organization dedicated to enhancing educational experiences for students in the CCSD. The foundation provides grants that support innovative programs and projects that touch the lives of students in our schools. On November 4–5, there will be a special collection at each mass, with a portion of funds going to the CCEF. Help support quality Catholic education in our community and ensure that the needs of Catholic education are met.



Did you know?

There were 6,128 students enrolled in our 2017 Summer School courses—an increase of 941 students from our 2016 Summer School.



Clothing Giveaway

**Free Clothing
For Babies to Adults**

**Saturday, October 14, 2017
from 9:30 am – 1:00 pm**

**Father Lacombe High School
3615 Radcliffe Drive SE, Calgary**



Clothing Collection
Shared with
Calgary Families
in Need



**CALGARY CATHOLIC
SCHOOL DISTRICT**

PASS IT ON is a project initiated by
St. Stephen Protomartyr Ukrainian Catholic Church

October, 2017

OCTOBER NEWSLETTER FOR THE OOSC PROGRAM AT SACRED HEART

The first month of the Out of School Care program has flown by. We are very excited about caring for your children and working with you. Please feel free to discuss your child's program with us whenever you wish. Our goal is to have the best program possible for your children. Your input is very valuable.

STAFF

The Before and After School/Out of School staff is:

Ennie Rwasarira

Nora Bondame

Tetyana Sokolova

Please feel free to discuss your child's program with them at anytime.

OCTOBER CALENDAR

- Friday, October 6-----Professional Development Day---All day Service
- Monday, October 9-----Thanksgiving Day-----No service

FEE PAYMENT

Child care payments are due on the 5th of each month. Late payments will be charged \$5.00 a day.

Bounced cheques will result in a fine of \$50.00 and the refusal of accepting cheques in the future.

Subsidy for your child can be applied for. Please refer to your child's registration form to see the procedure for applying.

Outstanding Fees: Parents will be contacted no later than the 15th of the month to discuss payment of outstanding fees. If payment is not made by the end of the month, we may withdraw the child. Should that happen the child will be admitted once the fee is paid and if there is space. If there is not space the child will be placed on a waiting list.

Debit card transactions take place on the first of the month.

Credit card transactions take place between the first and the 10th of the month.

RECEIPTS FOR TAX PURPOSES for 2017

The monthly receipts for OOSC can be used for income tax purposes according to the Canada Revenue Agency. Please keep the yellow receipt we give you when you pay your fees each month and use them when filing your income tax. As a result we will not be sending out yearly fee receipt letters this year.

Kind regards,

Lionel Bellavance

Coordinator, OOSC, Ph: 403-514-8341 E: lbellavance@ccisab.ca cell: 403-400-0356

EMBRACE GARDENING

WITH JANET MELROSE,
CALGARY'S COTTAGE GARDENER
:::WEDNESDAY, OCT 4th, 6:30 - 8:30pm:::



WHAT TO DO IN THE GARDEN NOW

The season has come to an end, but there is more we can do to ensure a fruitful 2018!

- Preparing garden beds for winter & planning for next year
- Soil improvement now vs the spring
- What to plant now: garlic, cover crops, winter hardy seeds
- Dividing edible and ornamental perennials
- Compost building and maintenance

When: Wednesday **Oct. 4th** 6:30 munch 'n' mingle, 7 to 8:30 let's talk!

Where: Sunalta Community Association Hall - Club Room

1627 10 Avenue SW (just south of the Sunalta C-Train Station)

Cost: This event is FREE to everyone! Donations gratefully accepted.

Let's keep growing!

Healthy Children

October 2017 Parent Newsletter



Regular Mealtimes

Life can get busy for you and your child with school, sports and other activities. While your child is active and growing, they need healthy food to keep them fuelled for their day. Providing meals and snacks at regularly scheduled times during the day will help your child get the energy they need.

Regularly scheduled meal and snack times can be comforting to a child, as they know when they will be offered food again. At home, offer food every 3– 4 hours. This will help your child feel ready to eat at meals and snacks. If your child asks to eat between these times, offer water and let them know when the next snack or meal is. Some days children will eat more, and other days they will

eat less. Children's appetites and willingness to try new foods will change, depending on how fast they are growing, how active they are or how they are feeling.

Be flexible. Some days, smaller meals or a healthy snack before and after busy times may fit your family's schedule better. It is important on these days to have lots of tasty and healthy food choices on hand at home and for on the go. For example, cut up vegetables with hummus or peanut butter.

Make it routine to offer meals and snacks at regular times so your child stays fuelled for their day.



For a short video on regular mealtimes visit <https://vimeo.com/channels/rohkschoolnutrition/116923404>

Articles

Regular Mealtimes

Being a Role Model

Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



Being a Role Model

As a parent you act as a role model for your children every day. It can be a scary thought, but from the time they are babies, your children are watching you and learning from you. They learn from your actions and your conversations. They absorb your attitudes and copy your expressions. Before they even reach school age they've probably learned far more than you ever intended.

Thinking about your behaviour and how it might be understood by your child is an important part of healthy parenting. You can't always be calm and cheerful – nobody is. Those times can be especially useful examples for your children about how to manage feelings in a healthy way. As they grow up, they'll learn by your example and they'll have that example to follow in years to come when coping with life's challenges.

Talk to your child about your own experiences when you were their age. Tell your child about someone who made a big difference in your life, and why you admired that person. Tell stories about family members or friends who showed real courage, kindness or determination in their lives. You could look at sports figures or performers and watch how they behave. Talk with your child about what makes a person a

good winner or a good loser. What makes a person a poor winner or a poor loser?

It's not always easy being a role model for someone but it is part of every parent's and caregiver's role. Remember you won't always know the difference you make but know for sure that you are.

Food - Food Banks and Hampers

Programs that acquire food products through donations, canned food drives, food bank programs or direct purchase and distribute the food to people who are in emergency situations.



Abundant Life Church's Bread Basket Provided by: **Abundant Life Church Society**

Abundant Life Church 3325 49 Street SW, Calgary, Alberta T3E 6M6
403-246-1804



Alexandra Centre Community Programs Provided by: **Alexandra Centre Society**

Alexandra Centre 922 9 Avenue SE, Calgary, Alberta T2G 0S4
403-269-5588



Basic Needs Program Provided by: **Women's Centre of Calgary**

Calgary 39 4 Street NE 39 4 Street NE, Calgary, Alberta T2E 3R6
403-264-1155



Calgary Emergency Food Hamper Provided by: **Calgary Food Bank**

Calgary Food Bank Main Warehouse 5000 11 Street SE, Calgary, Alberta T2H 2Y5
403-253-2055 (Hamper Request Line)



Community Activities and Outreach Programs Provided by: **Hillhurst-Sunnyside Community Associ**

Hillhurst-Sunnyside Community Centre 1320 5 Avenue NW, Calgary, Alberta T2N 0S2
403-283-0554



Community Resource Centre Provided by: **Sunrise Community Link**

Calgary 3303 17 Avenue SE 3303 17 Avenue SE, Calgary, Alberta T2A 0R2
403-204-8280



Community Support Services Provided by: **Salvation Army, The - Calgary**

Calgary 1826 36 Street SE 1826 36 Street SE, Calgary, Alberta T2B 0X6
403-220-0432

Calgary 1731 29 Street SW 1731 29 Street SW, Calgary, Alberta T3C 1M6



Emergency Food and Clothing Programs Provided by: **Victory Foundation**

Eastside Victory Outreach Centre 1840 38 Street SE, Calgary, Alberta T2B 0Z3
403-387-0587



Hampers for the Homeless Provided by: **Calgary Food Bank**

Calgary Food Bank Main Warehouse 5000 11 Street SE, Calgary, Alberta T2H 2Y5
403-253-2055 (Hamper Requests)



HIV Support Provided by: **HIV Community Link**

Calgary 1603 10 Avenue SW 1603 10 Avenue SW, Calgary, Alberta T3C 0J7
403-508-2500



Peer Support Centre Provided by: **Students' Association of Mount Royal University**

Mount Royal University - Lincoln Park Campus 4825 Mount Royal Gate SW, Calgary, Alberta T3E 6K6
403-440-6269



Programs and Services at SORCe Provided by: **SORCe - A Collaboration**

Calgary 316 7 Avenue SE 316 7 Avenue SE, Calgary, Alberta T2G 0J2



Providing The Essentials Provided by: **Muslim Families Network Society**

Calgary 3961 52 Avenue 3961 52 Avenue NE, Calgary, Alberta T3J 0J7
403-466-6367



Robert McClure United Church Food Pantry Provided by: **Robert McClure United Church**

Calgary, 5510 26 Avenue NE 5510 26 Avenue NE, Calgary, Alberta T1Y 6S1
403-280-9500



Social Services Provided by: **Deer Park United Church**

Deer Park United Church 77 Deerpoint Road SE, Calgary, Alberta T2J 6W5
403-278-8263



Specialty Hampers Provided by: **Calgary Food Bank**

Calgary Food Bank Main Warehouse 5000 11 Street SE, Calgary, Alberta T2H 2Y5
403-253-2055 (Hamper Requests)



Support Services Provided by: **Care Connect Christian Society**

Calgary Zone - Information / Registration / Appointments Calgary, Alberta T2R 0X7
403-264-2636



Veteran's Food Bank Provided by: **Poppy Fund, Royal Canadian Legion Calgary Branches**

Building J - Pockar Park 4539 6 Street NE, Calgary, Alberta T2E 3Z6
403-265-6304



Welcome Home Hamper Provided by: **Community Kitchen Program of Calgary**

Calgary 3751 21 Street NE 3751 21 Street NE, Calgary, Alberta T2E 6T5
403-538-3778

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