

St. Theresa School

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April 30, 2021

Dear Families,

As we head into May next week, we enter a special time in our district. Next week we will celebrate both Catholic Education Week (CEW) and Mental Health Week (MHW). As such, the classroom Brightspace pages will be reflecting this focus for the week. While we continually strive to highlight important facets of our Catholic faith and to provide supports to our students' mental health and well-being, next week will serve to enhance those important messages. This year's theme is "Nurturing Hope- Together We Can." Staff will provide students with opportunities to reflect on the meaning of hope and will share ways that students can stay connected.

Each day of next week has been given a theme-

Monday- *Preparing the Earth*

Tuesday- *Sowing Seeds of Gratitude*

Wednesday- *Cultivating Relationships*

Thursday- *Harvesting New Fruit*

Friday- *Marveling in Wonder*



Typically, during this week, we would celebrate our Catholic Student Leadership Awards and showcase the remarkable Catholic student leaders that we have throughout our district. Due to the current circumstances, it is not possible to host the Catholic Student Leadership Awards event as planned but, it is important to highlight the exemplary Catholic leadership of this year's recipient- Olivia Skrzypek (grade 8). Olivia shares her God-given talents in all that she does. She certainly brings joy and nurtures hope as she shares her friendly, kind, and gentle spirit with all who she encounters each day. Congratulations to Olivia! You exemplify our Catholic values and are an inspiration for others!

Ways you can Participate in CEW and MHW from Home

It is our Catholic faith that grounds us and sets us apart and we hope that you will join us in this worthy celebration and find ways to continue the celebration from home. Some ways that you could participate are-

- follow our school Twitter account (linked at the top of each Brightspace classroom) to see highlights from next week or, you can also specifically use the hashtags #bhnHope and #CEW2021 to see specific activities related to CEW and MHW across the district
- Watch [this message](#) from Bishop Crosby to introduce Catholic Education Week
- Listen to the [Official Catholic Education Week Theme Song](#)
- Learn about saints who taught us about the environment like St. Kateri Tekakwitha, St. Francis of Assisi, and St. Benedict of Nursia
- Go for a nature walk as a family and pray together to thank God for all the beauty you see

- Create a fancy message of hope in chalk on your driveway or sidewalk for passersby to read or create a poster to put in a window
- Cultivate new growth- plant a tree, some vegetables, create a garden, or something else creative
- Participate in the ***Nurturing Hope- Together We Can Campaign-***
 - During the week of May 3-7, families are invited to place a “flower or plant” in their window, on their porch, or at their front door as an expression of unity and as a symbol of how we nurture hope in our lives
 - be creative – flowers or plants can be real, but they could also be posters, paintings in windowpanes, chalk drawings on sidewalks, flowers or plants made of craft supplies found at home, playdough or plasticine flowers or plants, flowers or plants made of Lego, floral wreaths, etc.
 - beginning May 3, 2021 through May 7, 2021, display your flowers/plants and messages of hope and take a photo! Send your photos to your child’s teacher or to me at kchartrand@bhncdsb.ca. Photos will be used to create a BHNCDSB stream of nurturing hope and will be shared on Monday, May 11, 2021.



“Those who hope in the Lord will renew their strength.” (Isaiah 40:31)

While online remote learning has had some challenges along the way, overall, we continue to work together to stay connected and remain focused on student achievement and well-being. I cannot express my gratitude enough to the families of St. Theresa School who have so willingly trusted our school team and supported us along this crazy journey of the last year. We are so very thankful for you and your children! I look forward to celebrating with you next week as we nurture hope and continue to believe that we can do all things if we support one another and stick together as a school family. Thank-you for choosing Catholic Education!

Sincerely,

Mrs. K. Chartrand
Principal