



# St. Joseph's School

March 2020 Newsletter

The Northwest Catholic  
District School Board  
SCHOOLS OF HOPE

Safe Arrival 223-5227 Best Start 223-7440

Web site: <https://www.tncdsb.on.ca/school/stjosephs/Pages/default.aspx>

Please **remember** to call our Safe Arrival number  
if your child is going to be away or late.

223-5227



## March Break

There will be no school for  
students March 16th-20th



### Grad Pictures

March 27th

Retakes

April 14th



Please remember to turn your clock  
ahead one hour on

March 8th.



## Graduation

will take place on  
June 24th

## Up to Date Information

It is very important for the school to have up  
to date information for your child.

If your contact information has changed,  
please let the school know so our information  
is up to date.

## Hot Lunch Wednesday

**March 4th**– Taco Wrap (whole wheat wrap, beef, tomato, & cheese). Order by Sunday, FEB. 23 for delivery Wednesday, March 4/20.

**March 11th**– Homemade Macaroni and Cheese 16 oz with side of vegetable sticks. Order by Sunday, March 1 for delivery Wednesday, MARCH 11/20.

**March 25th**– Grilled Chicken Sub (sliced chicken breast, lettuce, whole wheat bun) with vegetable sticks. Order by March 8/20 for delivery Wednesday, March 25/20.

## Spirit Days

March 12– Tacky Tourist Day



March 31– Dress Like a Rock Star



# POSITIVE BEHAVIOUR SUPPORTS

Parenting can be really tough but having a few strategies in your toolbox can go a long way in smoothing out some of the bumps.

Remember that sometimes even when we do everything right, things can still go wrong.

We've all been there. Here are a few tips to consider!

## Take the time to listen

Paying attention to your child's words helps them to feel heard, understood and loved. This will help you to understand and empathize with your child's needs.

## Keep your emotions in check

Sometimes your child is going to drive you absolutely nuts! It's very important to work on managing your own emotions and respond calmly if your goal is for your child to do the same.

## Use natural consequences

It is okay to let your child experience the negative effects of their actions! This will help your child to learn from their mistakes without having to rely on fear, shame or traditional forms of punishments.

## Set Limits!

Limits = safety. Kids need limits even though they fight them. Establish fair limits and stick to them! Make sure everyone is on the same page and remember, at the end of the day, we are the parent and not their friend!

## Let them be little!

Give your child space and time to play and just be little! It's ok if they get emotional. Let them make mistakes and then give them the tools and guidance they need to keep learning and growing!

## Give them your time

Time is precious and nothing is more important to your child than spending time with their superhero (YOU)! Put your phone down. Talk to your child, show interest in them. Schedule technology free family time. Get some exercise and have some fun together!

## Catch them being good!

Find opportunities to celebrate your child's successes and acknowledge the little things they do. Greet their smiles with smiles. Let them know that you see all the great things they do no matter how big or small!

## Redefine success!

We don't have to wait for an A+ to celebrate! It is as important if not more important to celebrate effort! This will strengthen a child's self-esteem and perseverance!

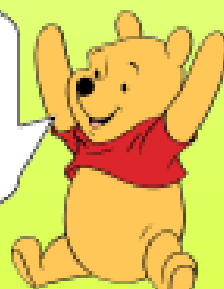
## Communicate with the school

The school staff have your child's success and well-being at heart. The more parents and the school work together, the happier everyone will be! Don't be afraid to ask for help!

## Share the love

Your relationship with your child is the foundation for everything else - How well they listen to you and others, and the way they view themselves. Do what you can each day to build a strong, positive foundation!

**A DAY SPENT  
WITH YOU IS  
MY FAVOURITE DAY.  
SO TODAY IS MY NEW  
FAVOURITE DAY!**



The Northwest Catholic  
Parishes School Board

### March

#### Cooking is fun – and a great skill!

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. Very young children like to explore with their senses of sight, touch, smell, hearing and tasting. Try letting your kids wash fruits and vegetables in the sink or help find ingredients in the fridge or cupboard.

#### Pop harms your teeth!

Drinking pop is a leading cause of tooth decay. Drink water instead of pop, it's better for your teeth and body. Try something fun - put sliced fruit in your water for some extra flavour.

#### Get your active on outside

Tips for winter activity:

- Keep hands and head covered to prevent heat loss
- On really cold days wear a scarf over your face and mouth
- Wear warm, waterproof boots
- Wear a warm coat that deflects the wind
- Woolen clothing helps to retain the heat
- Wear clothing or carry knapsacks with reflective material – it's important to be seen

#### Anxiety

Anxiety is our body's reaction to perceived danger or important events. Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. It also helps us to perform at our best. Anxiety is something that everyone experiences from time to time. Here are some helpful tips you can do with your child so they can stay balanced and dial down their level of anxiety;

- Be active with your child-go for a walk together, play some pond hockey, have a dance off
- Make a Change-do something completely different with your child, a new hobby perhaps
- Your child needs time to themselves too-they can cuddle with the family pet, do some colouring, or read a book
- Have a laugh with your child-put on a funny movie or tell some funny stories

#### Talk to Your Kids about Tobacco Use

It's never too early to talk about tobacco. When you talk to your kids about not using tobacco, you give them more than just good advice. You can give them a solid defensive strategy to say "NO thanks!" Remember that kids often seem to be defying authority when what they really want are tips they can use to help them resist peer pressure.

### **Do bugs need drugs?**

Both viruses and bacteria cause infections but antibiotics only work against bacteria. Using antibiotics when you don't need them (for example, colds and flu) can lead to antibiotic resistance. This means that antibiotics will not work when we need them to treat and kill bacteria. Infections caused by viruses, like colds, get better on their own and antibiotics won't help. When you do have to take antibiotics for an infection caused by bacteria, it is important to follow all instructions provided by your doctor or pharmacist, including completing the full prescription. Remember not all bugs need drugs!

### **Pool Safety**

March Break is almost here, so you might be spending some time in a pool. To make sure that you have a fun and safe time, always follow the pool rules.

These can include:

- Shower before entering the pool
- Shower again before re-entering the pool after using the washroom
- Do not go swimming if you have diarrhea or open sores
- Any child under the age of 12 should have an adult or guardian over 16 with them at all times
- Before diving check the markings around the pool for how deep the water is and if you can safely dive

### **Out of a booster seat - Is your child ready for a seat belt?**

Properly used child seats and booster seats can significantly reduce the chance of children being hurt or killed in collisions. Make sure your child is safe and secure, and is buckled up correctly.

Your child should use a booster seat if:



# St. Joseph's School

St. Joseph's 223-5227

Best Start 223-7440

## March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1st Sunday of Lent	2	3	4 Taco Wrap	5 Hot Dog Day	6	7
8 2nd Sunday of Lent Daylight Savings Time Begins	9	10	11 Mac and Cheese	12 Hot Dog Day Spirit Day— Tacky Tourist Day 	13	14
15 3rd Sunday of Lent	16	17	18	19	20	21
<b>March Break</b>						
22 4th Sunday of Lent	23	24	25 Grilled Chicken Sub	26 Hot Dog Day	27	28
29 5th Sunday of Lent	30	31 Spirit Day— Dress like a Rock Star 				