



Sacred Heart School

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

January, 2019 Newsletter

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



- Wednesday, January 9 - School Council meeting in library – 3:00pm start
- Tuesday, January 15 – Food Fair Day – Opa! (orders due by Thursday, January 10)
- Thursday, January 17 – Thursday, January 24 – grades 3 & 4 go swimming
- Friday, January 25 – NO SCHOOL – Professional Development Day
- Thursday, January 31 – Shine Awards – 2:00pm

Dear Parents and Guardians,

Welcome back! We hope the holidays provided an opportunity to rest, relax and create lasting memories with your family. We are ready to begin the second half of our school year together and we look forward to new learning, exciting activities, and new friendships. Along with this, the start of 2019 brings the anticipation of all that is possible. It is an opportunity for a fresh start in the form of greater focus on academics, homework routines etc., or perhaps participation in extra-curricular opportunities within the school. Whatever it may be, our school community is here to work together with our families to ensure student success. Our District theme is Matthew 7:7 - "Search, and you will find;" This theme focuses on our relationship with God through prayer. In addition, the theme is continually addressed during our liturgies and embedded in all we do including the many service learning projects our students have been involved in since the beginning of the school year. May 2019 bring love, laughter and good health to you and your home.

Christmas Concert and Cake Auction/Raffle

A huge thank you to all parents and staff for their baking and raffle donations! And thank you to all the parents who purchased raffle tickets and auction items! Together we raised **\$856.95!** A cheque for \$428 will be sent to Sacred Heart Church. The school will use the remainder of the money for school programming. Thank you all!

From Your School Council: Our next School Council meeting will be held this *Wednesday, January 9 at 3:00 pm* (new day!) Please join us as we plan some fun for our school community this winter! All parents are welcome!



Family Movie Night – January 24, 2019

School Council is in the process of planning the Family Movie Night! Mark your calendar: Thursday, January 24, 2019 – the fun starts at 6pm! *Details will be available later this week!*

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. If you have issues with the discount code working, copy the link and paste it into Google Chrome and retry the process.

ATTENTION PARENTS!



We are continuing to block off our staff parking lot before AND after school. Please **DO NOT USE** the parking lot when you are dropping off or picking up your child(ren). We are looking out for the safety of our Sacred Heart School families.

We appreciate your cooperation! Thank you!



January 2019

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	 School Re-opens		9	10	11	12
13	14	15	16	17	18	19
		 Heart Beat Groups Food Fair - OPA	Book Truck 	Gr. 3 & 4 Swimming ICNR	Ringette Canada presentation (grades 3 - 6)	
20	21	22	23	24	25	26
	Grade 3 & 4 Swimming	Grade 3 & 4 Swimming	Grade 3 & 4 Swimming Heart Beat Groups 	Grade 3 & 4 Swimming Family Movie Night 	No School Professional Development Day	
27	28	29	30	31		
			Book Truck 	2:00pm - Shine Awards		



CALGARY CATHOLIC
SCHOOL DISTRICT

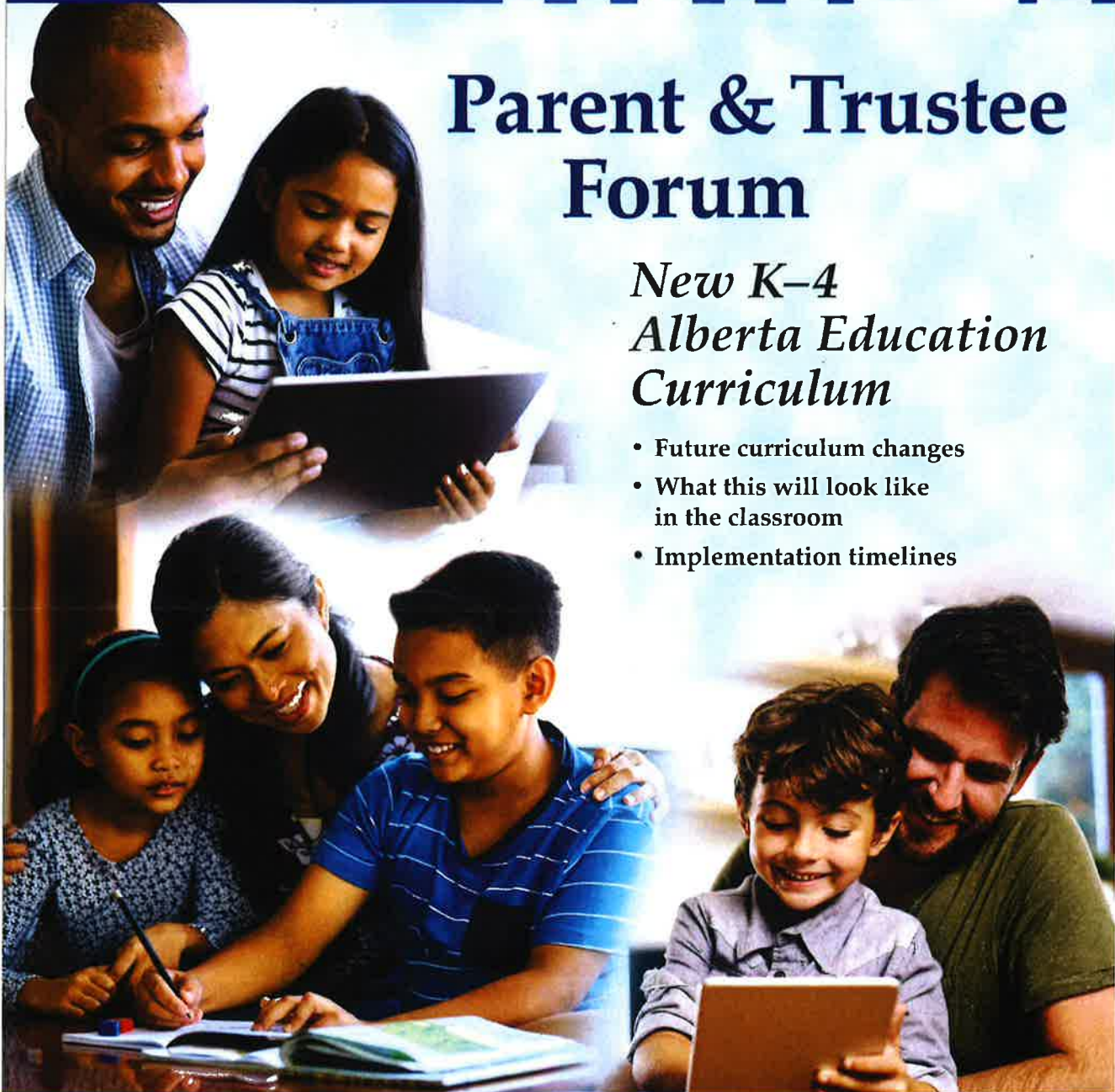
SCHOOL COUNCIL



Parent & Trustee Forum

New K-4 Alberta Education Curriculum

- Future curriculum changes
- What this will look like in the classroom
- Implementation timelines



Working together to ensure student success.
Join us to explore how parents can use their voice
to address issues in education.

Tuesday, Jan. 22, 2019
7-9 p.m.
Father Lacombe High School
3615 Radcliffe Drive SE, Calgary

Wednesday, Jan. 23, 2019
7-9 p.m.
Notre Dame High School
11900 Country Village Link NE, Calgary

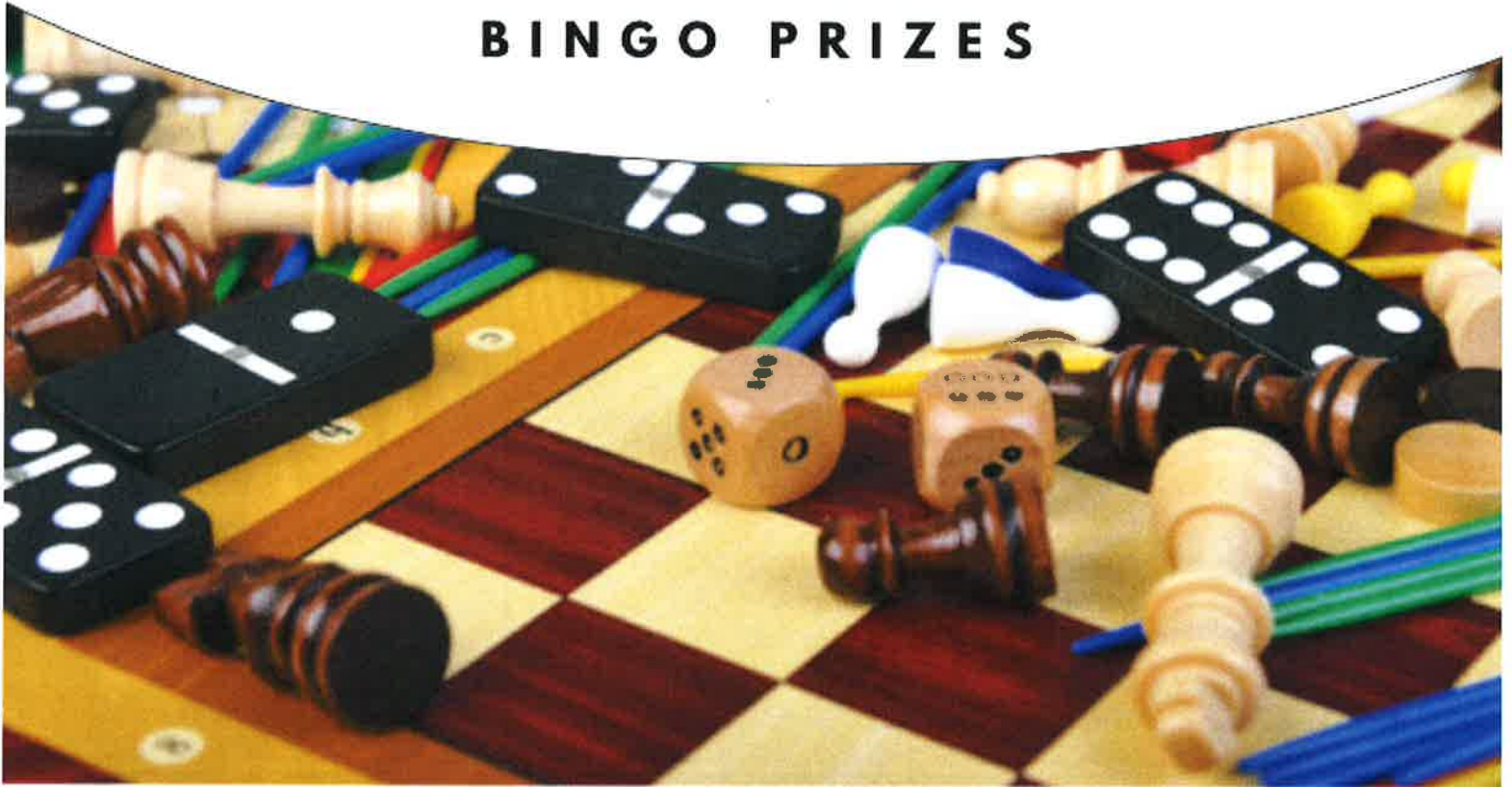
Thursday, Jan. 24, 2019
7-9 p.m.
Bishop Carroll High School
4624 Richard Road SW, Calgary

Contact: tanya.slater@cssd.ab.ca to register.

SUNALTA Community GAMES NIGHT



BINGO PRIZES



**BORROW GAMES, BRING YOUR GAMES,
BRING YOUR FRIENDS, MEET YOUR NEIGHBOURS**

**FRIDAY, JANUARY 18TH, 2019
6:00PM TO 8:30PM**



Free Event



Sunalta Community Hall 1627 - 10th Ave SW

Healthy Children

January 2019 Parent Newsletter



Articles

Is Tooth Decay a Disease?

Relaxation and Your Child

Is Tooth Decay a Disease?

Tooth decay is the most common chronic disease of children. In fact, it is more common than obesity, asthma, and diabetes. The impact of tooth decay can have life-long effects. Tooth decay can cause pain and infection, as well as limit a child's ability to eat, grow, learn, play and attend school.

The good news is that tooth decay is preventable! To help your child prevent tooth decay:

- Brush two times a day with a fluoride toothpaste and floss daily.

- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Drink tap water with fluoride, where available.
- Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to help protect your child's teeth.

➤ For more information about oral health and oral health services, visit www.ahs.ca/oralhealth. For information about dental care for low income Albertans look under the Related Resources tab.

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



Relaxation and Your Child

Relaxation is a great way to help your child cope with stress. Regular relaxation calms the nervous system, boosts the immune system, sharpens concentration and promotes positive thinking.

PMR – A Powerful Relaxation Tool. Progressive Muscle Relaxation (PMR) is designed to reduce stress, as well as physical problems such as stomachaches and headaches. It can even help your child sleep better.

Quick Relax! In this shortened version of the PMR approach, your child learns how to tense their whole body and then relax their muscles all at the same time. Follow these step-by-step instructions:

1. Lie down.
2. Scrunch up your face and tuck your head into your shoulders, tightening these muscles.
3. Cross your arms at your forearms and tighten your arms with your fingers grasping opposite elbows.
4. Tighten your belly, legs and



- feet, pointing your toes towards your nose.
 5. Hold this position and hold your breath for 5-10 seconds.
 6. Say the word “relax” – and let your whole body go limp like a rag doll and breathe out.
 7. Take a few deep breaths in and out.
- Tips for Parents**
- Speak slowly and calmly while following the instructions.
 - Pause after each instruction to allow time to carry it out.
 - Make an audio recording for your child so your child can use it on their own.
 - Do this for your own stress reduction. Your child will see it’s for everyone.

- Set aside 5 minutes to do this with your child.
- It’s best not to learn in a stressful time. Practice first and then use when needed.
- Find a quiet place with no interruptions.

In addition to PMR, try this relaxation practice with your child. Take in a long, deep breath. Count to four and breathe out for a count of five or six. Once they learn this, they can do it anytime they need to.