

March Celtic Update

St. Patrick's School, Caledonia

A message from the school...

It is hard to believe that we have already hit March! February was a short but very exciting month and we hope to carry over the excitement and positive attitude into March.

The liturgical season of Lent begins this month and we will come together to virtually celebrate Ash Wednesday on March 2. Please watch your family email for information about our school wide Lenten '40 Acts Challenge'.

Please remember that March Break is from March 14 to 18. We hope that everybody will have a chance to spend some time with family and friends during this break away from school.

As changes continue to occur and evolve provincially, we continue to do what we can to keep our parent community informed. Please know that as changes happen with regards to COVID procedures and protocols, schools follow the direction of the Ministry of Education and Public Health. Continue to watch your family email for timely and important updates.

Don't forget to check our website regularly and follow us on Twitter for important and timely updates. The website subscription alert challenge continues to exist while our central IT department works to update school websites. PLEASE CHECK OUR WEBSITE VERSUS RELYING ON GETTING AN ALERT WHEN SOMETHING IS POSTED.

Thank you for your patience with this as the problem is addressed. Teachers will also post news items to classroom Brightspace pages.



God of Grace,
Help us to rediscover how to be side
by side
in rebuilding our communities of
faith and learning.
Help us restore harmony and
balance in our relationships,
and renew our desire to approach
challenges confidently and with
peaceful hearts.
May we always rejoice in recognizing
the blessings our lives hold.

Amen.

March Spirit Days

Friday March 11
Bring on Spring Day

Tuesday March 29
Wacky Hair Day

Congratulations!

To our Catholic Character Award winners for the month of February- these students demonstrated exemplary 'Friendship'! For the month of March we are working on demonstrating 'Being a Believer'.

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 this Month

Pizza Days

March 6, 13, 20, 27

Sub Days

March 23

Self Reg Spotlight...

SELF-REG for TEENS



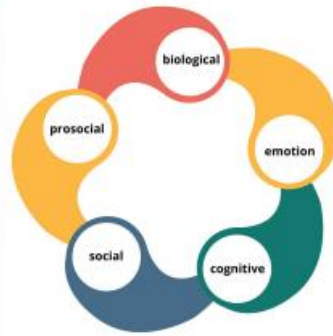
What is Self-Reg?

Self-Reg is a way to understand and improve self-regulation by understanding and dealing with stress better. In Self-Reg we look at how we respond to stress and how those responses are related to our tension and energy levels.

Self-Reg looks at stress across five domains (areas) of experience: biological (in the body), emotion, cognitive (thinking), social and prosocial (empathy, knowing right from wrong).

Self-Regulation

- Self-Reg is based on the original scientific definition of self-regulation, which refers to how we respond to stress.
- We all self-regulate. But sometimes we do it in ways that aren't so good—ways that make us feel better at first, but actually lead to even more stress down the road.
- Good self-regulation helps keep our stress response system in balance, so we can be in the best state for learning, growth and getting along with people.
- Self-regulation is not the same as self-control. Self-control is about inhibiting impulses. Effective self-regulation reduces the stress-induced feelings that cause impulses.
- When we feel self-regulated it is easier to understand emotions, thoughts and behaviour, in ourselves and others.



LEARN MORE HERE

The MEHRIT Centre • self-reg.ca

SELF-REG for TEENS

There are five practices in The Shanker Method® of Self-Reg:

1. **Reframe** the behaviour (see it in a different way).
2. **Recognize** the stressors across the five domains.
3. **Reduce** the stress.
4. **Reflect** and enhance stress awareness (learning to recognize when we are truly calm and when we are becoming overstressed).
5. **Restore** with personalized ways to replenish lost energy and reduce tension in order to recover from being overstressed and support resilience.

The ultimate Self-Reg goal is to learn to recognize when you are overstressed and then manage your energy and tension to help yourself feel better. Those skills will help you:

- understand your feelings and behaviour
- be more patient and understanding, and respond more positively to people's behaviour, emotional and social problems.

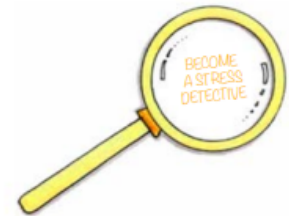
Effective self-regulation can help you have a happier and more successful life!

Learn More

Feeling Stressed: A Self-Reg Course for Teens

<https://shop.self-reg.ca/products/feeling-stressed-a-self-reg-mini-course-for-teens>

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Become A Stress Detective

Learn how to tell when behaviour or mood problems are caused by too much stress.

Many "misbehaviours" are actually "stress behaviours," caused by too much stress.

When someone (including yourself) overreacts or behaves in a way that makes no sense, ask why and look for the stressors that may be causing the behaviour.

Self-Reg is Personal. It begins with you.

Self-Reg is a process of ongoing personal learning about the connections between stress, energy and tension and how they affect our moods and behaviours.

When you're feeling unbalanced or "not yourself"—mentally, physically or emotionally, always ask yourself how excess stress might be affecting you.

Self Regulation is not just for our little ones!

Please Note...

Starting in the month of April we are **no longer** able to accept late orders for hot lunches. As we grow in size, it is becoming increasingly difficult to track orders that are not placed through School Cash Online and/or placed late. Beginning this month, School Cash Online will be open for all orders between now and June. You can choose to order all days in advance or continue doing so one month at a time. The following are the absolute due dates for orders each month:

April orders due by March 27 (Pizza) and April 17 (Subs)

May orders due by May 1 (Pizza) and May 15 (Subs)

June orders due by May 29 (Pizza) and June 12 (Subs)

Parents must screen each child daily before sending them to school using the online screening tool at:

<https://covid-19.ontario.ca/school-screening/>

If the screen advises against sending your child to school please adhere. Also, please read and follow the next steps section on the lower half of the 'do not go to school' screen.



Next steps

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.
- Kindergarten parents- **THANK YOU THANK YOU THANK YOU** for dropping and leaving your little ones! We truly appreciate that you are not congregating down in the kindergarten area which makes it easier for all of our students to travel through to the yard
- 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).
- Masks are no longer required to be worn outside and staff regularly remind students that this is now an option
- If driving/picking up your children, please do not park along the side of the church in the 'no parking' area. Thank you to all parents who have avoided doing this after our last message.

Dress for the Weather

Please ensure your child dresses appropriately for the weather.....winter is still here! 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 need to be dressed warmly. Winter hats, mitts/gloves, snow pants, boots and coats will ensure that your children can enjoy their

F.Y.I.

Often times our school yard is either too icy or too muddy to be used safely by the entire school population at the same time. When this happens we shift outdoor times in order to accommodate a smaller number of students outside at one time in order to make use of the paved areas. Regardless of how this looks we get students outside as much as is safely possible- please make sure they have weather appropriate footwear (this time of year boots are a must!).

Prayer for Our Lenten Journey

God of our journey to Easter,
with gratitude we move towards your deep love.
Strengthen us for these days of suffering and wonder.
We prepare to die with you, die to those unnecessary parts of ourselves at the crucifixion.
But we also rise. Rise into our true element.
Leaving the land of fear and alienation and into your grace-filled embrace.
Your Spirit carries into pure thankfulness.
For the miniscule and the magnificent;
for seconds and the eons;
for the note and the symphony;
for the single smile and a community of beauty.
May our thankful hearts continue to be open to your love,
to celebrate your Spirit of gratitude.
Amen.

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.