



St. Eugene Catholic Elementary School Parent/Guardian Update

Week of February 12, 2024

Important Dates:

Pizza Orders Due: February 13

Mardi Gras/Valentine's Day/Pancake Tuesday: Tuesday, February 13

Wellness Wednesday/Sprit Wear/Winter Wonderland Walk: February 14

Ash Wednesday: February 14: Mass @ 10:00 AM

Pizza Day: February 16

Report Cards go home: February 16

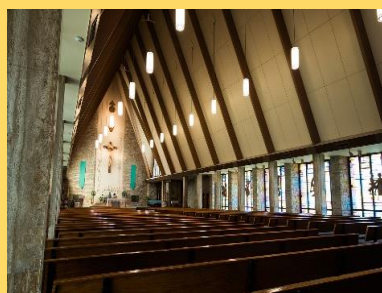
Family Day: February 19 (no school)

Pink Shirt Day: February 28

Confirmation Retreat: February 28

Dental Screening (JK/SK/Grade 2): February 29

PA DAY: March 1 (no school for students)



Parish Connections:

[Click here for the Parish Bulletin.](#)

Upcoming Feast Days

Feast Day of St. Cyril, St. Methodius, and St. Valentine: February 14

Feast Day of St. Daniel: February 16

School Updates:

Valentine's Day: Due to the observance of Ash Wednesday, on February 14, we will celebrate **Valentine's Day and Mardi Gras on February 13**. Due to the number of allergies, please do not send food to share. Some classes may be planning for students to bring extra

snacks. These snacks should be for personal consumption only. Valentine cards can be distributed. Again, please **DO NOT** send food to share. Students can wear red, pink, and white.

Winter Wonderland Walk: On Wednesday, February 14, we encourage all students and staff to embrace our Winter Wonderland Walk by choosing to walk to school. This initiative aims to promote physical activity, decrease the number of cars in our school parking area, and provides a delightful opportunity to enjoy the invigorating winter weather. Remember to bundle up in your winter gear for a cozy and enjoyable stroll.





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Self-regulation



"I can do all things through him who strengthens me."
Philippians 4:13

I can...

- identify and pursue my goals.
- monitor my progress towards reaching my goals.
- use criteria and feedback from others to assess my own work.
- seek clarification or assistance when needed.
- identify strengths and areas for improvement in my own work.
- identify specific steps or actions needed to reach goals or to improve.
- revise goals or steps and strategies when necessary.
- identify learning opportunities, choices and strategies to help me meet my goals.
- persevere and make an effort when responding to challenges.



As part of our School Improvement and Equity plan, we are focusing on the learning skills and work habits of Responsibility, Organization, Independent Work, Collaboration, Initiative, and Self-regulation. These skills and habits enable students to perform to the best of their abilities. Each week, we will focus on a different learning skill and work habit with whole school announcements and activities in the classroom to ensure that each student knows what the criteria are for each of the skills and can self-assess to determine what they may need to work on to set goals for improvement. This week we will focus on Self-regulation. Ask your child(ren) about what they are learning in regards to demonstrating self-regulation.

Baby News: Congratulations to Mrs. Say and her family on the safe arrival of her daughter Abigail. Mom and baby are doing well.

Black History Month: February marks Black History Month. The students and staff will be engaging in a variety of activities to celebrate the contributions and raise awareness of the history of Black Canadians. The Equity and Diversity Team will lead us in celebrating the rich diversity of the St. Eugene community. Each day, the students from Grade 4 are saying a prayer and thanking God for making each person special and unique and highlighting the gifts, talents, and contributions of diverse black Canadians.

We offer up a prayer for the launch of Black History Month:

Lord, Lord, Open unto Me

Open unto me, light for my darkness

Open unto me, courage for my fear

Open unto me, hope for my despair

Open unto me, peace for my turmoil

Open unto me, joy for my sorrow

Open unto me, strength for my weakness

Open unto me, wisdom for my confusion

Open unto me, forgiveness for my sins

Open unto me, tenderness for my toughness

Open unto me, love for my hates

Open unto me, Thy Self for myself

Lord, Lord, open unto me!

Amen

- Howard Thurman, from "*Meditations of the Heart*"



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Howard Thurman who was born in 1899 and raised in the segregated South. He is recognized as one of the great spiritual leaders of the 20th century renowned for his reflections on humanity and our relationship with God.



Heart Month: February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. [Click here to access some important resources regarding Heart Month.](#)

From February 7 to 14 we commemorate **Congenital Heart Defects/Disease Awareness**. For more information about CHD, visit: <https://www.heartandstroke.ca/heart-disease/conditions/congenital-heart-disease>.



Ash Wednesday and Lent: This coming Wednesday, February 14 will be our Ash Wednesday school mass at 10:00 AM. Ash Wednesday marks the beginning of Lent. We pray for all our students and members of the community as we embark on our Lenten journey. "Lent is the season in which we ought to be surprised by joy. Our self-sacrifices serve no purpose unless, by laying aside this or that desire, we are able to focus on our heart's deepest longing: unity with Christ. In him—in his suffering and death, his resurrection and triumph, we find our truest joy." Please use the Lenten calendars that were sent home last week to guide you on your Lenten journey as a family.

Family Day: Monday, February 19 is Family Day. There is no school for students. We will welcome students back to school on Tuesday, February 20. Enjoy the three-day weekend as a family.

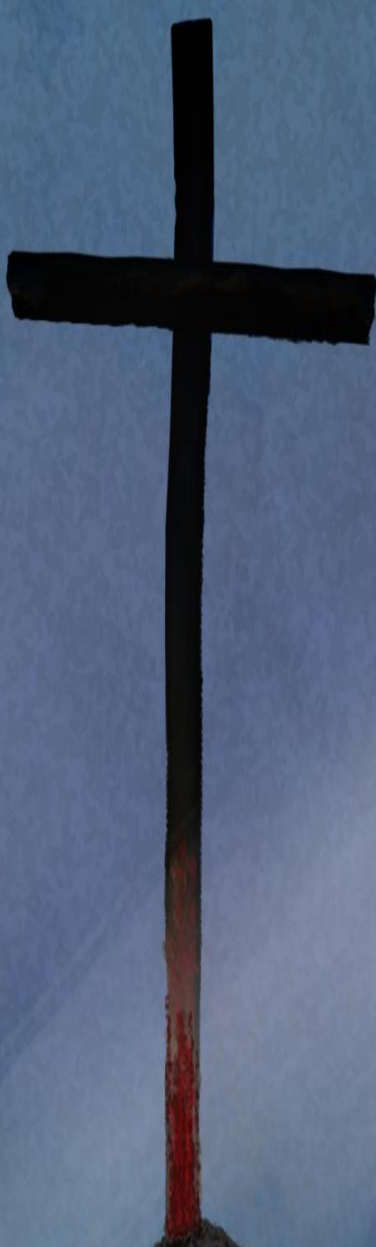


Pancake Tuesday: The Catholic School Council Pancake Tuesday event will begin at 6:00 PM. Doors open at 5:45. We will have a short prayer service and then enjoy our pancakes. We will also watch a short film during our meal. Pancakes will not be sold at the door. Looking forward to welcoming the families as we celebrate Mardi gras and prepare for our Lenten fast.



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The Fast Life



*Fast from judging others;
Feast on Christ dwelling in them.
Fast from fear of illness;
Feast on the healing power of God.
Fast from words that pollute;
Feast on speech that purifies.
Fast from discontent;
Feast on gratitude.
Fast from anger;
Feast on patience.
Fast from pessimism;
Feast on hope.
Fast from negatives;
Feast on encouragement.
Fast from bitterness;
Feast on forgiveness.
Fast from self-concern;
Feast on compassion.
Fast from suspicion;
Feast on truth.
Fast from gossip;
Feast on purposeful silence.
Fast from problems that overwhelm;
Feast on prayer that sustains.
Fast from anxiety;
Feast on faith.*

- Author Unknown