

St. Bernadette Catholic Elementary School

245 Lorne Avenue, Kitchener, Ontario N2M 3Y9

Tel. (519) 743-1541 Fax (519) 743-7873

Our newsletter can be accessed at <http://stbernadette.wcdsb.ca>

Twitter @StBernBears

St. Joseph's Church (519) 745-9302 <http://stjosephkitchener.org>

Pastor: Father Tom Vermiglio and Father Brian Quigley

St. Joseph Youth Minister: Mary Forcier



"Together, with Christ, Everyone Achieves More"

**Safe Arrival Program: A reminder to please phone in your child's absence or lateness (519) 743-1541.
Our Answering Machine is available 24 hours a day.**

HAPPY NEW YEAR

January 2019 Newsletter

On behalf of the St. Bernadette school community, I would like to extend a warm "Welcome Back" to each one of our students and their families! I hope that all of you had a joyous, restful and holy Christmas Break by celebrating the gifts and blessings of the season with family and friends.

January is the month of new beginnings. The word "January" comes from the Latin word "Jana", which means "doorway." January is the year's doorway, an entrance into a bright new beginning. Here at St. Bernadette school, we are focusing on the occasion January brings to us all – a chance to renew our commitment to God, to others and to ourselves. We encourage our parents to further this discussion at home with their child(ren). Take advantage of this opportunity to reflect with your child(ren) how fortunate and blessed we are and that we must strive to do our best with the talents and blessings God has bestowed upon us. As well, encourage your child(ren) to continue to embrace our Catholic values to treat others the way we would like to be treated.

Throughout Advent our community supported many of our school projects. More specifically, thank you for your generous response in assisting families in our own community by providing various life essentials and donating gifts. It truly warmed our hearts to see students living out the true meaning of Christmas.

In reflecting back upon our Christmas Concert, we should be very proud of what we accomplished. With the support of our students, parent volunteers and the hard work of our staff, the concert was a huge success. I know that every teacher on staff was proud of their students and worked hard to ensure that their performance was just right. Their efforts and your child's efforts were appreciated.

We are blessed to have a very dedicated group of parents who belong to the Catholic School Council. These individuals work tirelessly with school personnel to enrich the learning opportunities and lives of our students. We look forward to continuing to benefit from their collaborative spirit, cohesive vision and would like to thank them for all their efforts. Preparations are well under way for our next school fundraiser. More information will be sent home soon about this event.

As the first term continues, we will continue to work hard to offer a positive, fulfilling experience for all students, as we strive to meet our school improvement objectives.

May God's love be your source of strength in 2019.

Mr. A. Simoes,
Principal

Professional Development Day

Friday, January 25th

Focus of the day will be on Assessment and Evaluation.
Students are not required to come to school on this day.

A New Year's Prayer

God of this New Year, we are walking into mystery.

We face the future, not knowing what the days or months will bring us, or how we will respond.

Be love in us as we journey.

May we welcome all who come our way.

Deepen our faith to see all of life through Your eyes.
Fill us with hope and an abiding trust that you dwell in us amidst all our joys and sorrows.

Thank you for the treasure of our faith life.
Thank you for the gift of being able to rise each day with the assistance of Your walking through the day with us.

God of this New Year, we praise you. Amen

Nurturing a Catholic Community



Parish News

We continue to pray for all intentions in our school community – for those who have passed away and all who need our prayers during time of sickness.

In the New Year, we turn our attention to preparing for the Sacrament of Confirmation, First Eucharist and Reconciliation with our Grade 2 and 7 students. Once again, we ask you to pray for these students. If you would like to register your child in any of the programs and receive the sacrament(s), please call St. Joseph Church at 519-745-9302.



Pilgrimage Cross Video

Take a look at our school website for the video that captures our time with the Pilgrimage Cross. Thanks so much to the staff and students at St. Bernadette who participated in the journey. A special shout out to the Grade 7 and 8's who took on the challenge of continuing the journey and to Mrs. Madlensky, Ms. Stroyan for their technology skills. We appreciate all of you and now we have this fantastic video to demonstrate what happens at our fantastic school with our fantastic students.

Thank you

We would like to thank all the students, teachers and parents who contributed to our Christmas Projects. They were a huge success and speak to the wonderful spirit in our community and how we support and look after each other. Congratulations on the following projects:

- St. Joseph's Parish, Mill Courtland Community Centre and the St. Vincent De Paul Society - delivered an abundance of donated food items and Angel Tree Gifts.
- The Mill-Courtland Community Centre - for helping our families with great programs, food hampers and angel tree gifts.
- To all families for the generous donations to the Angel Tree and Food Drive campaign led by Christine Rito.
- To all the staff for their assistance with planning and leading our four-week Advent wreath celebrations.
- School Christmas Turkey Luncheon - thank you to Michelle Lovell and the many parent volunteers who helped make this a success: Christine Rito, Ana Rosa, Patricia Yarascavitch, Michele Reuber, Tanya O'Toole, Michael O'Toole, Melanie Bonaventura and Lisa McKay.
- School Christmas Concert - thanks students and staff for sharing your talents and to all our parents and guests who attended. Thank you, Mrs. Cowan, and Grade 8 MC's, for your help with this wonderful seasonal tradition.

A NOTE OF



- To all our Education Assistants, Child Youth Care Workers and Personal Support Workers for their contributions and endless efforts to support the needs of our learners in our school. On the 19th, we ask that everyone joins other schools in our board in marking our appreciation for this important employee group.
- Advent Mass – thank you students, Father Brian, Mary Forcier, Mrs. Cowan and Mrs. Hawley for organizing our mass and Advent confessions.
- St. Bernadette Staff – thank you for providing Christmas Craft Day to our students. Everyone had fun.
- Brenton family for donating countless of winter mitts, gloves and hats for our school. Thank you!

Catholic School Council

All are welcome to attend our monthly meetings. The next School Council Meeting will be on;
Tuesday, January 29th at 6:30 p.m.

Minutes of meetings are posted on our school website <http://stbernadette.wcdsb.ca>

School Updates and News

Listed below are highlights from the month of December.

1. Skills Builder for Grade 3 students will begin soon. This is an afterschool literacy program to help students boost their reading and comprehension skills.
2. Students and staff held special events during the month to promote school spirit: Christmas Spirit Week and POP Awards.
3. Did you know... we have a battery recycling program at St. Bernadette. There is a pail in our front foyer for you to put your used batteries in and we will take care of recycling them for you.
4. Our Grade 8 students attended the Mount Mary residential program in Ancaster. The trip provided them with an opportunity to further develop an understanding of our Catholic values and leadership skills. I would like to thank Ms. Cahill for her efforts in organizing the retreat. Also to Father Brian who was our celebrant for our Eucharist celebration. Also to our chaplain, Mr. Schneider, Mrs. McArthur (Chaplaincy Support for WCDSB Mount Mary Retreat Program), Mrs. Edgar and Mr. Sullivan for accompanying our students and providing guidance.
5. We welcome Ms. Matic who will be our Gr. 4, 4/5 and 5/6 Junior Itinerant Planning Time Teacher. Mr. Dallimore has had a change in his assignment. Ms. Matic will also join our Special Education Department as 0.5 Special Education Teacher.
6. Our students have been taking their computational thinking to a whole new level and continue to explore with microbit education. By coding with



spheres, our students have been learning about angles and spatial reasoning.

7. The following field trips or workshops were held to enhance the curriculum: Gr. 4/5 to Safety Village.
8. Congratulations to Ayden W., Aubrey R., Krisalee H. and Mya G. who were selected from a draw for the \$25.00 gift certificate. Samantha O. won the grand prize which was a 32GB iPod Touch. Lastly to our Grade 6/7 classroom who were the top selling class and wins a class pizza party. Thanks again for your participation in our Big Box of Cards Fundraiser.

Caring For All Children – Shared Responsibility



Technology Protocol

Often after Christmas, students are excited about some of their new Christmas gifts and want to bring these toys or technology items to school. We respect the cost of these items as well as safety precautions that need to be considered for some devices (i.e. content on electronic devices, cyber bullying, etc.).

Accordingly, we discourage students from bringing valuables (cell phones, digital cameras, MP3 Players, iPods, etc.) money or toys to school. Often these are lost, stolen or broken or can lead to problematic behaviour. Parental support in this area is required and greatly appreciated. Please monitor your child(ren)'s activity on the internet and the various social media sites. If students bully their classmates on any site, they will face consequences. Activity that occurs outside of school impacts the school climate and consequences will be imposed.



The school does not assume responsibility for any loss or damage to valuable items. Please note also that cell phones should be left at home or turned off completely during school hours.

School Parking Safety

Some parking spaces at the front of the school are available during the day for parents and visitors. However, this parking lot is closed from 8:50 a.m. to 9:20 a.m. and 3:30 p.m. to 4:00 p.m. to facilitate safe student arrival and departure. Parking on Lorne Ave is allowed, but not directly in front of the school. Please note the signs for the designated area and park a safe distance from the school crosswalk.

Note: The school side of Lorne Ave is for dropping off only and cars are not to be parked and left unattended. The front driveway is to be used by **school buses only** from 8:50 a.m. to 9:20 a.m. and 3:30 p.m. to 4:00 p.m. daily.

Vehicles are NOT allowed to pull into the driveway or parking lot at the side of the school as student taxi arrivals and departures take place in this area first thing in the morning and again later in the afternoon.

Students are not allowed to use the parking lots to access the play yard.



Winter Clothing Reminder

Please ensure that your child(ren) has dry running shoes to change into from their wet/muddy outdoor boots. Children must not walk around the school in their socks due to health and safety concerns. Students are not to wear their wet boots in class as this may cause a slippery hazard. In addition, if there ever was a fire drill or lockdown, an emergency, there may not be time to put on boots.

In addition, please check to ensure your child leaves home wearing warm winter clothing (hat, mitts, gloves, scarf, boots, and winter jacket).

During the winter months, in order to play in the field during recess times students will be required to wear snow pants and boots. Without snow pants and boots, students will be remaining on the black top during recess times. This will keep the students dry and warm when playing in the snow.



Seasonal Influenza (Flu)

Influenza is a serious respiratory disease that spreads quickly and easily among students and staff through coughing, sneezing and by contact with objects like books, sports equipment and counter surfaces. It spreads quickly from person to person and can last 2 to 7 days. Symptoms can include: high fever, dry cough, chills, sore throat, headache, muscle aches, and general tiredness.

Children can also have earaches, nausea, vomiting and diarrhea. The best thing we can do is to remember to:

1. Wash your hands frequently with soap and water. Hand washing continues to be the most effective safeguard against the flu. Sneeze or cough into your sleeve or disposable tissues.
2. Avoid touching your eyes, nose or mouth without having washed your hands immediately before.
3. Clean shared surfaces frequently.
4. Stay home from school and other activities if you are ill.

Whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. We must protect the safety of all students and staff. We appreciate the extra effort required to comply with this request and ask for your understanding.

Student Drop Off

Please ensure that when you are dropping off students in the morning, you exit the yard immediately upon drop off. Students are supervised in the yard by teachers and staff. There are still too many parents in the yard which creates a safety concern to the children playing and

lining up in the yard. Your co-operation is greatly appreciated concerning this matter.

Snowball Throwing

We continue to remind students the dangers of throwing snowballs and reminding them to stay off and away from snow hills, unless they are wearing snow pants. Remind your child(ren) at home that snowballs are not allowed to be made to be thrown at anyone, as we certainly do not want anyone getting seriously hurt.

School Code of Conduct

Since parents and guardians are the key partners in establishing a positive school environment, you are encouraged to play an active role in the implementation of our school behaviour plan. St. Bernadette teachers and supervisors regularly remind individual students that certain behaviours will not be tolerated at our school.



To this end, students may have taken home School Behaviour forms so that parents/guardians are made aware of the consequences and concerns that we all share in creating a safe school environment. All parents, guardians and staff must accept responsibility, as primary educators, to act as positive role models and agents of change.

Please support us by speaking with your child about appropriate behaviour and reviewing our Student Code of Conduct found in our student agenda.

Our Code of Conduct will be reviewed in classrooms during January on an ongoing basis throughout the term. Students are asked to report problems or incidents on the playground to the staff members on supervision. Please support us by reinforcing the message that we should always use words to solve our problems and never use physical force. When our words are not being listened to, it is important to get adult help.

Family Literacy Day

Family Literacy Day is a national initiative that promotes the importance of reading, learning together as a family and community.



On Sunday January 27th, join with communities and families across Canada to celebrate this special day. We invite parents to pick up a book or surf a web page and model your literacy skills. For more information on Family Literacy Day 2019, please visit the official website: <http://abclifeliteracy.ca/family-literacy>.

School Improvement Plan

Our School Improvement Plan has 4 key areas for the 2018-19 School Year, as follows:

- 1) Numeracy
- 2) Literacy

- 3) Catholic Community, Caring, Culture and Sharing
- 4) Pathways to Success

We are focused on implementing strategies designed to help our students SHOW their THINKING in Mathematics this year. Our student achievement data reveals that students will benefit from working collaboratively and individually to solve problems and to stretch their thinking as they do this.

We are committed to ensuring that our students continue to achieve high levels of success in all of their learning, with a particular focus on thinking and problem-solving in Math.



We continue to ensure that Literacy across the curriculum is a strong focus this year too. We work as a team to ensure that students K-8 have a strong foundation in reading, writing, listening and speaking. Teachers work to identify each student's reading level, areas of need, and interests and subsequently use strategies to help them advance, learn and develop.

We continue to focus on Blended Learning and the use of technology and digital tools to support learning in the classroom and at home. All students have access to various devices, tools and strategies to help them learn and demonstrate their learning.

Our team is focused on implementing various strategies to help students self-regulate. We understand that this is a key to student readiness to learning, to positive relationships and to development. Self-regulation involves skills that can be practiced and learned, and we are committed to embedding strategies to help students in all our classes, with a strong foundation in Primary. Teachers meet regularly to engage in discussion, reflection, collaboration and planning to help all students achieve at a high level. It is our goal to ensure that all students achieve their God-given potential inside and outside of the classroom.

"Every student, every day...a success story"

Spotlight on Student Activities



The Sporting Scene.....

During January, our Senior Boys Basketball Team and our Senior Girls Volleyball Team will begin their season.

Tryouts will begin soon, and we wish them all the best at their respective tournaments in February. Intramurals finished up last month and we hope we will continue this month. Go Bears Go!

Eco News Update

Our classroom Eco Reps have been hard at work. In December, they helped to get the word out that our school would be having a "Green" Christmas lunch. From a lunch that fed the entire school community, we



had a very small bag of garbage. Instead we used compostable plates, we recycled the cutlery, and students brought their own reusable beverage containers. Along with delicious food, we also gave one another, the planets and its creatures the gift of stewardship. A big thanks to parent counsel for their support.

For our Cut the Cutlery Campaign we have collected over 2000 pieces of cutlery.

Bernadette and Bob are still making their rounds to classrooms that have the least amount of garbage in their bins on Trashless Tuesdays. These creatures are made from recycled materials and will be awarded to the classrooms that have done a great job to reduce garbage and have been developing great recycling and composting habits. The mascot will stay in the classroom for one week.

Thank you for all you do in promoting garbage free lunches and snacks as we go for Eco GOLD this year!

Imagine ... A School With Kindness



Imaginings...

As part of the Ministry of Education's Bullying Prevention Initiative, St. Bernadette has a Safe School Action Team. The team is composed of teachers, parents, and administration. The objective of the committee is to advise and assist the Principal in organizing Bullying Prevention activities and presentations for the students, staff and community as well as to support with the delivery of the Board's Bullying Prevention Program entitled "Imagine." If you are interested in joining our team, please contact the school – 519-743-1541.

Nutrition For Learning



Each day, our Nutrition for Learning program serves breakfast to our students. Our dedicated volunteers, Christine Rito and Mrs. Quirion ensure that each child receives a balance of dairy, fruit and whole grains every day.

Nutrition for Learning provides about 15% of the overall operating cost of this program, about \$1000 per school year. Donations of any amount to help us achieve our goal of serving our students for the full school year would be greatly appreciated. Cheque donations payable to Nutrition for Learning (in memo line indicate St. Bernadette) is appreciated. Donations of \$20.00 or more are eligible for a charitable tax receipt. If you have any questions, please contact the school

JANUARY

Bring Your Own Device and Purchase Program

Partnership with STAPLES Canada for Chromebooks and Windows 10 Cloudbook.

WCDSB has made significant investments to ensure our students and staff have access to a variety current technology. The use of technology to support learning remains a key priority to ensure that students are equipped with the skills to flourish in an increasingly digital world. Chromebooks and Windows 10 Cloudbooks have proven to be versatile, reliable, and affordable digital tool in the classroom.

As students have engaged more with the technology that is available in their classrooms, many families have expressed interest in purchasing a device for their child to use at school and at home. Many parents have reached out, seeking advice about which technology would best support their child's learning, is reasonably priced, yet durable enough to withstand the wear and tear of daily use as it's transported back and forth to school each day.

More information can be found on the BYOD information page on the school board website:

<https://www.wcdsb.ca/programs-and-services/byod/>

If you are interested in pursuing this opportunity, you need to [download and print out this document](#) and take it to your nearest Staples store.

January 2019 Fit Bit – SMART Goals in the New Year

Setting SMART goals is a great way to help you make changes individually or together as a family.

SMART goals are:

Specific: A general goal such as "eating healthier" can mean something very different from one person to the next. Focusing your goal can be helpful; for example, your focus may be "eating more vegetables and fruit."

Measurable: Set goals that allow you to track your progress. It would be difficult to measure "eating healthier," but something like "include a vegetable or fruit with each meal and snack" is easier to monitor.

Action-oriented: Focus your goals on the actions you will take to be successful. If lunchtime has been a challenge, the action may be "include a side salad or raw vegetable sticks at lunch and pack a fruit for snack."

Realistic: Building healthy habits takes time and practice. Choose goals that are manageable. When you have achieved that goal, you can set a new one! Consider possible challenges that may get in the way and be prepared with strategies to overcome them.

Time-based: Including a timeline in your goal will help you stay on track and motivated to keep moving forward! For example, try "including a vegetable or

fruit at each meal and snack for a week,” then take the time to check-in and assess how it is going. Other family-friendly healthy eating SMART goal examples:

1. Replace your household white bread with whole grain bread for a week.
2. Include legumes in meals on “Meatless Mondays” for one month.
3. Plan and prepare one new recipe as a family each week for one month.

Adopted from Unlockfood.ca Brought to you by Region of Waterloo Public and Emergency Services

Mental Health and Well-Being
Face to Face Gratitude Sleep

Many people attempt elaborate New Year’s Resolutions on January 1st. The most impactful of changes can often be found in the simplest of steps. A Wellness Framework is a type of a road map or set of principles for wellness. In our fast-paced world with many things coming our way, sometimes simple is best.

It seems that people have less time **for face to face** interaction. Sadly, our young people often consider “face time” as “SKYPE” not actually sitting across from a real live person! The loss of face time and relationships is a concern because relationships and face to face are major mental health protective factors. When we are together with those we love and regard, we feel safe and loved. Our bodies respond to the connection in a basic physiological response of releasing oxytocin (the relationship hormone).

This physiological response of releasing oxytocin, can counter act the effects of stress, as oxytocin diminishes the impact of cortisol (the stress hormone). So, getting in some real face time is beneficial to our mental health.

The second element is **Gratitude**. Our Catholic Faith is built on many positive pillars including gratitude. Making gratitude an intentional and systematic part of your day, just as we do with prayer and other daily routines, can boost our immune system, help fight cardiovascular disease, and improve levels of optimism. Amazing!

Sleep is a vital element to both physical and mental health. However, in our fast-paced lives, it is often the first casualty. In a recent article in the Journal of Sleep Medicine (Dr. K. Krizan, 2017), sleep rates for US teens were drastically reduced and many are described as sleep deprived. Between 2009 and 2015, sleep rates for teens fell dramatically. The average number of hours of sleep required by youth 13-18 is 10 hours (US Centers for Disease Prevention). Few teens achieve this level. What is getting in the way of their sleep? Most of youth are using smartphone / social media during the night.

The rates of sleep decline and rates of teenage depression both increase with the prevalence of smartphone use. Rates for sleep deprivation and depression show significant increases around 2011-12, this is the same period where smartphone ownership in the US and Canada first exceeded 50% of the population. Face to Face, Gratitude, and Sleep are each important parts of a Wellness Framework. Some simple practices may include ...

Face to Face

- Try to manage screen time in favor of (real) face time. Track your use of screens and try to increase face time.
- Consider a no- screen zone or time at home.
- Encourage youth to meet with their friends and discourage the screen as a means for socialization. When we are with our friends in fellowship, we are with them, not our screen.

Gratitude

- Create a Gratitude practice during your day.
- Set a specific time to reflect on your gratitude (e.g. before bedtime, at the dinner table...)
- Set a specific number of gratitude’s to reflect

Sleep

- Create a sleep routine (set a time to wide down, and get ready)
- Slowly add 15 minutes nightly to increase the number of overall hours
- Use an alarm clock, not the smartphone, as a wake-up device. No phones in the bedroom.

St. Bernadette Catholic Elementary School
Junior Kindergarten Registration
For September 2019
IS COMING IN FEBRUARY




If you have children OR know of someone in our area born in the year 2015 please call our school and speak with **Ms. Hanley - 743-1541** to book an appointment time.




- Roman Catholic Baptismal Certificate of either parent or child
- If you are a non-Catholic, but wish to explore a Catholic education for your child, please review the WCDSB [Admission to Catholic Elementary Schools](https://www.wcdsb.ca/about-us/policies-and-administrative-procedures/admissions-to-elementary-school-aps001/) policy:
- Child’s Birth Certificate or other legal proof of your child’s age
- Your child’s immunization records *The Immunization of School Pupils Act, 1982* states that the Region of Waterloo Public Health must have a record of your child’s immunization in order to attend school in Ontario. School immunization reporting will now occur online. If you choose not to list immunizations for your child, you must contact the Region of Waterloo Public Health at 519-575-4400 ext. 5003 for exemption information.
- Proof of Address (licence, utility bill, bank document or purchase/lease agreement).

245 Lorne Avenue, Kitchener, Ontario, N2M 3Y9
Phone: 519-743-1541 Fax: 519-743-7873
Website: <http://stbernadette.wcdsb.ca/> Twitter: @StBernBears

Don't forget to follow St. Bernadette Catholic School on Twitter@StBernBears and sign up for electronic “Newswire”



January 2019



WE CAN MAKE A DIFFERENCE AND KINDNESS MATTERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ST. JOSEPH PARISH ROMAN CATHOLIC CHURCH 348 MADISON AVENUE SOUTH KITCHENER, ON, N2G 5M6 CANADA TEL: (519) 745-9502 FAX: (519) 745-9944		For up-to-date information on school bus delays, cancellations and school closures, please visit the Student Transportation Services of Waterloo Region website (www.stswr.ca) . To contact Student Transportation Services of Waterloo Region directly, phone (519) 650-4934. Information about student transportation cancellations or school closings due to severe weather is also available through the following media outlets: KFUM FM 99.5 KOOL FM 105.3 CKGL AM 570 CHYM FM 96.7 DAVE FM 107.5				
6 	7 Welcome Back and Happy New Year 2019 School Begins at 9:10 a.m.	8 	9 Pizza Every Wednesday \$1.50 a slice	10 Carizon School Visit Every Thursdays AM	11 	12
Are you using School Cash on Line for Pizza Orders? wcdsb.schoolcashionline.com						
13 Martha Kahsai Settlement Worker Every Friday 	14 NFL will begin later in the week 	15 Confirmation Catechetical Session 6:30-8:00 p.m. St. Joseph Church School Council Meeting at 6:30 p.m.	16 Laurel Creek Nature Centre Trip Gr. 2/3 and Gr. 7	17 CARE Presentation Gr. 8	18 School Spirit Day Dress Wacky Appreciation Day For EA, PSW and CYCW	19
Every Wednesday is a school spirit day. Wear our school colours - blue and yellow						
20 St. Bernadette Kitchener Ranger Trip 	21 Martin Luther King Jr. Day Making the Transition to St. Mary High School at St. Mary Alumni Hall 6:30 p.m. Grade 8 Students	22 Kindness Matter Assembly at 11:15 a.m. First Holy Communion Catechetical Session 6:00-7:00 p.m. St. Joseph Church	23 	24 Junior Achievement Day Gr. 6/7, Gr. 7 and Gr. 8	25 Professional Development Day No School For Our Students 	26
27 Father Tom and Brian classroom Visits Continue on Wednesdays 2019 Family Literacy Day	28 	29 School Council Meeting at 6:30 p.m.	30 Meningococcal Gr. 7 and 8 Wilfrid Laurier After School Program 3:45 to 5:15 p.m. Let's Talk Day Bell Mental Health <small>Bell Let's Talk Day is January 31</small> 	31	<div style="border: 1px solid black; padding: 10px;"> <p>Inspiring Hope + Wellness in Our Community</p> <p>Parents/Caregivers can use the Consultative Appointment for support with:</p> <ul style="list-style-type: none"> •Child's behaviour •Assessing & Navigating Community Resources, i.e., Mental Health, Counseling, Financial, Recreational •Home routines and structure •Child's social/emotional struggles •Understanding mental health issues/ diagnosis and strategies to manage. •Monthly parent workshops are also offered to address topics that are meaningful to you. <p>Your Community Resource Worker is: Peggy Housheer phousheer@carizon.ca 226-808-1829</p> <p>COMMUNITY RESOURCE CONSULTATION</p> <p>Did you know Community Resource Consultation appointments are now being offered at your school by a Community Resource Worker (CRW) from Carizon?</p> <p>With this service Parents/Caregivers have an opportunity to speak with a CRW to brainstorm resources, services and interventions that support the current needs of the children and/or family during a confidential 60-minute Consultation appointment at the school.</p> <p>Consultation appointments are available at: CRW@carizon.ca on Thursdays at 9, 10, & 11am.</p> <p>Parents/Caregivers can sign up for an appointment time in the School Office, or by texting or emailing the CRW directly.</p> <p>School Personnel can sign a parent/caregiver up for an appointment (with their consent) in the School Office sign up book.</p> <p>(519) 743-6333 www.carizon.ca info@carizon.ca Head Office: 400 Queen St. E., Kitchener, ON, N0G 1W7 <small>CRW Peer - School Resource, April 2018</small></p> </div>	
<div style="border: 1px solid black; padding: 5px;"> MILL COURTLAND COMMUNITY CENTRE NEWS The Mill-Courtland Community Centre has many wonderful programs running in the new year - please call (519-741-2491) or stop by to check them out. Visit www.mcna-hscg.com </div>						