

Dear Parents and Guardians,

I can't believe that March is upon us. Thanks to all the parents and families that joined us for our two Celebrations of Learning in February! We appreciate your support in the learning process and we thank you for supporting this proactive model of sharing student success prior to the term 2 Report Cards.

We had some great new events in February with Secret Sender Hearts and Taco in a Bag on Valentine's Day. Thanks to Melissa Kellington for making the Hearts and all parent volunteers for help with selling hearts and preparing Taco in a Bag. It is great to see the support from the parents and the JAG pride teams working so hard to spread the Love and Kindness at Good Shepherd. We are truly blessed!

We have had an amazing February with many Indoor recesses and great opportunities for Physical Activity. Special Thanks to all the parents that helped with Skating and Ski Day. Hopefully, March brings us some warmer weather and increasing daylight hours. Our next skiing day at Vista Ridge is on Friday, March 20. The Grade 3H and 3B will also go tubing on that day. Please let us know if you are available to volunteer and support the trip to the ski hill. It should be a fun-filled day!!!

March is report card month and it is a busy time for teachers and students alike. Our report cards go home on Friday, March 20th.

Our School Council is hosting a Family Bingo Night on March 12, doors open at 6 pm and Bingo starts at 6:30 until 7:30. There will be Hot Dogs, drinks and Popcorn available by pre-sales on the Hot Lunch Program website. Please watch for more information on this fun evening.

At the very end of the month, we have Alien In-Line booked for the school. This is an inline skating instruction that takes place in PE classes. The Alien in Line group provides all the equipment and a qualified instructor. They will also be hosting a Family In-line Skating night on March 25, starting at 3:30-6:30. We will also be having our second semester Book Fair in the Library during that time. It should be a great family night. Watch for more information to come out around the middle of the month.

Mr. Sheldon Germain
Principal

MARCH HOT LUNCH

2nd - STACS

4th - Pizza Hut

6th - Booster Juice

10th - Boston Pizza

12th Mitchell's Café

17th - Subway

19th - Pizza Hut

23rd - Boston Pizza

25th - Booster Juice

31st - STACS

April Hot Lunch Opens March
10th and closes on March 24th

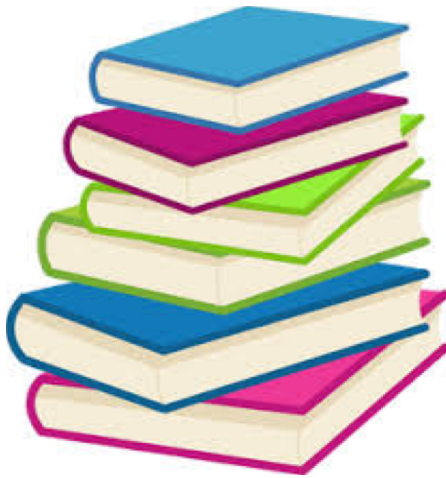


Lenten Liturgy

March 5

2:00pm

Hosted by 3B



Used Book Drive

The yellow Jag Pride team is hosting a used book drive.

Books will be sold for 25 cents.

If you have books to donate, please send them in ASAP.

Thank you!

March 23-26

Students will get to attend and purchase books at the Book Fair during their Library time



Wednesday, March 25 the Book Fair will be open to all families 3:30-6:30pm



Alien In-Line will be working with our students during their Gym Class the week of March 23-26! They will provide all the equipment!
AND...

On Wednesday, March 25 3:30-6:30pm we will be hosting a Family Alien In-Line!

A parent must accompany any student wishing to attend.

March 20

Grades 4-6 Ski Day & Grade 3 Tubing Day!

Join the Fort McMurray Catholic Schools Family!

Alberta Education rules are changing for age of entry into the school system. Fort McMurray Catholic Schools is gradually implementing this change.

2020/2021 School Year

Early Entry Program (Pre-Kindergarten)

Children born in 2016 will be eligible for EEP

Kindergarten

Children born in 2015 will be eligible for Kinder

For more information please contact
Fort McMurray Catholic Schools Early
Learning Coordinator Janice Molloy
at janice.molloy@fmcscd.ab.ca.



Early Entry Program Open House

Wednesday, May 22, 2020

Kindergarten Open House

April 23, 2020

Registration forms are now being accepted for both EEP and Kindergarten classes. Registration forms can be completed at our school office or online at

[Register Now!](#)

<https://fmcscschools.ca/form-school-registration/>

When registered you will be contacted to schedule an appointment for the Open House

The **Leader**  **in Me** great happens here
 **Good Shepherd School**

Friends of Jags YMM Society News

School Council



Thursday, March 12, 2020

Doors open @ 6:00pm

6:30-7:30pm Bingo!

Volunteers Needed!!

Please sign up via the link below

<https://www.signupgenius.com/go/10c0e49a5ad2da4f94-family>

**Pre-order your Bingo Cards and Snack Combo through your
Hot Lunch Account**

There will be individual snacks available to purchase the night of
while supplies last

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Soap Much Luv which is a local company that makes bath bombs and products. We are selling bath bomb bundles, for each bundle of 5 bath bombs sold, our school receives \$6.50. Each option comes with one bomb of each of the five scents listed (5 bombs, 5 different scents). We also have a single larger bunny as the 4<sup>th</sup> option, this is one larger bath bomb and our school receives \$2 for each one sold. You will find the order sheet and sent bundles attached.

The fundraiser is running February 19<sup>th</sup> until March 5<sup>th</sup>. ALL forms are due back to the school no later than **March 5<sup>th</sup>**. This gives us time to get your orders back to you before Easter! **CASH** only will be accepted. NO CHEQUES.

The funds received through this fundraiser goes towards the donations we give to the school so they can pay for bussing for school trips, help our teachers with classroom items and future requests, babysitting at all meetings and courses and other things like our year end BBQ!

Thank you for helping support your child's school! If you have any questions, please email us at [friendsofjagsymm@hotmail.com](mailto:friendsofjagsymm@hotmail.com)

# 7 HABITS OF HAPPY KIDS: HABIT 6

Synergize - Together is Better!

STUDENTS HAVE BEEN LEARNING ABOUT HABIT 6. IT TEACHES STUDENTS THE BENEFITS OF WORKING TOGETHER.

TO THE RIGHT, YOU'LL FIND A CHECKLIST OF CHARACTERISTICS OF SOMEONE WHO PRACTICES SYNERGY. WHILE STUDENTS ARE ENCOURAGED TO USE THESE CHARACTERISTICS AT SCHOOL, PLEASE REINFORCE THEM AT HOME BY COMPLETING ONE OF THE ACTIVITIES BELOW.

**Synergy is:**

- Helping others
- Being humble
- Working well in a team
- Valuing others ideas and strengths

| STORY TIME                                                                                     | TALK TIME                                                                                                      | WORK TIME                                                                                                         | PLAY TIME                                                                                                                              |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| READ "SWIMMY" BY LEO LIONNI AND DISCUSS HOW THE CHARACTERS WORKED TOGETHER TO SOLVE A PROBLEM. | HAVE EACH MEMBER OF YOUR FAMILY TALK ABOUT HOW SYNERGIZING, WORKING TOGETHER, HELP GET SOMETHING ACCOMPLISHED. | WORK TOGETHER AS A FAMILY TO COMPLETE FAMILY CHORES AND DISCUSS HOW MUCH FASTER IT GOES WHEN EVERYONE PITCHES IN. | AS A FAMILY, PUT TOGETHER A PUZZLE. DISCUSS HOW MUCH QUICKER AND EASIER IT WAS TO DO AS A TEAM. TALK ABOUT HOW COOPERATION WAS NEEDED. |

The \_\_\_\_\_ family completed a Synergizing Activity.

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Complete and return the bottom part of this sheet to be entered into a monthly draw. Please drop off in the office or have it passed in to your child's teacher.

# A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

## The Truth is Tasty

This month, students are learning about food advertising and finding the truth in nutrition labels. Here is a summary of the learnings and how you can support your child's health.

Why do you think companies use images of fruits on their containers if there isn't real fruit in the container? Images of healthy foods increase sales. Canadians are exposed to an estimated 4,000 ads every day<sup>1</sup> so we are learning to cut through the noise and make healthy choices.

### Can you tell which is the better option?

- Look at the two labels for crackers to see which one you think is the healthier choice

Answer: Cracker B, because it has less saturated and trans fat, less sodium and more fibre!

| Nutrition Facts       |               | Nutrition Facts       |               |
|-----------------------|---------------|-----------------------|---------------|
| Per 9 crackers (23 g) |               | Per 4 crackers (20 g) |               |
| Amount                | % Daily Value | Amount                | % Daily Value |
| Calories 90           |               | Calories 90           |               |
| Fat 4.5 g             | 7 %           | Fat 2 g               | 3 %           |
| Saturated 2.5 g       | 13 %          | Saturated 0.3 g       | 2 %           |
| + Trans 0 g           |               | + Trans 0 g           |               |
| Cholesterol 0 mg      |               | Cholesterol 0 mg      |               |
| Sodium 280 mg         | 12 %          | Sodium 90 mg          | 4 %           |
| Carbohydrate 12 g     | 4 %           | Carbohydrate 15 g     | 5 %           |
| Fibre 1 g             | 4 %           | Fibre 3 g             | 12 %          |
| Sugars 0 g            |               | Sugars 1 g            |               |
| Protein 3 g           |               | Protein 2 g           |               |
| Vitamin A 0 %         | Vitamin C 0 % | Vitamin A 0 %         | Vitamin C 0 % |
| Calcium 2 %           | Iron 8 %      | Calcium 2 %           | Iron 6 %      |

## Get the facts about nutrition labels

- Check the serving and package size**
    - The facts are based on a specific serving size. Compare this to the amount you eat.
  - Read the % DV (Daily Value)**
    - The % DV helps you see if a specific amount of food has little or lots of a nutrient. 5% DV or less is a **little**, 15% DV or more is a **lot**.<sup>1</sup>
  - Choose**
    - Make healthier choices. Choose foods with **more** fibre, iron, calcium, and other vitamins/minerals<sup>1</sup>
    - Choose foods with **less** added sugars, saturated and or trans fats and sodium.<sup>1</sup>
- A serving of juice should only be a ½ cup. A better alternative to receive all the benefits of fruit is to eat fresh fruit.<sup>1</sup>
  - If the box says the word “**drink, beverage, punch, or cocktail**”, the beverage may contain some portion of juice but there will be added sugars.<sup>1</sup>
  - Not all juices are created equal. Check to see if the juice you serve is 100% fruit or vegetable juice
  - Ingredient labels are ordered by weight. Therefore, the first ingredient listed is the most prominent.

References:

<sup>1</sup> [www.albertahealthservices.ca](http://www.albertahealthservices.ca)



For more information about APPLE Schools, visit  
[www.appleschools.ca](http://www.appleschools.ca)



# SEE THE CHILD BEFORE THE DISABILITY

With Sarah Rivard



## March 7

Unifor Building

10019 MacDonald Ave,  
Fort McMurray

### Workshop A

10am - 12pm

- See my child before the disability.
- How to get others to see my child first.
- How we can advocate for our children and encourage them to advocate for themselves.

### Workshop B

2pm - 4pm

- Creating relationships with parents and professionals
- What are our roles and how we can work as a team to support each other.

#### Workshop A or B

\$50/single Ticket  
\$75/Parent Double Ticket

#### Workshop A & B

\$75/single Ticket  
\$125/Parent Double Ticket

#### Scholarship

Subsidized ticket available for those on fixed/ limited income.

**Limited space Register today**

<https://disabilityworkshopfm.eventbrite.ca>

