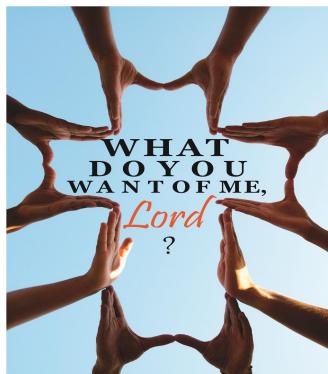


March, 2019
Volume 8, Issue 7

March Newsletter



Blessed
are they
who
mourn, for
they will
be
comforted.

Dear Parents,

This month, as we begin to welcome spring, we also begin the holy season of Lent. Ash Wednesday arrives later than usual this year, and so we will have budding flowers during the sombre days of our Lenten journeys. It may be hard to maintain our penitential theme, but perhaps that can be part of our sacrifice this

year. Maybe the effort to remember the sufferings of Our Lord while the sun is shining brightly will help us to truly understand the purpose of our Lenten journeys. In the words of the Gospel:

“ But when you fast, anoint your head and wash your face, so that your fasting will not be obvious to people, but only

to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you.” (Matthew, 6:17-18)

Let us work hard this Lent to do our penance in secret, with smiles on our faces. Then, when we come to the celebration of Easter, our smiles and shouts of joy will be genuine and well-deserved.

Green Day for St. Patrick!

On Tuesday, March 5, we will have Green Day to celebrate St. Patrick's Day early. On that day, the students may wear green clothing (including St. Patrick's Day garments) instead of their uniforms for a minimum donation of \$2.00. The money

raised on this day will be combined with the proceeds of the Pancake Breakfast and will be donated to the Vocations Office, which supports the education and development of seminarians. Thank you for supporting our future priests!

Ash Wednesday

The school community will begin our Lenten journey with a Mass at 9:00 on Wednesday, March 6 at St. Joseph's Church. We hope that many family members will come to celebrate this solemn Eucharist on that day.

Important Dates:

Mar. 5th – Green Day

Mar. 6th – Ash Wednesday Mass

Mar. 12th & 13th – Archbishop Carney Speech Arts Festival

Mar. 14th – Grade Seven Parent Meeting for Confirmation

Mar. 15th – St. Joseph's Retreat & Spring Break
Dismissal at Noon

Mar. 18-29 – Spring Break

Mar. 17th – St. Joseph's Feast Day

As part of our Lenten journey, each class will attend an extra Mass per week at 8:00am at the church. If you wish, you may drop off your child by 7:50am at the school, and the teacher will take the students to the church. Alternatively, you may

bring your child directly to the church before 8:00am in time for Mass. Each class has chosen a day to attend Mass, but siblings are welcome to attend Mass together on one day; please inform the teachers that they will be attending on a

different day. The assigned days are as follows: Mondays: Grades 4 and 7; Tuesdays: Grades 1 and 5; Thursdays: Grades 2 and 3; Fridays: Kindergarten and Grade 6. Parents are most welcome to stay for Mass with us as well!

St. Joseph's Speech Arts Festival

Congratulations to all of our students for their preparations. Each student from grades two through seven (and some in grade one!) prepared a selection for their classes. Some students then moved on to our St. Joseph's Speech Arts Festival. Congratulations to the following students who participated in our school festival: Brittney Nguyen, Malaya Vickery, Alexander Borowski, Anthony

Silvestre, Alyson Nguyen, Madilyn Kozikowski, Annabell Nguyen, Micaella Bento-Romano, Alicia Silvestre, Timothy Truong, Teresa Nguyen, Brandon Tran, Angela Tran, Catia Diogo, Gwyneth-Anne Lovitos, Eron Teguibon, Aden Nguyen, Angela Nguyen, Timmy Nguyen, Emily Trinh, Catherine Nguyen, Vhince Teguibon, Samantha Salinas, Teresa Nguyen,

Vanessa Le, Tien Nguyen, Amelie Silvestre, Kiara Palaganas, Mira Rebenito, Meekha Cherian, Alexzander Kozikowski, Caitlin Okada, Mackian Claro, Lily Williamson, Aika Bercic, Tommy Nguyen, Andrew Tran, Aubrey Valero, Aleesa Nguyen, Felicia Bui, Jason Tran, Andrew Silvestre. Congratulations to all of the classes for the wonderful choral presentations. What terrific performances!

Archbishop Carney Speech Arts Festival

The Archbishop Carney Speech Arts Festival will take place on Tuesday, March 12 and Wednesday, March 13. Permission slips will be sent out to the families involved soon.

Our Confirmation information meeting will be on Thursday, March 14 at 6:00pm. At least one parent from each family must attend this meeting and the students must

Gr. 7 Parents

attend as well. Important information about the Sacrament of Confirmation will be shared at this meeting, which will be approximately one hour in length.

St. Joseph Retreat & Spring Break

On Friday, March 15, we will celebrate the patron of our school, St. Joseph, with a prayer assembly and a retreat. The students will spend that morning learning about and honouring our saint. The students

will be dismissed at 12:00 on that day, as it is the last day of school before spring break. The students will return to classes with our regular schedule on Monday, April 1. Enjoy your break!

Basketball News

Congratulations to all of our basketball teams for a terrific season. They had a great season of CISVA league games and tournaments with other schools. Thank you to our staff coaches: Ms. O'Connell, Mrs. Pizzolato, Mrs. van der Kooi, Mrs. Hurley, Ms. Cheung and Ms. Pinheiro. Thanks also

to Mr. Evans for overseeing the scheduling and taking care of the paperwork and for refereeing throughout the season. Special thanks this year to Mr. Lee Vickery, father of Malaya in grade seven, who was our head coach. Mr. Vickery volunteered his time and talents to coach all of our

St. Joseph's Feast Day

The parish will celebrate the Feast of St. Joseph on Saturday, March 17 with Mass at 10:30am and a reception after Mass.

Thank you

Thank you to those who supported our Valentine Colour Day. Together, we raised \$340 with which we will buy animals for a village in a developing nation through Chalice. We appreciate your support of our outreach programs.

Raffle Tickets

The tickets for our annual raffle will be distributed before spring break. Please take that time to sell your books, and perhaps request more books before the break! More information will follow with the tickets.

PEC News

We will have several positions open on the Parish Education Committee next year, one of which will be the treasurer. These positions are generally filled by election and

are open to parishioners of St. Joseph's. For further information, please contact the PEC Chair, Phu Nguyen, at PDN3791@yahoo.com with volunteers.

Re-registration and New Families

Re-registration packages were due February 28th. Packages submitted after March 1st will be charged a late fee of \$50 per student. If you know of a family whom you think would like to attend St. Joseph's School, please direct them to the office for a Registration Package. If they are accepted your 2019-20 participation commitment will be complete.

Lenten Prayer for Transformation (www.dynamiccatholic.com)

Loving Father,
I invite you into my life today
and make myself available to you.
Help me to become the-best-version-of-myself
by seeking your will and becoming a living example
of your love in the world.
Open my heart to the areas of my life that need to change
in order for me to carry out the mission
and experience the joy you have imagined for my life.
Inspire me to live the Catholic faith
in ways that are dynamic and engaging.
Show me how to best get involved in the life of my parish.
Make our community hungry for best practices
and continuous learning.
Give me courage when I am afraid,
hope when I am discouraged,
and clarity in times of decision.
Teach me to enjoy uncertainty and lead your Church
to become all you imagined it would be
for the people of our times.

Amen.



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ALERT

February 27th, 2019
MOMO Challenge

We are receiving numerous calls with questions and concerns regarding the Momo Challenge which has resurfaced on multiple social media platforms. The Momo Challenge first started in 2016 on a mobile instant messaging application called Whatsapp. A phone number associated with the name Momo and a picture of a girl with bulging eyes and widespread mouth would use a feature of the app called 'Quick Add' where the app would allow the user to add and message multiple numbers in a short period of time to then send messages back and forth with any individual who was willing to respond.

The nature of the messages usually start out innocent such as "wanna play a game?" which can then evolve into Momo encouraging the child to engage in self-harm and suicidal behaviours. The motive to follow through with the challenge is that Momo tells the child that they know where they live (the address can typically be found through reverse search of the phone number) along with their parent's name, which is generally connected to the phone number. This can escalate to threats towards family and or loved ones if they do not follow through with the challenge or if they contact local authorities.

Recently the Momo Challenge has reappeared in multiple YouTube videos that are specifically intended for younger audiences. Typically, the Momo Challenge will be featured in videos (such as Peppa Pig, Paw Patrol, Minecraft gameplay) that come from new or unreliable YouTube accounts and begins 5-10 minutes into the episode, after attempting to establish as a legitimate video. Parents/Caregivers should carefully monitor what their children watch on YouTube and only allow them to watch trusted channels.

Online challenges such as the Momo Challenge unfortunately do circulate quite regularly. Parents should not overreact; however, it is important that they speak with their children regarding all aspects of their online activity and explain potential risk of using certain streaming platforms so that they can recognize dangerous online behaviour. If you have concerns about your children accessing YouTube, please be aware that you are able to block YouTube from your internet router

<https://www.wikihow.com/Block-Unwanted-Site-From-Your-Router>.

Students should be encouraged to report concerning online behaviour that makes them feel uncomfortable to a trusted adult or through our anonymous online reporting tool:

<https://www.psstworld.com/>

List of some Approved Youtube Channels:

- Ryan ToysReview https://www.youtube.com/channel/UChGJGhZ9SOOHvBB0Y4DO0_w
- Blippi <https://www.youtube.com/user/BlippiVideos>
- The Axel Show <https://www.youtube.com/user/theaxelshowadventure>
- CookieSwirlC <https://www.youtube.com/user/CookieSwirlC>
- Toys Unlimited <https://www.youtube.com/channel/UCzIdYMdAtTsWucGCZyZvN6w>
- Peppa Pig – Official Channel <https://www.youtube.com/user/theofficialpeppa>

Caution should be utilized if children have access to Youtube on their mobile devices.

Alternatively, many streaming apps such as Netflix have Kid Friendly functions that can be turned on to allow children to browse and stream videos without being exposed to inappropriate content.

Depending on your school community, you may want to consider putting some messaging out to parents/caregivers so they are aware of the Momo Challenge and have an idea of how to address this with their children.

Key Reminders:

1. It is essential to stay vigilant when receiving reports of any students exhibiting “worrisome behaviours” especially those students who may be struggling at this time.
2. Be aware that if there is a shift in the behavioural baseline of a student it is important to collect data in collaboration with local support agencies and conduct other assessments as required.
3. Pay close attention to individuals who seem fixated on the Momo Challenge.
4. The role that social media plays as both a risk enhancer as well as a prominent contributing source of data has never been stronger. A comprehensive review of the individual’s online behaviour and digital footprint is where we find the most information. An accurate risk determination cannot be made without reviewing the entirety of their digital baseline.
5. We collectively, staff, parents/ caregivers, need to “strategically” intensify our connections with our children who may be vulnerable to engaging in the Momo Challenge. The power of positive, meaningful human connection is one of the best prevention strategies we can utilize.

Sincerely,

Theresa Campbell, M.A.

President, Safer Schools Together Ltd.

J. Kevin Cameron, M.Sc., R.S.W., B.C.E.T.S., B.C.S.C.R.

Board Certified Expert in Trauma Stress

Diplomate, American Academy of Experts in Traumatic Stress

Executive Director, Canadian Centre for Threat Assessment and Trauma Response