



# Immaculate Conception Catholic School

## March 2020 Newsletter

March 2020

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

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### Important Dates to Remember:

- Easter Seals Campaign Begins — March 2
- March Break — March 16 to 20
- Virtue of the Month Presentation — March 25
- Catholic School Council Meeting — March 30

## A Focus on Physical Fitness and Reading

Help your child perform better at school

Studies of elementary-age children have shown that the more fit they are, the better they do in school. Fit children have more brain power than their less active classmates. They tend to have greater attention and memory skills. They also tend to complete tasks faster and make fewer errors.

While your child's fitness should be a year-round concern, they can do some things to boost their fitness level on test days. Encourage them to:

Get a good night's sleep before a test. Staying up all night studying increases anxiety, which interferes with clear thinking.

Eat for success. A breakfast that is high in fiber and relatively low in sugar can give your child just the right start to their day. A whole-grain bagel and a banana is a fast and easy breakfast option.

Relax. If your child is too nervous, they'll forget what they know. They can stretch and breathe deeply to focus their mind.

Drink plenty of water. This is another way to keep the brain alert. Don't forget to give your

child a big hug on test day. This will increase their sense of well-being and energy.

Did you know that children who see their parents reading usually grow up to be readers themselves? To show your child that reading is important:

Let them see you reading every day. Pick up a newspaper, magazine, or a book. Your child will see that reading is important to you, and they may want to read, too.

Tell them why you're reading—for information, to check out something you think you know, or to just relax.

Look up a word in the dictionary if you come across one you are unsure of. Ask your child if they know the meaning of the word. Try to come up with a variety of synonyms and antonyms.

Read aloud to your child. When you see an article you think your child might find interesting, read a small part of it to them. They may be motivated to finish reading it themselves.

Get your own library card and use it. When you take your child to the library, find something to check out for yourself.

## Scent-Free Environment

Why "scent-free" schools are so important

You may have noticed that a growing number of organizations – workplaces, schools, public spaces and health-care facilities – are adopting scent-free policies and asking employees and visitors to forgo fragrances and scented products. It's not because someone doesn't like your particular perfume; it's because scents can trigger mild to severe physiological reactions. About 30 per cent of the Canadian population has some type of sensitivity to fragrances. The chemicals in fragrances and scented products can act as irritants and trigger reactions in children and adults. In most cases, these effects cause symptoms such as headaches, dizziness, stuffy or runny nose, watery or burning eyes, fast heart beat, nausea, skin rash, difficulty concentrating, and asthma-like symptoms such as coughing, wheezing and shortness of breath. In some cases scents can also trigger anxiety. It is highly recommended to try scent-free versions of products and brands that you already use. The quality of the air we breathe, indoors and outdoors, plays a direct role in lung health. Going fragrance-free will help improve lung health and improve the air we breathe.

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## Virtue of the Month of February



Grade 1 students from Mrs. Hayden's class presented what they learned on the virtue of compassion at our school assembly.



Immaculate Cougars and their families came together on January 27 to celebrate Family Literacy Day.

## School Athletics - Go Cougars!

The importance of athletics and the power of school pride

The value of athletics in schools is significant and cannot be overlooked. It has a profound impact on individuals, schools, and communities. Athletics is powerful because it can bridge gaps, bring people who otherwise might not interact together, and provide opportunities not available elsewhere. There are several key benefits of having an established and successful athletics program and this is why it has been a high priority for us this year. The camaradery and togetherness created when a school is collectively proud of their athletics is nothing short of outstanding and there are many life lessons for students to learn through these behaviours. Athletics teach students essential skills that they will use throughout their lives such as effort, determination, self-discipline, teamwork, and time management to name a few. This year, the team at Immaculate Conception has made a significant capital investment in making sure that we are well-equipped to take part in all inter-school sports. Options offered to students include cross-country running, co-ed volleyball, girls handball, boys handball, co-ed floor hockey, co-ed soccer, co-ed softball, fit spirit, and

track and field. Sincere gratitude is extended to our staff members for coaching our all our teams! Pictured below is our boys handball team with their coach Mrs. Dey. The boys and girls teams recently took part in the St. Francis tournament on the weekend of February 22, 2020. Both teams represented our school with great pride. To view the photos taken at the St. Francis handball tournament, visit our school Facebook page @immaculatevalcaron.



## Carousel Event

For parents, educators and community partners!



### SAVE THE DATE!

April 7, 2020  
6 p.m. - 8 p.m.  
St. Benedict School  
2993 Algonquin Road

Sessions will include:  
Vaping, Bullying, Cybercrime,  
Human Trafficking, Social Media,  
Secondary Programs and  
Pathways, Supporting Students  
at Home, Coding and Helping  
Support Children and Youth Who  
Experience Anxiety.



[sudburycatholicschools.ca](http://sudburycatholicschools.ca)

### Consultation: bullying in Ontario schools

Share your feedback about bullying in Ontario schools so that we can help make schools safer & more inclusive. Go to the following website to take the survey: <https://tinyurl.com/usm5nmc>

## READING AND WRITING AT HOME BOOSTS SUCCESS!

When kids spend time reading and writing at home, it benefits them in the classroom. What's more, it may pay off later in life.

According to research, kids who sharpen their literacy skills at home—even with activities that are just for fun—are more successful in school than other kids. And they become adults with strong work ethics who thrive in their careers.

Luckily, it's easy to encourage reading and writing at home. Here are three ideas to try:

Make books a priority. Don't save stories for bedtime—read them any time of day! Keep books out where your child can get to them. Visit the library often to find new titles. And set a good example: When you have some downtime, reach for a book instead of the remote. Your child will notice.

Start a family journal. Each weekend, have your child jot down something special about their week. It doesn't need to be long; a couple of sentences will do. After their entry, add your own. By the end of the school year, you'll have a written record of memories!

Play word games. Each round of Scrabble does more than entertain your child. It hones their reading and writing skills. Best of all, they won't suspect you're "teaching" them anything!

# Faith and Life

FAMILY NEWSLETTER

## Forgiveness

*Praying for peace and forgiveness in the world*

As we continue our journey into the season of Lent, we are focused on the virtue of forgiveness. This virtue is an important cornerstone of our faith as we reflect on the ultimate sacrifice Jesus made to forgive us all. In our Catholic schools, we work to honour and model forgiveness in everything we do. As a Catholic community, we are fortunate to be able to celebrate the Sacrament of Reconciliation. This is an opportunity for the students to engage in an honest dialogue with God and receive His forgiveness. Let us continue to pray for God's forgiveness and continue to model it for our children.

The "Our Father" prayer says, "Forgive us our debts as we forgive our debtors." Let us remind ourselves of the many examples of God's forgiveness in the Bible. We are called to model God's forgiveness for our children and to pray for peace and forgiveness in the world. Christ has called us to pardon others when some harm has been done. In fact, Jesus goes further to say that we need to love our enemies. Please help us this month by praying for the staff and students as we explore this important virtue.

### How can we model forgiveness for our children?

- Consider the Bible quotation "Forgive us our debts as we forgive our debtors." How does this apply to the relationships we have in our Catholic School community?
- How are we models of Christ's love and forgiveness?
- How can we model forgiveness for our children? What do we do that teaches them the importance of this virtue?
- How do we teach our children to say "I am sorry" with sincerity?



### The Power to Forgive

During the month of March, we celebrate the virtue of forgiveness. It is the power to forgive and to be forgiven that dwells in each of us. We remember God our Father loves us unconditionally and forgives us for our mistakes, and that we grow more like Jesus by the way we love and forgive one another. This month, let us examine our hearts to see if we truly are able to forgive others, especially when we have been really hurt by their words or actions.

### PRAYER

*O God, who created us, fill our minds with knowledge and appreciation of the hope with which and for which you created us. O God, who created us, fill our hearts with courage to take the risks that will make this hope come true. O God, who created us, breathed life and energy into our hands, may we always find joy in your hope for us. O God, who forgives us, lives in us, and calls us to do the same, may we find peace in your forgiveness and the forgiveness we share with others. We ask this through Christ our Lord.*

AMEN



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**immaculate.sudburycatholicschools.ca**



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.

March 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents, please call us at (705) 897-4483 to let us know if your child will be late or absent.	<b><u>Virtue of the Month: FORGIVENESS</u></b>					Please: No nuts, peanuts, tree nuts, sesame seeds/oil, sunflower seeds, shell fish or latex.
1 1 <sup>st</sup> Sunday of Lent March is Nutrition Month	2 Easter Seals campaign begins today. Bring in your loose change some time this week.	3 <b>Subway</b> Ask your child to tell you about the nicest thing a friend has ever done for them.	4 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Turn off the TV tonight. Read or play games as a family instead.	5 "Let's Talk Math" Day with Mrs. Roberge	6 Easter Seals campaign ends today. Thank you!  World Day of Prayer	7 "The weak can never forgive. Forgiveness is the attribute of the strong."
8 Join us for mass at St. Kevin's every Sunday at 9:30 a.m. / International Women's Day	9 Bus patroller training with Mrs. Hunter	10 <b>Subway</b> Grade 6 Graduation Photos with LifeTouch	11 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Health Unit Vision Screening - SK / Marymount Shadow Day for Gr. 6 Girls	12 Field Trip "Ami Allain" – Mme Martin/Lafond Staff and Students take part in "The Big Crunch" today at 2 pm	13 "Cool Kids Lead" program starts today  Spirit Day – Dress like a Leprechaun	14 Join us for mass at St. Kevin's every Saturday at 5:00 p.m.
15 "Forgiveness is not a feeling. It's a decision we make to do what is right before God."	<b>MARCH BREAK</b>					21 "Forgiveness says you are given another chance to make a new beginning."
22 Join us for mass at Our Lady of Peace Capreol every Sunday at 11:30 a.m. Easter Seals Telethon	23 "Humanity is never so beautiful as when praying for forgiveness, or else forgiving another."	24 <b>Subway</b> Board Meeting 6:00 pm	25 <b>Popcorn (\$2.00) Pizza Day (\$1.25)</b> Virtue Assembly at 1:30 pm – Ms. Wissell	26 Write your child an encouraging note and tuck it in their lunch. Wear purple today for epilepsy awareness.	27 "Cool Kids Lead"  Spirit Day – dress in school spirit wear or your favourite jersey	28 Your Principal: Guy Mathieu  Your Trustee: Michael Bellmore
29 Ask your child to name something they have done in their life for which they are very proud.	30 "Cool Kids Lead" Catholic School Council Meeting 5:00 p.m.	31 <b>Subway</b> At bedtime tonight, tell your child a story about yourself when you were their age.	<b>ALL PARENTS / VISITORS ARE ASKED TO REMAIN IN THE LOBBY AREA.</b>	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.		