



# Sacred Heart Catholic Elementary School

180 Grandville Circle, Paris, ON • 519.442.4443 • [www.sacredheartparis.ca](http://www.sacredheartparis.ca)  
ZONE 3

Principal: B. Acres

Secretary: T. Andree



OCTOBER 1<sup>ST</sup>, 2020

## Principal's Message

I want to start by saying thank you to the school community for your support in following our reopening protocols. Overall, the students have adapted to the new guidelines and procedures. We still are working hard to remember to socially distance and wear masks at entry and exit times. Please ensure your child completes the self-assessment before coming to school each day in order to avoid being sent to the isolation room and sent home. We appreciate your support with this public health directive.

We have purchased several items for students to play with during their cohorted recess.

We have our first pizza day on Oct 15<sup>th</sup>. Staff will be distributing pizza to students and delivery will meet the public health requirements for contact-free delivery.

We are also hoping to begin our snack program in the near future.

### October is Rett awareness month

October is Rett awareness month. Please see the attached memo at the end of this newsletter. As well, more information will be sent home that explains Rett syndrome and how you can help those with Rett syndrome that affects many throughout our country and right here at Sacred Heart School. Stay tuned. [www.rett.ca](http://www.rett.ca)

### Morning Drop-off

Thank you to all those that have helped with morning drop off. We continue to ask that parents who drive their children to school to drop them off at the front of the school. **Please avoid using the bus loop at the side of the school for drop-off and pick-up.** Student entry is only through the playground entrances in the morning and exit as designated by grade for the end of the day. Supervision begins at 8:30. Thank you for helping us to create a safe school environment. Please do your best to ensure students are at school on time to avoid missing important morning routines.

## A Thanksgiving Prayer

**Thank You, thank You, thank You,  
generous God!**

**You have injected life with joy,  
thus we know laughter.**

**You have dabbled creation with  
color, thus we enjoy beauty.**

**You have whistled a divine tune  
into the rhythm of life, thus we  
hear music.**

**You have filled our minds with  
questions, thus we appreciate  
mystery.**

**You have entered our hearts with  
compassion, thus we experience  
faith.**

## 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](http://www.sacredheartparis.ca)

Follow us on Twitter:

 @shcpsaris

### **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

### **Dropping off items during the day**

If you need to drop off items during the day such as lunches, backpacks etc, please leave them in the contact free bin in the front foyer where students will come down to retrieve those items as needed.

### **Personal Equipment**

Students are asked to have gym clothing and indoor shoes for use in the school and in the gym. Cell phones, iPods, etc. can be easily lost or damaged on the bus or at school and are not necessary during the regular school day. We realize that many students may have a phone at school for safety reasons, which is fine, but students are NOT permitted to use cell phones at school, unless they have permission by a staff member. In the event of an emergency, the school phone can be used.

### **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 wellbeing of our students is the responsibility of everyone. \*\*Peanut substitutes i.e., (Wowbutter) are not permitted.

### **Our School Website**

Please subscribe to our school website at

[www.sacredheartparis.ca](http://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.

### **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.schoolcashionline.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**

- Oct 2 Photo Day (Nov 6<sup>th</sup> retake day)
- Oct 12 Thanksgiving
- Oct 15 First Pizza Day
- Oct 29 Wear Purple for Rett Syndrome



# October is Rett Syndrome Awareness Month!!



## RETT SYNDROME

Rett syndrome is a rare neurodevelopment condition that effects mainly females (1 in 10,000 births) and is caused by a mutation in the X chromosome. Rett syndrome causes girls to lose the ability to move around independently, to use their hands to do anything for themselves (even to play), and to speak. Most girls never develop the ability to walk or talk. Many girls also lose the ability to eat, or to breathe normally. They have frightening seizures and their spines curve and distort their bodies.

## RETT SYNDROME AWARENESS DAY

October 29<sup>th</sup> has been designated as Rett Syndrome Awareness Day. On this day, iconic Canadian monuments will be lit purple and many people will be wearing purple. The will help us to light up the nation purple and bring awareness to Rett Syndrome!

## OUR STORY

Elle was diagnosed with Rett syndrome on October 26, 2012. Within days of this diagnosis, Ref4Rett was created with a purpose of raising awareness and funds to support on-going research. 100% of all of the money raised through Ref4Rett is donated to Ontario Rett Syndrome Association's Hope Fund. This fund was developed to support Rett syndrome research in the hope of one day finding a cure and/or treatment for Rett syndrome.

Over the last 8 years, we have been able to raise over \$260,000 all of which has been directed to the Hope Fund. Unfortunately, with the pandemic this year, we have had to make the very difficult decision to cancel our annual Ref4Rett Event, however we remain steady in our passion for raising awareness and funds to support the Hope Fund. If you wish to support Rett syndrome research in Canada, check out our website at [www.ref4rett.com](http://www.ref4rett.com) to make a donation.

In hope,

Kevin, Lory, Elle & Paige Morton