



Sacred Heart School October Newsletter

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“Catholic Schools—Sharing Our Story; Celebrating Our Faith”

Principal's Message

October Issue 2

Dear Parents, Guardians, Parish Members and friends of Sacred Heart School,

As the new principal at Sacred Heart School, I would like to introduce myself. My name is Michael Gaal and I have been teaching for the past eight years in locations as far away as Taiwan and as close as Vanderhoof. I have a very strong faith in God and the teachings of the Church. Although I was not raised as a Catholic, my family and I chose to join the Catholic Church four years ago. This past year I completed the Rite of Christian Initiation for Adults (RCIA) program at the Immaculate Conception Parish and was confirmed at Easter.

It is with great excitement that I join the faith community at Sacred Heart and look forward to building strong relationships with the students, parents and guardians, teachers, support staff along with Father Pier Pandolfo and the parish at Sacred Heart Cathedral. It is my hope that I can continue and build upon the hard work that Mr. Kevin Harnish has dedicated to the school as principal over the past seven years.

The school year has already been in full swing for a month and I would like to thank all the teachers and support staff for their hard work and dedication during this time of change and especially Nuala Power for taking on the responsibility of head teacher. I would also like to thank Sister Sally McLean for the giving of her time and talents during this transitional time. I am going to contact all parents and guardians over the coming weeks in an effort to begin the important relationship building process. I would also encourage all members of the school and parish community to visit the school at any time.

Sincerely,

Michael Gaal

VIRTUE OF THE MONTH: COURAGE

GOAL OF THE MONTH: DOING THE RIGHT THING EVEN IF YOU ARE AFRAID.

Of Special Interest

- October 05th 2009
PSG Meeting/7:00 pm/Library
- October 9th 2009
School Mass/ 9:00 A.M.
Terry Fox Walk 10:45 A.M.
- October 12th 2009
Happy Thanksgiving!
No Classes K-7
- October 18th 2009
School Parish Mass 11:00 A.M.
Please join us
- October 23rd 2009
Pro. Development Day
No Classes for K-7

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Early Learning Program

The Early Learning Program at Sacred Heart School started on September 14, 2009. Unfortunately, due to the lack of attendance, this program will be cancelled for now. We will revisit this decision in the new year and hopefully have this great program start up again. Please call the school and let us know your comments about this program.

Parents In Action—Thank You for Volunteering!

Thank you to all the parents who are helping with the cross country running!

Thank you to Cheryl Baker for taking on the task of coordinating the Milk Program!

Thank you to Pat Roderick, Claudette Currie and Dana Lewis for helping with the Kindergarten/Grade 1 Reading Program.

Don't forget that if you are interested in volunteering in the school at any time or for field trips you must have a criminal record form completed and on file. These must be completed before volunteering and can not be in progress. The school requires the hard copy on file. Please contact the school office for a form!



MESSAGE FROM NORTHERN HEALTH REGARDING HAND WASHING:

Yes... it's that simple! Keeping your hands clean is the most effective way to reduce the spread of infection and disease. People can carry a lot of germs on their hands and while most are harmless, some can cause illness and disease. When we forget to wash hands, or don't wash them properly, we can give germs to other people. We can also pick them up by touching our eyes, mouths, noses or cuts on our bodies.

Think you know how to wash your hands effectively? You may be surprised. If you think a quick "rinse" under the tap will make all those nasty germs go away, guess again.

HOW TO WASH:

1. Start with soap and warm water (which helps to loosen the dirt and oils on skin.)
2. Wash all parts of your hands—tops, bottoms, between your fingers
3. Scrub for at least 20 seconds (it actually takes this long to properly get all the germs and dirt off your hands!)
4. Turn off the taps with a paper towel—NOT your clean hands!



WHEN TO WASH: It is not just how you wash, but when to wash. Some of the important times you need to wash are **BEFORE** you handle or prepare food or sit down at mealtime. Some more of the important times you also need to wash are **AFTER** you eat, after you handle garbage, play with or touch animals, or go to the washroom.

It may seem like a lot of work, but getting into a regular habit of proper hand washing will help to keep you healthier and stronger.

Important Forms Required

Each student must have a copy of their Birth Certificate/Care Card/Legal Residency Form/P.I.P.A. (Personal Information Privacy Act) signed by the student/parent/guardian, in his/her student file. Please ensure that the school also has a current address/telephone number for parent/guardian (home and work place), emergency contact name/telephone numbers and up-to-date accurate medical information regarding your child/ren. New verification forms will be sent home in order for you to provide current information. Please read through, sign and return to the school office. We will also be sending home the Sacred Heart School Code of Conduct Form for parents to read over with their child. We ask that both the parent and child sign this form return it to the school. Watch for these important forms to come home later this week.



Parent Support Group News



HOT LUNCH FRIDAYS: We have started our Pizza lunches for this school year. Students who pre-order are enjoying this Hot lunch on Fridays. Please note that with schools closed for Pro. D. on Oct. 23, we will have our Pizza Lunch on Thursday, October 22nd for that week. We will NOT have pizza hot lunch on Friday, October 30th.

PARENT SUPPORT GROUP MEETING—October 2009

Monday, October 5th, 2009 —7:00 pm/School Library—Looking forward to seeing you!

MOVIE NIGHTS ARE BACK!! Our next movie night will be November 13th, with 4 more dates planned throughout the school year. Mark this date on your calendar for a great family evening. More information will be sent home closer to Nov. 13th.

HALLOWE'EN DANCE: The Parent Support Group is planning a family dance on October 30th, 2009 to celebrate Hallowe'en. There will be a concession, amazing decorations and a great time for all who attend!! Volunteers are needed to help with this event. Watch for a more information to go home on this later in the month.



COMMUNITY PARISH EVENTS:

School Parish Mass

Our School/Parish Mass will take place on Sunday, October 18th at 11:00 at Sacred Heart Cathedral. This will be a special mass with Father Pier giving a special blessing for the staff and students. We invite all our families to attend this special ceremony for our school.

Bus Emergency Evacuations



During the week of October 5th to 9th, all Catholic school busses will be conducting Emergency Evacuation drills on the before school portion of their runs. These drills will be conducted on school property. Emergency Evacuation Drills are required by law and are designed to give your child practice in what to do in the event that an emergency evacuation is necessary. Thank you for your understanding and cooperation from Diversified Transportation Limited.

Tuition and Supply Fee Payments

Many thanks to our parents who have already paid the \$35 supply fee for children in Grades 1-7, and also to those who have paid their September and October tuition. We appreciate your attention to these necessary details. Please note that receipts for post dated cheques will be sent home with students on the Friday following the date on your cheque.

Fundraising for Grade 6/7 Class:

The Grade 6/7 Class have started their Bake Sales that take place every Friday throughout the school year at morning recess. Proceeds from these sales are used for the end of the year field trips to Camp Morice for the Grade 7's and to Ness Lake Bible Camp for the Grade 6's. Items are sold for 25 cents and 50 cents. Please send some change with your child on Fridays if you would like them to purchase a treat. Thanks from the Gr. 6/7 class for your support!!

D.A.R.E. Program:

This Drug Abuse Resistance Education Program has been started in the Grade 6/7 class and will run every Thursday from October to December. Constable D. Medcke will be our D.A.R.E. officer and will be working with our class for the duration of this very important course.



Important Events—October, 2009

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| 05th (Monday)- 7:00 P.M. | ➤ | PSG Meeting—School Library—Please come! |
| 07th (Wednesday) - 12:10 P.M. | ➤ | Gr. 2/3 Visit to St. Vincent de Paul |
| 09th (Friday) - 9:00 A.M. | ➤ | School Mass—Hosted by Grade 4/5 |
| 09th (Friday) - 10:30 | ➤ | Terry Fox Walk—K-7 |
| 09th (Friday) | ➤ | Grade 6/7 Bake Sale |
| 09th (Friday) | ➤ | Pizza Hot Lunch |
| 12th (Monday) | ➤ | <i>Happy Thanksgiving Day! - No Classes—K-7</i> |
| 13th (Tuesday) - 2:15 P.M. | ➤ | Volleyball Practice |
| 14th (Wednesday) - 7:00 P.M. | ➤ | School Council Meeting—Library |
| 16th (Friday) | ➤ | Gr. 6/7 Bake Sale |
| 16th (Friday) | ➤ | Pizza Hot Lunch |
| 18th (Sunday) - 11:00 A.M. | ➤ | Parish/School Mass—Sacred Heart Cathedral |
| 20th (Tuesday) | ➤ | Gr. 2/3 Fitness Challenge @ Four Seasons Pool |
| 22nd (Thursday) | ➤ | Pizza Hot Lunch |
| 23rd (Friday) | ➤ | Pro. D. Day— No Classes K-7 |
| 30th (Friday) | ➤ | Hallowe'en Assembly and Activities—Dress Up |
| 30th (Friday) | ➤ | NO PIZZA LUNCH TODAY |
| 30th (Friday) | ➤ | Hallowe'en Dance—sponsored by PSG |

Looking Ahead To November, 2009

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| 06th | - | School Mass/9:00 A.M./Hosted by Gr. 2/3—Please Join Us! |
| 09th | - | School/Parish Mass/11:00 A.M.—Please Join Us! |
| 10th | - | Remembrance Day Prayer Services/Cathedral/10:30 am |
| 11th | - | <u>Stat Holiday/No Classes/K-7</u> Remembrance Day |
| 13th | - | Movie Night |
| 24th | - | Report Cards Go Home With Students |
| 25th-26th | - | Book Fair |
| 26th-27th | - | P/T Conferences |
| 27th | - | <u>No Classes for Students—K-7</u> |
| 29th | - | First Sunday of Advent |