



January 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.*

Winter Weather



Our Canadian winter weather is under way 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, students 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.

Student Birthday Celebrations



It is an exciting time when our students celebrate their birthdays and sometimes families like to send in a treat to share with the class. We are a nut aware school and some classes have additional allergies to be aware of as well. We ask that you are mindful of the ingredients and if ever in doubt – please contact the teacher.

St. Josephine Bakhita Catholic School Council Update



Our Catholic School Council is proud to announce that we raised \$900 for the Durham Catholic Children's Foundation at our Family Christmas Fair. Thank you to our many families and their generosity to support those in our community in need.

Thank you to the many parents who were able to help with the event; providing baked items, raffle basket items as well as working at the tables or activities. The students and their families had a wonderful time.

Our next Catholic School council Meeting is on Thursday February 21st at 7 pm.

SJB Spirit Wear



Our new Spirit Wear is now available to order and will be posted on School Cash online as of Wednesday January 9th. **Items will be on sale until Friday January 25th and the orders will be placed on Monday January 28th** with delivery approximately two weeks later. A flyer with details will be coming home this week. **Friday February 8th** – St. Josephine Bakhita Feast Day will also be our Spirit Day and we encourage our students to proudly wear their SJB gear!

Mindfulness – Wellness



As our students continue to learn more about Mindfulness in their classrooms, here is another activity you can do at home with your child:

SPIDEY SENSES

This is a fun and easy way to introduce your kids to paying attention to the present.

Instruct your kids to turn on their “Spidey senses”, the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in (Karen Young, 2017).

This is a classic **mindfulness exercise**, packaged in a fun and easy to understand format that kids will find no difficulty in trying out.

Here are some practices parents can do to help them become a more “Mindful Parent”:

- Try to look at the world from the point of view of your child. Let go of your own world point of view for a few minutes.
- Consider how you sound and appear to your child. What would it be like to have yourself as a parent? Does this influence how you want to relate to your child (what you say and how you say it)?
- Listen carefully. Focus without distractions such as TV, social media, and phones. Be fully engaged as you listen to the stories your child tells.
- Attempt to see your child as perfect just as they are. Accept them even when it is difficult.

