



# Sacred Heart School

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## October, 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)

**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. Together we raised \$378.00 for the Terry Fox Foundation. Thank you to Constable Hartmann and all the parents who walked in the rain with us!

**School Fees:** School Fee forms were sent home last week, except for transportation fees (Bussing). 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, bringing the grade 1 – 6 total to \$125.00. We encourage all parents to pay their fees. Fees can be paid in full or on monthly installments either at the school office or online. Please contact Mrs. T in the for help with how to pay. Thank you to all those who have already paid.

**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. Sacred Heart 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. Check the schools web page under School Council for more information. Next meeting – Monday, October 22 at 3:00 pm.



**Sound Kreations - Coming next week!** We are happy to welcome Sound Kreations to Sacred Heart School the week of October 15 – 19. This is a fun, interactive in-school dance program where our students will be taught through dance and poetry. Dancers, artists, etc. will be here to encourage students to explore physical literacy in a safe environment with people who believe in them. For more information, please look them up at [SoundKreations.com](http://SoundKreations.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. If you need some help with winter clothing for your child, please contact us and we will try to help.



**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:** The staff participated in a Professional Development Day on October 5. We joined together to learn about the new curriculum Alberta Education will be providing us in the future. Mrs. Gage and Mrs. Turner provided us with information on the Mind Up program which will be beginning with all classes over the year.



**Picture Day:** Smile! Hope this does not inconvenience you.....Our photographer, Lifetouch, changed our School Picture Day from Thursday, October 11 to **Friday, October 12. School Photos will take place on FRIDAY, OCTOBER 12TH, 2018.** We apologize for any inconvenience. Any questions can be directed to Lifetouch directly, at 403-478-6288. Please note: uniforms are required for all school photos.

**FAST (Family and Schools Together) Program:** Thank you to all the parents who expressed interest in the program. We have 16 families who began in the 9 week program last Wednesday.

**Tuesday, October 30** – Food Fair Day – watch for details coming from your School Council.

**Wednesday, October 31** – Orange and Black Day – Students can leave their uniforms at home today and wear the colors orange and black for Halloween. *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.

**Thursday, November 1** – Faith Day – *No school for Students*. Calgary Catholic School District staff will participate in a day of Faith formation at the BMO Center. Our guest speaker will be Father Rob Galea.



**Friday, November 2 - Professional Development Day** – *No school for our students*. Sacred Heart School staff will join with several schools to participate in a PD led by guest speaker David Irvine.

### 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 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 email [meq.thoutenhoofd@cssd.ab.ca](mailto:meq.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

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**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)

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## 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.*



# October 2018

Sun      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

	1      Day 1	2      Day 2	3      Day 3 FAST	4      Day 4	5 Professional Development Day K-6 No school	6
7	8 Thanksgiving Day No school	9      Day 5	10      Day 6 Book Truck Canceled FAST	11      Day 1 ICNR - Library Field Trip Grade 3 and 4	12      Day 2 Picture Day  Photo Day	13 Clothing Exchange at Father Lacombe High School
14	15      Day 3 Sunalta Kids - After School City program	16      Day 4 Kinder, Gr. 1 & 2 Dentist visit 	17      Day 5 Sunalta Kids - After City program FAST	18      Day 6	19      Day 1	20
<div style="border: 1px solid black; padding: 5px; display: inline-block;">                 Sound      Kreations      Dance      Program - all week             </div>						
21	22      Day 2 Field Trip to Telus Spark - Gr. 1 & 1/2 3:00pm - School Council Sunalta Kids - After City program	23      Day 3	24      Day 4 Book Truck  FAST Sunalta Kids - After City program	25      Day 5 Field trip - Gr. 5/6 to Youth Link	26      Day 6	27
28	29      Day 1 Sunalta Kids - After City program	30      Day 2 Food Fair (forms will come home in backpacks)	31      Day 3  FAST Sunalta Kids - After City program	Nov 1 Faith Day No School	Nov 2 PD Day No School	

# Sleep

Sleep and learning go hand in hand. Our brains require sleep to help store the information we learned throughout the day.

Research shows:

- that not enough sleep is linked to depression, cardiovascular disease, obesity, inattention, concentration difficulties
- Kids routinely not getting enough sleep
- Lack of sleep can cut learning by 40%
- that school-aged children who turn off all electronics get **42 more minutes of sleep per night**
- please turn off all electronics one hour before bedtime.
- If kids are not sleeping it does not matter how well they “learn” information it will not be retained

(Lloyd “Chip” Taylor, Ph.D)

Years of Age	Daily Sleep Guidelines
0-3	16-18 hours
4-5	11-12 hours
6-12	10 hours minimum
13-19	9-10 hours
Above 20	7-8 hours

Do you get enough sleep??



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# Clothing Giveaway

**Free Clothing  
For Babies to Adults**

**CALGARY CATHOLIC  
SCHOOL DISTRICT**



**PASS  
IT ON**  
Clothing Collection  
Shared with  
Calgary Families  
in Need

**Saturday, October 13, 2018  
from 9:30 am – 1:00 pm**

Father Lacombe High School  
3615 Radcliffe Drive SE, Calgary

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



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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



# ملائيس مجايبية لكل الأعمار

يوم السبت 13 اكتوبر تشرين أول 2018  
من الساعة 9:30 صباحا حتى 1 ظهرا  
في مدرسة الألب لاكمب الاعدادية

CALGARY CATHOLIC  
SCHOOL DISTRICT



**PASS  
IT ON**  
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In Need

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العنوان : Father Lacombe High School  
3615 Radcliffe Drive SE, Calgary



# Entrega de Ropa

**¡Ropa Gratis!**  
**Para Bebés, Niños y Adultos**

**Sábado, 13 de octubre, 2018**  
**de 9:30 am – 1:00 pm**

Father Lacombe High School  
3615 Radcliffe Drive SE, Calgary

**PASS**  
**IT ON**  
Clothing Collection  
Shared with  
Calgary Families  
in Need

  
**CALGARY CATHOLIC**  
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# Connections



CALGARY CATHOLIC SCHOOL DISTRICT MONTHLY NEWS

OCTOBER 2018

## Did you know?

The district currently has over 56,000 students in 115 schools.

### New CCSD schools

This year, we're excited to add to our school communities and continue to provide excellence in Catholic education with the opening of three new schools: All Saints High School in Legacy, Blessed Marie-Rose School in Sherwood and Divine Mercy School in Mahogany. From a world-class science laboratory and athletic centre to multipurpose rooms and sustainable design, we are proud to add these much-needed educational spaces in communities where our students and their families live.

### 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. 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).

### Bishop's Dinner

The Bishop's Dinner has a long history of giving back to the community, and this year, we are celebrating Catholic education and five incredible programs that support some of our most vulnerable students. Providing opportunities to learn and thrive to all students benefits our entire community. We hope you will join with us to support the students who need it the most. With your blessed support, we can give Catholic youth the gift of spiritual learning and guidance—allowing them to connect with God during their learning and to experience a life of faith. For more information or to reserve your tickets please contact Samantha Jones at 403-218-5531.

### Thanksgiving holiday

Schools and offices are closed on Monday, October 8 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.

# Healthy Children

Parent Newsletter



## Articles

5 Easy Ways to Tame Tech Use

Bike Safety: What should parents know?

## 5 Easy Ways to Tame Tech Use

What happens in your home when it's time to turn off the screens? Epic whining? Begging for just 15 more minutes? Dramatic allegations that you are the strictest of ALL parents? You are not alone. Flashy games, social media and endless online video content make technology very appealing to kids and adults alike. Parents often struggle with how to get their kids unplugged more often. It's not always easy but it can be simpler than you think. Here are five ways to tame tech use:

1. Make tech-free times. For example, at the dinner table or when guests are visiting.
2. Get out in nature. Nature can be a delightful distraction! Get out of cellular range for the full tech-free effect.
3. Make sure screen use doesn't cut

into important sleep time. Keep screens out of the bedroom.

4. Encourage a range of activities. As the old adage goes, variety is the spice of life.
5. Be a good role model with your own screen time habits. Follow the rules your family has agreed on.

Taming technology in your home doesn't mean your child can't play video games, watch movies or text their friends. What's most important is that families have plenty of media-free time to enjoy relationships, hobbies and memorable adventures.



For more information about screen time, visit

[http://www.csep.ca/CMFiles/Guidelines/CanadianSedentaryGuidelinesStatements\\_E\\_2012.pdf](http://www.csep.ca/CMFiles/Guidelines/CanadianSedentaryGuidelinesStatements_E_2012.pdf)

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and/or existing run clubs. To learn more visit [www.amayouthrunclub.com/](http://www.amayouthrunclub.com/)



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

# Healthy Children

## Bike Safety: What parents should know

This fall, your child may want to exert some independence by biking to school or to another destination on their own. If you are trying to decide if your child is ready to bike alone, consider if they are ready to judge traffic and safety risks.

Your child's ability to ride on the road is based on their experience, environment and development. Most children are not ready to ride in traffic until they are between 10 and 14 years old. Before they can ride on the road they will need to learn safe practices, such as:

- Paying attention
- Using brakes and hand signals
- Learning car and traffic signals
- Staying away from major risks such as busy intersections or hidden driveways
- Passing pedestrians safely

Also consider the route your child will take to school. Is there



a lot of traffic or construction? Are there safe intersections to cross at?

Whether they are with you or alone, your child must wear a helmet. It is the law in Alberta. Bike helmets can protect your child from head injury by as much as 80%! But all helmets are not made equal. Ensure your child is wearing the right helmet for cycling. Other wheeled activities such as skateboarding require a different type of helmet. Also ensure your child's helmet is a good fit. The [AHS](#)

[Bike Helmet YES](#) test will help guide you in buying, fitting and using the helmet properly.

Be a role model by wearing your helmet on every ride. Teaching and practicing the rules of the road, and wearing the right gear will help make this biking season a safe one.

➤ For more information about bike and small wheeled recreation safety, visit [Myhealth.Alberta.ca](http://Myhealth.Alberta.ca)