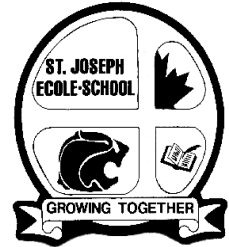




Hamilton-Wentworth
Catholic Schools

Believing. Achieving. Serving

ST. JOSEPH CATHOLIC SCHOOL
270 LOCKE STREET SOUTH
HAMILTON ONTARIO L8P 4C1
TELEPHONE 905-529-1002 FAX 905-522-0787
<http://www.hwcdsb.ca/stjoseph/>



Trustee – Mr. L. Agro
Superintendent of Education – Mr. C. Ciapanna
Principal – Mrs. G. Cino
Vice-Principal – Mr. A. De Tullio

Newsletter April 2010

WE ARE A PROUD FEEDER SCHOOL OF ST. MARY & CATHEDRAL HIGH SCHOOLS

La résurrection nous attend

Auteur : Soeur Emmanuelle

Toi qui es Dieu et qui es devenu un pauvre homme.
Comme nous Tu as eu faim et soif,
comme nous Tu as eu peur et Tu as pleuré,
comme nous Tu es mort.
Ton pauvre corps a été mis dans la tombe,
comme le sera le nôtre,
et Tu en es sorti transfiguré,
comme nous en sortirons un jour.
Mon bien-aimé, avec Toi la mort est belle,
La Résurrection nous attend.
Merci.

FROM THE PRINCIPAL'S DESK

During the month of April we celebrate Earth Day. We are reminded of our call to stewardship and a careful look at the natural resources that we have been blessed with through creation. As Christians, we are called to examine the concerns we have for our environment, and to put forth the best care and reverence for our world that we possibly can.

Pendant la semaine Sainte, j'espère que vous ajouterez des petites pensées à vos prières. Aussi, vous êtes encourager de faire chaque jour quelque chose de bien pour quelqu'un. Je voudrais souhaiter toutes nos familles une Joyeuse Pâques!



REPORT CARDS

Students from SK to grade 8 will receive their report card on Thursday, April 1, 2010. Please review your child's progress carefully, complete, sign and return page 3 of the report card as soon as possible. The third page of the report card, the response form should be reflective of the next steps or goals. If you desire an interview regarding the progress of your child, please contact your child's teacher to set up an appointment.

SACRAMENT OF CONFIRMATION

Our students will be celebrating the Sacrament of Confirmation on Thursday, April 22, 2010 at 7:00 p.m. We would like congratulate our Grade 8 students, who will now become young adults of the Church. We hope that they will embrace the gifts and fruits of the Holy Spirit each and everyday of their lives. Please remember to keep these students in your daily prayers as they prepare for this very important sacrament.



SACRAMENT OF HOLY COMMUNION

There will be a meeting on Monday, April 12, at 7pm in the St. Joseph Parish hall for all families of students celebrating the Sacrament of First Holy Communion this year. Please mark this date on your calendar.

UNIFORMS:

Since 2004, The Hamilton Wentworth Catholic District School Board implemented a mandatory uniform policy. The minimum requirement pieces were: Tops had to be blue or white Golf or Polo shirts and pants had to be blue (plain Docker style). Items not bought from the school's supplier need to be comparable in colour and style to what has been established. This policy has been well received by the St. Joseph Catholic School Community.

At its March 2, 2010 Meeting, The Board of Trustees, rescinded the policy that would have mandated a mandatory embroidered crest on elementary school uniforms which would have come into effect September 2010.

Our school's existing policy of optional crests will continue throughout the consultation. The Board will enter into an extensive consultation process with Principals, Teachers, Catholic School Councils and parents regarding the issue of crests on elementary school uniforms.

Thank you for your co-operation in this matter.

FRENCH IMMERSION'S 25TH ANNIVERSARY CELEBRATION

Mark your calendars for Thursday, May 20th, 2010. Our School Board will be celebrating the 25th Anniversary of French Immersion in our schools. This reunion will begin with a mass at Cathedral High School on May 20th at 7:00 p.m. followed by a reception. Four choirs from French Immersion elementary and secondary schools will be coming together for this celebration. More information will follow.

SCHOOL ENTRY AND PICK-UP

Students should arrive at school before the bell, then line up with their classes and enter through the appropriate door. If a student is late, he/she must report to the office before proceeding to class.



Students are dismissed from school at **3:30pm**. Please arrive before this time at the designated dismissal area. This will ensure that your child/children are picked up promptly at dismissal. Please use the agenda book to write a note to your child's teacher if alternate arrangements for pick up are needed.

CATHOLIC SCHOOL COUNCIL

NEXT MEETING: Wednesday, April 7th, 7 p.m.

JOINT EDUCATIONAL PARENT ADVISORY GROUP NEWS

All parents and guardians are welcomed to attend our next JEPAG meeting on Thursday, April 15th, 2010 at the Nicholas Mancini Centre at 44 Hunt St. in Hamilton. This meeting is recognized as our Annual Trustee's meeting, where we invite our trustees to discuss matters of educational interest to all parents. If you are interested in attending, please contact our Communications Coordinator, the number is listed on the board website at www.hwcdsb.ca/parents/jepag by Friday, April 9th, 2010.

FROM THE GREEN TEAM:

The **Green Team** continues to do Eco checks two to three times a week. We have added an incentive to encourage students to remember to turn off their classroom lights, computers, and monitors when they are not in use, and to recycle properly. When a class achieves fifteen infraction free days (eight for kindergarden) they will earn a civies day.

This month, things get busier for the **Green Team**. The **Green Team** will continue their Eco Checks, with the warmer weather, the Green Team will also start cleaning out the schools gardens, and this month we celebrate Earth Week.



Earth week is April 19 - 25 and we have a lot planned for this week. Monday April 19th, all of the junior classes will attend the Hamilton Eco Festival. Tuesday April 20th, the whole school will be involved in a community clean up. During the month of April, we will be asking students to participate in a competition. Students are asked to create something out of recyclable materials. It can be something useful or a piece of art. All recycled entries must be received by Wednesday April 21st, and we will announce the winner on Earth Day. Thursday April 22nd, is Earth Day. On Earth Day, the school will celebrate by going on an Earth Walk after morning recess. Friday April 23rd, we will turn our lights off during the day in order to reduce the amount of electricity used. Saturday April 24th, the city of Hamilton will be running its 4th annual Earth Walk and Fun Run. St. Joseph's Green Team is encouraging all students and their families to participate. It is a fun morning that begins at Bayfront Park with a 5 km walk/run. At the end of the walk/run is lunch and many fun activities. After lunch, we are able to participate in tree planting. Individuals and groups who raise a small amount of money through pledges, will have a tree reserved for them to plant. All proceeds go towards the Eco Festival, which is free for Hamilton and Burlington students attending. Individual students may participate, but they must be accompanied by an adult at the event. If you are interested in participating, please have your child see Mme Barr for all of the information.

A reminder that we still recycle ink cartridges, laser cartridges and old cell phones. Please place them in our Think Green box in the library.

SOCIAL JUSTICE ACTION!

The Saint Joseph's Social Justice Team, consisting of grade 7 and 8 students, is always looking for a good cause to support. As this year's Lenten Project, the team decided to help someone close to home.

Bradley is a grade 1 student at Saint Margaret Mary. He suffers from a rare disease called Ataxia-Telangiectasia or "A-T". A-T is a progressive, degenerative disease that affects a variety of body systems. It is comparable to having the worst symptoms of cerebral palsy, muscular dystrophy, cystic fibrosis and often cancer, all rolled into one.

Since the disease is presently incurable, The A-T Children's Project is a foundation dedicated to finding a cure. The Social Justice Team has been selling Kernels popcorn to our students in order to raise funds for the A-T Project. We

were able to raise \$1000 for the cause! Bradley and his family wish to extend their sincere appreciation to Saint Joseph's School.

Many thanks to the Social Justice Team for organizing the fundraiser. The team would like to thank all the students and staff who purchased popcorn!

Let's continue to work together to help those in need!

For more information about A-T and how to donate, please visit:

<http://www.communityatcp.org>

IPOD'S, CELL PHONES, MP3 PLAYERS ETC.

These items have no place in the school. Any such items will be taken away, if used during the day at school. They will not be returned to the student, a parent will have to come in and pick up the item. These are very expensive items and do not have a place at school.

DIOCESE OF HAMILTON: FAMILY MINISTRY

Parenting Tip of the Month

The internet can be a great resource to children, but it can also be fraught with danger. Parents need to be actively involved in monitoring the use of the internet when it is present in their home. Placing your computer in a high traffic area, using programs to control access to unwanted sites and strict rules about entering chat rooms can go a long way in protecting your children from proven dangers on the internet.

Marriage Tip of the Month

It is easy to let all the responsibilities of marriage and family overtake our time and energy as a couple. To be sure to give time to your couple relationship, schedule at least one hour a week to do something fun with your spouse. Sharing fun activities together each week can be enough to get you through the more stressful times that will inevitably come along.

Public Health Services

Pack a Bite That's Right

Start with Whole Grains

Mini bagel, pita pocket, bun, multigrain bread, flatbread, tortilla, pasta/noodles, English muffin, raisin bread, Italian roll, pumpernickel bread, rye bread.



On top, in between, or on the side

Cheese, cottage cheese, hard cooked egg, canned fish, tofu, hummus, canned beans, lean cuts of meat – ham, roast beef, turkey or chicken.

Crunch!

Carrots, celery, peppers, cucumber, apple, pear, orange, banana, broccoli, cauliflower, roasted chick peas, pickles, sliced zucchini.

Thirst Quenchers

Milk: white, chocolate or flavoured water,
100% unsweetened fruit or vegetable juice, yogurt drinks, smoothies made with yogurt or milk, wide mouth thermos of hot soup, fresh fruit with high water content, e.g. watermelon, orange.

Kid Pleasing Additions

Plain cereal bar, low-fat milk pudding, canned fruit with no added sugar, graham crackers, mini rice cakes, fig bars, dried fruit, oatmeal cookies, homemade muffins.

Source: Canadian Health Network 2006

Written by Hamilton Public Health Services in 2006. The article may not be altered or edited.

NUTRITION

Thank you, Ms. Narducci for sharing some of the following information about nutrition.

Parents and guardians are key decision-makers when it comes to the nutrition, physical activity and health needs of their child. Each day, you can take advantage of the healthy choices around you and do little things that can affect your child's health in a big way. Enjoy the following recipe:

LOW GLYCEMIC COOKIES

Ingredients

3 large fresh apples

1/2 cup margarine

3/4 cup brown sugar (Substitute natural honey - see *note below)

2 eggs

1/2 cup vanilla non-fat yogurt

1/2 cup skim milk

1 tsp vanilla extract

1 1/2 cup white all purpose flour

1/2 cup whole wheat flour

1 tsp baking soda

1 pinch salt

1 cup butterscotch baking chips

Directions

- 1 Cream together margarine and sugar; blend in eggs, yogurt, milk and vanilla. Sift dry ingredients together and blend into creamed mixture.
- 2 Add grated apples and butterscotch chips. Spread batter into a 9-inch square baking pan which has been coated with parchment paper.
- 3 Bake at 350°F for about 45 minutes, or until lightly browned. Cool and cut into squares.

Nutrition Facts (with brown sugar) makes 25 servings

Amount Per Serving

Calories	166.4
Total Carbs	23.7 g
Dietary Fiber	1.1 g
Sugars	15.2 g
Total Fat	6.7 g
Saturated Fat	2.9 g
Unsaturated Fat	3.8 g
Potassium	75.9 mg
Protein	2.1 g
Sodium	107.3 mg

*Substituting honey for brown sugar; use 7/8 cup for every cup of sugar and reduce the liquid (oil) in the recipe by 3 tbsp.

Resources:

<http://www.healthiergeneration.org/>

<http://www.dlife.com>

Community News

IS THERE ROOM IN YOUR HEART?
GIVE THE GIFT OF LOVE

BECOME A FOSTER PARENT

Upcoming Information Night
Wednesday, June 2, 6:30 p.m.
CCAS, 735 King St. East
CALL 905-525-CARE (2273)
Visit our website at www.hamiltonccas.on.ca



RAISING HEALTHY PRE-TEENS/TEENS IN AN AGE OF OVERINDULGENCE

(Please note the correct date below. The date in the March newsletter was incorrect.)

Pre-teens/Teens today are growing up in a world of over scheduling, overeating and overspending. Parents today feel overwhelmed by a rapidly changing world and are looking for ways to find balance and to support their children. The City of Hamilton Sexual Health Network is offering a workshop, by speaker and author Dr. Karyn Gordon, to assist you with raising healthy, balanced teens. There is no charge to parents, caregivers, or community members to attend. Refreshments included.



Date: Tuesday April 13, 2010

Time: 7 to 9 p.m.

Location: Michelangelo Banquet Centre

1555 Upper Ottawa

R.S.V.P.: 905-546-CITY (ext. 2489)

St. Augustine Catholic Elementary School

Invites you to attend

MANAGING CHILDREN'S BEHAVIOUR AT HOME TO GET THE MOST OUT OF SCHOOL

How parents manage life at home can
impact a child's life at school.

GARY DIRENFELD - Social Worker

Come bring your questions and issues as Gary offers all parents tips and tricks to facilitate the most out of learning from the launching pad of home.



Monday, April 19, 2010

7:00 pm.

St. Augustine Catholic
Elementary School

25 Alma Street, Dundas, Ontario

R.S.V.P. - 905-523-2338

