



# St. Joseph's School

The Northwest Catholic  
District School Board  
SCHOOLS OF HOPE

December 2019 Newsletter

**Safe Arrival 223-5227    Best Start 223-7440**

Web Site: <http://www.tncdsb.on.ca/school/stjosephs/Pages/default.aspx>

## Winter Weather



Winter has finally arrived and children should be dressed to face the colder temperatures. Proper outdoor footwear is a must to help ensure student safety in the slippery winter conditions.

Please **remember** to call the school if your child is going to be away or late.



**223-5227**

## Christmas Holidays

**Christmas holidays begin December 23rd with school resuming on January 6th. The staff and students at St. Joseph's School hope everyone has a very Merry Christmas and a Happy New Year!**



## Notes

Please remember to send a note to your child's teacher if there are going to be changes made to their after school bussing. If a written note is not received, your child will be placed on the bus.



## Bussing

With the snow beginning to fall, there is the potential of busses being cancelled. Parents are encouraged to sign up for email/SMS text bus alerts in the event of a cancellation or other bussing issues.

**Parents are invited to register at [www.nwobus.ca](http://www.nwobus.ca)**

## Newsletters

**Please visit the school website at <https://www.tncdsb.on.ca/school/stjosephs/Newsletters/Pages/default.aspx>**

# Christmas Activities

December 3rd-Advent Mass 9:15 in the gym

December 6-Santa Claus Parade

December 10– 1F Christmas Concert 1:35 in the gym

December 11– 2F Christmas Concert in classroom

11:30 for Group 1

2:00 for Group 2

December 12– K1/2EA Christmas Concert 1:30 in the gym

December 13– K1/2FC Christmas Concert 1:40 in the gym

December 16– 1/2F Christmas Concert

9:30-10:15 (1F Parents Only)

11:15-12:00 (2F Parents Only)

December 16– 1E & 2E Christmas Concert 1:30 in the gym

December 17– 3E Christmas Concert

11:00 for group 1

2:00 for group 2

December 17– K1/2F-B Christmas Concert 5-6pm in the gym

December 18– School Spirit Day– Ugly Christmas Sweater

December 19– K1/2FA Family Christmas Night 5:30-6:30



## School Newsletter Tips - December

### December

#### Add Veggies or Fruit to your Breakfast!

Try these Ideas:

- Add banana, blueberries or strawberries to your cereal.
- Add berries to yogurt.
- Try a smoothie - blend milk, yogurt and add a fruit like frozen mango or bananas.
- Scramble an egg or make an omelette and add your favorite veggies – tomato, peppers etc. If there are no allergies in the school, wrap it up.

#### Stay active over the holidays

Bundle up and have some family fun. Take the family to a 'Toonie' skate or visit an outdoor rink. Try on some snowshoes or skis and hit the local trails. Many places have free or low cost rentals. Play a game of hockey in your driveway or head to a rink with friends. Take a hike. Get off the beaten trail and explore nature's winter wonderland.

#### Give the gift of physical activity- give a present that promotes fun, active play.

Winter time is a great time for kids to get outdoors and be active. Are you having a hard time deciding what to buy for a child? Give the gift of fun and play by giving an active gift:

- Geocaching kits- kids will love it!
  - Family play pass- bundle up and go play outside with the kids
- 
- Sports equipment – sliding saucers, skates, skis, toboggan, hockey stick, snow shoes, snowboard, helmet, mouth guard.
  - Recreation passes or memberships to use for public skates and swims, shinny hockey or swimming lessons
  - Warm clothing, mitts or footwear for outdoor winter play.
  - Pedometer to count your steps and track activity levels.

## **Protect Your Family from Radon**

In our region, 1 in 4 lung cancer deaths are due to radon exposure. Radon gas comes from the breakdown of uranium that is found in rocks and soil and gets into homes through cracks, pipes, and drains.

Your home may have unsafe levels of radon gas in it – the only way to know is to test. To prevent being exposed to radon:

- Test to find out if there is radon in your home. Testing should take place for a minimum of three months during the winter in the lowest lived-in area of your home. Radon testing kits can also be purchased at most hardware stores or online.
- Avoid putting bedrooms in the basement where radon levels are the highest.
- Spend most of your family time on the main levels of your home, not in the basement.

## **Choosing a gift for a child?**

The age recommendations on toys relate to safety, not to the ability of a child. Follow the age recommendations on toys for all the children on your list, including those you believe are exceptional.

## **Tooth-friendly Christmas gift ideas!**

Kids love getting new toothbrushes. Find one with a character they like, you may be surprised at their excitement over tooth brushing. For kids over 3, buy some kid-themed toothpaste. Sometimes the flavour or the character on the tube helps motivate kids to brush!

## **Holiday Food Safety**

During this holiday season avoid foodborne illness with these simple tips:

- Don't eat uncooked batter or dough that contains raw eggs as they can contain harmful bacteria.
- When serving meals make sure hot food stays hot (above 60°C) and cold food stays cold (below 4°C).
- Think ahead when thawing a turkey. Thaw under cold running water or in a refrigerator.
- Ensure your turkey is cooked to at least 82°C and stuffing to 74°C.
- Clean and sanitize all surfaces that may have come into contact with the turkey or its juices.

## **Parent/Child Communication**

No parent is expected to have all the answers. Talk to your child. Create a connection. Provide your child with the chance to share his/her day's activities, feelings, and ask questions. Learn to observe, wait and really listen. Open, effective communication benefits not only the children, but every member of the family.

Here are some good online resources for reliable information:

- Infant Mental Health Promotion <http://www.imhpromotion.ca/>
- KidsHealth - <http://kidshealth.org/parent/growth/>

### **Stay up-to-date with your immunizations**

Like eating and exercising, immunization is a foundation for a healthy life. You can check whether your immunizations are up to date online! Visit [www.nwhu.on.ca](http://www.nwhu.on.ca) and click on [Immunization Connect Ontario \(ICON\)](#) to view your record.

Getting immunized is a safe and necessary part of keeping you and your family healthy. When you get immunized against a disease, you build up your immune system, making you stronger and more resistant to that disease. No matter how healthy you are, if you haven't had the vaccine, you don't have the antibodies to protect you if you are ever exposed to the disease. Stay up-to-date with your immunizations and stay healthy!

<https://nwhu.icon.ehealthontario.ca/#%21/welcome>

### **Have travel plans this winter?**

Before you travel, the NWHU recommends that you visit [www.travel.gc.ca](http://www.travel.gc.ca) to research your destination regarding health and safety. It is recommended that you consult a travel clinic (Winnipeg or Thunder Bay are closest) if you have further questions about travel health. If you require vaccinations for travel, the NWHU will administer travel vaccines for a fee.



# St. Joseph's School

St. Joseph's School 223-5227

Best Start 223-7440

## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1st Sunday of Advent	2	3 Advent Mass 9:30 in the gym  Pizza Day	4 Hot Lunch-Macaroni and Cheese	5 Hot Dog Day	6	7
8 2nd Sunday of Advent	9	10 1F(Gauthier) Christmas Concert 1:35 in the gym	11 2F Christmas Concert 11:30 group 1 2:00 group 2  Hot Lunch- Chicken Sub	12 K1/2EA(Thompson) Christmas Concert 1:30 in the gym  Hot Dog Day	13 K1/2F- C (Morris) Christmas Concert 1pm in the gym	14
15 3rd Sunday of Advent	16 1/2FA (Kennedy) Christmas Concert in Classroom 9:30-Grade 1 parents 11:15- Grade 2 parents  1E & 2E (Smith & Montgomery) Christmas Concert 1:30 in gym	17 3E(Bazinet) Christmas Concert 11:00 Group 1 2:00 Group 2  K1/2 FB (Caul) Christmas Concert 5:30 in the gym	18 Spirit Day-Ugly Christmas Sweater  Hot Lunch- Chicken Soup with bun	19 K1/2FA (Goulet) Family Christmas Night  Hot Dog Day	20	21
22 4th Sunday of Advent	23	24	25	26	27	28
29	30	31	Christmas Holidays			

To purchase coupons or hot lunches please visit:

<https://tncdsb.schoolcashonline.com/Home/Index>