

St. David CES  
33 Cromwell Crescent  
Hamilton, Ontario  
905-560-3533  
Fax 905-560-0036  
Before & After Program  
905-523-2306

Hamilton Wentworth  
Catholic District  
School Board  
90 Mulberry St. Hamilton  
905 525-2930  
www.hwcdsb.ca

Mr. D. Hansen,  
Director of Education  
  
Mrs. T. Kovach,  
Superintendent  
  
Mr. A. D'Intino, Trustee  
Mrs. V. Geromella, Principal  
Mrs. A. Boyle, Vice-Principal

St. Eugene Parish  
Fr. Andrew Quarshie  
232 Queenston Road  
(905) 385-3297  
  
Incarnation of Our Lord  
Parish  
Fr. Charlie Galea  
400 Pottruff Road  
(905) 561-1777

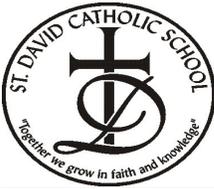
**Bell Times**

9:10 am: Entry  
10:40-11:20 :  
Nutrition Break  
1:20-2:00 :  
Nutrition Break  
3:30: Dismissal

St. David CES is a proud  
feeder school of  
Bishop Ryan Catholic  
Secondary School  
Mr. E. Piccioni, Principal  
(905) 573-2151

**Spring Break!**  
March 11-15,  
Enjoy time with  
loved ones!

**We are on the web!**  
[http://  
stdv.hwcdsb.ca](http://stdv.hwcdsb.ca)



**ST. DAVID  
Catholic Elementary School  
March 2019**



**Catholic Education : Living as Joyful Disciples  
Rooted in Prayer  
Living in Community  
Doing Justice and Creating Hope  
Journeying Together in Faith**

**Lenten Reflection**

*Give up complaining-focus on gratitude  
Give up pessimism-become an optimist  
Give up harsh judgements-think kindly thoughts  
Give up worry-trust divine Providence  
Give up discouragement-be full of hope  
Give up bitterness-turn to forgiveness  
Give up hatred-return good for evil  
Give up negativism-be positive  
Give up anger-be more patient  
Give up pettiness-become mature  
Give up gloom-enjoy the beauty that is all around you  
Give up jealousy-pray for trust  
Give up gossiping-control your tongue  
Give up sin-turn to virtue  
Give up giving up-hang in there!*



**"Be joyful, brothers and sisters. Keep your faith, and do the little things that you have seen and heard with me."  
~St . David**

**St. David Catholic Elementary School  
"Together we grow in faith and knowledge."**

## Catholic School Graduate Expectations

*" Catholic education addresses ...the desire of the person to understand human life as an integration of body, mind, and spirit. Rooted in this vision, Catholic education fosters the search for meaning as a life long spiritual and academic quest. The expectations guiding the journey of learning for all students in Catholic schools, therefore , are described not nly in terms of knowledge and skills, but necessarily in terms of values, attitudes and actions informed by reason and faith."*

*-Institute For Catholic Education*

**The graduate is expected to be:**

**A Discerning Believer Formed in the Catholic Faith Community**

**An Effective Communicator**

**A Reflective and Creative Thinker**

**A Caring Family Member**

**A Responsible Citizen**



St. David, Popular Patron of the Welsh, full of missionary zeal, you realized the value of monasteries. You were always prayerful and spiritually joyful, and many churches were dedicated to you in Wales. You teach us to rely more on God's inspiration and grace than on purely human means. Help us to obtain our spiritual renewal.  
Amen.

## ST. DAVID'S EARTH HOUR

On March 30 each family is encouraged to shut off their lights and participate in Earth Hour at 8:30 p.m. In celebration of this ECO event, we will be hosting our own Earth Hour event on March 29. In the school, we will be "powering down" and trying to save as much electricity as powered. This event encourages energy conservation and teaches students simple ways to save our earth.

## Junior Kindergarten Registration

Parents are asked to call the school at 905-560-3533 to make an appointment We require the following information to be provided at the time of registration:  
**Birth Certificate, Baptismal Certificate, Immunization Record, Proof of Residence Emergency Contact**  
Please make sure you have all the documentation required prior to registration.

## THE GREAT BIG CRUNCH

The month of March is Nutrition Month and on March 28th our school will be participating in the Great Big Crunch event. It is a special day to encourage good nutritional choices ending with a massive synchronized bite into a crunchy piece of fruit. Each student will receive an apple to take a big bite into at 2:25 p.m. on this special day. Students will be able to wear a red top and uniform bottoms on that day.

### March is Nutrition Month

Like the idea of your children becoming confident in the kitchen? It may seem challenging but it doesn't have to be. Here are some quick tips:

- Talk about what you're cooking or the tools you're using.
- Ask kids to read out the recipe. It's great practice for them and helpful to you.
- Invite beginners to stir, set the timer, turn on the oven, find utensils or get ingredients out of the cupboards or the fridge.
- Share basic know-how when you can, such as using a toaster, a whisk, a colander, a cheese grater etc.

