



St. Leo Catholic School

233 Memorial Drive

Brantford, ON

N3R 5T2

Phone:

519-753-3314

Website: www.bleo.bhncdsb.ca

Twitter: @stleocatholic

Principal:

Jennifer McLaren Gibbons

General Information

We are a dual track school offering instruction in English for JK-8 and in French Immersion for JK-Grade 5 (expanding by one grade each year).

Next Meeting is

April 21, 2021 @ 6:30 online.

SCHOOL STARTS at 8:45 am
School Dismisses at 3:05 pm

For copies of newsletters and other important forms/information, please visit our school website at:

www.bleo.bhncdsb.ca



From the
Principal's Desk

April is definitely a busy month at St. Leo. The next few months will go by quickly, but there is still a lot of learning ahead. I know that everyone is looking forward to our new Spring Break on April 12 – 16, 2021. We hope everyone has a wonderful week off and take time to rest and rejuvenate.

This month we celebrate the most important celebration in the Catholic Church, Easter. Take time to discuss the importance of this holiday with your child(ren) and enjoy the time with your family. Wishing you all a blessed Easter. We pray that we will continue to feel the joy of the presence of Jesus. We appreciate all who have supporting our Caring Collection Campaign. We are blessed to share we raised \$1000 for our community and the Bed Kits Program. It is so wonderful to see the power of giving towards others during the Easter season.

Spring has arrived and hopefully warmer weather is soon to follow. Please remember to continue to have students dress for the weather. The cooler temperatures in the morning may require hats and mitts to help students stay warm. As we must use our field to separate cohorts we also strongly encourage rainboots as it is often muddy and wet.

Wishing you a joyous Spring month ahead!!

God Bless,

Mrs. McLaren Gibbons

May the glory and the promise
Of this joyous time of year
Bring peace and happiness to you
And those you hold most dear
And may Christ, Our Risen Saviour,
Always be there by your side
To bless you most abundantly
And be your loving guide.



SELF-ASSESSMENT TOOL

Please remember once we are back to school, each day families should have students complete the self-assessment tool before they come to school. We are working to ensure that everyone stays safe and healthy at school and we appreciate the efforts of all families working together with us. The link for the assessment is [COVID-19 school screening \(ontario.ca\)](https://covid-19.ontario.ca/school-screening/)

We ask that you also remember to send a mask every day for all students in Grades K-8. As the colder weather has arrived, we encourage that each student bring more than one mask in a day to ensure students always have a dry mask to wear. Please note that face coverings should fit snugly but comfortably over the chin, nose and mouth and against the sides of your face, be secured with ties or ear loops and allow for easy breathing. Therefore, bandana type face coverings are not permitted. We understand some students are finding it difficult to wear the mask all day and we are working to provide breaks and ensure outside if distanced they can take a break from the mask.

We are also reminding students of our proper hygiene protocols as well and hope you will continue to remind students at home about washing hands regularly and coughing or sneezing into their elbow. Together we can work to keep everyone safe in our community.

A Note From Your School Nurse

It is still as important as ever for your child to stay home if they are not feeling well. Your child is required to stay home if they are experiencing any symptoms related to COVID-19. Staying home while sick can protect your child, your child's peers, and the school community, by reducing the potential spread of COVID-19. A list of the symptoms you should monitor for can be found here: <https://covid-19.ontario.ca/school-screening/> . If your child has symptoms, all household members including siblings, need to self-isolate while waiting for the sick child's test results, or health care provider assessment. For more information see: Covid-19 Guidance for Parents attached to this newsletter.

This is great information as well on helping children with wearing masks. <https://kidshealth.org/en/parents/coronavirus-masks.html>

**BRANT COUNTY
HEALTH UNIT**

DRESSING FOR SPRING WEATHER

Since the weather has been unpredictable please ensure your child is properly dressed each day for whatever Mother Nature is throwing at us. Sending an extra pair of socks is always helpful along with extra mitts to ensure students can keep warm at recess.

INDOOR SHOES



Parents, please ensure that your child(ren) has/have a pair of **indoor** shoes to wear each day after recess. Students will be asked to take off their outside shoes/boots before entering the classrooms. The extra pair would be used during indoor time and would be stored accordingly for that grade. Thank you very much for your cooperation in helping to keep our school clean.

LENTEN CARING CAMPAIGN

Thank you to the students, staff, and parents of St. Leo's for their generous contributions to our "Lenten Caring Collections" – the items collected will support the Society of Saint Vincent de Paul and the Bed Kits Program. Your generosity to those in our community in need truly is an example of caring for others. We are very grateful for your support of these important programs.

SAVE THE DATE – PARENT COUNCIL PRO GRANT EVENT

Thanks to our Parent PRO grant a virtual event has been planned with Paul Davis who will be presenting about ONLINE SAFETY for families to attend on **Tuesday May 18, 2021**. More details to be sent home to book a spot for this virtual event.



Catholic Education Week will be held during the week of May 2 -7

This year's theme is "Nurturing Hope." We will share more about this theme next month.



WE ARE TWEETING!!

In an effort to keep everyone informed about events in our community, St. Leo's has a Twitter account. You can follow us @stleocatholic to keep up with what is happening in our classrooms and special events in our school community.

Good Friday and Easter Monday

Good Friday is on Friday, April 2nd and Easter Monday is Monday, April 5th, these are Statutory Holidays.



OUR PARISH



ST. PIUS X CATHOLIC CHURCH
9 Waverly Street, Brantford , ON N3R 2K2
Ph: 519-753-8439 www.stpius.ca
Father John Redmond, Pastor,
Andrew Beach, Pastoral Associate

Please continue to check out the St. Pius Church website for updates and for live feed information of the Mass'.



A NOTE FROM YOUR SCHOOL'S PUBLIC HEALTH NURSE...

April is National Oral Health Month

Help Your Children Be Cavity-Free

As a parent, you teach your children many things. You can help your children be cavity-free by teaching them how to care for their teeth and gums. Here are some ideas:

- Teeth should be brushed 2 times each day for 2 minutes each time. Brush in the morning and at bedtime.
 - The toothbrush should be child-sized with soft bristles. Use a pea-sized amount of fluoride toothpaste.
 - Replace the toothbrush every 3 months. Replace the toothbrush more often if your child has been sick.
 - Floss your child's teeth once a day.
 - Eat healthy foods:
 - Limit sticky and sweet snacks. The best time to eat sweet foods is with a meal.
 - Avoid sipping sweetened drinks for long periods of time.
 - Visit your dentist at least once a year. It is suggested that children start to see a dentist around age 1 so that any problems are found early.
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Changes to your Contact Information?

If you have moved, have new/different emergency contacts, have changed your work phone or any other important information, please ensure you provide this to Ms. Wood at the office at 519-759-3314. This is especially important for emergency situations. Thanks for your support in ensuring our records are accurate.



SPRING PRAYER

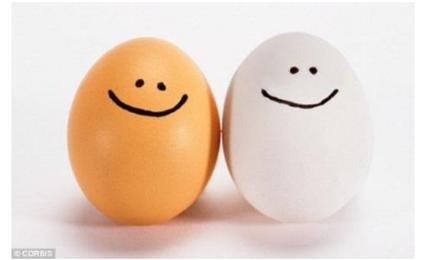
Lord, You have arisen forever in our hearts
May the sunrise remind us to shine in your light.
May the caress of a gentle breeze remind us of Your compassion.
May the fragrance of a flower remind us to blossom in Your love.
May the singing of birds bring a song of joy to our lips,
And in closing of each day, may we remember to quietly pray,
Wherever we are, whatever we do, may our thoughts in joy return to You!
Amen.

Brought to you by Lunchbox Orders

www.lunchboxorders.com

Eggs – The Protein Powerhouse

Amy Skeoch MHS, RD



Many people are looking for ways to increase the amount protein in their diets, and often over-look the small round items most of us have in our refrigerators....EGGS!

Eggs are such a great and versatile food. They are inexpensive, easy to cook and full of many nutrients. At just 70 kcal (for your average large egg), each egg contains 6 grams of protein, 9 amino acids (building blocks for muscle), and is a great source of vitamin A, D, E, B12, Iron, folate, selenium, lutein and choline (contributing to increased energy, metabolism, building of tissues in the body and eye health).

Did you know....

- ✓ There is no nutritional difference between white or brown eggs. One comes from a white chicken and the other from a brown chicken.
- ✓ Eggs are graded into their different size categories by their weight.
- ✓ Omega eggs come from chickens who are given a feed that contains a higher % of omega fats, therefore resulting in an egg with a greater amount of omega fats.

Egg Q&A:

1. Should I worry about the cholesterol in eggs? Is it safe to eat an egg every day?

Research shows that an egg/day does not impact cholesterol levels in the blood. It is safe to eat an egg each day.

2. Why does the yolk color vary between eggs?

Yolk color can be different depending on the type of feed the chicken is given. If the yolk is a paler yellow, it may be given a more wheat-based feed, if it's a darker yellow the hens may have been given a more corn based feed. The color of yolk does not change the nutrient value of the yolk.

Easy Breakfast! Eggs in a Bread Basket

- 1 slice whole grain bread
- 2 tsp butter (10ml)
- 1tbsp salsa (15ml)
- 1 egg
- 2 tsp chopped green onion (10ml)
- 2 tsp sweet pepper (10ml)
- 1 tbsp cheese (15ml)



Trim crust from bread; Spray inside of large cup or ramekin (about 1 cup/250 mL size) with cooking spray. Press bread into cup. Spoon salsa onto bread. Crack egg over top. Sprinkle green onion, green pepper and cheese over egg. Microwave on High until yolk is cooked as desired, approx. 1 to 2 minutes.

Sources:

<https://youreggquestions.getcracking.ca/>

<http://www.cookspiration.com/recipe.aspx?perma=zR9c3hOVIQC&d=6&i=2&s=1>