



# St. Bernard's Catholic School

*Education and Community Working Together, Centered in Faith*

Newsletter #6 April 2017



255 Oxford Street  
Orillia ON  
L3V 1H6

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School Trustee:  
Mr. F. Smith

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[http://  
sbe.schools.smcdsb.on.ca](http://sbe.schools.smcdsb.on.ca)



## Balance Day Schedule 2016-2017

8:40 am	Supervision
8:55 am	Entry Bell
10:55 - 11:15	Nutrition Break
11:15 - 11:35	AM Recess
1:15 - 1:35	Nutrition Break
1:35 - 1:55	PM Recess
3:15 pm	Dismissal

We are half way through our Lenten journey and together we welcome the joy and promise of new life that Easter brings...

### Easter Prayer

Lord, the resurrection of Your Son has given us new life and renewed hope.

Help us to live as new people in pursuit of the Christian ideal.

Grant us wisdom to know what we must do,  
the will to want to do it, the courage to undertake it,  
the perseverance to continue to do it,  
and the strength to complete it.

Amen

## Principal's Message:

We are truly blessed as a faith community to be preparing our hearts in order to celebrate the holiest time in the Church calendar. In the liturgical year, Easter is much more than just a one-day celebration. The Easter season lasts seven weeks and begins at sundown the evening before Easter Sunday and lasts for six more Sundays until Pentecost. A highlight of this particular Easter is making our journey along side our spiritual leader, His Holiness Pope Francis. Easter is a time of new promise, new life and new energy. As we witness the coming of spring, we are reminded of the promise of eternal life as the cold, dark days of winter change gradually into tree buds, green grass and flowers.

On April 7, 2017, students will have the opportunity to join in solidarity with our brothers and sisters around the world who do not have enough to eat, during our Poverty Lunch at the second nutrition break. Students who wish to participate are encouraged to bring in their own cup, spoon and a small \$1.00 donation. We will also be collecting change in the office for the remainder of Lent. All proceeds will be forwarded to the ShareLife campaign and will be linked with Guardian Angels Parish.

Finally, we hope that many parents will attend our Parent Engagement Evening with Dr. Patrick Carney this Wednesday April 5, 2017. Thank you to our dedicated CSCC members who co-planned this event with school staff. We will unveil our new CSCC Lending Library resources. Please see all of the details of this event in the flyer at the end of the newsletter.

Wishing you and your families a blessed Easter,  
Mrs. B. Heeneman



# Important Dates & Events



Apr. 3	Sharp Buses Evacuation Drill
	Grade 8 Parent Information Night
Apr. 4	Grade 8 Graduation Photos @ 9:00 a.m. in the gymnasium
Apr. 5	CSCC Positive Mental Health Presentation (See Flyer)
	Junior Boys & Girls Basketball
Apr. 6	School Mass @ 9:30 in gymnasium (White/Anthony)
Apr. 7	Share Life Poverty Lunch @ Second Nutrition(optional)
	Stations of the Cross @ 6:30 p.m. St. Columbkille's
Apr. 9	Palm Sunday
Apr. 11	Grade 5 Student to R.A.C.E. Against Drugs Event
Apr. 14	Good Friday (no classes)
Apr. 17	Easter Monday (no classes)
Apr. 21	Earth Day Clean up (Weather Permitting)
Apr. 20,21 & 24	Scheduled I.P.R.C. Meetings
Apr. 25	CSCC Meeting @ 5:30 p.m. in library
Apr. 29	Orillia Schools Family Mass @ 5:00 pm Guardian Angels Church

## Catholic School Community Council (CSCC):

Please join us at our upcoming Parent Engagement Evening with Mental Health Lead Dr. Patrick Carney on Wednesday, April 5, 2017. All the details are in the flyer at the end of the newsletter. Please note that child care is not provided.



We are also pleased to announce that thanks to our Parent Reaching Out (PRO) grant, our school has been able to purchase resources for our new CSCC Lending Library. These excellent resources are geared to help parents/guardians support their child's educational journey. Check it out!

Our next meeting will take place on April 25, 2017 at 5:30 pm in our library. All are welcome!

## St. Bernard's ShareLife Campaign:



Why give to ShareLife? Lent is a time for giving. No matter how much or how little we can offer, to give freely is to teach generosity and to gain in personal dignity. When we give alms (charity) through ShareLife, we are in fact, giving to our own community because ShareLife provides us with many of the services that we, ourselves, use! By promoting ShareLife, we are supporting families in crisis, our neighbours in need of social services, the comfort of our seniors, and good counsel for ourselves and for our youth!

Would you kindly contribute even a little, to the 2017 Share Life campaign? Thus, we can ensure that the services we require will be there when we need them! St. Bernard's ShareLife efforts will be added to the Guardian Angels Parish total. So let's do our part!

All contributions are welcomed! Do you have any pennies left in the house? Better yet, nickels or dimes? Please contribute your loose change to St. Bernard's change jar (located in the office). We will also be hosting a Poverty lunch for students on Friday April 7, 2017 during second nutrition. If you would like your child to participate kindly send in a \$1.00 and they will receive a bowl of rice prepared by our staff. Students are asked to bring in their own cup and spoon so that we can minimize waste and be stewards of the earth.

Thank you for your generosity and may you and your family be deeply blessed in this Holy Season!

## Earth Day Clean Up:

Weather permitting, St. Bernard's will have our annual school yard clean up on Friday, April 21, but stay tuned for confirmation of this day. April can be a tricky weather month and we need to be sure the snow is all gone! Students are asked to bring a pair of gloves to wear for the clean up on this day.



## Parish News



### Sacrament of Confirmation:

Grade 7 students: The church is once again providing students in Grade 7 through the Sacrament of Confirmation, with a chance to deepen the grace received through Baptism. Students who have not received First Communion can prepare for and receive that sacrament with Confirmation. Students in Grade 8 who missed receiving confirmation last year are invited to register. Confirmation will be celebrated on Sunday May 28, 2017 at the 11:00 am Mass at Guardian Angels Church with Most Rev. Wayne Kirkpatrick, Auxiliary Bishop. Confirmation will also be celebrated on Sunday June 4, 2017 at St. Columbkille's Church in Uptergrove. Details about the preparation sessions are available by contacting [GAngels.Confirmation@gmail.com](mailto:GAngels.Confirmation@gmail.com) or Eileen Brown (705) 326-9403.

### Orillia Schools Family Mass:

Join us at our Orillia Schools Family Mass on Saturday, April 29, 2017 at Guardian Angels Church. Mass starts at 5:00 p.m. and the Knights of Columbus are hosting a dinner in the church basement afterwards.

### Chess Team:

A big thank you to all of the students who joined the Chess Club and came out for practices over the winter months. Our final competitors who qualified to compete in the area tournament were: Leah B., Damien B., Ashta G-A., Scarlett B., Jeffrey D., Elliott L. and Lincoln Z.



One lucky competitor, Scarlett B., earned gold for Grade Five girls and she was selected to compete at the regional tournament. Thanks to all of our Chess Club members and to Mrs. Lassaline for coaching!



### Senior Boys Basketball:

The Senior Boys Basketball team had a successful season. The team finished with a record of 13 wins and 7 losses, including a top 4 finish at the ISS tournament in Barrie. The boys would like to thank Mr. Ayers for his time and dedication to the team. Way to go Knights!

### Kindergarten Registration:

Starting Kindergarten is an exciting and special time for parents and children. Our entire Catholic school community looks forward to welcoming our youngest students as they begin a lifelong journey of faith-filled learning. We believe there is something truly unique and special about learning that is rooted in faith and spiritual growth. By choosing a faith-filled education, we know you will share that belief with us.



If your family or a family you know have children who will be 4 years old by December 31st 2017, these children are eligible to register for junior kindergarten. Simply contact the school office or stop by anytime to pick up a registration package.

### April Mass

Our next school Mass will be held on April 6, 2017. Our celebration will start at 9:30 a.m. in our gym.

All are welcome!

### EQAO Grade 3 and Grade 6 Provincial Assessment:

Students in grades 3 and 6 will participate in the provincial assessment of reading, writing and mathematics. If your child is in grade 3 or 6 please do not plan any appointments or absences from May 25 – June 5, as this is the assessment writing window.

Presented by the Catholic School Community Council of St. Bernard's Catholic School  
for the Orillia community

# Parent Engagement Evening

with special guest Dr. Patrick Carney, Mental Health Lead

*Positive mental health: building school communities where all students can flourish.  
What would that look like? What are the contributions of social emotional learning skills,  
resiliency, physical activity and responsive support?*

## Wednesday, April 5th

5:30 p.m. - Meet and greet, refreshments

6:30 - 7:45 p.m. - Presentation

St. Bernard's Catholic School  
255 Oxford Street, Orillia

Dr. Carney has a long standing interest in the promotion of positive mental health to enhance academic success and well being. Hailing from a family of 10 children in a farming community in rural Ontario he appreciates the vital role of the community to help raise resilient children. As past president of the Association for Chief Psychologists with Ontario school boards he enjoys many opportunities to work with his colleagues to help schools understand the diverse learning needs of children. Dr. Carney is one of 72 mental health leaders involved in the roll-out of the Ontario Mental Health literacy strategy among Ontario school boards.

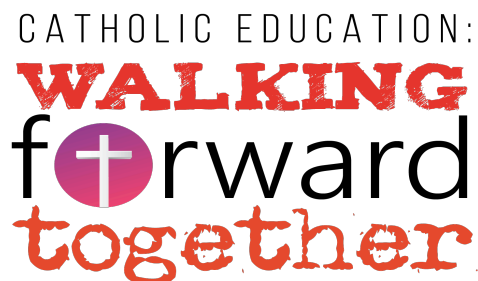
**A must-see  
presentation! All  
PARENTS welcome  
to this community  
event! (NO CHILDCARE  
PROVIDED)**



APRIL 30 – MAY 5, 2017

## THE THEME FOR CATHOLIC EDUCATION WEEK 2017:

**Walking Forward to Together/Aller de L'Avant Ensemble**



*“Do justice, love kindness and walk with your God.” – Micah 6:8*  
*“Accomplie la justice, aime la bonté et marche humblement avec ton Dieu.” – Michée 6,8*

This year’s Catholic Education Week theme is, “Walking Forward Together.”

The 2017 CEW theme and its five sub-themes are drawn from three contemporary Catholic documents that address the need for reconciliation and renewal – in our lives, with our families, in our relationships with others and in our relationship with our environment and our common global future.

The first is the 2016 response of the Canadian Catholic Bishops to the Truth & Reconciliation Commission that we need to heal past injustices by “Walking Forward Together.” The second is the 2015 encyclical, *Laudato Si’: On Care for Our Common Home* by Pope Francis, that emphasizes the cultural roots of our ecological problems and advocates an urgent world collaboration for the care of our common global home. The third document, *Amoris Laetitia: The Joy of Love* is a 2016 Apostolic Exhortation by Pope Francis, which applauds our dedication and concern shown to children, families, migrants, the poor, the elderly, and to persons with special needs, as a sign of the Spirit. These supportive relationships are a test of our commitment to show mercy in welcoming others and to help the vulnerable, to be fully a part of our communities.

Our CEW biblical quote, “Do justice, love kindness and walk humbly with your God” (Micah 6:8), acknowledges the important role of justice and solidarity with our Indigenous peoples, our environment, the poor and marginalized, and all those who work to protect our common global future.

There are five sub-themes for each day of Catholic Education Week:

- |        |  |
|--------|--|
| Day 1: | Walking Forward Together with God<br>Aller de l’avant avec Dieu                  |
| Day 2: | Walking Forward Together with Our Families<br>Aller de l’avant avec nos familles |
| Day 3: | Walking Forward Together with Others<br>Aller de l’avant avec les autres         |
| Day 4: | Walking Forward Together with Creation<br>Aller de l’avant avec la Création      |
| Day 5: | Walking Forward Together in Hope<br>Aller de l’avant dans l’espérance            |

Every year, the Ontario Catholic School Trustees’ Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources as well as our own developed activities, we have prepared a series of activities which will highlight how our school is ‘Walking Forward Together.’

We hope to see many of you during our school celebrations.



# A Message to Parents on Rabies

## What is rabies?

- Rabies is a viral infection that affects the central nervous systems of humans and other mammals.
- Rabies can be spread from wild animals to domestic pets including cats, dogs and ferrets through bites and scratches. Humans are at risk when bitten or scratched by wild animals or infected domestic pets. In Ontario, the rabies virus is mainly found in and spread by: bats, skunks, foxes, raccoons, and coyotes.
- Symptoms usually begin with fever, cough, sore throat, headache and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include: insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hyper-salivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water or unable to drink).
- Rabies is a viral infection that will be fatal if the vaccine is not given before symptoms appear.

## Can you tell if an animal has rabies?

- You can't tell if an animal has rabies by just looking at it. A clue though is if the animal is acting strangely, for example wild animals getting too close to humans. If you come across a wild animal like a bat, skunk or raccoon, do **not** approach or touch the animal; in case it has rabies.
- Some animals may act mad when they have rabies. They will be hostile and may try to bite you or other animals. In movies, animals with rabies look like they are foaming at the mouth. What's really happening is that the rabies makes them have more saliva and that makes them drool.
- Other animals may act timid or shy when they have rabies. This is the most common kind. A wild animal might move slowly or act tame. You might be able to easily get close to it. Since that's not the way wild animals usually act, you should remember that something could be wrong.

## How do you get rabies?

- The only way dogs, cats, raccoons, bats, and other animals can give **you** rabies is if you are bitten or scratched by one that has rabies, or if you have been in direct contact with the saliva of an infected animal.

## Where is rabies found?

- Rabies is a serious disease and it is found across the world. This year, over 55,000 people around the world will die from rabies. That's one person every 10 minutes. Half of the people who die from rabies are under the age of 15.
- Rabies surveillance has shown that rabies is established in Ontario.

□ **Barrie:**  
15 Sperling Drive  
Barrie, ON  
L4M 6K9  
705-721-7520  
FAX: 705-721-1495

□ **Collingwood:**  
280 Pretty River Pkwy.  
Collingwood, ON  
L9Y 4J5  
705-445-0804  
FAX: 705-445-6498

□ **Cookstown:**  
2-25 King Street S.  
Cookstown, ON  
L0L 1L0  
705-458-1103  
FAX: 705-458-0105

□ **Gravenhurst:**  
2-5 Pineridge Gate  
Gravenhurst, ON  
P1P 1Z3  
705-684-9090  
FAX: 705-684-9887

□ **Huntsville:**  
34 Chaffey St.  
Huntsville, ON  
P1H 1K1  
705-789-8813  
FAX: 705-789-7245

□ **Midland:**  
B-865 Hugel Ave.  
Midland, ON  
L4R 1X8  
705-526-9324  
FAX: 705-526-1513

□ **Orillia:**  
120-169 Front St. S.  
Orillia, ON  
L3V 4S8  
705-325-9565  
FAX: 705-325-2091

## What to do if an animal bites or scratches you?

- If you are bitten or scratched, have someone help you wash out the wound for five minutes with soap and water and then take you right away to the doctor. If there's a chance the animal has rabies, your doctor will want to give you the rabies vaccine to make sure you don't get rabies, too. Try to get the animal owner information, if possible.
- Your doctor will contact Simcoe Muskoka District Health Unit (SMDHU) at 705-721-7520 or 877-721-7520 and report the bite. A Public Health Inspector from SMDHU will investigate, try to confine the dog or cat or have the animal sent for testing. If the risk of rabies is high, SMDHU will deliver the human vaccine to your doctor.

## How to prevent rabies?

- Vaccinate your dogs, cats and ferrets against rabies and keep the vaccines up to date.
- Keep your pets away from wild or stray animals
- Supervise your pets while outside.
- Don't handle, pet or feed wild or stray animals
- Do not transport or relocate wild animals.
- If you find a bat in your home that you think may have bitten someone, try to confine it to a room, shut the door and call 705-721-7520 or 877-721-7520.
- Wash all animal bites or scratches with warm soapy water, and
- Report all animal bites or scratches to Simcoe Muskoka District Health Unit by calling 705-721-7520 or 877-721-7520.

## Additional Resources

### World Rabies Day

[www.worldrabiesday.org](http://www.worldrabiesday.org)

### Center for Disease Prevention and Control

### Rabies Resources for Children

[www.cdc.gov/rabiesandkids](http://www.cdc.gov/rabiesandkids)

For Additional Information on Rabies and/or to speak with a Local Public Health Inspector, Please Contact the Environmental Health Public Health Inspector at 705-721-7520 ext. 8811 or 877-721-7520 ext. 8811 or go to <http://www.simcoemuskokahealth.org/topics/rabies>

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15 Sperling Drive  
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