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| **December 2019 Newsletter** |
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**Sacred Heart School**

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| **Advent Prayer**God our Father, as we journey through this Advent season, help us to listen to others and to allow You to touch us through them.Give us the strength to meet the challenges that we face to make our homes and schools places of peace, love, joy and laughter.Dear God, help us to be peacemakers during thisseason of Advent. Open our eyes to those who need our support and love. We ask this through Your Son, Jesus Christ. Amen |



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| Parish Information**Sacred Heart Catholic Church****Pastor:** Father Thomas Kuriacko**519. 875.4438** **Masses:** Saturday 5 pmSunday 8:30 and 10:30 am**School Times** 8:50 • start of instructional day10:30 • recess10:50 • nutrition break11:10-12:50 • instructional block12:50-1:10 • recess1:10-1:30 • nutrition break1:30-3:10 • instructional block 3:10 • dismissal **Inclement Weather Info**We are in **Zone 1**. Refer to [www.stsbhn.ca](http://www.stsbhn.ca) for weather and transportation updates.**Absence/Attendance**Please contact the school in the event of a child’s absence by a telephone call prior to 8:30 am. (519-875-2556). Please send a note to school in the agenda with your child if the end of day routine is going to change or if someone else is picking up your child.Image result for please sign in at the officeIn compliance with Safe Schools policies for Ontario schools, all visitors must sign in at the office, where you will be given a Visitor tag to wear while in the school. All exterior school doors will be locked during the school day.For school info, subscribe to [www.sacredheartlangton.ca](http://www.sacredheartlangton.ca)Follow @shcslangton C:\Users\smason\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B54E6A0E.tmp |

• 26 Albert St., Langton, ON • 519-875-2556 •

• [www.sacredheartlangton.ca](http://www.stjosephsimcoe.ca) • @shcslangton •

Principal: Mrs. S. Mason • Secretary: Mrs. D. Varga

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| **SEASONS GREETINGS**The season of Advent is a time to prepare for the birth of Jesus, our Saviour. Advent is a time to slow down, to enjoy time with friends and family, and to reflect on the true reason for the season.Traditionally the journey towards Christmas is marked by an Advent wreath. Advent wreaths are constructed of a circle of evergreen branches with 4 candles to represent the 4 weeks of Advent. 3 candles are purple and 1 is pink. The purple candles symbolize the prayer, penance, and preparatory sacrifices and good works undertaken at this time. The pink candle is lit on the third Sunday as we are getting closer to the joy of the birth of Jesus. Each Monday, students who are part of our Mission Club will lead us in an Advent liturgy. Students and staff will take part in many activities throughout the season of Advent to prepare our hearts and minds for the coming of our Lord at Christmas time. We hope that you all have an opportunity to take time with your family to reflect on the true meaning of Christmas and to enjoy time together. We wish you joy and peace during this Advent season. The staff and I would like to extend to you our heartfelt wishes to have a blessed, safe, relaxing and enjoyable Christmas.  Mrs. S. Mason |
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**School Fundraising**

Our school chocolate fundraiser was a great success.

Thank you so much to all of our students, staff and

families who sold chocolate bars and helped us

exceed our goal of $5000!!! A special thanks goes out to Mrs.

Brenda Hartmann for all of her time and assistance with our fundraiser.

**Winter Outdoor Temperatures**

When outdoor winter temperatures fall below –20 C (including windchill), students will have recess indoors in accordance with Board policy and guidelines. When temperatures are between –10 C and –20 C students can be outside for a maximum of 20 minutes. Please continue to send your child with complete winter wear and we will continue to monitor the temperature and the playground conditions for student safety.

For more information on the BHNCDSB policy around cold weather please visit the following website: [www.bhncdsb.ca](http://www.bhncdsb.ca)

**Student Supervision**

Please remember that student supervision begins at 8:35 am each morning on the playground behind the school. Students should not be at school prior to 8:35 am as they will not be supervised outdoors before this time.

**Growth Mindset in Math**

**Christmas Eve Mass**

Father Thomas is looking for students from all grades who like to sing or play instruments who would like to participate in the choir at 5:00 Christmas Eve Mass. Practices will be arranged during the school day at the church.



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| Important Dates**Dec 11th** Advent School Mass 9:30 am – All welcome!Student Success Teacher visiting Gr 8 class**Dec 14th** Langton Christmas Parade**Dec 17th** Christmas dinner at Community Centre 12:00**Dec 18th** Christmas concert at Sacred Heart Church 6:30-7:30 pm**Dec 24th** Christmas Eve Children’s Mass at Sacred Heart Church 5:00 pm**Jan 6th** Back to School! Can’t wait to see you all!**Jan 7th** Vision & Oral Health Screening by HN Health Unit**Jan 15th** First Reconciliation 7:00 pm at Sacred Heart ChurchImage result for please note |

In general, a growth mindset is the belief that intelligence and ‘smartness’ can also be learned and that the brain grows from experience and effort.  The opposite, a fixed mindset, is the idea that you are smart, or you are not. In math, that translates into “some people are good at math, and some are not.” Did you know that praising efforts rather than intelligence or results can impact your child’s ability to persevere in challenges?! The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity.  Brain research tells us that making mistakes actually wires more connections into the brain! When a person has a growth mindset, they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes. Students with a growth mindset achieve at higher levels than those with fixed mindsets. How can you help? Some simple ways:

* Adding “yet” when they claim they are “not good at this” (Respond: “You are not good at this yet.”)
* Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. *What did you learn today? What mistake did you make that taught you something? What did you try hard at today?)*

Model this yourself as you share about your day.





 