



Sacred Heart School

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

April, 2019 Newsletter

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



- April 1 – 1st day back after spring break
 - April 8 – 3:00pm – School Council meeting – all are welcome to join us!
 - Friday, April 19 – Monday, April 22 – NO SCHOOL – Easter Break
 - Tuesday, April 23 – NO SCHOOL – Professional Development Day for staff
 - Tuesday, April 30 – Food Fair – watch for order forms coming home in April
- See attached April, 2019 calendar for more events!*

Dear Parents and Guardians,

We hope that everyone has a restful Spring Break! Rest up so you are ready for more exciting teaching and learning opportunities in the next 3 months of the school year!

We are just over half way through Lent. During our Ash Wednesday Mass, Father Shaun asked us to do three things this Lent:

1. “Plug into God!” – pray more and hear what Jesus is saying to us.
2. “Fast” – give up something we love.
3. “Alms giving” – give to others either in kind or in time.



With this in mind, we will be collecting items for Inn from the Cold. Inn from the Cold provides shelter, sanctuary, and healing to assist homeless children and their families achieve independence. To support this organization, we will collect the following items between April 2 and 17:

1. URGENT NEED: New Childcare Supplies (Full and Travel Sizes): Baby bottles; baby wipes; baby lotion; baby body wash; Baby Shampoo and baby Vaseline
2. Shelter supplies – personal hygiene supplies – shampoo, conditioner, soap, lotions, Kleenex boxes
3. Nutrition and meal supplies – paper lunch bags, Ziploc bags, aluminum foil, paper napkins
4. Gift cards: WalMart; Superstore; Safeway

Please bring the items you wish to donate to your homeroom teacher before Wednesday, April 17, 2019.

Parent Satisfaction Survey – Please watch for the Parent Satisfaction Survey we will be sending home on coloured paper. The survey allows our school and the district to gain input from parents/legal guardians regarding the quality of education at our school and to help us plan for improvement. We will have prizes for the class that returns the most surveys in Div. I and Div. II.

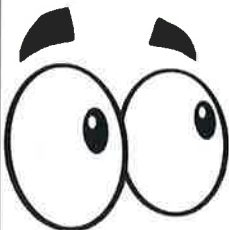
Please return all forms to your teacher by Wednesday April 13.



Scholastic Book Fair – The book fair will be rescheduled to May. Please watch for details.

From Your School Council: Next School Council meeting will be held on **Monday, April 8 at 3:00pm.**

Please join us as we plan some fun for our school community this winter!



Looking for volunteers! We are looking for a couple volunteers to help us with our blue food bag program twice a month. We are looking for a driver to go out to the Community Kitchen warehouse, wait while the food is loaded into your vehicle and then return to the school with the food. We have volunteers who will unload the food from your vehicle when you get here. I am just looking for drivers to get the food from there to here. **Would you be available from 8:55am – 10:15am, twice a month?** Call Mrs. T in the office at 403-500-2004 or email meg.thoutenhoofd@cssd.ab.ca. Thank you!

SCHOOL UNIFORMS

New!

NEW rules for our school uniforms - effective on Monday, April 1, 2019 (after spring break)! Students MUST wear black for the bottom piece of the uniform - it can be pants, shorts or skorts, but it MUST be BLACK. White, embroidered Sacred Heart shirts are still mandatory for every student. Optional red sweatshirts, vests and hoodies are also permitted to be worn on top of the Sacred Heart shirt. Please see details on the next page. Please call the school office if you have any questions - 403-500-2004 or email meg.thoutenhoofd@cssd.ab.ca.



April 2019

Sun Mon Tue Wed Thu Fri Sat

	1 1st day back after spring break	2	3 Book Truck 	4	5 Gr. 2/3, 3, 4, 4/5, 5/6 to Aggie Days 	6
7	8 3:00pm - School Council 	9	10	11 <i>Shine</i> Shine Awards - AM ICNR	12 Chris Bray Presentation Last Day for Parent Satisfaction Survey	13
14 <i>Palm Sunday</i>	15	16	17 Last Day for items for Inn from the Cold Book Truck 	18 Stations of the Cross	19 <i>Good Friday</i> No School 	20
21 <i>Easter Sunday</i> 	22 <i>Easter Monday</i> No School	23 <i>Professional Development Day (K-9)</i> No School	24	25	26	27
	29	30 Food Fair				



SCHOOL UNIFORMS

NEW Mandatory Uniform Rules

Effective: Monday, April 1, 2019

We are changing the rules regarding our school uniforms. White, embroidered Sacred Heart shirts are still mandatory for every student. Optional red sweatshirts and vests are also still going to be available and permitted. The change is what students are allowed to wear on the bottom of their uniform: students **MUST** wear black - it can be pants, shorts or skorts. See details below. Please call the school office if you have any questions - 403-500-2004 or email meg.thoutenhoofd@cssd.ab.ca.

1. TOPS - MUST wear a choice of:

- A. white polo shirt - short or long sleeve with Sacred Heart School embroidery
- B. white Oxford shirt - short or long sleeve with Sacred Heart School embroidery
- available at the school while supplies last
- C. red sweatshirt with Sacred Heart School embroidery
- if wearing a shirt underneath, it **MUST** be the Sacred Heart embroidered polo or Oxford shirt
- D. black & red vest - with Sacred Heart School embroidery
- the shirt underneath **MUST** be the Sacred Heart School embroidered polo or Oxford shirt
- E. black hoodie - with Sacred Heart School embroidery
- the shirt underneath **MUST** be the Sacred Heart School embroidered polo or Oxford shirt
- F. ALL items above **MUST** be purchased at Sacred Heart School

2. BOTTOMS - MUST wear a choice of:

- A. SOLID black pants or shorts - no designs, no rips, no fashion ripping
- can be purchased at the school or at the store of your choice
- **MUST** wear with solid red, white or black socks (NO stripes, polka dots, etc.)
- B. red tunic with white polo/oxford shirt with Sacred Heart School embroidery
- **MUST** be purchased at Sacred Heart School
- **MUST** wear with solid red, white or black tights under OR solid red, white or black socks (NO stripes, polka dots, etc.); socks/leggings/tights can be purchased at the store of your choice
- C. SOLID black skort (no other colours allowed; **MUST** be a skort, not a skirt)
- **MUST** wear with solid red, white or black socks (NO stripes, polka dots, etc.);
OR solid red, white or black tights (NO stripes, polka dots, etc.); socks/leggings/
tights can be purchased at the store of your choice
- black skort can be purchased at the school or at store of your choice as long as it is black



APRIL 2019

Connections



CALGARY CATHOLIC SCHOOL DISTRICT MONTHLY NEWS

Canada's Outstanding Principals awards

Elisé Saraceni, Principal at St. Jean Brébeuf has been recognized as one of Canada's Outstanding Principals for 2019. Now celebrating its 15th year, The Learning Partnership's Canada's Outstanding Principals program recognizes the unique and vital contributions of principals in publicly funded schools. For more information, visit bit.ly/CanadasOutstandingPrincipals.



GrACE

Did you know that GrACE stands for Grateful Advocates for Catholic Education? The goal of this advocacy group is to educate, inspire and unite the spirit of Catholic education. Calgary Catholic has its own GrACE team. Among its alliance of stakeholders are Calgary Catholic trustees Myra D'Souza, Lory Iovinelli and Pamela Rath, Chief Superintendent Gary Strother, district personnel and parents, parishioners and members of the Roman Catholic Diocese of Calgary, religious orders, Catholic Women's League of Canada and Knights of Columbus. As GrACE begins its outreach, we invite all those committed to Catholic education to be advocates and witnesses for our schools' successes and their future. Join the conversation @GrACE4cathed and get involved with your local GrACE team to share your stories and support Catholic education.



2019 Alberta's Top 75 Employers

The Calgary Catholic School District has once again been named one of Alberta's Top 75 Employers. First published in 2006, Alberta's Top Employers is an annual competition organized by the editors of Canada's Top 100 Employers. This special designation recognizes the Alberta employers that lead their industries in offering exceptional places to work. To find out why CCSD was selected visit cssd.ab.ca.



Kindergarten registration open

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. For more information, contact your local school or visit bit.ly/CCSDRegistration.

Faithfully – Insights of Discipleship in the Diocese of Calgary

The Diocese of Calgary has launched a monthly publication called 'Faithfully,' which gives readers a snapshot of faith at work in the lives of everyday people. It also features stories and events that deepen our connection with God through others. To subscribe, visit subscribepage.com/faithfully.

Summer School registration open

High school students born after Sept. 1, 1998 can now register for 5- and 3-credit Summer School courses. For full details and to register, visit bit.ly/CCSDSummerSchool.

Easter long-weekend

All Calgary Catholic schools and administrative offices will be closed on Good Friday, April 19 and Easter Monday, April 22.

Sunalta POTLUCK

Dinner and Games

BRING A DISH!

Please list ingredients for allergy and cultural reasons.



Bring your favourite cultural dish, salad or dessert and enjoy games with neighbours.

All invited at Sunalta Hall 1627 - 10th Ave SW

community hubs
initiative



SUNALTA
A COMMUNITY INITIATIVE

Growing Food

for Apartments and Condos

**-Small Space Gardening Workshop Series
with Janet Melrose - Calgary's Cottage Gardener
FREE for Sunalta Community Association Members
* You must live in an apartments/condo in Sunalta.***



April 30th: Get Set!
Seeds and seedlings and
passive greenhouses.
Microgreens and more!



April 2nd: Getting
Ready! Setting the stage
for small space gardens.
Discussion on containers,
weather and make your
own soil!



May 28th: Let's Go!
Transplanting
seedlings, watering
techniques and harvest
tips.

Workshop dates: April 2nd, April 30th and May 28th

@ Sunalta Community Hall from 7- 9 p.m.

Registration is required.

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

community hubs
initiative



SUNALTA
community association

SUNALTA TOY & GAME LENDING LIBRARY

Sunalta's Toy & Game Lending Library offers the opportunity to borrow educational and age appropriate toys, seasonal and sports equipment, board games, STEM toys and so much more for babies to adults!

Check out www.sunalta.net for information and inventory.



The Toy & Game Lending Library is a great way to save money, save space, access items, share knowledge, reduce our environmental impact and build community.

Access to the Toy & Game Lending Library requires: A valid Sunalta Community Association (SCA) Membership, Or you may volunteer 4 hours at the Community Association to earn a membership.

The Toy & Game Lending Library is intended to be inclusive and accessible for all Calgarians. If the cost is a barrier and you are unable to volunteer, please email info@sunalta.net so that we can assist in finding a suitable solution.



SUNALTA

toy lending library

Hours:

Tuesday 10:00am – 7:00pm.

Wednesday & Thursday

10:00am - 2:00pm

Location:

1627 – 10 Ave. SW.

Sunalta Community Hall

Interested to volunteer?

Contact:

toylendinglibrary@sunalta.net

As part of the Community Hubs Initiative, the Sunalta Community Association, in partnership with the United Way, City of Calgary, Rotary Club, and community volunteers are bringing this resource to Sunalta!

Calgary



Rotary



United Way
Calgary and Area

CANADA'S
NATIONAL
BAJLET
SCHOOL

Sharing Dance

PRESENTED BY

Shaw)



Want to Embrace the Joy of Dance? No Dance Experience Required!

The joy of dance is contagious!* Throw caution (and stage fright) to the wind and join us to learn the new 2019 choreography, and then we'll perform it together at NBS Sharing Dance Day in May.

**Disclaimer: Ok, we can't back that up with science and research, but we wholeheartedly believe it to be true!*

Everyone can dance! Join us!

Each year, a team of passionate Canadian choreographers create a piece of choreography that embodies a thoughtful theme. This year's choreography explores how our familial, cultural and community roots influence our identity.

Sharing Dance Day is a fun, physical and artistic way to learn about dance, and an opportunity to foster new relationships in your community.

Rehearsals will prepare you to shine in community performances across Canada including Calgary's on June 7, 2019.

Join the movement! [Register today – www.sharingdance.ca](http://www.sharingdance.ca)

Free Drop-in Rehearsals Saturdays 3:30 - 4:30 pm

March 16, 23,
April 13, 27,
May 4, 11, 25,
June 1

At Wildflower Arts Centre
3363 Spruce Drive SW
403-249-3773
Call for more information

PRESENTING PARTNER



NBS SHARING DANCE FOUNDING DONORS



Joan & Jerry Lozinski

GOVERNMENT PARTNERS



Healthy Children

April 2019 Parent Newsletter



Articles

Avoiding Common Allergies

What You Need to Know about Your Child's Sexual Development

Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ For more information about food safety, visit <https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>

 Alberta Health Services

What You Need to Know about Your Child's Sexual Development

You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older. Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, “when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina”.
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

➤ To learn more about development from birth up to 18 years of age, please visit **Alberta Health Services** www.teachingsexualhealth.ca