



Hamilton-Wentworth
Catholic Schools

Believing, Achieving, Serving

ST. JOSEPH CATHOLIC SCHOOL
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Superintendent of Education – Mr. C. Ciapanna
Principal – Mrs. G. Cino
Vice-Principal – Mr. A. De Tullio

Newsletter May 2010

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

Hope in our Schools

St. Joseph is a school living in hope when we welcome the stranger, make good neighbours and reach out to the world with compassion and justice. The foundations of our school have been built by people who fostered hope in their daily lives. Like St. Francis, Jean Vanier, St. Joseph, they preached the hopeful message of the Gospel and when they needed to, used words to encourage peace, bring about justice and work towards a harmonious world based on dignity and the common good.

AMEN

FROM THE PRINCIPAL'S DESK



May is the month dedicated to our Blessed Mother, Mary. It is also the time when we celebrate all mothers, grandmothers, and those who are like mothers to us. We know how much love, and support they provide for us and we are thankful for their guidance. Congratulations and thank you, to all our mothers not only on May 9, but also on each day of the year!

Le mois de mai commence avec la semaine d'éducation catholique. Le thème cette année est «Réjouissance dans l'espoir ». C'est pendant cette semaine qu'on célèbre les contributions caractéristiques de l'éducation catholique de nos élèves, notre communauté, et notre province.

Catholic Education Week this year takes place from May 2 – 7, 2010

SACRAMENT OF HOLY COMMUNION

Congratulations to our students on receiving the Sacrament of First Holy Communion this year. Please keep our students in your prayers.

CATHOLIC SCHOOL COUNCIL

NEXT MEETING: Wednesday, May 12th, 7 p.m.

UNIFORMS:

Families; please review the following reminders regarding appropriate uniform attire.

Acceptable:

- Navy pants, skort, walking shorts
- White or navy collared shirts (embroidered shirts are encouraged)
- Plain navy or white cardigans, sweaters, pullovers (over a collared shirt)

Not Acceptable:

- Track pants, nylon pants, jeans, pants with stripes
- Athletic shorts, cargo shorts
- Skirts
- T-shirts instead of collared shirt
- Different coloured shirts under uniform shirts

FROM THE GREEN TEAM:

Think **Green** - Just a reminder that through the Think Green program we collect ink cartridges, laser cartridges, and old cell phones to be recycled. Our box has been moved to the conference area.

Our Eco School application and portfolio have been submitted. We are shooting for Gold again. We will know later in June.

The year is winding down, but the Green team will still be working in the garden, doing Eco Checks and we thank all of the classes helping in the daily clean up of the school grounds and the alley.

EQAO

Students in **Grade 3** will be participating in the EQAO assessments on **Tuesday June 1 to Thursday, June 3, 2010**. Our **Grade 6** students are scheduled on **Thursday, June 3, Monday, June 7, and Wednesday, June 9, 2010**.

Assessment results will be available in the Fall. Best wishes to all our students!

DIRECTOR'S AWARDS OF EXCELLENCE

Congratulations to the following students who have been selected by their teachers for the Director's Awards of Excellence. The awards ceremony will take place at the Board Office (90 Mulberry Street), with the Director of Education, Mrs. P. Amos. The ceremony will take place on **Monday, May 10, at 2:15 p.m.**

AWARD

Catholic School Mission/Vision Award
Excellent Effort
Religion & Family Life
Language
Science/Technology
Mathematics
Social Studies/History/Geography
Arts
French as a Second Language
Health & Physical Education
Academic Excellence Award
French Immersion
Stewardship of Creation

STUDENT

Levin
Monica
David
Erica
Janna
Travis
Madison
Michael
Kirsten
Hayden
Kijja
Samantha
Alka

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.

LE CONCOURS ORATOIRE

Congratulations to all our participants in the French Public speaking event held at Cathedral. Our students were well prepared and represented École St. Joseph wonderfully.

Congratulations to the following award recipients:

Grade 4	Morghen	Gold
Grade 5	Nolan	Gold
Grade 6	Matthew	Gold
Grade 7	Emily	Silver

Best wishes to Matthew, who is one of 2 candidates representing the HWCDSB at the provincial competition *le concours/festival d'art oratoire* on Saturday, May 8, at York University's **Glendon College** in Toronto. Bonne chance!

DIOCESE OF HAMILTON: FAMILY MINISTRY

Parenting Tip of the Month

Compliments and encouragement can go a long way towards changing poor behaviours and building self-esteem. Accentuate positive behaviours by praising children of any age when they undertake appropriate actions. By simply letting children know we've noticed their good behaviours, we can have a direct effect on the number of times they undertake these actions. "Thank you for...", or "Good for you for" are great starts in creating a positive environment in your children's lives.

Marriage Tip of the Month

Sometimes we can get so caught up in the 'stuff' of life that we forget to take the time to continue to discover the person we love. Remember the first days of love and the hours you spent talking and getting to know each other? No matter how long you have been together, it is important to continue the discovery. Take some time and ask each other these questions: What makes you happiest in our relationship? What is one thing you would like to change in our relationship? Listen with an open mind and you may discover something new about your spouse.

Community News

NUTRITION

(Submitted by Lynda Narducci)

As a parent, I know all too well how challenging it can be with time restraints and picky eaters to feed our children what their growing bodies need. It is also hard to avoid high glycemic foods that turn to sugar fast in the blood stream (think potatoes, bagels, sweets, fast foods, etc.) which create an energy 'roller coaster' and put unhealthy stress on the body.

Dr.Christine Woods is a practicing pediatrician with interests in healthy nutrition for children and the environmental and nutritional impact on health and disease. She has authored many books and articles on the subject and her website www.kidseatgreat.com has a wealth of information and great ideas.

Kids love roller coasters...but moms don't particularly when they're happening within kids bodies. Here is a recipe that won't cause that 'roller coaster' spike and crash syndrome in our children's blood stream - and gets a few extra veggies into the menu.

Ingredients:

- 1 medium sized carrot
- 1/2 small red bell pepper (about 1/4 cup)
- 1/2 cup small curd cottage cheese or ricotta cheese
- 1/2 teaspoon dill weed
- 1/2 cup fresh or frozen peas
- 12 pieces of celery stalk, each 3 inches long

Directions:

1. Lightly steam peas and set aside to cool.
2. In a food processor or on cutting board, finely chop carrot and bell pepper.
3. Combine chopped vegetables, cottage or ricotta cheese and dill weed.
4. Let each child spoon some of the cheese mixture into a celery stalk.
5. Invite children to add peas for the "boatmen."

Makes twelve boats.

NEXT MONTH: HAPPY HEALTHY SUMMER

PUBLIC HEALTH SERVICES

Bike safety, are your kids at risk?

Bike related injuries are a frequent cause of injury and death in children. Kids under 9 are not able to judge whether a traffic situation is safe and must be supervised by a responsible adult at all times when riding and even when crossing the street. Being able to repeat safety rules and promising to stay safe is not enough. Before age 9, kids need help to make safe choices.

Risks - Kids under 9

- can't see well out of the corners of their eyes
- have trouble figuring out where sounds (like a horn) are coming from, can turn into traffic
- have difficulty judging how fast a car is coming towards them and
- are impulsive - may run out into the road to get a ball
- are still developing a sense of vulnerability (cars can hurt them)
- are still developing the balance and physical co-ordination needed to ride safely

Reducing Risks

The key to keeping kids under 9 safe is adult supervision.

Older children can improve their bike riding skills and reduce the risk of injury by taking a bike safety course.

For more information on bicycle safety, call Linda Strobl , Public Health Nurse, City of Hamilton at 905.546.2424 X 3069, or Safe Kids Canada at 1.888.SAFE TIPS. (Source Safe Kids Canada 1999)

WESLEY URBAN MINISTRIES

School Readiness Programs will be offered at various schools in the west end of the city throughout the summer. For information about a program near you, please call 905 521-0926.

Wesley Bilingual Child Care Centre has spaces available for children aged 2 1/2 to 5 years. We are located at 340 York Blvd. Please call 905 526-7660 for more information.

Wesley Summer Camp will be taking place at both east and west end locations this summer. Please call 905 521-0926 ext 233 for registration dates.



School Readiness

Do you work during the day? Would you like to help your children get ready to start kindergarten in the fall?

We will be running a School Readiness program two evenings a week for four weeks during the month of June. Parents and children who will be going to JK/SK in the fall may join.

Parents will obtain information to help their child/ren learn the necessary skills to start school. Children will participate in activities that are similar to those in a classroom. A snack will be provided for the children.

Where: Ontario Early Years Centre
155 Queen Street North

When: Tuesday and Thursday Evenings
Starting Tuesday June 1, 2010

Time: 5:30 - 7:00pm

To register or get more information, please call: 905-521-0926