



SJE Catholic Education Week 2021
Nurturing Hope
Children's Mental Health Week

MONDAY

Catholic Education Theme	Preparing the Earth -- When we plant a garden, we have to remove all the stones and materials in the earth that will stop new growth. We need to let go of what we no longer need.
Mental Health Topic	Mental Health Check-in
Activities	We will begin our Catholic Education Week with a liturgy led by Ms. Petrilli's grade 8 students. We will be presenting the virtue of reverence certificates to students during our announcements. Students-What are some things that you could let go of? With your parent's approval, look through your closets, play area and see if there are any items you feel you could pass along. Making room for new ideas and opportunities. Sometimes we need to clear some things in order to see better!
Journal Prompt	List 3 things that you can do to prepare for new ideas? When you start a new project and you want it to be successful, what can you do to set yourself up for success? List 3 things that you can do to take care of yourself?
Wear	The colour Green to symbolize your commitment to a fresh start and to growing

TUESDAY

Catholic Education Theme	Sowing Seeds of Gratitude -- Once we have prepared the earth for planting, we select which seeds we will sow. We are thankful for the hope that helps us to look forward to what's ahead.
Mental Health Topic	Mental Health During Covid
Activities	We will learn about Catholic Graduate Expectations as a whole school during morning announcements. We will also listen to a presentation on becoming a better Digital Disciple led by Ms. Rocca.. Students-You are encouraged to write messages of love and hope

	(ie: can give to each other, can write in chalk on the sidewalk/driveway for all to see, showing love, gratitude and compassion when using social media). Write/draw a note of gratitude to someone you feel really deserves to be appreciated. With your parent's approval perhaps you could write a card of gratitude and mail it to someone who will be so surprised to receive your thoughtfulness.
Journal Prompt	Make a long running list of things in your life that you are grateful for. Perhaps you could share them in class? How long is your list?
Wear	Your Favourite colour to symbolize that we are all unique

WEDNESDAY

Catholic Education Theme	Cultivating Relationships -- Once we have planted a garden we need to ensure it receives all the things that will help it to grow. We reflect on ways to show care and respect for the earth and one another.
Mental Health Topic	Making Social Connections
Activities	Students- Plant some seeds with your families. If you can not plant seeds, draw a picture of a garden you would like to create. Take some photos and send it to your teacher and we could include it in our announcements. His Eminence Cardinal Thomas Collins will celebrate mass for the province at 11:00. https://www.stmichaelscathedral.com/live
Journal Prompt	How can we grow as individuals? What did you/can we do to persevere? How can we help to make others grow and take care of the people around us?
Wear	The colour Red to symbolize the love we have for yourself and others

THURSDAY

Catholic Education Theme	Harvesting New Fruit -- Once the seeds, the sun and the rain have worked together there is fruit and/or vegetables to harvest. Difficult times can transform us and teach us new skills and insights. Harvesting New Skills and Insights
Mental Health Topic	Coping with Overwhelming Feelings
Activities	Students- with your parents consider making a food bank donation to families in need in our community. You may bring your donation

	<p>to the Aurora Food Pantry today as it is open from 5:30 p.m. to 7:30 p.m. It is located at 350 Industrial Pkwy S, Aurora, ON L4G 3V7- https://aurorafoodpantry.ca/</p> <p>Difficult times can transform us and teach us new skills and insights. Try a new skill (bake a new food, try a new activity or game). Send a photo to your teacher so we could share it on our announcements!</p>
Journal Prompt	How was it challenging to learn something new and how did you persevere? How did it feel to give and contribute to our community? Why is growing and giving so important?
Wear	The colour Purple to symbolize creativity.

FRIDAY

Catholic Education Theme	Marvelling in Wonder -- When all the planting, growing and harvesting is complete, we can sit back and marvel at all the goodness we have. The beauty and mystery of Creation nurtures our hope. Marveling in Wonder!
Mental Health Topic	Self-Care
Activities	<p>The grade 4 & 5 classes will help us to conclude our Catholic Education week with a liturgy celebrating Mother Mary. With Mother's day on Sunday we reflect on the prayer, Hail Mary and recognize the beauty, wonder and hope that Mother Mary brings to us in our lives.</p> <p>Students-Draw a picture of you and your mother or mother figure in your life. Write a poem or card for her. Go on a nature walk to discover the beauty of nature. Take or draw pictures of what you see. Try to spend time outside to enjoy nature's gifts.</p>
Journal Prompt	What are the characteristics that you most admire about your mother or mother figure? How has it made a difference in your life?
Wear	The colour Blue to symbolize Mother Mary