



Sacred Heart School

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

February, 2019 Newsletter

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



- Tues., February 5 – Mass at Sacred Heart Church at 1:30pm
- Wed., February 6 – School Council meeting at 3:00pm
- Tues., February 12 – Food Fair – Via Cibo
- Thurs., Feb 14 AND Fri., Feb. 15 AND Mon., Feb. 18 – NO SCHOOL
See February, 2019 calendar for more events!

Dear Parents and Guardians,

It is February and a busy month it will be!

It's hard to believe we are already into the month of February! February tends to be a short but busy month with no school on the Teachers' Convention days on the 14th and 15th and the Family Day holiday on Monday, the 18th.



Brrr!!! The weather is getting colder. Please dress your children for the weather: winter coats, warm boots, hats, mittens and scarves! If the temperature is below -17C, we will be inside, above -17C we will go outside. We want to make sure your children stay warm when they go outside for recess!

Winter Walk Day: Wednesday, February 6. Sacred Heart School students will join students from across the province in the Winter Walk Day sponsored by Ever Active Alberta. If it is too cold outside, we will reschedule the Winter Walk Day.



From Your School Council: Our next School Council meeting will be held this *Wednesday, February 6 at 3:00 pm*. Please join us as we plan some fun for our school community this winter! All parents are welcome! A special thanks goes out to School Council for organizing our Family Movie Night in January! We had a great night! There were lots of families here to enjoy the movie and pizza. We raised \$815 which we will use to replace chrome books for the school.



Calgary Catholic Fundraiser – Hitmen Hockey game – Friday, February 15, 2019 – 7:00pm

Join Calgary Catholic at the Calgary Hitmen's annual Lunar hockey game and raise money for the District at the same time! The Hitmen will ring in the Chinese New Year – year of the pig - and includes performances from dragon dancers and post-game fireworks inside the Saddledome! Tickets cost \$12 - \$2.00 of this goes to the Calgary Catholic Education Foundation.



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

How to purchase: use this website only: bit.ly/DistrictDay2019 with the promo code LUNAR. ***Tickets must be purchased through this link for the LUNAR code to work.

Attention Parents!

Thank you parents for being so wonderful and cooperative with not using the staff parking lot. Parents have noticed how much safer it is around the school.

Something else to remember:

When you are dropping off and picking up your children, please do NOT stop/park in the "Permit Required" sections of the street surrounding the school. These areas are for people who live on the street only and they have called to complain.



We appreciate your cooperation! Thank you!

The 7 Reasons Your Kid Needs Sleep

1. Sleep promotes growth.
2. Sleep helps the heart.
3. Sleep effects weight.
4. Sleep helps beat germs.
5. Sleep reduces injury risk.
6. Sleep increases kids' attention span.
7. Sleep boosts learning.

Why sleep is
important at school.

how much sleep is enough for your child?

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours

The full article can be found here: <https://www.parents.com/health/healthy-happy-kids/the-7-reasons-your-kid-needs-sleep/>



February 2019

Mon

Tue

Wed

Thu

Fri

Sat

						2
3	4 Telus Spark Science Centre K & Gr 4M 	5 Fluoride Treatments - K and Gr 2 Mass @ Sacred Heart Church 1:30 pm	6 School Council 3pm	7 Telus Spark Science Centre Gr 2/3N & 4/5H 	8	9
10	11	12 Food Fair Via Cibo 	13 Book Truck 	14  Teachers' Convention No School	15 Teachers' Convention No School	16
17	18 Family Day No School	19 Telus Spark Science Centre Gr 3V and 5/6R 	20	21	22 Winter Walk Day	23
24	25	26 ICNR - Evening Event	27 Book Truck 	28		



Sacred Heart School

MILK PROGRAM - 2018/2019

Sacred Heart School is pleased to offer a milk program to our students. Chocolate milk and white milk will be available each lunchtime for \$1.00 Here are the payment options for this year:

1. Pre-pay program

- parents pay \$20 per child. This gets the child 20 milk.
- We will issue a milk card for that child which will be available at the milk table in the gym each lunch hour. Students will tell the Milk Supervisor their name and the Milk Supervisor will punch a square on his/her milk card to show one milk has been used.
- When the card has less than \$5.00 left, the school office will email you to let you know.
- please fill in the form below and send to the office with cash or cheque (made payable to Sacred Heart School).
- You may pre-pay for as many milk cards as you wish, but only in \$20 increments please. As soon as the office receives your payment we can set up your child in the milk program.

2. Pay-As-You-Go program

- milk can be purchased each day for \$1.00



Order Form - Milk Program

Please fill out one form per student. (You may use one cheque for all children in one family.)

Student: _____

Grade: _____ Teacher: _____

Total amount attached: _____

cash

cheque (made out to Sacred Heart School)

Office Use: Date form & payment received: _____

Date milk card created: _____

Date reminder email sent: _____



Connections



CALGARY CATHOLIC SCHOOL DISTRICT MONTHLY NEWS

FEBRUARY 2019

District Day with the Calgary Hitmen

Join the Calgary Catholic community for their annual District Day with the Calgary Hitmen. All students, staff, family and friends are invited to cheer on the Hitmen as they face off against the Medicine Hat Tigers on Friday, Feb. 15, 2019 at 7 p.m. at the Saddledome. Tickets are only \$12 and \$2 from every ticket, as well as a 50/50 sales, goes back to CCSD schools through the Calgary Catholic Education Foundation. Visit bit.ly/DistrictDay2019 to buy tickets. Use the code LUNAR when prompted.

Kindergarten Registration

Calgary Catholic offers full-day kindergarten at 10 schools. Students must live within the school's boundaries to be eligible to enrol. The remainder of our elementary schools offer half-day kindergarten. To register, children must turn four years old on or before March 1, 2019. Your child's birth certificate is also required at the time of registration. For more information, contact your local Calgary Catholic school or visit the website at cssd.ab.ca/Parents/Registration.

Open Houses & Program Information Nights

Over the coming months several Calgary Catholic schools will be hosting Open Houses and Program Information Nights. These events offer students and their families an opportunity to visit and get to know their local Calgary Catholic School. They are also a great way to learn more about each school's unique program offerings. For a full list of upcoming events, visit our website at cssd.ab.ca/News.

Family Day & Teachers' Convention

There will be no classes on Thursday, Feb. 14 and Friday, Feb. 15 for Teachers' Convention, as well as Monday, Feb. 18 for Family Day. We hope everyone can enjoy quality time with family.



SUNALTA

toy lending library

Sunalta Community Association has a Toy and Game Lending Library! We have more 200 items the library aims to provide quality games, STEM activities, sporting gear for ages 0-12. The goal is to help reduce waste through a sharing economy, provide quality items at a low cost and to provide a way for people to try many different toys without having to store them at home.

Check out the collection on line at <https://sunaltatoylibrary.myturn.com/library/>

Go to www.sunalta.net to learn about how to become a member.

Open: Tuesdays 10:00am to 7:00pm; Wednesdays & Thursdays 10:00am to 2:00pm

Building Community Over a Pot of Soup

Soup Night

Hosted by Scarboro United Church and the Bankulew & Sunalta Community Social Workers



Free Community Soup Dinner

Scarboro United Church - 134 Scarboro Avenue SW

Friday, February 22nd, 2019

Doors open 5:30 p.m. & Dinner 6 - 9 p.m.

All invited, but space is limited, please RSVP by Feb 19

Contact: Silvia.Ross@calgary.ca / (403) 540-0160



Healthy Children

February 2019 Parent Newsletter



Positive Parenting

The way you support and guide your child has an impact on their well-being. A positive authoritative parenting style means being warm and nurturing while still having expectations and clear rules. When you parent in a positive authoritative way, you can help children to become psychologically healthy and confident and develop good social and emotional regulation, reasoning, problem-solving and decision making skills.

Be consistent, fair and clear.

Make sure your child knows the consequences for their actions in advance and is clear on what will happen when rules are broken.

Follow through. Children are less confused, frustrated and anxious when they know what is expected of them. When discipline is necessary, don't jump to punishment, focus on

what has been learned and ask for your child's ideas of what to do.

Be a positive role model. Learn to identify and manage your own emotions as a parent so you can teach these skills to your child. Hold the same expectations for your own behaviour as you do for your child.

Communicate supportively.

Encourage independence and the expression of opinions. Listen so your child feels understood and explain reasons for your decisions in a way that makes sense to your child.

Always show your child love and warmth, even if you disagree with something they have done.



For more ideas on being a supportive parent in a strong family, visit

<http://yllumyhome.com/>

Articles

Positive Parenting

Parents Matter:
Getting involved in
your child's school
experience

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



**Alberta Health
Services**

Parents Matter: Getting involved in your child's school experience

Research confirms what many parents have long suspected to be true: when parents play an active role in their child's education, kids benefit. They develop positive attitudes toward school and learning, and are more likely to earn higher grades and stay motivated.

As a parent or caregiver, there are many ways you can get involved in your child's school experience. Here are some examples:

- Stay in the loop with your child's teacher – follow classroom blogs, e-newsletters and other online forums, and participate in student-led conferences.
- If you can, set aside time to go to school-wide activities like student performances, school barbecues and charitable events, or help out with field trips.
- Attend a school council meeting – often these include speakers and discussions about ways to support your child's learning and well-being.



- Ask the principal and teachers about ways you can share your talents. Careers, hobbies and cultural experiences make parents “natural teachers”.
- Talk to your child about what's going on at school. Spend time together.

All of these examples are meaningful and important. They all contribute to healthy relationships between home, school and community.

If your hectic schedule makes it hard to be engaged, get creative! Principals and teachers know that good schools get even better when parents are involved, and most are looking

for new ideas about how to be flexible with families. Some now offer drop-in “coffee and conversation” evening events or encourage school garden volunteers to stop by on the weekends. Others offer community-based activities for the whole family, like book exchanges, public skating and family dances.

To learn more, check out Alberta Education's brief video about family engagement to support mental health in schools. It's the third video in a four-part series available here: <https://education.alberta.ca/mental-health/information-and-resources/everyone/videos/>