



# Sacred Heart School

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## November, 2018 Newsletter

Please check our school website for all the latest news: [www.cssd.ab.ca/schools/sacredheart](http://www.cssd.ab.ca/schools/sacredheart)

### NO SCHOOL:

- **Thursday November 1** is Calgary Catholic Schools Faith Day. All District staff will gather to celebrate our faith.
- **Friday November 2** is a school holiday for Remembrance Day. Remembrance Day is on Sunday, November 11.

### SAVE THE DATES:

- **Remembrance Day Liturgy:** Friday, November 9 at 9:00 am in the school gym.
- **Family Advent Mass** – Monday, December 3 at 6:00 pm at Sacred Heart Church
- **School Christmas Concert** – Friday, December 21 at 1:00 pm in the gym at the school

**Dear Parents and Guardians:** October was a busy month at Sacred Heart! We celebrated our Thanksgiving Liturgy at Sacred Heart Church. Thank you to Mrs. Miller and Mr. Haley's classes for organizing it for us. Students were all smiles on picture day and picture orders are due on Tuesday, November 6. Retakes will be on Friday, November 16. We rounded out our month with a Food Fair Pizza day and with all staff and students wearing orange and black.

**School Fees:** School Fees are due, including bus fees. Fees for the 2018-2019 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. They can be paid online at [Student Fees](#) or at the office. Please contact the office if you have any questions.

**School Council:** We are happy to share that Sacred Heart School has set dates for most of our events for the year. Please mark the following in your calendar.

- Family Events – mark your calendars!
  - Family movie night – January 24, 2019
  - Spring Fling Family Dance – May 16, 2019
- Food Fair dates:
  - November 20, 2018
  - December 11, 2018
  - January 5, 2019
  - February 12, 2019
  - March 19, 2019
  - April 30, 2019
  - May – No food fair
  - June 25, 2019 (Activity day)



***The next School Council meeting is on Monday, November 19 at 3:00 pm. During this meeting fundraising ideas will be discussed.***

**Progress Reports:** Progress Reports will be sent home with your child on Friday, November 23. Parent-Teacher conferences will be on the evening of Thursday, November 29 and during the day on Friday, November 30. Conference Manager will open on Friday, November 23 at 5:00pm to book your interview time. We will send home the instructions for how to book your appointment.

**Sound Kreations:** Our children had such an AMAZING time dancing with Sound Kreations in October! If you would like, Sound Kreations invites our Sacred Heart School parents to register for its monthly newsletter in order for kids to keep up with the dance moves! SK-Monthly will help keep your children dancing. Subscribers receive an Instructional Dance Video every month, created by our own in-school instructors, offering an endless number of dances for them to practice and share with their friends. In addition, the newsletter includes some fun and practical information about dance games, and some positive and clean tunes for them to dance to! This newsletter, available only to those students who have participated in an SoundKreations Dance Program, is set-up to go to the parent's inbox and is a completely ad-free, spam-free initiative focused entirely on building dance community and keeping kids moving and grooving!

If you would like to register your child in the SK Monthly Virtual Dance Club please follow the link below:

[www.skmonthly.com](http://www.skmonthly.com)

**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. Please ensure your child has a coat, hat, mitts and boots to wear to school. We will be going outdoors.

**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 provides Sacred Heart School with sandwiches and snack for our children. If your child forgets his/her lunch or is extra hungry, please send them to the office and we can help them get what they need.

### MILK PROGRAM - 2018/2019

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

#### 1. Pre-pay program

- Parents pay \$20 per child. (cash or cheque made payable to Sacred Heart School). This gets the child 20 milk.
- We will issue a milk card for that child which will be in the gym each lunch hour. Students tell the Milk Supervisor their name and the Milk Supervisor marks 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 email [meg.thoutenhoofd@cssd.ab.ca](mailto:meg.thoutenhoofd@cssd.ab.ca) to get started on the milk program. 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 (as supplies last)



#### 3. to Order:

- Please fill out: (You may use one cheque for all children in one family.)

Student(s) : \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Total amount attached: \_\_\_\_\_

- cash                       cheque (made out to Sacred Heart School)

## SCHOOL UNIFORMS

- Please make sure your child is wearing his/her uniform every day.
- The only colours that are acceptable to wear are red, white and black – no grey or blue allowed!
- All shirts MUST be monogrammed "Sacred Heart School".
- Please come to the office to pay your October 30 partial payment if you have an outstanding balance. We accept cash or cheques made out to Sacred Heart School Council.



On the weekend of November 3<sup>rd</sup> and 4<sup>th</sup>, there will be a special collection at each mass throughout the Roman Catholic Diocese of Calgary. Please join the CCEF in ensuring we provide opportunities to develop our students into tomorrow's leaders.

November 4, 2018 is Catholic Education Sunday. It is a day meant for all of us - parents, grandparents, alumni, students, friends, and community members to come together to celebrate and give thanks for Catholic education. Our schools are an expression of our faith and a gift, both to our children and to our community.

This Sunday is our opportunity to support quality Catholic education in our community and to ensure the present and future needs of Catholic education are met. The Calgary Catholic Education Foundation (CCEF) is a charitable organization dedicated to enhancing educational experiences for students in the Calgary Catholic School District (CCSD). Your generosity will make a difference for over 56,000 CCSD students in 115 schools.



## ATTENTION PARENTS!

Please **DO NOT USE** the Sacred Heart School staff parking lot off 14th Avenue SW to drop off or pick up your child for school.

It is VERY DANGEROUS for our children! There are too many cars moving in the small space. Please park on the streets around the school - 13 Avenue SW, 14 Avenue SW, etc.

*Thank you for your cooperation.*



## Community Programs at Sacred Heart School

2018 - 2019

Dear Sacred Heart School families,

We are writing to let you know of three opportunities we are offering to our families this school year. Please read the information below and on page 2 and indicate which program(s) you would like to be involved in. Please return this form to your homeroom teacher.

### Good Food Box - SMALL FEE REQUIRED program

The Good Food Box (GFB) is an optional program where you can purchase fresh fruit and vegetables at a very low cost. The boxes are put together and delivered to Sacred Heart School by Community Kitchen volunteers. This program runs once a month on specific dates (see below). Pay for the box at the school office (cash only) by the order deadlines below and pick up your box of food at the school on the delivery dates below. You can choose from the following sizes:

- **Small Box:** \$25 20-25lbs\* of fruits and vegetables
- **Medium Box:** \$30 30-35lbs\* of fruits and vegetables
- **Large Box:** \$35 40-45lbs\* of fruits and vegetables

\*These weights are just an approximate. Weights will vary depending on produce size and density.

<u>Order Date Deadline</u>	<u>Delivery Date to Sacred Heart School</u>
Monday, November 19, 2019 (school office must receive your money by 12:00pm)	Wednesday, November 28, 2018
NO December box—program will continue in January, 2019	

### Once a Month Food Bag Program - FREE program

- once a month on Thursdays -- food will be provided in food bags - 1 bag per registered family
- families will be assigned a Thursday date once a month (you will be given all your dates in advance)
- families must pick up their free bag of food at the school
- families participating in this option must volunteer to be a part of the team that packs the food bags - a detailed volunteer schedule will be sent out to all those who register for this option.

*YES, I would like to be a part of the Once a Month Food Bag program:*  (please check here)

Student Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Name of Parent Volunteer: \_\_\_\_\_

Email address: \_\_\_\_\_ Ph. #: \_\_\_\_\_

**more opportunities on page 2**



**Kids Up Front Program - FREE program**

- Kids Up Front provides experiences (and tickets!) to Calgary kids and their families. Kids Up Front distributes tickets to events around Calgary to our families who would not be able to afford to attend. These experiences nurture their spirits, feed their imagination and inspire their dreams!
- Sacred Heart School has access to football tickets, hockey tickets, theatre tickets, sports events (curling, etc.). We communicate these opportunities to you by email and you reply to let us know whether you are interested in anything specific in the email. Often, there are many people wanting the same tickets so not all requests can be met. Every effort is made to distribute fairly.
- If you have an event you would love to attend but cannot afford, please send us a request and we can send it to Kids Up Front and they can try to get tickets for that event.
- Emails usually come weekly. Some tickets can be emailed; others will be sent home with your child if you are successful.

*YES, I would like to be a part of the Kids Up Front Program:*  *(please check here)*

Student Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Email address: \_\_\_\_\_

If you have any questions, please call the school office at 403-500-2004.

Thank you!

Your Sacred Heart School Admin Team



**Sacred Heart School - 2018/2019**  
**Good Food Box Order Form**



**Family Name:** \_\_\_\_\_

Box size	Cost	# of boxes	Amt. owing	Paid
<b>Small</b> (*20-25 pounds of fruit/ vegetables)	\$25			
<b>Medium</b> (*30-35 pounds of fruit/ vegetables)	\$30			
<b>Large</b> (*40-45 pounds of fruit/ vegetables)	\$35			

\* weight of fruits and vegetables approximate. They vary depending on produce size and density. ~ **CASH ONLY** ~

*Please fill in:*

***This box will feed:***    \_\_\_ # of families    \_\_\_ # of adults    \_\_\_ # of children    \_\_\_ # of seniors (65+)

RECEIPT: rec'd \$ \_\_\_\_\_ Date: \_\_\_\_\_ Office signature: \_\_\_\_\_

<u>Order Date **</u>	<u>Delivery Date</u>
Monday, October 22, 2018	Wed., October 31, 2018
Monday, November 19, 2019	Wed., November 28, 2018
<i>NO December box - program continues in January, 2019</i>	
Monday, January 14, 2019	Wed., January 23, 2019
Wednesday, February 13, 2019	Wed., February 27, 2019
<i>NO March, 2019 box - spring break</i>	
Thursday, April 18, 2019	Wed., May 1, 2019
Thursday, May 16, 2019	Wed., May 29, 2019
Monday, June 10, 2019	Wed., June 19, 2019



**\*\* payment MUST be received by Sacred Heart School by 12:00pm on order date**

**Questions? Call 403-500-2004 or email: [meg.thoutenhoofd@cssd.ab.ca](mailto:meg.thoutenhoofd@cssd.ab.ca)**



# November 2018

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

				1  NO SCHOOL - Faith Day	2 No School	3
4	5	6	7 Book Truck FAST	8 Shine Awards - AM ICNR Gr. 3 & 4 to Giuffre Family Library	9 Remembrance Day Liturgy - 9:00 am at the school Heart Beat Groups	10
11 Remembrance Day 	12 Author visit: <a href="#">Lisa Bowes</a>	13 Olympic Vote!	14 FAST	15	16	17
18	19 3:00pm - School Council meeting	20 Food Fair	21 Book Truck FAST	22	23 Progress Reports go home 3:30pm - Conference Manager opens to book interview	24
25	26	27	28 FAST Graduation	29 Parent Teacher Conferences - 3:30pm - 7:00pm	30 NO SCHOOL- Parent/Teacher Conferences 8:30am - 2:30pm	



NOVEMBER 2018

# Connections



CALGARY CATHOLIC SCHOOL DISTRICT MONTHLY NEWS

## Catholic Education Sunday

On this day, we recognize and celebrate the wonderful work that is taking place at Catholic schools across the province. Catholic Education Sunday is also an opportunity for us to share our generosity. The Calgary Catholic Education Foundation (CCEF) is a charitable organization dedicated to enhancing educational experiences for CCSD students. The foundation provides grants that support innovative programs and projects, such as Open Minds, that touch the lives of many students. On Nov. 3 and 4, there will be a special collection at each mass, with the majority of funds going to the CCEF. Help support quality Catholic education in our community and ensure that the present and future needs of Catholic education are met. If you prefer, you can also visit [theccef.ca](http://theccef.ca) to donate online.

## CCSD Calgary Flames Fundraiser

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. Last year we raised over \$10,000 for district schools and the [Calgary Catholic Education Foundation](http://Calgary Catholic Education Foundation). For every ticket sold the Calgary Flames will donate \$10 back to your school. Tickets can be purchased at [calgaryflames.com/CCSD](http://calgaryflames.com/CCSD).

## Calgary Catholic School District Releases Provincial Test Results

The Calgary Catholic School District proudly celebrates its students' academic accomplishments. The release of the 2017–2018 Provincial Achievement Tests and Diploma Examination results show CCSD students continue to perform well in relation to the province. To view the full results, please visit the CCSD website at [cssd.ab.ca/Parents/ProvincialTesting](http://cssd.ab.ca/Parents/ProvincialTesting).

## Faith Day

All schools and administrative offices will be closed on Thursday, Nov. 1 as staff come together as a community to celebrate our annual Faith Day—an inspirational, faith-based professional development day. We look forward to having the Most Reverend Bishop McGrattan to preside over Morning Prayer and Father Rob Galea—a Maltese-Australian priest—to give our keynote speech.

## Remembrance Day

Recent changes to the Employment Standards Code have affected the way the district handles general holidays and holiday pay. As a result of these changes, all teachers, support staff and exempt staff will receive a day in lieu for this general holiday on Friday, Nov. 2, 2018. This day was selected as it is identified as a district-wide K–12 PD day and will cause the least disruption to our students, families and school communities. We ask that our students and families take a moment to observe Remembrance Day on Sunday, Nov. 11 and commemorate those who sacrificed their lives in world conflicts.

## Parent & Trustee Forum

All parents are invited to attend the November Parent & Trustee Forums to explore educational issues impacting your child. The forum will take place on Nov. 27 at 7–9 p.m. at the Clarion Hotel & Conference Centre (2120 - 16 Ave NE, Calgary). Visit [cssd.ab.ca/Parents/SchoolCouncil](http://cssd.ab.ca/Parents/SchoolCouncil) for more information.

## Did you know?

The Catholic values that built the foundation of our district back in 1885 still guide us today as students live and learn in our Catholic faith.



# Healthy Children

November 2018 Parent Newsletter



## The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.

 For more information about family resiliency, visit <http://yllumyhome.com/>

## Articles

The Resilient Family

Loose Parts Play

### Reminder

Routine immunization consent forms were sent home last month with Grade 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>



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

## Loose Parts Play

Often as adults we observe children playing for hours with “treasures” they find throughout their day. Have you ever noticed that your children would rather play with materials that they can use and adapt as they please, rather than toys that come with a clear purpose? This natural sense of wonder and creative type of play is referred to as ‘Loose Parts Play’. It was coined by Samuel Nicolson, who believed that loose parts in our environment will empower an individual’s curiosity. Your children may already engage in this type of natural play.

Loose parts play consists of objects and materials that children can move, carry, combine, line up, take apart and put back together in multiple ways. Doing so can allow for endless fun!

Loose parts can be:

- **Natural:** water, sticks, leaves, flowers, pinecones, shells, feathers or rocks
- **Human made:** pipes, tires, blocks, boxes, foam or fabric
- **Household items:** pouring devices (cups, spoons,



buckets, funnels), play cars, blankets, recycled materials (paper tubes, ribbons, caps, lids, wood scraps, wire, foam, cardboard) art materials (buttons, natural and coloured popsicle sticks, beads, straws, paints, brushes)

When an environment is rich in these loose parts, children can use their imagination to create stories, manipulate objects to find new purposes as well as spark their sense of wonder and curiosity.

Providing children with loose parts for play encourages active learning where skills such as

problem solving, creativity, concentration, hand eye coordination, fine and gross motor development and social skills can grow. This type of play can also help children improve in school subjects such as math, language and science.

So next time you are considering re-vamping your child’s play space consider offering some loose parts and watch the magic happen!