



Sacred Heart Catholic Elementary School

180 Grandville Circle, Paris, ON • 519.442.4443 • www.sacredheartparis.ca
ZONE 3

Principal: B. Acres

Secretary: T. Andree



FEBRUARY 2020,

Principal's Message

Thank you to everyone's positive messages and well wishes during my time away. My planned return date is Wednesday February 5th. A big thanks to Ms. Deb Fullerton who has filled in while I was away. The school community appreciates her commitment to Sacred Heart in my absence.

Thanks to everyone that took part in the Ref-4-Rett fundraiser and Skate-a-thon. It was great to see the community come together for a great cause. All proceeds will go to Rett Syndrome research.

Report cards will be coming home on Friday February 7th.

Please remind all friends and family that Kindergarten registration closes on February 28th. Spaces are limited for French Immersion. Orientation for new JK/SK students will take place during the first week of May. Information will be sent out closer to May.



Celebrate
Winter Walk Day
2020 in February.

Get outside and active on your school journey.
Join the movement!



#WWD2020

@OntarioAST



www.ontarioactiveschooltravel.ca

#Walk2School



The Act of Love

O God, we believe that You are love
and that You love us.

Help us to live in love
that we may live in You and You in
us.

Amen

Parish Information

Sacred Heart Roman Catholic Church

Father Joseph Orji Okoko iv Dei
Ph: 519.442.2465

Mass:

Saturday 5 pm
Sunday 9:00 and 11:00 am

Please visit our website:
www.sacredheartparis.ca

Follow us on Twitter:
 @shcsparis

School Times

8:45 start of the instructional day
8:45-10:25 instructional block
10:25-11:05 First Nutrition Break
11:05-12:45 instructional block
12:45-1:35 Second Nutrition Break
1:35-3:15 instructional block
3:15 dismissal

**KINDERGARTEN
REGISTRATION**

JAN. 6 – FEB. 28, 2020

REGISTER ONLINE AT CATHOLICEDUCATION.CA

 BRANT HALDIMAND NORFOLK
Catholic District School Board

FRENCH IMMERSION OFFERED
**KINDERGARTEN
REGISTRATION**

JANUARY 6TH – FEBRUARY 28TH, 2020

REGISTER ONLINE AT CATHOLICEDUCATION.CA

 BRANT HALDIMAND NORFOLK
Catholic District School Board

A Note From The Public Health Nurse At Your School...

Children Have Stress Too!

Sometimes life can get a little stressful for everyone—even for children. While having a little bit of stress is okay, too much can affect your child's well-being.

As a parent, you can't protect your child from every stressful event in life, no matter how hard you try. But you can help your child cope by being there for them and helping them work through their problems.

Your child may be stressed if he/she:

- Is not interested in doing the activities he/she normally likes to do
- Has trouble sleeping
- Has trouble concentrating at school and home
- Gets more headaches than usual
- Doesn't have much of an appetite
- Is nervous, gets tummy aches or cries more often

Ways you can help your child cope:

- **Listen:** Sometimes kids just want to talk. Take the time to listen to how your child is feeling and encourage them by asking questions such as "how did you feel about that"
- **Label their feelings:** Your child may not yet have the words for their feelings. Using words such as "do you feel frustrated" will help them to describe what's going on
- **Touch:** Sometimes a hug is all that your child needs to help the stress melt away
- **Healthy Routine:** A healthy body is better able to fight the stress. Make sure your child gets enough sleep and eats well. Physical activity is also a great stress reliever! So go for a walk with your child or encourage him/her to do something that they enjoy

Inclement Weather Info

Please remember we are in zone three. Refer to <http://www.stsbhn.ca> for updates on weather and transportation.

KEV/CASH ON-LINE

REMINDER to register for our convenient online payments. Help Sacred Heart reduce the amount of cash/cheques coming into the school. Please go to:

<https://bhncdsb.schoolcashonline.com>

Select 'Get Started Now' and follow the online steps.

After receiving a Confirmation email select 'Click here' option, sign in and add each of your children. If you have any questions during the registration process or shopping online, please contact our friendly Ontario based Parent Help Desk (1-866-961-1803). Thank you.

PARENT COUNCIL

If you are interested in Parent Council please contact the school.

ABSENCE/ATTENDANCE

We request that parents contact the school in the event of their child's absence by a telephone call prior to 8:30 a.m. Our phone service will accept calls 24 hours.

As well, please send a note to school with your child if the end of day routine is going to change or if someone else is picking up your child. ~Thanks

Important Dates

- Feb 5 Winter Walk Day
- Feb 6 Chef a L'Ecole (JKSK)
- Feb 6 Pizza day
- Feb 7 reports go home
- Feb 13 Pizza day
- Feb 14 Dress in Red, White and Pink
- Feb 17 Family Day – no school
- Feb 18 Confirmation Practice Grade 7
- Feb 19 Confirmation 7 pm at church
- Feb 19 I Read Canadian Day
- Feb 20 Pizza day
- Feb 25 Shrove Tuesday
- Feb 26 Ash Wed. mass 11:15 (gym)
- Feb 27 Pizza day
- Feb 28 Principal Awards assembly 11:55 (Junior/Int) 11:15 (Primary)

Other Announcements and Reminders

Regarding Head Lice

What to Look For: Nits are very tiny eggs, half the size of a pinhead and oval in shape. They may look like dandruff, but they are firmly glued to the hair and cannot be flicked off. New eggs, which are close to the scalp, are tan coloured and are difficult to see.

How to Get Rid of Head Lice: Treating head lice requires two treatments one week apart. Get a head lice shampoo from your drugstore. Read the directions carefully and follow them exactly. Remove all of the nits. Head lice products kill many of the nits, but not all of them. Apply a second treatment in one week. Continue to check the head and remove any remaining nits.

To Remove Nits: Work in a brightly lit area – bright sunlight is best. After treatment, comb and part the hair in small sections. Use your thumbnail against your first finger to strip the nits from the hair starting from the roots right down to the tips.

Please notify the school if head lice or nits are found. We will be checking classes for lice and nits throughout the year.

Our School Website

Please subscribe to our school website at www.sacredheartparis.ca Once subscribed, you will receive updates and alerts to added information. On our front page you will be able to see updated announcements.

Instructional Time/Late Arrivals

Class time is an extremely valuable time that the students and teachers need. In order to minimize disruptions, we ask that parents not visit the classroom to drop off lunches or forgotten items. We ask that you bring those items to the office and we will ensure students get them. We look forward to your continued cooperation in this matter. Also, please ensure that your child arrives at school on time in order to maximize the instructional day.

Morning Traffic

Please do not block the pilons in front of the walk area that accesses the playground area. This allows us to see students and parents that are walking to the parking area. Also, please drive very carefully in the morning. There is a lot of traffic in the morning and we need to be mindful of students and families walking to school. Also, please continue to encourage your child(ren) to use the crosswalks and allow the crossing guards to help keep us safe. Thanks for your help with this.

Available Daycare in the Sacred Heart Community

Cobblestone Daycare offers both before and After care programs along with PA Day programs.

Centre Hours 6:30 am - 6:00 pm

Parents can call for more information 519 442-0444

Allergy Alert: Nut Allergies

*Please be advised, that we have students who have severe nut allergies and as a precaution, we are making our school nut safe. Please note, that this also means nut additives in snacks and drinks. Please ensure that you take the time to look over your child's snack prior to sending it to school. We as a staff will monitor the snacks sent to school. The safety and well-being of our students is the responsibility of everyone. **Peanut substitutes i.e., (Wowbutter) are not permitted.