



The Northwest Catholic
District School Board
SCHOOLS OF HOPE

St. Joseph's School

January 2020 Newsletter

Safe Arrival 223-5227 Best Start 223-7440

[https://www.tncdsb.on.ca/school/stjosephs/Pages/default.aspx#/=](https://www.tncdsb.on.ca/school/stjosephs/Pages/default.aspx#/)



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

223-5227



Winter Weather

Winter has arrived and children should be dressed to face the colder temperatures. Warm hats, mitts, jackets, neck warmers and proper footwear are a must for a comfortable recess. Please ensure that your child is dressed to have an enjoyable time in the fresh air.

Professional Development Days

The following is a list of days students will not attend school

January 31st

April 24th

June 12th

SCHOOL HOLIDAYS

The following is a list of days students will not attend school:

February 17 (Family Day)

March 16-20 (March Break)

April 10 (Good Friday)

April 13 (Easter Monday)

May 18 (Victoria Day)

Newsletters



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

Graduation Pictures for Grade 8 and Year 2 Kindergarten

February 7th



January

Talking to your child about drugs and alcohol

Although it might not be easy, or even if you are not exactly sure what to say, talking to your kids about drug and alcohol use is an important step to preventing use and experimentation. Consistent communication is one of the best tools parents can use to help their children understand the risks of drug and alcohol use and to set boundaries for their actions.

Learn more:

- [Strategies for Parents to Prevent Underage Drinking Booklet](#)
- [Alcohol and Drug Information for Parents](#)

Indoor Gardening

Just because there is snow outside does not mean that you cannot have fun gardening. Start your own herb garden or lettuce patch in an inside garden box. Once your herbs are ready, start adding them to your meals. You can also plant them outside when the weather warms up! It can be a lot of fun and a great learning experience for the whole family.

Have fun with this 30-day family physical literacy challenge

This challenge is for anyone who wants to be more active with their family. Visit [Active for Life.com](http://ActiveforLife.com) for more information.

Food Safety in a Power Outage

Protect your family from foodborne illness when the power goes out. Throw out food that has been sitting at room temperature for more than 2 hours. Without power, a full upright or chest freezer will keep food frozen for about 2 days, and a half-full freezer for about 1 day if the doors have been kept closed. The refrigerator section will keep food cool for only 4-6 hours.

Tips for Good Oral Health

- Brush your teeth twice daily
- Floss regularly
- Eat healthy foods
- Practice tooth safety, wear a mouth guard
- Visit your dental team regularly

Games, games and more games

Are you looking for games/activity ideas? Visit, Playsport, Active for Life, Fit Kids Healthy Kids for hundreds of fun, easy games for kids.

Stay warm while playing

All winter activities require warm, dry clothing. To prevent frostbite, warm clothes are best, including a close-fitting hat that covers the ear lobes, mittens, loose layers, wool or wool-blend socks, and boots. Remove wet clothes and shoes quickly as they are the biggest factors in frostbite.

Children's Snowmobile Safety

Recommendations from: The Canadian Pediatric Society

- Every rider must use a snowmobile helmet on every trip.
- Children under the age of 16 should not drive a snowmobile.
- Children under age six should not ride as passengers on snowmobiles.
- Avoid 'kid-sized' snowmobiles despite their smaller size. They are still not safe for children's use.
- Snowmobile drivers should receive instruction in the safe operation of their machine by an instructor. Contact your provincial or local snowmobile association.
- Never tow a person behind a snowmobile.

Healthy Relationships

Five necessary qualities for a Healthy Relationship are: Safety, Honesty, Acceptance, Respect, and Enjoyment.

The opposite is an abusive relationship. These revolve around control, fear, and lack of respect.

For more information on what a healthy relationship looks like, click here. (<http://www.sexualityandu.ca/sexual-health/how-do-i-know-i-am-ready-for-sex/healthy-relationships>)

If you suspect your child is in an abusive relationship talk to them as soon as you have concerns, or encourage them to talk to someone else.

KidsHelpPhone.ca

1-800-668-6868

School Immunization Clinics

Northwestern Health Unit will be holding school immunization clinics to update 4-6 year olds. Two immunization boosters will be given to protect for Tetanus, Diphtheria, Pertussis, Polio and Measles, Mumps, Rubella, Varicella (Chickenpox). If your child is due for an immunization, consent forms will be sent home to parents. For more information contact your local health unit office.

Washing your hands is important

We all can play a role in preventing infections. Hand washing is considered the most important and effective infection prevention and control measure. Illness is responsible for millions of lost school days each year. If we all do our part, we are protecting each other and reducing the risk of infections spreading.

Sun Safety

Did you know that you can get a sunburn in the winter? When you are outside during the winter months, it is important to wear sunscreen with an SPF of at least 30. It's important to protect your eyes, too, with sunglasses or goggles that have 100% UV protection.



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January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year	2	3	4
5	6	7	8 Hot Lunch– Taco Wrap	9 Hot Dog Day	10	11
12	13	14 Pizza Day	15 Hot Lunch– Mac and Cheese	16 Hot Dog Day	17	18
19	20	21	22 Hot Lunch– Grilled Chicken Sub	23 Hot Dog Day	24	25
26	27	28	29 Hot Lunch– Home-made Chicken Noodle Soup MADD Presentation for Gr. 7&8's	30 Hot Dog Day	31 PD Day– No School for Students	