



St Dominic Catholic Elementary School

# Week at a Glance

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Website [sites.google.com/a/pvnccdsb.on.ca/stdominic/](https://sites.google.com/a/pvnccdsb.on.ca/stdominic/)

Week of February 19				
Monday February 19,	Tuesday February 20	Wednesday February 21	Thursday February 22	Friday February 23
Family Day Holiday	Breakfast Program  TEAM Tuesday Remember your TEAM Tuesday shirt!  AM Carrie Jenkins coming to talk to Ms Fuger's class  CDA in building  Mme Sullivan's class visit grandfriends  1pm SKYPE with CMDR Hadfield  Report cards go home	Breakfast Program  AM Mrs Piggott at Family of Schools  10:30 Ms Fuger and Ms O'Rourke's classes going skating  Pizza day	Breakfast Program  Social worker and CHIMO worker in building  Kindergarten and Grade 8 graduation photos	Grade 6 students going to Ganaraska  Registration packages due to St Thomas  All day Mrs Piggott, Mrs Ginn, Mrs Scully and Mrs Sullivan working with St Mary's and board staff on math  Pasta day  PM Cooking with Mrs Sleep

**Mental Health Moment**

PVNCCDSB is pleased to introduce our 2017-2020 Mind•Body•Spirit: Be Well Strategy for Mental Health and Well-Being.

Here are a few stress strategies to renew your spirit:

- Have faith in God.
- Connect with family and friends.
- Take care of the earth.
- Get involved in your community.
- Stand up for your beliefs

Learn more at:  
[pvn.cc/bewell](http://pvn.cc/bewell)

**Be Well**  
#PVNCBeWell