



# Immaculate Conception Catholic School

## February 2020 Newsletter

February 2020

Website: [immaculate.sudburycatholicsschools.ca](http://immaculate.sudburycatholicsschools.ca)

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### Important Dates to Remember:

- Report Cards Sent Home — February 11
- Family Day (no school) — February 17
- Virtue of the Month Presentation — February 20
- Ash Wednesday and Pink Shirt Day — February 26

## Encourage Your Child to Think Critically

### Ways to Give Your Child the Time and Space to Think Critically

Critical thinking—the ability to go beyond basic knowledge and consider “the bigger picture”—is a crucial skill for school success. The more students are able to think critically, the more deeply they will grasp new concepts and ideas.

To promote these skills:

Let your child figure things out. Resist the urge to solve every problem. Instead, give your child time to work through problems on their own. If they have forgotten what they are supposed to do for homework, don't offer to email the teacher. Instead, ask, “How could you find out?” Can they call a classmate? Look over last night's assignment for clues? Give the child some space to come up with their own plan.

Discuss current events. Is there a news story that might be of interest? Print out an article and chat about it over dinner. Find out what your child thinks about the issue, but don't stop there. Once they've shared an opinion, press them a bit. “I can see how you feel about this. But why do you think other people might feel differently?”

Encourage reflection. Once your

child completes a big project for school, talk about it. Ask them, “How difficult was it to finish? Did you give yourself enough time to complete it?” Regardless of how the project went, reflecting on the process will help your child hone their critical-thinking skills.

Students are more motivated to learn when they feel capable, connected and in control. Having your child teach you things nurtures these feelings. When your child tries to teach you about what they are doing, it can help them understand assignments better, reinforce what they know, and reveal gaps in their own comprehension.

Try these strategies:

Show an interest in what your child is learning in school. Have them show you a homework assignment, explain a concept, or read a chapter in their textbook aloud to you.

Let your child quiz you. See if you can name the capital of each province, or try to define some vocabulary words!

Ask your child to help you solve a problem or create something. What do they think you should you do first, second, next?

## New School Website!

[immaculate.sudburycatholicsschools.ca](http://immaculate.sudburycatholicsschools.ca)

We are very excited to announce that our brand new school website launched in the month of January 2020! This greatly enhances communication with parents, students, and the entire school community. We encourage everyone to visit our new site regularly. It is very easy for you to find school-related information on this website. At the top of the main page, there is a blue circle next to the word “Explore.” Clicking on this shape will open up the site navigation menu. The ‘Student’ section in this menu has information on athletics, student council, the student handbook, and student resources. The ‘Parents’ area leads to information on busing, Catholic School Council (including copies of all meeting agendas and minutes), safe arrival, school registration, school cash online, and volunteering. The ‘Faith’ tab leads to information on faith initiatives and details on our Religion and Family Life program. Click on the ‘About’ section to see general information on the school and a complete staff listing. Under ‘News and Events’, you can download copies of all our newsletters and calendars, access archived copies of all letters sent home and catch up on school news.

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## Virtue of the Month of January



Grade 3 and 4 French Immersion students from Mme Larivière's class presented their work on the virtue of 'responsibility' at our school assembly on Wednesday, January 29, 2020. Well done, boys and girls!



## Find Alternatives to TV and Video Games

So you've decided to limit TV and computer time in your house. But how can you go about it? Here are a few simple ideas: Take the TV and the computer out of your child's bedroom. Children who do not have TVs and computers in their rooms spend nearly 40 minutes fewer each day watching TV or playing video games. Eat dinner as a family and keep the TV off during the meal. Children who regularly have dinner with their families spend a half hour less watching TV and playing

video games each day. Preview TV shows and video games before allowing your child to watch and play unsupervised. Move the television set(s) to less prominent locations. TV is far

**Kids spend more time, on average, playing TV and playing video games than they spend on any other activity besides sleeping.**

less tempting when it is not easily accessible.

Make it a challenge. Record how many minutes your family spends watching TV this week.

Then try to reduce that amount next week. Expect your child to complete homework before watching TV, surfing the net or playing video games.

## RETELLING TO IMPROVE COMPREHENSION

You've just finished reading a story with your child. One of the best ways to check comprehension and boost their understanding of the story is to have them retell it.

Retelling a story requires your child to think about the details and decide what's really important.

Give your child these three rules for retelling a story:

1. Tell what's important.
2. Tell it in a way that makes sense.
3. Don't tell too much.

Your child should be able to tell you what happens at the beginning, the middle and the end of the story. They should also be able to name the main characters.

You can prompt your child by asking open-ended questions, such as, "What happened next?" It's OK if they don't remember all the details. That gives you a chance to say, "Let's go back and look at that part of the story again." Revisiting parts of the story will show your child that they sometimes have to read things more than once to gain a thorough understanding. This is a life-long skill!



## Student Voice: What does Compassion Mean to You?

By Trevor Coulombe, Gabby Villeneuve (Student Council members), and Mr. Mathieu

Compassion is a key part of being a responsible and helpful community member at school and elsewhere. For example, students who show compassion are less likely to bully others in the classroom and on the playground. Compassion is also a route to academic and career success because it helps people understand and work better with others. As such, our school becomes a peaceful, productive, and positive place where all teachers can teach and all students can learn. What a concept!

The word compassion is used a lot, but what does it really mean? According to students Trevor Coulombe and Gabby Villeneuve, compassion means "showing someone that you care about them." One role school adults can play is helping students expand their circle of concern. When educators show that they care about everyone in the school community and expect students to do the same, it can help students open their eyes and ears to others. When asked by the students what 'compassion' means to

him, Mr. Cimino said, "Being there for someone when they need you." Greg in Grade 4 said, "Put yourself in other people's shoes." Mrs. Lotter's entire class chimed in and shared, "Treat everyone well. Pay attention to what others are saying." (see photo, below) Jake in Gr. 1 said, "Help others." Mme Martin wrapped things up nicely by suggesting, "Always listen to others, and smile! That's it!"



# Faith and Life

## FAMILY NEWSLETTER

### Compassion

#### *How can our language be healing?*

Do you remember the saying, “Sticks and stones may break our bones, but words will never hurt us”? The fact that we all remember spoken words that have hurt us proves that this saying is far from the truth. In fact, Robert Fulghum has a more accurate saying: “Sticks and stones may break our bones, but words will break our hearts.” Spoken words of kindness are often forgotten, but words of hurt are branded upon our hearts in a way that can remain with us forever.

The Bible tells us to speak words of kindness to each other. In Ephesians 4:29, St. Paul says, “Do not let even one bad word come from your mouth, but only good words that will encourage . . .” We should never underestimate the power of our words. When talking to our children, we should use only positive language. Additionally, let them see us only speaking kindly about others. It’s true that we teach who we are. We need to teach our children that we are like Jesus. We can’t let our words break hearts; we need to let them heal!

#### **How can we communicate compassionately with our children?**

- Use encouraging language
- Recognize our children’s full potential, and encourage them to reach it
- Make our homes a supportive, safe, and loving place

Within our families, how can we infuse our relationships with more compassion? What steps can we take to make our communication more pleasing to God?



#### **LITURGICAL CALENDAR**

The month of February is dedicated to the Holy Family. This year the first 25 days of February fall during the liturgical season known as Ordinary Time which is represented by the liturgical colour green. Green symbolizes hope and new life. During Ordinary Time, we continue to learn through the stories of Jesus as he teaches and shares parables. The remaining days of February are the beginning of Lent, beginning on Feb. 26, Ash Wednesday. The liturgical colour changes to purple — a symbol of penance.

#### **PRAYER**

*Dear Lord, help our family to truly believe in Your great love for us. It is awesome that You have each of our names inscribed in the palms of Your hands! (Psalm 49:16) Help us to be forgiving, embracing, nurturing, tender, and gentle. God of compassion and love, help us to choose words that encourage and build up. We love and praise You, Lord, for Your goodness and mercy toward us, and we offer this prayer through the intercession of Your mother, who was the perfect example of compassion and love.*

AMEN



**Immaculate Conception Catholic School**  
**1748 Pierre Street**  
**Val Caron ON P3N 1C5**  
**Phone: (705) 897-4483**  
**Principal: Mr. G. Mathieu**



Safe Arrival Policy - For safety reasons, all doors including the ones by the office are locked at all times. All visitors must report to the main office upon entering the school and sign our visitor's guestbook.

February 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Virtue of the Month: COMPASSION</u></b>						
Parents, please call and let us know if your child will be late or absent. The phone number is (705) 897-4483	During the month of February, our school is celebrating the virtue of COMPASSION. We will teach the students the meaning of compassion and its importance in our daily lives. Jesus is our role model for compassion; so, we will remind students how He continually opened his heart to others, especially the vulnerable and weak members of society. We will remind students to be helpful to others, to notice when someone is lonely, and to reach out and show that they care. Please help us by praying for the staff and students as we explore this important virtue.					Please: No nuts, peanuts, tree nuts, sesame seeds/oil, sunflower seeds, shell fish or latex.
Help us protect the future of Catholic education: ensure that your property taxes identify you as a Catholic school supporter. Call the school if you move or are not sure if you are presently a Catholic School supporter.			<b>ALL PARENTS / VISITORS ARE ASKED TO REMAIN IN THE LOBBY AREA.</b>	We strongly encourage everyone to set up 'School Cash Online' to pay for school fees. If you need assistance, please call the school secretary. <a href="https://tinyurl.com/ux7mr6z">https://tinyurl.com/ux7mr6z</a>		1 "Compassion for others begins with kindness to ourselves."
2 Join us for mass at St. Kevin's every Sunday at 9:30 a.m.	3 <b>Subway</b> Sub order forms sent home / Please pay online if possible JK Registration Week	4 No school for students due to OECTA full withdrawal of services.	5 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Help your child set a goal and write a plan. JK Registration Week	6 <b>Pita Pit (last day)</b> This is the last day for Pita Pit as they no longer provide lunches to schools.	7 Field Trip to STC "Annie" – Mme Mundy, Mme Larivière, Mrs. Bradley – 11:00	8 Join us for mass at St. Kevin's every Saturday at 5:00 p.m.
9 Join us for mass at Our Lady of Peace Capreol every Sunday at 11:30 a.m.	10 Sub order forms are due (late orders are not accepted)	11 <b>Subway</b> (orders from Jan 21) Report Cards go Home 100 <sup>th</sup> Day of School BAC Gr. 6 Promotions	12 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Ask your child to give you a news report on his or her day. What's the lead story?	13 Board Math Lead Support Day with Mrs. Roberge	14 Valentine's Day: Wear Red, White, & Pink Junior Dance Juice/Chips \$1 each	15 "Instead of putting others in their place, put yourself in their place."
16 "Look for ways to lift someone up. And if that's all you do, that's enough."	17 Family Day No school	18 <b>Subway</b> New sub orders begin / Board Meeting 6:00 p.m.	19 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Ask your child what he/she would do if they were invisible for a day	20 "Virtue of the Month" Assembly 2:00 pm Mrs. Hayden's class	21 Teach a card game to your child. Superintendent Visit	22 Your Trustee: Michael Bellmore Boys' Handball
23 Girls' Handball Tournament	24 "Use your voice for kindness, your ears for compassion, and your hands for charity."	25 <b>Subway</b> Shrove Tuesday / Talk with your child about mistakes. How can he/she learn from them?	26 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Ash Wednesday Service 10:45 a.m. / Pink Shirt Day	27 Have your child predict the results of flipping a coin 10 times. Try it and see if you're right!	28 School Spirit Day: Crazy Shades!	29 Choose a recipe from another country or culture and prepare it with your child.