

St. Isaac Jogues Catholic School

March 30, 2015

St. Isaac Jogues C.S.
1330 York Mills Road
Toronto, ON M3A 1Z8
(416) 393-5315
twitter: @stisaacjoguescs

J. Shanahan
Superintendent

A. Kennedy
Trustee - Ward 11

P. Gahunia
Principal

A. Meleca
Secretary

L. Halleran
Catholic School Parent
Council Chair

A. Castrucci
J. MacLeod
Caretakers

Virtue of the Month

Let justice flow like a stream, and righteousness like a river that never goes dry.

Amos 5:24

Fr. Jude Coyle
Annunciation of the Blessed
Virgin Mary Parish
3 Combermere Dr.
Toronto, ON M3A 2W4
(416) 445-1760

TCDSB Multi-Year
Strategic Plan 2012-15
<http://www.tcdsb.org/board/pages/multiyearstrategicplan.aspx>



Family Math Night

Thank you to those families who registered for our Family Math Night, which takes place tomorrow starting at 5:30pm. Registration is now closed. Those families that returned their registration form should have received a note confirming their attendance. If you registered, but did not receive confirmation please contact our office.

Family Magic Night

Our school staff and parent committee are organizing a Family Magic Night fundraiser on **Friday, April 17th** featuring Incredi-Brent and Super Sarah. We hope you can join us!

If you are interested in assisting with this please join us at our committee meeting this Wednesday, April 1 at 3:15pm in the Library.

The Salvation of Buttons

Ms. Stell-Foster and her Grade 3 class partnered with The Learning Partnership to create The Salvation of Buttons. This charitable business involved the students taking on a variety of roles to organize and promote a fundraising initiative for The Angel Foundation for Learning. \$824.35 was raised thanks to the Salvation of Buttons and everyone who helped and supported. Great work!

5 Brain Boosters for Kids

1. Healthy Breakfast in the Morning

A 2013 review of three dozen studies since the 1950s revealed that children who eat breakfast have better memory, attention and school performance, with the biggest effect on math grades. Keep in mind that breakfast quality counts too — ban sugary foods and simple carbohydrates for the biggest brain boost.

2. Iron-Rich Foods for Lunch

Iron is important for carrying oxygen to budding brain cells. Unfortunately, studies show that kids with iron deficiency anemia suffer from worse memory, concentration and language development. Toddlers and teenage girls are especially at risk, so be sure that your child is consuming iron-rich foods along with vitamin C to improve absorption.

3. Afternoon Green Time

Children who get regular doses of nature enjoy brain benefits ranging from improved motor-skills development, concentration and self-esteem to reduced stress. Amazingly, one 2009 study from Chicago showed that a 20-minute walk in a park was similar to prescription medication for improving concentration in children with ADHD!

4. Fatty Fish for Dinner

Our brains are about 60 per cent fat, and most of this is omega-3 fatty acids. Because our bodies can't make omega-3s from scratch, kids have to get them from food — and fatty fish is the best source. Remember the acronym SMASH (salmon, mackerel, anchovies, sardines, herring) to be sure that your child gets at least one to two servings of low-mercury fatty fish per week.

5. A Regular Bedtime

A 2014 study of over 10 thousand children in the UK showed that kids with varying weekday bedtimes were on their worst behaviour. Researchers believe that an irregular bedtime throws off your internal clock and causes sleep deprivation, which is especially bad for brain development in kids!

Source: <http://www.cbc.ca/stevenandchris/articles/print/brain-boosters>