



May 2019 Newsletter

Principal's Message

It's hard to believe we are in the month of May! What a wonderful way to start the month by celebrating our Catholic Education! We celebrate our grade two's who are making their First Communion this month, Mary the Mother of Jesus and Catholic Education Week.

This will be a busy month as our grade 3's will be participating in EQAO testing and our grade 4's will be practicing for Track & Field!

Catholic Education Week:

May starts with the celebration of Catholic Education Week (May 6th - May 10th) with the theme of "*Living as Joyful Disciples*". As Catholics, we always pay special tribute to Mother Mary during the month of May. God filled Mary with His grace and she listened to the call of God. This gentle woman, this quiet light, is truly an example for all mothers.

Please join us for our Open House at the school on **Tuesday, May 7th** from 5:00 - 7:00 p.m. with a blessing from Father John at 5:30 p.m. We invite all parents and students to

Crowning of Mary:

We will be celebrating the Crowning of Mary led by Miss Cotnam and Mrs. Woolley's Grade 2 classes on Thursday, May 30th at 1:00 p.m. at St. Joseph's in the school gym. Everyone is welcome.



Living Rosary:

This month is our Living Rosary celebration for Our Lady of Lourdes. It will be held in the school gym on Tuesday, May 21st at 9:15 a.m. The Grades 2-4 classes will be coming to the gym with their rosaries to pray the rosary together.

Easter Season Mass:

Please join us at St. Mary's Church on Thursday, May 9th for our Easter Season Mass at 10:00 am. Everyone is welcome!



Catholic Council Meeting:

The next Catholic School Council meeting is scheduled for Wednesday, May 15th at 6:00 p.m. in the school library. Please

We wish good luck to all the grade 4s participating in the Hans Janssen Memorial Track and Field meet at TD Waterhouse Stadium in London on Tuesday, May 28th.

EQAO Provincial Assessments:

Our Grade 3 students are busily preparing for the upcoming EQAO assessment. Testing will take place May 22, 23, 24 and May 28, 29 and 30th in the morning. ***Please avoid scheduling appointments and any out-of-school activities for your grade 3 child on these dates.***

“Celebrating Our Spirit” Award:

Our very own **Nova Granger** will be one of the honoured guests at the “Celebrating Our Spirit” awards being held on Monday, May 6th to kick off Catholic Education Week . The awards recognize one student from each school in the London District Catholic School Board who best exemplifies our Ontario Catholic School Graduate Expectations.



Victoria Day:

As Monday, May 20th is a statutory holiday, there will be no school on Victoria Day.

If you would like to continue next year with alternate transportation for your child, please go to www.mybigyellowbus.ca to renew on line for next year.



Your help is needed:

We still have a number of parents each day who come to the office 10 to 15 minutes before the end of the day asking for their children to be removed from the class. Please be aware, that such disruptions affect an entire class, not just your child. Thank you.

DanceFest:

Our whole school, Grades JK - 4 classes will be representing St. Joseph’s School at this year’s DanceFest at St. Mary’s High School in Woodstock on Friday, May 10th, 9:00 am - 11:00 am. We would like to thank all the teachers and everyone involved with their hard work and dedication.



Pizza Date Change:

PLEASE NOTE: As the whole school will be at DanceFest, we will be changing our pizza lunch that week from Friday to **Thursday, May 9th**. Remember to send a lunch with your child on Friday. Thank you for your understanding.




MAY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	6	7 Bookfair 5:00-7:00 <i>Open House</i>	8 9:00 Gr 4 Track and Field Trials at O'Neil	9 Pizza 10:00 Easter Mass @ Church Bookfair	10 9:15 DanceFest at St. Mary's HS Woodstock JK-4	11
	13	14	15 Kelseys 6:00 School Council Mtg. in Library	16 1:00 New JKs visit classroom and ride school	17 Pizza	
	20 NO SCHOOL VICTORIA DAY	21 9:15 Living Rosary in Gym Gr 1-4	22 9:00 EQAO Gr 3	23 9:00 EQAO Gr 3	24 Pizza 9:00 EQAO Gr 3	25
	27	28 9:00 EQAO Gr 3 9:00 Track & Field Gr 4, TD Waterhouse	29 Kelseys 9:00 EQAO Gr 3	30 9:00 EQAO Gr 3 1:00 Crowning of Mary in Gym	31 Pizza	1

CATHOLIC EDUCATION WEEK



The Canadian Cancer Society reports that 80% of lifetime sun exposure occurs during childhood -- and that just one blistering sunburn can double the risk of getting melanoma later in life. Protect your children by following these tips recommended by the Canadian Dermatology Association.

1. **Limit outdoor playtime between 11 a.m. and 4 p.m. and when the UV index is 3 or higher.** Avoid unnecessary exposure when the sun's rays are at their strongest. Even on cloudy or cooler days, ultraviolet (UV) rays remain strong. Shady spots can be just as tricky because of reflected light. If your child is playing outdoors during these hours, make sure to apply sufficient sunscreen.
2. **Apply sunscreen properly.** Generously apply sunscreen 30 minutes before your child goes out in the sun. Choose a sunscreen with SPF (Sun Protection Factor) 30 or higher. Scented and colorful sunscreens appeal to some kids and make it easier to see which areas have been covered well. Don't forget nose, ears, hands, feet, shoulders, and behind the neck; lips can also burn, so apply a lip balm with SPF protection. It is important to reapply sun screen every 2 to 3 hours, or after sweating or swimming. Good sun protection habits will keep skin healthy while involved in an active outdoor lifestyle.
3. **Cover up.** Wearing protective clothing and hats is one of the most important ways of warding off UV damage. When wet, light-coloured clothing transmits just as much sunlight as bare skin. Keep your kids covered with dark colors, long sleeves, and pants whenever possible. And don't forget the accessories: sunglasses with UV protection to guard against burned corneas, and wide brimmed hats to prevent sunburned scalps and faces. Caps offer minimal protection. Sunglasses are just as important for babies. At the beach, bring along a large umbrella.
4. **Keep watch on medications.** Some medications increase the skin's sensitivity to the sun, so make sure to ask your doctor whether your child may be at risk. Prescription antibiotics and acne medications can create an increased risk so talk to your pharmacist or the doctor.
5. **Set a good example for your kids.** If your children see you following sun-safety rules, they will as well. Skin protection is important for every member of the family.
6. **Find shaded areas for outdoor activities play.**

For more information, check out Canadian Cancer Society's SunSense for Schools

<https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/get-involved-on/sunsense/?region=on#acc-panel-1>

