



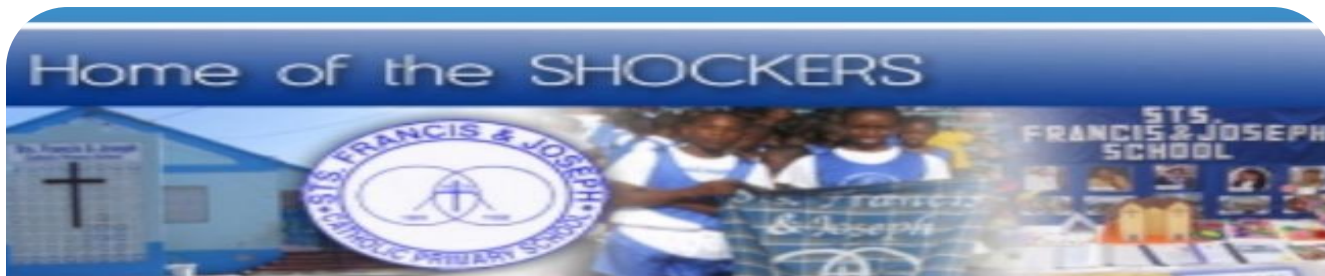
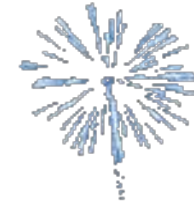
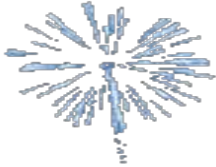
Sts. FRANCIS & JOSEPH SCHOOL

*Unity is Strength*

No. 45 Boyd Road, Nassau, Bahamas

Home of the  
**SHOCKERS**

# February Newsletter 2022-2023





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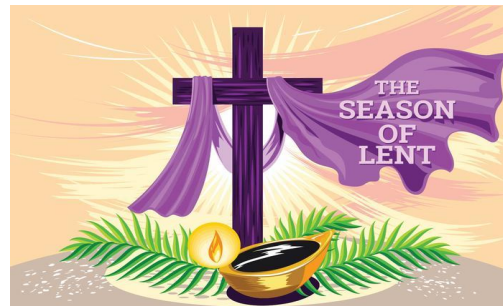
# Lenten Message

**"(Lent) is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."**

**-Pope Benedict XVI**

*Our Lenten journey begins on Ash Wednesday and is fast approaching. Lent is a season of quiet growth, where we are called to pray, fast and give alms. During these 40 days, which ends on Holy Thursday, we are encouraged to try to grow our faith and live more Christ like. We should embrace this opportunity to strengthen our relationship with God and open our hearts, minds and souls to receive His transforming grace and mercy.*

*Let us contemplate and walk with Jesus on His lonely journey so that we can celebrate Easter with a joyful heart.*





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*Unity is Strength*

No. 45 Boyd Road, Nassau, Bahamas

Home of the  
**SHOCKERS**

Celebrating 132 Years  
of Catholic Education  
in the Bahamas

*Faith-Filled Past... Hopeful Future!*

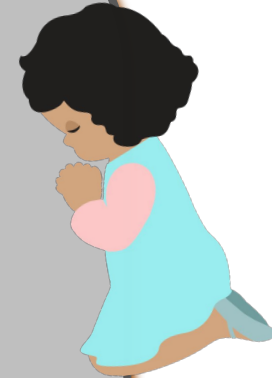
*Greetings Shocker Family!*

*Our Spiritual  
Reflection  
for the Month of  
February is:*

*Love*

*Modeling Mother Mary and Foster Father Joseph with our **loving presence** - let us **show love** to everyone, even when it's really hard.*

*Peace and Blessings from,  
The Administration, Faculty & Staff*





# February – April Calendar of Events

Sts. Francis & Joseph		
Monthly Calendar of Events		
Month	Day	Event
February	17th	Upcycling Friday
	22nd	Ash Wednesday ( <b>Lent Begins</b> )
	23rd-27th	<b>MIDTERM BREAK</b>
	28th	<b>ARCHBISHOP'S HOLIDAY</b>
March	1st	School Re-opens ( <b>Full Day of classes</b> )
	3rd	General Knowledge Competition
	10th	SFJ Student Pop-Up Shop ( <b>Grades 3-6</b> )
		Upcycling Friday
	30th	Progress Report-School Closes for Easter
April	2nd	<b>Palm Sunday</b>
	5th	School Office Closes at 1:00 p.m.
	6th	<b>Holy Thursday</b>
	7th	<b>Good Friday</b>
	9th	<b>Easter Sunday</b>
	10th	<b>Easter Monday</b>
	17th	School Reopens
	19th	Interhouse Sports- <b>Thomas A. Robinson Sports Centre (Old Stadium)</b>
	25th	Archdiocesan Writing Examination
	27th	Science Fair (Grade 4-6 -Participants Only)

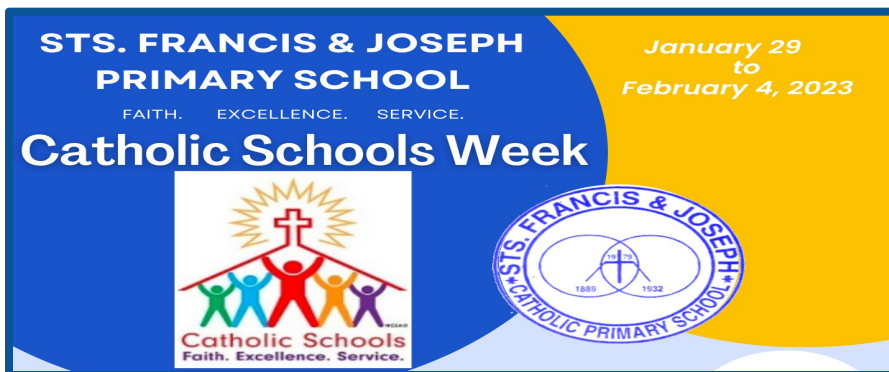
**\*\*Please note these dates are subject to change.\*\***

# School Office

Please note that the school's office  
will be **CLOSED** on Thursday  
February 23, 2023 and Tuesday  
February 28, 2023.



# CSW Thank You!!



**CSW  
WALKATHON  
6:00 a.m.**  
**IT'S A HOUSE  
SPORTS AFFAIR!!**  
**Dress in your  
child's house  
sports COLOR  
to earn points!**  
\$20 Registration Fee  
(Includes SFJ Tote Bag)

**Strike a Pose  
Upload your  
picture  
to Facebook using  
#CSWBAHAMAS23**



## WINNERS

**1<sup>st</sup> Place Blue Marlins**  
**2<sup>nd</sup> Place Green Barracudas**  
**3<sup>rd</sup> Place Red Snappers**  
**4<sup>th</sup> Place Yellow Sharks**

# Congratulations Shockers!

A huge **HIP HIP HOORAY** is extended to Sts. Francis & Joseph's  
**SENSATIONAL SHOCKERS!**

The team placed 2nd overall in the Hoytes Basketball Tournament that took place this past weekend.





# After School Clubs

*Please be reminded of the importance of students being collected by 3:15 p.m. if they are not involved in a club. Students involved in clubs should be collected no later than 4:15 p.m. The school's office officially closes at 4:00 p.m.*



# Prayerful Condolences

The SFJ School community extend our condolences to *Kassidy Smith* (Grade 3G) on the loss of her father, *Mr. Desmond Smith*

We ask that you keep Kassidy and her family in your thoughts and prayers as they mourn his sudden death.

*May his soul and the souls of all the faithfully departed through the mercy of God our Father,  
Rest in Peace.  
Amen*



*Sts. Francis &  
Joseph's PTA would  
like to*

*Thank You!*

FOR YOUR SUPPORT

STS. FRANCIS & JOSEPH  
PTA  
PRESENTS

14  
FEB

*Valentines*  
**BAKE  
SALE**

WE ARE  
SELLING:  
**COOKIES,  
CAKES,  
BROWNIES,  
CUPCAKES  
& MORE!**

LOCATED AT:

**STS. FRANCIS &  
JOSEPH  
SCHOOL  
GROUNDS  
2:45PM-4PM**

ALL PROCEEDS GO TO  
THE SCHOOL

DONATION OF  
\$2 or \$3

# School Registration



REGISTRATION  
IS  
*Open*

Please note that registration is now open to all students entering Pre K to Grade 5

*Join the **SHOCKER** family today!!!*



As we pilot the STEAM (Science, Technology, Engineering, the Arts and Technology) Program for Grades 4-6 this semester at Sts. Francis & Joseph School for the Catholic Board of Education. We have designated one Friday each month as **UPCYCLING FRIDAY**. On this day each month, students are asked to donate any of the following items:

used soda or juice cans      (cleaned and sanitized)  
empty plastic bottles      (cleaned and sanitized)  
old toys  
old electronic devices  
empty hand towel or toilet paper rolls  
Shoe boxes  
etc.

***Please note it is NOT mandatory for students to bring these items, but the items would be greatly appreciated so that supplies and materials are on hand for our STEAM projects.  
Thank you in advance for your support.***

***Our next Upcycling Friday is scheduled for March 10, 2023***



# Sickness Protocols

**Children with the following symptoms must stay home:**

**Headache  
Sore throat  
Fever  
Cough  
Body aches or chills  
Vomiting  
Diarrhea  
Runny nose  
Sinus congestion  
Red and inflamed eyes  
(Excessive sneezing)**

***This rule is mandated by The Ministries of Health and Education and is not negotiable.***

**Children who present at school with the above symptoms, or who develop these symptoms during the school day, will be safely accommodated outside of the classroom and will be sent home.**

**Please email Nurse Elizabeth Hawkins [ehawkins@cec.edu.bs](mailto:ehawkins@cec.edu.bs) if your child has COVID or has been exposed to COVID. Your information is confidential. There is no longer a requirement to seek clearance from Nurse Hawkins for a child to return to school.**



# LOCK IT OR LOSE IT



HIDE YOUR VALUABLES



LOCK YOUR VEHICLE



TAKE IT WITH YOU

## Be Smart. Stay Safe.

- ➔ Always keep valuables out of sight or in the trunk
- ➔ Never leave valuables in unattended vehicles
- ➔ Always lock your vehicle

**Parents and guardians, please remember valuables should not be left in your vehicle even if you are only exiting for a second.**