



March 2019

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.*

Lent



As we prepare for the Lenten season, our students will be receiving pancakes courtesy of our Parent Council on Tuesday March 5th. Students will learn about the Lenten season and the significance of Jesus' sacrifice for us as they participate in an Ash Wednesday liturgy on March 6th, where they will receive their ashes. A Family Lenten calendar will be coming home with some ideas of how to recognize the season as a family. We will also be sending home a list of the many activities and events we will be doing throughout our school.



Mary Poppins JR

The St. Josephine Bakhita Drama Department is busy practicing for their stage debut of Mary Poppins JR. This production promises to be a first class rendition of the popular children's story. Our evening dates for the public are April 17th and 18th. Tickets will be \$6/person. More information will follow.



St. Josephine Bakhita Catholic School Council Update

Our next Catholic School Council Meeting is on Thursday April 25th at 7 pm. We thank our Council for their generous donation of pancakes for Shrove Tuesday and thank you to our many volunteers who are going to make this day happen.



ShareLife

Caring for those in need is fundamental to who we are as Catholics in the Archdiocese of Toronto. Catholic agencies have been serving those among us who are poor, sick and marginalized for 176 years.

ShareLife works in 42 municipalities in 225 parishes, communicating with its clients in over 20 languages. **ShareLife** supports agencies that work with families, children and youth, the elderly, single and teen parents, people with special needs, and immigrants and refugees.

Some of the events we will be hosting are asking for donations for ShareLife. We hope our families are able to donate to this worthy agency.



Mindfulness – Wellness

Simple Mindfulness Activities for Kids

1. Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible.
2. Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowly releasing.
3. Have a 'mindful' snack by describing the smell, texture and taste of the food.
4. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feel.
5. Find shapes in the sky by laying down together and choosing different objects to search for in the clouds.
6. Take a mindful walk pointing out sights and sounds along the way.
7. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet, soft vs hard.
8. Slow down by having a snack in 'slow motion' and taking notice of the taste throughout.
9. Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth.
10. Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most.
11. Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present.
12. "Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment.
13. Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible that you are grateful for.