



**ST PAUL CATHOLIC
ELEMENTARY SCHOOL**
R Citro, Principal



WEEK AT A GLANCE

Goodness, Discipline and Knowledge

Oct 2-6 , 2017

Fruit of the Month – Charity

Monday, October 2

- ✓ Pediculosis Check

Tuesday, October 3

- ✓ Sub/Wrap Day

Wednesday, October 4

- ✓ International Walk to School Day!

Thursday, October 5

- ✓ Pizza Day
- ✓ FOS Cross Country at Beavermead

Friday, October 6

ALT - FOS Cross Country at Beavermead

Happy Thanksgiving to you and your family!

Looking Ahead.....

- ✓ Oct 7, 8 & 9 Norwood Fall Fair
- ✓ Oct 9 **Thanksgiving**
- ✓ Oct 12 Boardwide Cross Country at Beavermead
- ✓ Oct 13 ALT Boardwide Cross Country at Beavermead
- ✓ **Items Available for Online Payment:**

Lunch Orders for November will be available Online on October 9/17

School Cash Online

HOT LUNCH ORDERS for October's cut off date was by **Wednesday, Sept 27**. Ensure you have your child registered with Cash Online so you don't miss out on the **November Hot Lunch**

Just a reminder that all school items for purchase through the school starting this year will **ONLY** be available on-line. The school will **NOT** be accepting cash or cheques.

If you have any questions, give the school office a call. Register here –

<https://peterboroughcatholic.schoolcashionline.com/>

If you need assistance signing up for on-line banking, call 1-866-961-1803.

The 2017/18 Elected Catholic School Council is as follows:

Jen Barton-Crowley, **Chair**
Joyce Archer, **Vice**
Dee Archer, **2nd Vice**
Wendy Heffernan, **Treasurer**
Sherrill Lloyd-Wardle, **Secretary**
Liz Matheson, **Co-Secretary**
Parent Reps: Sara Scott, Vicki Blakley, Shelley Stewart, Greg Stewart, Lori Shepstone, Sherri Flynn, Yvonne Mccoll, and Julie Larush

Next CSC meeting will take place Monday, Oct. 23 at 6:30 pm.
Everyone Welcome!

Mental Health Moment

PVNCDSB is pleased to introduce our 2017-2020 Mind•Body•Spirit: Be Well Strategy for Mental Health and Well-Being. **Mind** represents the importance of positive mental health and includes concepts such as: hope, optimism, gratitude, resilience, a positive thinking style, social-emotional skills and self-regulation. **Body** focuses on core factors impacting well-being including sleep, nutrition, hydration and physical activity. **Spirit** speaks to the foundational role that faith, the Gospel and Catholic Social Teachings have in our well-being as individuals, as a community and as a society. Learn more at pvn.cc/bewell



Photo Day!

Wednesday, October 18, 2017
Retakes will be done on
Thursday, November 2, 2017

