

584 Stafford Street

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Saint Joseph's News

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Principal: Keith Walsh

Superintendent: Mrs Francine Pilon

Trustee: Sam Finnie

Secretary: Kelly MacArthur Chair of School Council: Lisa Marshall & Shannon Quennell

*Our school community strives to promote love and respect for God, self and others, while fostering lifelong learning and celebrating Catholic faith, traditions and values.*April AssemblyThursday, April 27th at 2:20

Please Join Us!

May School Mass

Wednesday,

May 10th @ 9:30.

Waterloo Grade 7 & 8 Trip

Just a reminder about our upcoming Grade 7 and 8 trip to Waterloo from May 8-10. This trip will be centered around innovation and its place in our world today,



ST. JEROME'S
UNIVERSITY

bo
th in education and business. Students will be staying at St. Jerome's University and will have the opportunity to engage in leadership opportunities and to explore the campus and surrounding area. A visit to Google is part of the agenda! We look forward to this experience.

Family Fun Night

Parents, just a heads up about an upcoming exciting evening we are in the process of planning. On April 27th, from 6:00-8:00, we will be sponsoring a Family Fun evening. There will be various activities for families that will educate, inform and entertain. Some of the centres will include a family photographer, a construction station, design challenges, a maker cart station, an outdoor obstacle course, a food station and much more. A letter will be going home soon with an outline of the evening. More exciting details to follow! Please keep April 27th open on your calendars!

**School Council Meeting****Thursday, May 4th**

April 14 & 17: Good Friday and Easter Monday. School will be closed.



Easter Monday



Virtue of the Month: Forgiveness
Please discuss with your child/ren!

Morning Prayer

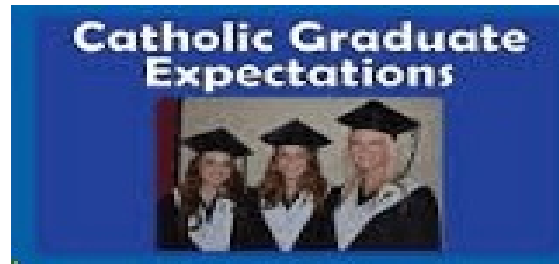
Dear God, During these most sacred days of Easter, I thank You for loving us so much that You sent Your son to die and rise from the dead, so that our sins could be forgiven. As I have received forgiveness, guide me to follow the example of Jesus by forgiving those who hurt me. Teach me also to take responsibility, seek forgiveness and repair the harm when I have hurt someone else. Help me to walk in the spirit of Jesus, working for reconciliation and peace within my family, school and community.
Amen

Tips to Promote Positive Self Esteem

1. Focus on the child's strengths. Emphasize and celebrate his/her "areas of competence."
2. Remember that sincere interest can be more effective and meaningful than praise. Demonstrate a genuine interest in his/her activities, hobbies, etc.
3. Establish realistic, achievable goals for your child. Anticipate success.
4. Understand that mistakes are an inevitable (and valuable!) part of any learning experience. Use these as an opportunity to teach and assist.
5. Anticipate that the child will have plateaus, failures, backslides, setbacks, and regressions. Support and encourage him at these times. Kids need love most when they deserve it least!



Ontario Catholic School Graduate Expectations



These expectations are set out by "The Institute For Catholic Education", established by the Bishops of Ontario in 1986. This institute is dedicated to bringing together and assisting all those who share responsibility for Catholic education in Ontario. They promote and maintain Catholic schools that animate the Gospel and reflect the tenets of the Catholic faith. There are seven overall expectations and I will share these with you over the course of the next few months.



A Reflective and Creative Thinker who:

- recognizes there is more grace in our world than sin and that hope is essential in facing all challenges;
- creates, adapts, evaluates new ideas in light of the common good;
- thinks reflectively and creatively to evaluate situations and solve problems;
- makes decisions in light of gospel values with an informed moral conscience;
- adopts a holistic approach to life by integrating learning from various subject areas and experience;
- examines, evaluates and applies knowledge of interdependent systems (physical, political, ethical, socio-economic and ecological) for the development of a just and compassionate society.

A

llergy Awareness APRIL

Symptoms can vary for different people, and can be different from one reaction to the next.

- Skin: hives, swelling, itching, warmth, redness, & a rash.
- Breathing: coughing, wheezing, shortness of breath, chest pain/tightness, throat tightness/swelling, hoarse voice, runny nose and watery eyes, & trouble swallowing.
- Stomach: nausea, pain/cramps, vomiting, & diarrhea.
- Heart: pale/blue colour, weak pulse, passing out, dizzy/lightheaded, shock.
- Other: anxiety, feeling of "impending doom", headache, & metallic taste in mouth.

How Is Anaphylaxis Treated?

The 5 Emergency Steps to Treat Anaphylaxis:

- Give epinephrine (e.g. EpiPen[®]) at the first signs of an allergic reaction.
- Call 9-1-1 and tell them that someone is having an anaphylactic reaction.
- You can give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms & keep the person lying down.
- Go to the nearest hospital right away (ideally by ambulance), even if symptoms are mild or have stopped. The reaction could get worse or come back after using epinephrine. You should stay in the hospital to be observed (generally about 4 hours).
- Call the emergency contact person (Food Allergy Canada, 2017).



During the week of April 30 - May 5, 2017, Ontario's Catholic school boards will be celebrating Catholic Education Week. This annual promotion celebrates the distinctive contribution that Catholic schools make to students, the community and society. The 2017 theme for Catholic Education Week is "Walking Forward Together".



God of love,
We thank you for the gift of our families.
For their warmth and care,
for their smiles and hugs,
for their encouragement and understanding,
for their strength and wisdom,
for their guidance and support.
Bless and protect our families, Lord, as we walk forward together through this school year.
May we always seek your truth and live in your love. We ask this through Christ our Lord.
Amen. +

<http://foodallergycanada.ca/wp-content/uploads/Anaphylaxis.pdf>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2017

Monthly Quote: Easter is meant to be a symbol of hope, renewal, and new life.



Virtue of the Month:

Forgiveness



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7 Roots of Bruce. Grade 4-5-6.

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11 SK and Grade 8 grad photos.

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13 Holy Thursday.



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17 Easter Monday. No School.



18 Junior Basketball. Notre Dame.



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20 Grade 4-6 ROM trip to Toronto.



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30 Catholic Education Week. April 30-May 5.

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1 Applause Breakfast.



25 Grade 7's and Grade 8 girls immunization shots.

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27 Monthly Assembly @ 2:20. Family Fun Night: 6:00-8:00.

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