

# May 2023 Celtic Update

St. Patrick's School, Caledonia

## A message from the school...

The beginning of May is also Catholic Education Week. This year we are recognizing our Board Spiritual Theme "We Are Many, We Are One" throughout the week. We are blessed to have a diverse student body and recognize that the diversity in our school community is a gift that allows us to learn more.

In the Catholic tradition, the month of May is also dedicated to Mary, Mother of Jesus. We look forward to our strong partnership with St. Patrick Church and Father Jerome to help our students learn about the important role Mary played in the life of Jesus and the Church. A special congratulations to our students who received their First Holy Communion in April. God Bless!

We are looking forward to the warmer weather, but also recognize that we have much more learning to do and so many school events before we move towards the end of the school year next month. Please continue to support your students in their learning and their participation in all aspects of the school and classroom.

Thank you to all parents and families for your support,

**PD Days**  
**June 2**  
**June 29**

CATHOLIC EDUCATION:

**WE ARE  
MANY,  
WE ARE  
ONE**



A big shoutout to our Intermediate Volleyball Teams and an extra congratulations to our boys who brought home the Championship banner! Thank you coaches and students for a fun season.

## Congratulations!

To our Catholic Character Award winners for the month of April- these students demonstrated exemplary 'Forgiveness!' For the month of May we are working on demonstrating 'Reflective Thinking' and 'Commitment' in June.

To our Shoutout winners who were awarded Shoutouts when they made great choices, used kind words and/or actions and are living out our gospel values.

### Coming Up

Pizza Days

May 5, 12, 19, 26

Hot Dog Day

May 10

EQAO Gr. 3 and 6

Last week of May, first week of June

Kindergarten Orientation  
(new students only)

May 17 5:00pm - 6:00pm

Track and Field

Thursday, May 23

# Haldimand Norfolk Heath Unit....

## Wellness Series

This month our wellness series focuses on **Positive Body Image**. The series targets all students, in all grades. For more information, please click the [link](#).

## Mental Health - Your Children

We all have emotions, we all experience ups and downs; at any age. Recognizing signs of struggle, providing support and care can help your child to develop strong emotional awareness and self-regulation skills.

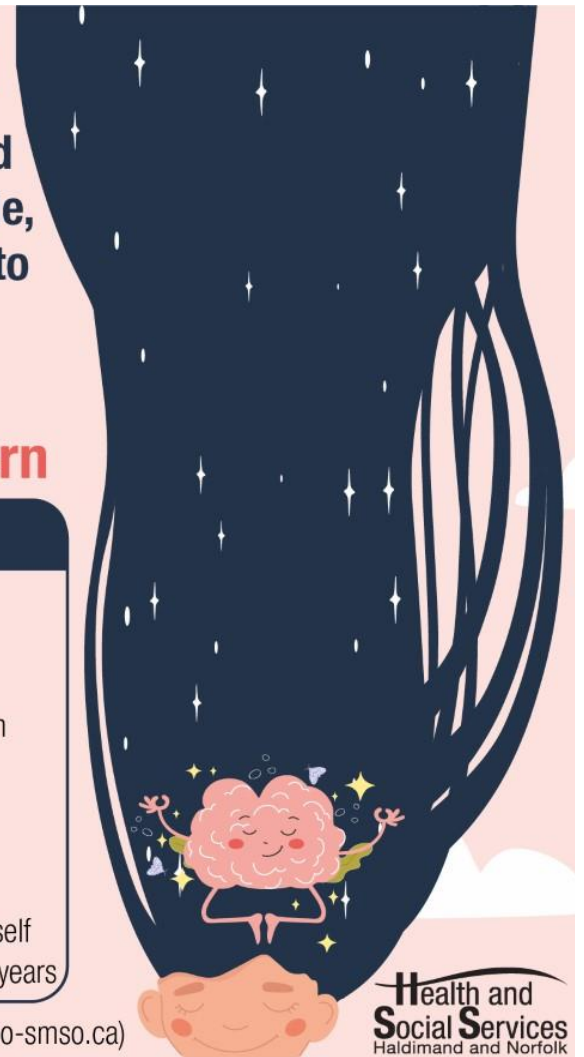
## Possible Signs of Mental Health Concern

### Younger Children

- frequently changing mood/emotions
- easily hurt feelings, crying, anger, irritability
- ongoing temper tantrums, throwing things, hitting people, etc.
- ongoing sadness and lack of interest in things they normally enjoy
- withdrawal from friends and family
- increased need for contact and reassurance

### Older Children

- outburst of anger or distress, frequent irritability
- feelings of anxiety and panic
- increased defiance and opposition
- school refusal, declining grades
- use of drugs and/or alcohol
- withdrawal from family, friends, activities
- ongoing negative remarks about self
- interest in activities from younger years



Health and  
Social Services  
Haldimand and Norfolk

For further resources and support please review School Mental Health Ontario (smho-smso.ca)

## A few reminders...

- Supervision on our yard does not begin until 8:30 a.m.- **students can not be dropped off until that time**
- School starts at 8:45 a.m., please ensure to have your children to school by 8:45 a.m.- we have many students arriving late to school in the mornings- arriving on time and ready to learn sets all of our students up for success
- We continue to reinforce no students or parents on the hill between the parking lot and the school for safety reasons.
- Orkney Street is a very busy area at the start and end of each day. Please try to use the parking lot at the church up the road for safety. If you have to cross Orkney, please do so from the front or end of the entire bus line (not in between busses). Additionally, our neighbours would greatly appreciate it if parents at pick up do not block the ends of their driveways- **bylaw is ticketing!**
- If driving/picking up your children, please do not park along the side of the church in the 'no parking' area. Also, please note that only individuals with the proper permit can use accessible parking. Ontario law does not permit use these spots without one, for even a few minutes.
- We are regularly reminding our bus students about appropriate bus behaviour- especially staying in their seats, no eating on the bus, using quiet voices so as not to distract the driver and sitting in their assigned seat/area if applicable- please help us with these reminders to keep everybody safe

## Dress for the Weather

Please ensure your child dresses appropriately for the weather and field conditions. Classes continue to spend as much time outdoors as possible so dressing for the changing temperatures across the day is important.

Most days students will be outside twice a day for nutrition breaks and some days for outdoor learning during instructional time. Layers, spring boots, hats and extra clothes are recommended for all students in ensure that our time outdoors can be fully enjoyed.

### Board wide dress code policy reminder...

*Principles of modesty: All student attire must be in keeping with our Catholic teachings and beliefs, and reflect principles of modesty and shall not include the following:*

- *short shorts/skirts, bare midriffs, halter tops, tank tops (a good rule of thumb is straps should be about the width of 2/3 fingers), etc.*

***Students NOT following the dress code will be asked to change or a phone call home will be made.***

- *accessories such as spiked bracelets/necklaces or any externals not in keeping with the spirit of the dress code as determined by the local school*
- *language and/or representation on attire that indicates gang affiliation and/or depicts violence, profanity or discrimination of any kind whatsoever or that otherwise demeans an identifiable individual or group (policy also references sayings, pictures, and logos that address or display sexual content, substance abuse, violence, profanity, inappropriate references to nationality, race or gender)*

Thanks for your ongoing support

## School Hours

**Start of Day** 8:45 a.m.

**First Nutrition Break** 10:25- 11:10 a.m.

**Second Nutrition Break** 12:50- 1:35 p.m.

**Dismissal** 3:15 p.m.

**Supervision begins at 8:30 a.m.**

*Please avoid late arrivals as it is disruptive to the class and your child's learning.*