



**ST. ANTHONY'S
CATHOLIC SCHOOL**
Newsletter
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The Mission of St. Anthony's School

Community

Working in partnership with the home, school, parish and community to nurture the growth of the whole person, we are committed to giving witness to Christian values in a safe, joyful faith filled environment. We endeavor to inspire our students to become responsible life long learners who will be respectful of the uniqueness and dignity of themselves and others.

IMPORTANT ITEMS

Parent Tip

⇒ We will be having our annual Winter fun day on Friday, March 13th in the afternoon. This will also be a spirit and hot dog day. Students are encouraged to wear their spirit colours on this day. **Please note that sub day will be moved to Thursday, March 12.**

HEART O'GRAMS



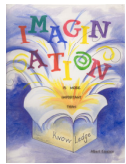
⇒ In an effort to raise money for the CPAN and learn more about money Miss Boyle's Kindergarten class and Ms. Campbell's Grade 3/4 class came together and sold Heart-O-Grams. Over two weeks hundreds of chocolates were sold and distributed to students. At the end of the second week the two classes worked collaboratively to count all the money and come up with a grand total. St. Anthony's was able to raise \$216.77 for the CPAN.



BASKETBALL

⇒ Congratulations to all of our teams for showing St. Anthony's pride in representing our school in the regional tournaments! We are very proud of all of the effort and sportsmanship shown! A big thank you to Mr. Shaddick and Kim Purchase for helping prepare our students. Go Knights!

DESTINATION IMAGINATION



⇒ On March 7th, students in grade 6-8 will participate in the Eastern Ontario Destination Imagination competition. This program encourages the development of 21st Century skills such as creativity, collaboration, communication and critical thinking. Two teams have been preparing since Christmas by honing their improvisation and problem solving skills. Good Luck to both teams!

IMPORTANT DATES

Little Caesar's Order due—Thursday, March 5th

March Break - March 13-22nd - NO SCHOOL!

Parent Council Meeting - March 24th@ 5:30pm

Looking ahead:

Good Friday— April 3rd



Children do really well when they're able to understand and handle their emotions.

Here are steps that we can take to encourage children to understand and effectively manage emotions:

Identify the emotions we're feeling – this is a skill that children need to learn – **ask your child what they are feeling and identify feelings on tv or in story books that others have**

Understanding why we're feeling the way we are – **linking cause to feelings helps to diffuse the intensity**



Examining options for how to react in light of those feelings – problem solve – asking **“what can you do about this to help you feel better?”**

Look at this article for more on how to help children deal with their emotions.

SPRING ACTIVITIES

This spring at St. Anthony's, we are once excited to be organizing a HUGE YARD SALE. The exact date is yet to be determined. Hopefully we will soon be feeling some spring like weather and as our thoughts turn to de-cluttering and spring cleaning, we ask that you please set aside any gently used, clean items that you wish to donate.

