

SEPTEMBER 13, 2024

WEEKLY NEWS

St. Paul Catholic Elementary School : Principal Memo

CALENDAR

- Monday 16

Healthy Hunger Starts - EDO

Terry Fox Run 1:30-2:30 PM

- Tuesday 17

Health Nurse meeting with
Grade 6 AM

- Wednesday 18

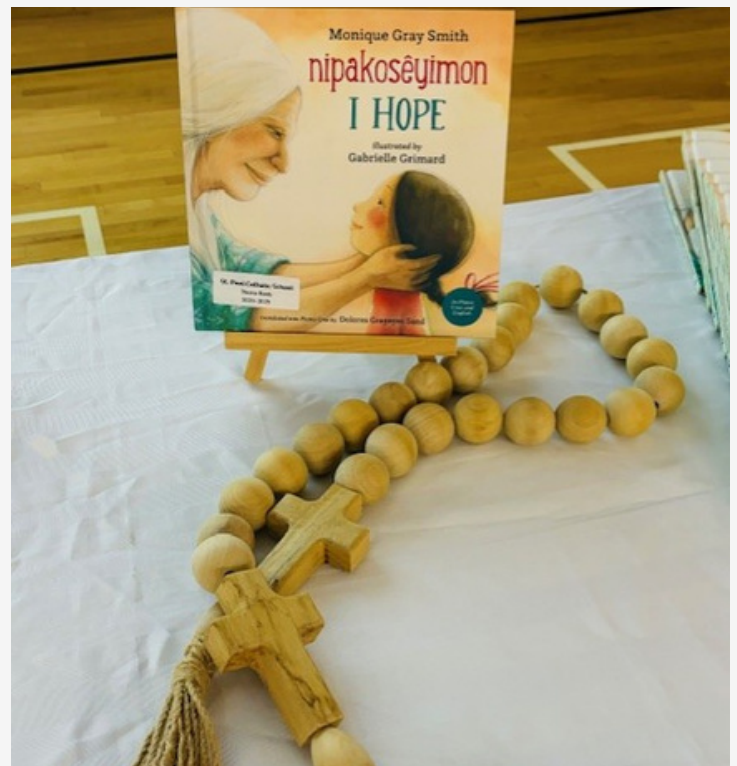
- Thursday 19

Early Dismissal @ 12:10 PM

Kinder A @ the Zoo @ 9AM

- Friday 20

Healthy Hunger- Subway



PRINCIPAL'S MESSAGE

We had a wonderful week! Our students and staff participated in our school opening celebration where we came together in prayer, song and community. We shared our theme book for the school year, "I Hope" by Monique Gray Smith, to start the year off in reflection, prayer and togetherness.

Our Meet the Teacher was a huge success! The buzz in the hallways, the feedback - and the ice cream!- all added to the delight of the evening. Many hands came together to showcase our school, classrooms and learning environments.

We hope everyone has a restful weekend!

Mrs. Carr-Jeschke & Mrs. McNamee

Healthy Hunger - Reminder



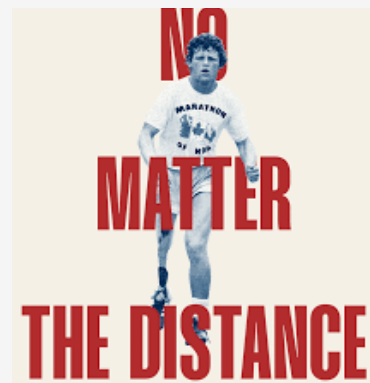
- All parents must register their children to take part in hot lunch.
- To create an account and to register you child(ren), please click [here](#).
- Please note all lunch orders need to be placed 5 days prior to the scheduled lunch date.

School Fees

All fees have been updated on PowerSchool. Please log into the Parent Portal to make payment. Thank you!

Bring a Toonie for Terry! Monday, September 16, 2024 @ 1:30 PM

Terry Fox represented the best that Canadians have to offer. He was an example of courage, humility, determination and perseverance. From a young age he exemplified these attributes that made him an inspiration for not only Canada, but the entire world. We will run to support as a school community next Monday! Donations can also be made online through our schools donations page found [HERE](#).





Safety Drill Practices

We will be practicing our evacuation drills in the fall and spring. We will practice lockdown and other emergency procedures all year. These valuable exercises are required so that the students and staff are aware of what the procedures are should one of these events occur. Both planned and surprise events will occur for all these practices. In all cases, administration will make an announcement following the practice in order to provide feedback. Our first evacuation drill will be held on Monday September 23, 2024 and our first lock down practice will be held on Wednesday September 25, 2024.



Bus Planner Delays App

If your child takes the bus, please download the BusPlanner Delays App on your mobile phones to receive late bus notifications. Instructions are available for parents here: [Yellow Bus Delays](#).

If you have any questions, please get in touch with transportationservices@ecsd.net.

Prayer for September

O Lord, you mark the journey of life with change. Once again we witness your creation moving from one season to the other. Change is your instrument of growth that brings us to a deeper relationship with you. May your Word be the lantern that guides the roads of change in our lives.

Amen



Sleeping Your Way to Better Mental Health

The Importance of Sleep

Sleep matters!

For Our Bodies: promotes growth, repair/renewal & overall health while helping to prevent illness.

For Our Brains: strengthens brain connections that enhance memory, attention, problem solving, and performance.

For Our Mental & Emotional Health: strengthens brain connections involved in emotional regulation, resilience to stress, & helps minimize negative mood and behavioral states.

What if Kids Don't Get Good Sleep?

They may develop sleep deprivation which can have negative impacts on both physical and mental health.

Warning Signs of Sleep Deprivation in School Aged Kids

- Feeling tired in the mornings or after lunch.
- Feeling more irritable than usual.
- Falling asleep in school.
- Having less energy than usual.
- Having difficulty concentrating or remembering.

We Need Sleep Quantity and Quality

Each person's sleep needs are different. The right amount for each individual typically falls somewhere within this range:

Age	Hours of Sleep Needed
School aged children (6-12)	9-12
Teenagers (13-18)	8-10
Adults (18+)	7+

How does the amount of sleep we get impact our sleep quality?

The different phases of sleep we go through provide different benefits:

- Light Sleep (Stages 1 & 2) is where muscle activity slows down and our body starts to cool.
- Deep Sleep (stages 3&4) is where we get physical renewal such as healing, cell regeneration & tissue repair.
- REM sleep (the dreaming phase) is where we get cognitive, emotional & mental renewal.



The majority of our REM sleep occurs during hours 5-8; for good mental health, we need enough sleep hours to ensure we get enough REM sleep!

Factors that Affect Sleep

- Light (especially the blue part of the light spectrum) and darkness help regulate our sleep-wake cycle; they are the signals that tell our brain when to sleep and when to wake up. We sleep best when we are exposed to bright light during the day, dim light leading up to sleep, and darkness during sleep.
- Mental health conditions (children with ADHD, mood or anxiety disorders or Autism Spectrum Disorder experience more sleep problems). Anything we can do to improve mental health will have a positive impact on sleep. Likewise, good sleep can positively impact mental health.
- Medical factors such as medications, sleep disorders, and certain medical conditions.
- Developmental stages including growth spurts.
- Family relationships.
- Sleep hygiene (sleep habits).

Why is Sleep Difficult for Teens?

Sleep and teens often don't get along! Teens average less than 7 hours of sleep a night. Reasons include irregular sleep schedules, increased caffeine intake and technology use, as well as changes to their biological clock that reprogram them to have later sleep onset time and later wake up time.

Sleep Hygiene Strategies

The first step to getting a good night's sleep is having good sleep habits. Key ingredients of good sleep hygiene are:

Sleep Scheduling

This includes:

Creating an age appropriate sleep schedule

- When should bedtime be? Determine how many hours of sleep your child needs (from the typical range on the sleep quantity chart) and count backwards from the time they need to wake up.
- How do you know where your child fits within in the range of sleep hours needed? Try letting them wake naturally (i.e. without an alarm clock) for several days to see how many hours they sleep for. That's what their body currently needs. If the amount of sleep varies from day to day, talk to a health professional about keeping a more detailed sleep diary over a longer period of time.

- Support your child to go to bed and wake up at the same time each day. Consistency is key to good sleep!
- Regular daytime naps should be phased out for school aged children.

Remember: Falling asleep is a learned skill – give it time! Make adjustments to sleep schedules slowly (i.e. adjust by 15 minute increments each day until you reach the appropriate bedtime).



Establishing a Consistent Bed Time Routine

- Establish a short bed time schedule (i.e. 30 – 45 minutes long) that provides predictability for your child, while promoting independence by allowing for flexibility and choice. A regular routine can help your family stay on track.
- A typical bedtime schedule might include a light snack, a quick bath, brushing teeth, putting on pajamas, and reading a story.

Preparing for Sleep

What we do during the day can impact how well we sleep:

- Strive to be active during the day. Bright light and physical activity during the day can support the sleep-wake cycle.
- Minimize activities that cause arousal or overstimulation close to bedtime.
- Avoid heavy exercise 2 hours before bedtime.
- Avoid bright light before bed by dimming lights and using window coverings in the house.
- Choose a nutritious bedtime snack of at least two food groups to eat at the start of the bedtime routine. Children require frequent meals and snacks to meet their nutritional requirements. A healthy bedtime snack that contains at least two food groups provides the fuel needed for quality sleep. Avoid caffeine (such as pop, tea, coffee, or chocolate) before bedtime.
- Relaxation activities such as yoga, meditation, massage, and mindfulness can be helpful to reduce stress and anxiety at bedtime. Some people find certain smells to be calming, such as chamomile or lavender.
- Avoid or limit exposure to things that cause stress and worry (e.g. try to have homework completed earlier in the evening).

Sleep Environment

The bedroom should be comfortable, and used primarily for sleep. Tips for a good sleep environment include:

- The bedroom should be dark when sleeping. Try using dark window coverings (i.e. blackout blinds), and limiting other lights sources in the bedroom at night.
- Night lights that give off an orange hue of light are best as these type of lights limit the blue part of the spectrum.
- Temperature is another factor that helps to regulate our sleep. A temperature of 20-22° Celsius is ideal for sleep.

Technology and Sleep

How does technology impact our sleep?

- When we spend more time on a screen there is less time for sleep.
- Electronic devices such as mobile phones, computers, tablets, and TV emit blue light. Blue light interferes with melatonin production and disrupts our sleep/wake cycle.
- Viewing stimulating content can make sleep more difficult.
- Nighttime notifications and texts can disrupt your sleep.

What can we do?

- Limit or remove technology use 1-2 hours before bedtime and take technology out of kids' bedrooms.
- Make sure technology is set to night mode so alerts and notifications don't disrupt sleep
- In the evening, try using night mode settings or apps on devices that change screens to a dimmer, orange hue

Resources

- Healthy Living, Healthy Minds, A Toolkit for Families: <http://keltymentalhealth.ca>
- Teenagers and sleep: <http://sleepeducation.org/healthysleep/sleep-recharges-you-teen-sleep-duration>
- National Sleep Foundation: www.sleepfoundation.org
- Canadian Sleep Society: <https://css-scs.ca/>
- Sleep Education: www.sleepeducation.org
- Sleep for Kids: www.sleepforkids.org
- Call Health Link Alberta at 811
- Call for community resources at 211

Parent Community Newsletter

Feast of Our Lord's Transfiguration. From "Beauty" to "Beast."

Edmonton Catholic Schools

August-September 2024

Praying with Icons. Windows into Heaven. Growing in Our Friendship with Christ.

We recently celebrated the Feast of Our Lord's Transfiguration. The Feast can serve as a source of inspiration and orientation for us as we return from summer vacations and begin a new School Year and a new Liturgical Year.

We read in Matthew's Gospel: "At that time, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white" (Matthew 17: 1-2).



In the icon, we see Jesus in prayer atop a mountain. Three of the apostles, Peter, James, and John are situated at the bottom of the icon. On Jesus' left and right are Moses and Elijah from the Old Testament. Jesus begins to shine with bright rays of light.

From the icon, a reflection of Matthew's Gospel, we learn that Jesus is at one and the same time truly divine and truly human. At his transfiguration, Jesus masked his humanity – his human body, and revealed his divinity to Peter, James, and John so that when it came time for his passion and death upon the Cross, the disciples would be strengthened when Our Lord voluntarily endured his sufferings.

But there's much more to the story.

Jesus takes upon himself our humanity that we might take upon ourselves Jesus' divinity. We, who are created in the image and likeness of God, carry within our very own genes the capacity to become holy, that is, to resemble God's goodness.

Think of it in terms of Disney's "Beauty and the Beast," based upon an age-old tale where young Belle is taken prisoner by a beast in his castle. In time, and with the help of the castle's staff, Belle is able to look beyond the beast's ugly exterior and instead see the kind heart and soul of the true prince inside. The two then fall madly in love one with each other.

In the Bible's telling of the same story, when Adam and Eve try to take the place of God, but without God, they are expelled from the Garden of Eden. Their true self is disfigured and they are forced to cover themselves with a foreign garment, "leaves" according to the Sacred Scriptures. Adam and Eve's true nature becomes unrecognizable, becoming like the Beast in "Beauty and the Beast."

Yet God never abandoned Adam and Eve. God never abandons us. God sees beyond our sinful nature, recognizing the kind heart and soul of the true prince and princess that each of us truly are, just as God created us from the very beginning.

You see, our Lord's transfiguration is a foreshadowing of our very own transfiguration. Our original beauty has been restored. Through Our Lord's sacrificial love on the cross, we have been transfigured from the Beast into Beauty. Thank you Jesus for this incredible gift!

As we begin a new School Year and a new Liturgical Year, may we be inspired by Belle's journey which led her to discover the prince within the beast. And may our own journey draw us nearer to Christ through prayer, kindness and love, where our true beauty of being made in the image and likeness of God may shine forth for the whole world to see!

Praying with Icons. Windows into Heaven. Growing in Our Friendship with Christ.
Wishing you a blessed and enjoyable School Year!

Bishop David Motiuk
Ukrainian Catholic Eparchy of Edmonton