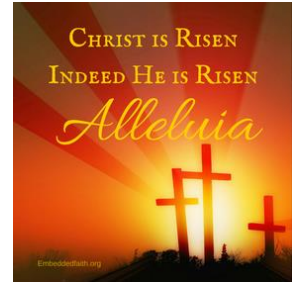


The Bernadette Gazette – April 22nd -26th

Easter is almost here! Did you know Easter Sunday is the most important day in Christianity? Easter is the celebration of Christ's resurrection from the dead. It is celebrated on Sunday, marking the end of Holy Week, the end of Lent, the last day of the Easter Triduum (Holy Thursday, Good Friday and Easter Sunday), **and is the beginning of the Easter season of the liturgical year.** As we know from the Gospels, Jesus Christ rose from the dead on the third day following his crucifixion, which would be Sunday. His resurrection **marks the triumph of good over evil, sin and death.** It is the **singular event which proves that those who trust in God and accept Christ will be raised from the dead.**



Following Easter Sunday, the season of Easter begins and lasts for seven weeks, ending with Pentecost.

In the Gospels, the details of the Easter story are each a little different, but it is explained that the differences are simply matters of style and not content. Despite the differences, the key aspects of the Easter story all match. **Above all, they agree that the tomb of Christ was indeed empty, which is the most essential fact.** Have a most wonderful Easter Sunday celebrating Christ with your family!



Thank you to Fr. Wayne and Mr. Volke who led us through the Stations. We encourage you to ask your children about the Stations and share their journey with Christ. **Every Good Friday the *Outdoor Way of the Cross* takes place beginning at St. Mary's**

Cathedral at 9:00am. Everyone and anyone is invited. <https://www.wayofthecross.ca/> for further information.



Class Challenge – show your school spirit for CRAZY HAIR DAY! Friday April 26th!

Help us to increase our school enrollment! We are accepting registration for grades 1-6 and Full Day Kindergarten for the 2019-2020 school year. We're the small school with the big heart and personality! Share with your neighbours how what you love above St. Bernadette School! Call 403.500.2020 or come to the office to register.



Easter blessings to you all,

Tara

The Week Ahead:

Sunday	Apr. 21		Easter Sunday
Monday	Apr. 22	Day	Easter Monday – no school
Tuesday	Apr. 23	Day	Professional Development Day – no school for students
Wednesday	Apr. 24	Day 6	Author presentation Marty Chan (gr. 4-6)
Thursday	Apr. 25	Day 1	Community Clean Up Day
Friday	Apr. 26	Day 2	KFC Fun Lunch(for those who ordered) Crazy Hair Day

Upcoming Events to Mark on Your Calendar:

<u>APRIL</u>
29- St. Augustine Tour (gr. 6)
<u>MAY</u>
2-Hats off to Mental Health Day
6-Dental Screening (gr. 2/1) National Geographic Live Field Trip (gr. 6)
9- ELA PAT-Writing Component Par A
10-Marion Celebration at St. Bernadette Church
13- Zoo Field Trip (Kindergarten)
14-Crime Not to Read (gr. 3/2)
15-School Council Annual General Meeting (AGM) ALL PARENTS INVITED
16-Volunteer Appreciation in PM
17-Professional Development Day (no school for students)
20-Victoria Day(no school)
21-Youth Link Field Trip (gr.6)
23-Wetlands Field Trip (gr. 5) Welcome to Kindergarten for new students 6:00PM (register for invitation)
27- NO KINDERGARTEN CLASSES THIS DAY
28-Fetal Development Presentation (gr.6)
31-Hamburger Lunch Day (for those who order)
<u>JUNE</u>
4-Year End Activity Day – swimming at TRICO in PM (gr.1-6)
6-Patrol Picnic at Heritage Park for 6/5 patrollers ONLY
7- TELUS Spark Field Trip (gr. K)



SATURDAY MAY 25, 2019

Bishop Carroll High School
4624 Richard Rd SW

SUNDAY MAY 26, 2019

Sherwood School
2011 66 Ave SE

**Online registration: April 15 at 9am to May 23 at 4pm
Visit www.eventbrite.ca and search My 1st Ride**

jlbsy98@gmail.com) **St. Bernadette CWL**

9th Annual

St. B's Spring Breeze

Craft & Trade Show

Saturday, April 27, 2019

10:00 am - 3:00 pm

7103 - 20A Street SE

**Spices, hand-crafted items, jewellery, skin care,
kitchenware and more at our one-stop shopping!**

**Bring a non-perishable food item to receive a free raffle
ticket for door prizes.**

Come early for the best selection!

CAFÉ — BAKE SALE — LIVE ENTERTAINMENT



- refreshments available -

For more info contact Gail jlbsy98@gmail.com

Healthy Children

April 2019 Parent Newsletter



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>

Articles

Avoiding Common Allergies

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

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>



To find an electronic copy of this newsletter visit www.aha.ca/csh

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



- 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
- About how important hygiene and self-care are when they start puberty.