

# École Holy Cross

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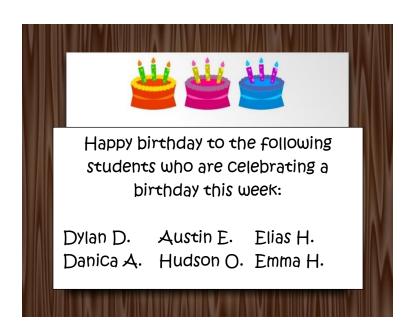
Email: holycross@pacsd.ca

Web page: www.ecoleholycross.com

WEDNESDAY, NOVEMBER 25, 2020

M. W. MOUROT: PRINCIPAL

M. B. SKOMOROWSKI: VICE PRINCIPAL



# **Spirit Days**

Friday, November 27<sup>th</sup> is Twin Day. Dress up like your favorite person also Friday, December 18<sup>th</sup> is Christmas spirit day.

# **School Messenger**

Stay informed of school events with text messages from our free school messenger service. Please text "YES" to 724665.

#### **Christmas Break**

The last day of classes will be Tuesday, December 22<sup>nd</sup> and classes resume Monday, January 4, 2021.

### Christ be our Light Jésus sois notre lumière



### The liturgical Season of Advent

The liturgical season of Advent marks the time of spiritual preparation by the faithful before Christmas. Advent begins on the Sunday closest to the Feast of St. Andrew the Apostle (Nov. 30). It pans four Sundays and four weeks of preparation.)

Catholiceducation.org

### **Chess Club**

We have 35 students from grade 4 - 8 participating in weekly on-line chess tournaments. This week's winner are:  $1^{st}$  Bryce M.  $2^{nd}$  Jesse M.  $3^{rd}$  Kyle M.







#### **Advent Celebrations**

At school we will do our celebrations in our classrooms

Friday, November 27<sup>th</sup> – Gr. 5 Crépault

Friday, December 4th - Gr. 7 Beaumier

Friday, December 11th – Gr. 3 McDougall

Friday, December 18th – Gr. 5 Lafrenière

## **Parent Corner**

### Experts share ways to manage screen time.

Technology has helped most students continue learning and stay connected during the pandemic. This also means kids are spending more and more time on screens. One study found that eight-to-12-year-olds spend an average of 4 hours and 44 minutes a day on recreational screen time-going online, watching TV, playing video games. While the American Academy of Pediatrics recommend parents set limits on non-educational screen time, many kids say there are no rules about technology their homes. Make sure you:

- Set screen curfews. Ask your child to turn off digital devices 30 minutes before bedtime.
- **Designate screen-free times**, such as during meals and while in the car.
- Offer alternatives. Go on a walk. Play cards. Do a craft. Show your child that there are plenty of ways to have fun-and engage her brain-without sitting front of a screen.

-reprinted with permission from "Elementary Parents make the difference"

God Bless

Wade Mourot Principal

Mounot.

### Student's Corner

An early snow fall has meant more time to use our snowshoes.



Mme Perillat's grade 2 class worked on Monsters









#### **Responsible Parenting Program**



#### Do you need help dealing with:

- Siblings fighting with each other and/or with you?
- · Your kids not listening or talking back?
- Being met with defiance and other more specific examples of non-productive behaviour?

#### Join Us:

- Start Date: January 9, 2021
- Saturdays from 10:00 12:00 (for 8 weeks)
- . Location: Online Zoom Webinar
- Cost: \$200.00 for up to 2 parents, or 1 parent and a support person

#### You Will Need:

- Access to a computer to attend on Zoom Meetings, and a printer for emailed handouts
- A distraction free environment where you can share confidential information about your family
- Attendance every Saturday is beneficial and mandatory

For more information call: Garnett Francis, Behaviour Therapist 306-652-4213



Topics Covered

· What is Behaviour

Identity

- Listening/Modelling
- My Job/Your Job
- Total Behaviour
- Clear Expectations
  - Increasing
  - Maintaining
  - Correcting Behaviour
  - Putting it all Together

Information gathered from Behaviour theorists and experts and taught in bite sized pieces (Glasser; Curwin; Coloroso; Purkey; Barklay) by Garnett Francis: Behaviour Therapist, LDAS



#### **Parents and Guardians**

- Stay informed of school events with text messages from our free school messenger service.
- To sign up, just send a text message of "Y" or "Yes" to the school's short code number, 724665.
- You can also choose to opt out of this service by replying "Stop" to one of our messages at any time.



# Opt-In from your mobile phone now!



Just send "Y" or "Yes" to 724665

Please contact your school secretary for more information regarding school messenger.