



December 2018

ST. JOSEPHINE BAKHITA CATHOLIC SCHOOL NEWS

*We are called to celebrate and nurture the God-given talents of each student
as we share with excellence in the light of Christ.*

Winter Weather



Our Canadian winter weather is starting and we want to remind our students and their families to be dressed for it. Students will go outside all recesses unless it is colder than -15 with the wind chill. If it is between -16 and -20 – students will go out for 15 min recesses and only 20 min at lunch. Any colder than -20, student will not go outside at all. It is also strongly recommended to include extra socks and mittens/gloves as they can become wet when playing in the snow.

Class time interruptions



We ask for your support in reducing class time interruptions. If you would like to pick up your child early or your child has an appointment – please write this in your child's agenda. Teachers check the agendas and will be sure your child is in the office on time for the pick up.

Dismissal routine changes – your child typically takes the bus but will be picked up instead – please be sure this is noted in the agenda and that your child is aware of the change.

St. Josephine Bakhita Catholic School Council Update



Our Catholic School Council will be hosting a Christmas Fair on Friday December 7th from 6:00-8:00 pm. There will be lots of activities and treats for all to enjoy! Stop by our Christmas Market and pick up some gifts for your loved ones. We hope to see you there! **Healthy Hunger Reminder** – lunches can be purchased online at:

www.healthyhunger.ca We would like to wish all of our families a safe and joyous Christmas and all the best in the New Year. We look forward to another great year with our wonderful SJB families.



Parking Lot Safety

If you drop your child off at school, you must use the Kiss and Ride OR park on the street. Please be patient as the winter weather arrives – cars need to travel slower to avoid sliding.

We also ask that you are considerate of our neighbours. Please do not block driveways and travel slowly as the speed limit in a school zone is 40 km/hr. We want to keep our community safe and appreciate your diligence.

Mindfulness – Wellness



Our students are learning about Mindfulness as a strategy to use to when feeling anxious, upset, overwhelmed ect. **Mindfulness** means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ... When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Our teachers are using the MindsUp Program to teach students and you can find information about this on the web at: <http://teacher.scholastic.com/products/mindup/>

Here is an easy activity to do at home with your child:

- Ask your child to put both hands on their belly.
- They close their eyes, or look down to their hands.
- Guide your child in taking three slow deep breaths in and out to see if they can feel their hands being moved.
- You may like to count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out, pausing slightly at the end of each exhale.
- Encourage your child to think about how the breath feels, answering the following questions silently, in their mind.
 - What is moving your hands? Is it the air filling your lungs?
 - Can you feel the air moving in through your nose?
 - Can you feel it moving out through your nose?
 - Does the air feel a little colder on the way in and warmer on the way out?
 - Can you hear your breath?
 - What does it sound like?



We wish all of our families a blessed and merry Christmas!