Sts. FRANCIS & JOSEPH SCHOOL

Unity is Strength

No. 45 Boyd Road, Nassau, Bahamas

Home of the SHOCKERS

November Newsletter 2026



THEME


STS. FRANCIS & JOSEPH SCHOOL
ONE FAITH,
ONE LIGHT,
ONE JOURNEY
The administrators and staff take this opportunity to thank You for your continued support and cooperation.

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IMPORTANT ANNOUNCEMENT

Please contact the office or classroom teacher when you are sending someone to collect your child/children.



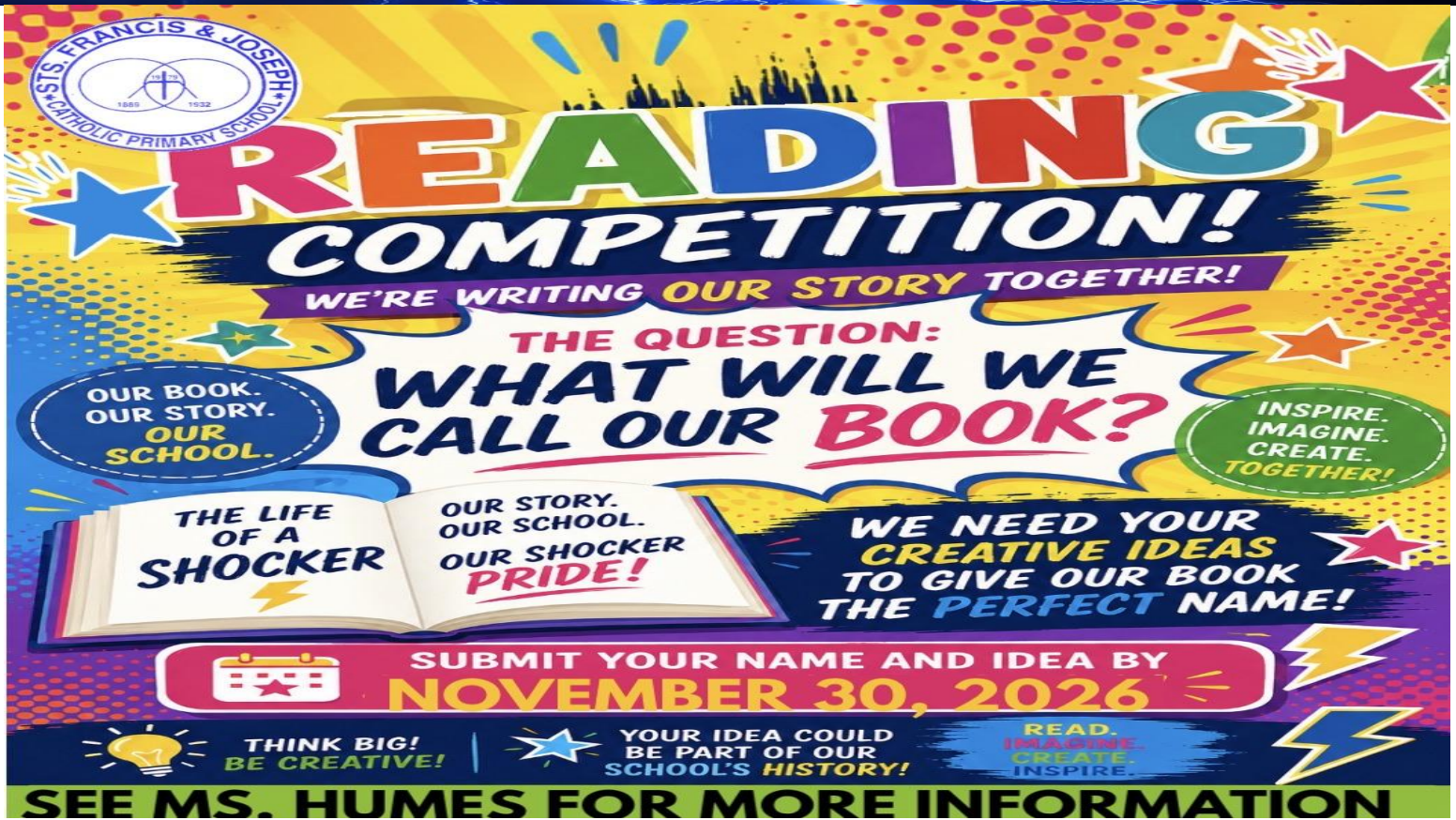
NOVEMBER- PATIENCE



SFJ CALENDAR AT A GLANCE- NOVEMBER

	NATIONAL DIABETES MONTH		
3	STUDENTS RETURN TO SCHOOL	19	MATHEMATICS EXAMINATIONS
6, 20, 27	**BLUE FRIDAYS-** DRESS IN P.E. SHIRTS, LONG JEANS & TENNIS SHOES FREE OF CHARGE IN SUPPORT OF OUR BASKETBALL TEAM	20	WORLD CHILDREN'S DAY
11	STAFF MEETING- 2:00 P.M. DISMISSAL	21	CBE SCAVENGER HUNT
13	FLAG DAY & CULTURAL EXHIBITION	26	THANKSGIVING DAY
14	WORLD DIABETES DAY & REMEMBRANCE DAY	30	ADVENT BEGINS
17	WRITING EXAMINATION		
18	LANGUAGE ARTS EXAMINATION		

NOVEMBER'S READING INITATIVE



NEW DATE- NOVEMBER 21, 2026



SHOCKERS BASKETBALL GAMES

The Catholic Board of Education Basketball Games has began!

Location: Loyola Hall Gladstone Road.

We encourage all parents and students to come out and cheer our boy's and girl's Basketball Teams on as they compete for the floating trophy.

Go Shockers!

Friday, November 6th, 2026
PLAYOFFS **Friday, November 12th, 2026**
CHAMPIONSHIP GAMES
Tuesday, November 17th, 2026
Thursday, November 19th, 2026
Friday, November 20th, 2026



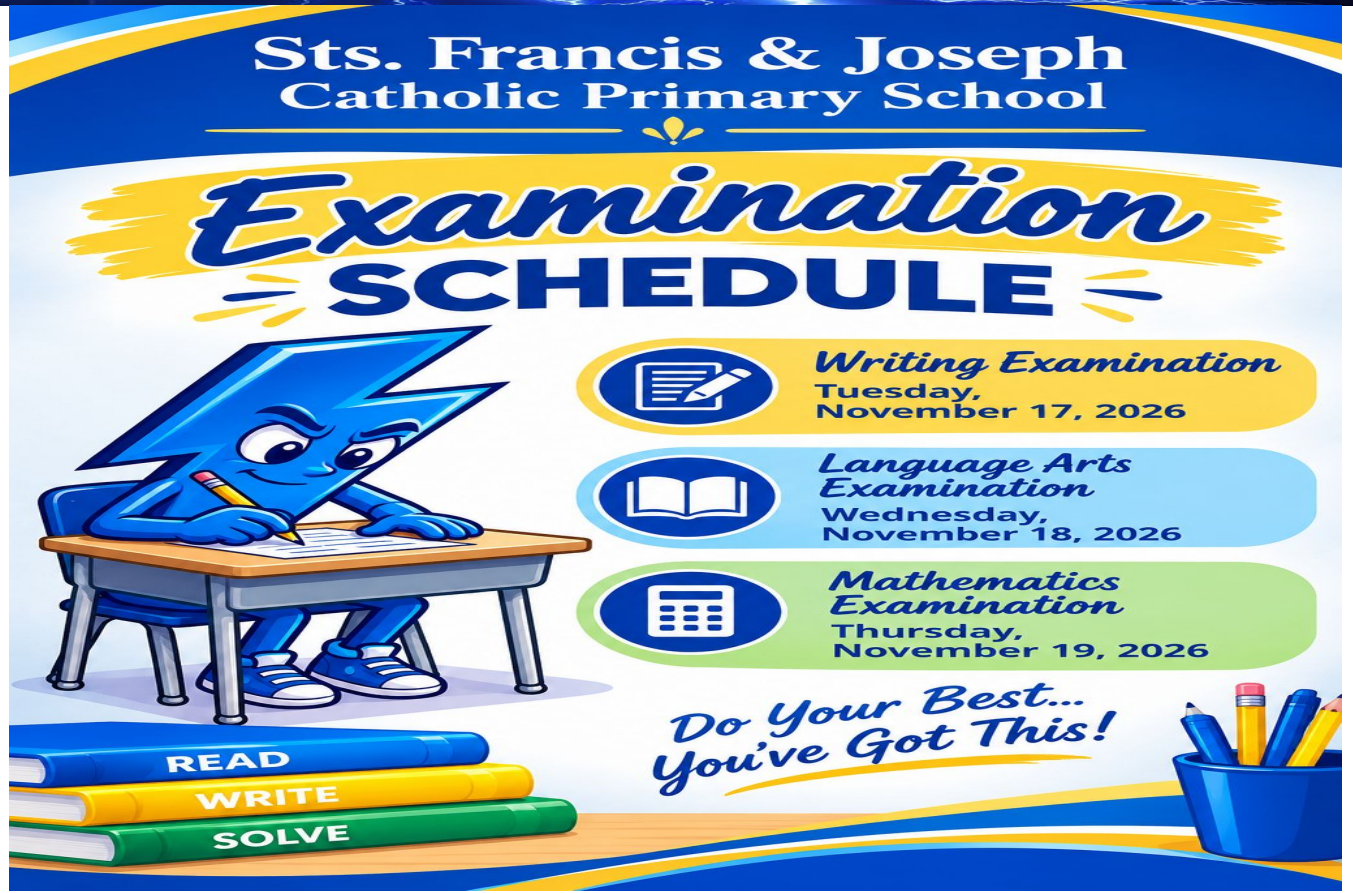
STAFF MEETING



FLAG DAY & CULTURAL EXHIBITION



NOVEMBER EXAMINATIONS



WALK-A-THON


SAVE THE DATE
NOVEMBER
21
SHOCKERS
WALK-A-THON
HEALTH FAIR + SOUSE-OUT
Sts. Francis & Joseph Primary School
PTA Presents
Walk. Move. Connect. Celebrate Health!

THANKSGIVING



CHRISTMAS PRODUCTION NOTICE



SCHOOL- WIDE READING INITIATIVES NOTICE/ REMINDER



COUNSELLOR CORNER WITH MS. DURHAM

COUNSELLOR CORNER

School Counselling Supports You!

Supporting Learning at Home

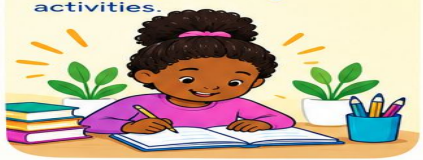
Small steps at home can make a big difference at school!

Learning doesn't stop when children leave the classroom. Parents and caregivers play an important role in helping children develop confidence, responsibility, and positive learning habits.

Here are three simple ways to support your child's learning at home:

1 Establish a Routine

Set aside a regular time and quiet space for homework, reading, and other learning activities.



2 Encourage, Don't Just Correct

Instead of giving your child the answer, ask questions such as, "What do you think you should try first?" This encourages independent thinking and problem-solving.



3 Celebrate Progress

Recognize your child's effort, improvement, and willingness to try. Remember, learning is a journey, and mistakes are opportunities to grow.



Try This at Home!

Spend 10–15 minutes reading, practising a skill, or talking with your child about what they learned at school.

Ask: "What was one new thing you learned today?"

A Gentle Reminder:

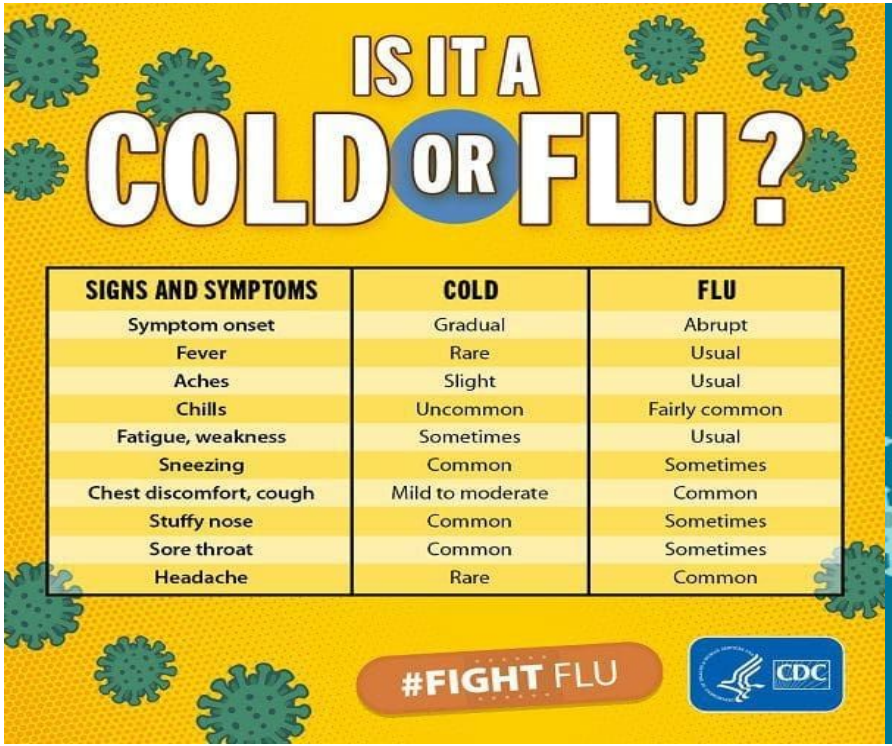
Every child learns at their own pace. Your patience, encouragement, and involvement can help your child feel supported and ready to learn.

Together, let's build confident learners, one step at a time!

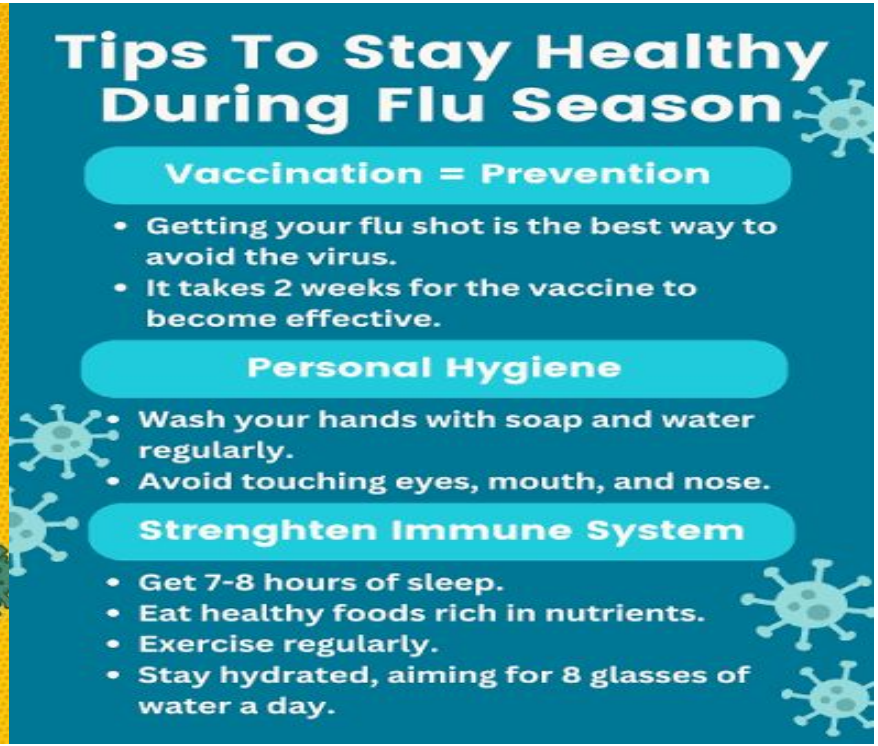
– Miss Durham

HEALTH TIPS FROM NURSE BOODLE

Cold and flu season typically runs from **October** through **May,** with peak activity occurring between **December and February**. **REMINDER: Sick students should remain at home.**



SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common



BIRTHDAY CELEBRATIONS AT SCHOOL

Please be reminded of Sts. Francis & Joseph school's guidelines regarding birthday celebrations.

- Parents who wish to celebrate their child/children's birthday at school may seek permission in advance to provide **cupcakes only** for the class. Please ensure that the correct amount is provided.
- Parents are **not** permitted to bring party bags to their child/children's school.



Thank you for your continued support and cooperation.



Notice To Parents

1. **No Parent should be at a teacher's door between 8:15am - 3:15pm (Teachers must supervise their students)**
2. Please allow students in Kindergarten - Grade 6 to carry and unpack their own bags.
3. Parents please be reminded that you are not allowed to walk your child/children through the entrance gate which leads to the office because of the traversing of traffic.
4. Kindly enter and exit with your child/children through the **Pavillion Gate,** before school begins and after school.
5. Should you need to drop off any large items for your child/children's class, please use the **Service Gate near the kitchen**.
6. Please **DO NOT** block both driveways which leads to the School and Rectory.
7. Parents are **NOT ALLOWED** to park inside the school yard before or after school hours.
8. Parents please be mindful of how you dress when entering the school's campus. **No cut-off shirts, pajamas, bonnets etc.**
9. If you need to meet with a teacher , please ensure that you make an appointment via email 24 hours in advance.

SCHOOL LUNCH GEAR RECOMMENDATIONS







Students are encouraged to drink plenty of water throughout the day to stay healthy and hydrated.

Please ensure that your child brings:

• An insulated, leak-proof water bottle with a secure, lockable spout lid.

• An insulated lunch container to help keep food warm until lunchtime.

• **Electric food warmers are not allowed**.

• **Please label all water bottles and lunch containers with your child's name.**

SCHOOL FEE INCREASE 2026 - 2027

REMINDER!

Please note that school fees are scheduled to increase every three years. However, it has been more than four years since the last adjustment.



SCHOOL FEE PAYMENTS

School fees are Due: 1st Tem June 30th, 2nd Term December 1st, 3rd Term March 1st

Option 1 – Annual Payments in Advance

All parents/guardians paying fees in advance for the 2026-2027 academic year, that is, by June 30, 2026, will receive a 10% discount on the tuition fee of $2,922.00.
(Please note that this amount is not inclusive of the Grade Six second-term graduation fees).

Tuition	10% Discount	Special Fees	Total Payment
$2,922.00	**$220.00**	**$750.00**	**$3,379.80**

Option 2 – 10 Month Payment Plan

Payment plan **MUST** be negotiated before **May 13, 2026**. The first payment must be made by June 30, 2026. Payment plans cannot go beyond March 2026. Payments of **$372.20** are due at the end of the month. **Contact the school office for further inquiries**.

Option 3 – Tuition Pay Website

Visit the website **tuitionpay.io** to make a school fee payment. **Contact the school office for further inquiries.**

Option 4 – Online Payments

School Fees can be paid online at First Caribbean Bank and Royal Bank of Canada. **The account banking information is included in the package.**
All payments are to be made at **First Caribbean Bank** and **Royal Bank of Canada** online **ONLY**. The bank **do not** allow over–the-counter transactions.

School fee payment receipts should be emailed to:
Ms. Sands- asands@cec.edu.bs, **Ms. Wilson-** witchell.wilson@cec.edu.bs, **Mrs.Goffe** - jgoffe@cec.edu.bs and **Ms. Bullard** - mbullard@cec.edu.bs

Please note that a $25.00 late fee will be charged for all late payers.

Are You A Part Of Our School Dojo?

Join our ClassDojo School Community Today!!

Scan the QR Code or use the link!

Join Sts. Francis & Joseph Catholic School on ClassDojo

https://home.classdojo.com/#/schoolInvite?s=55cbda77172d004c77a21bff



Scan to join our School

GOOGLE CLASSROOM

Is your child connected to Google Classroom?

Students in **grades 1-6** are required to connect to Google Classroom with their school's email. Your child's teacher will give you further information and instructions. To sign in to Google Classroom, follow the steps for your computer or mobile device.

On a Computer (Desktop or Laptop)



1. Open your web browser and go to classroom.google.com.
2. Click **Go to Classroom** or **Sign In**.
3. Enter the student's school email and click **Next**.
4. Enter the password and click **Next**.
5. If a welcome message appears, read it and click **Accept**.
6. If you are using a school or Google Workspace for Education account, select your role: click **I'm a student**

On a Mobile Device (Phone or Tablet)

1. Download and open the **Google Classroom** app from the App Store (iPhone/iPad) or Google Play Store.
2. Tap **Get started**.
3. Select an existing Google account from the list, or tap **Add account** and enter the student's school email and password.
4. Tap **Next** and allow any requested permissions or notifications.
5. If prompted, select your role as a **student**.

DROP OFF AND PICK UP AREAS

Drop off Areas- Pre K to Grade 6 - Pavilion.

Pre-K and K parents may drop off and and collect their child/children from the classroom.

Grades 1-6 students will remain in the pavilion where they will sit quietly and read. Parents are also asked to collect their child/children from the pavilion after school. **Please do not wait on the porches in front of the doors or windows.**

The school's office closes promptly at 4:00 p.m. Therefore, parents are reminded that students should be collected no later than 3:30 p.m. If your child is registered for an afterschool club or class, please ensure that you arrive on time for pick up. **Students not in an afterschool club or class and left after 3:30 pm. will be placed in aftercare for $10.00 per day.**

Please identify what you are paying for.

Please note all after school classes and club fees are to be paid for via tuition Account:

RCANB-Special Catholic School Acct (CIBC-Palmdale) - 1126917
RCAB-Catholic Education Centre (RBC-Palmdale) - 05745-2897445

LUNCH ORDER PROCEDURE & MENU

Each morning the concessionaires will take lunch orders at the gate. Breakfast items will also be on sale. The payment options are **exact cash** or **online payments**.

There will be **no** warming of lunches. Parents are asked to provide students with a Thermos or another container to help keep lunches warm. Fast food is **NOT** permitted for students' lunch. During break time students may have **fruits, vegetables, and water.** Chips, cookies and other snacks may be eaten after lunch time.

Wednesdays are designated as **"Water Wednesdays"**. On Wednesdays students are asked to drink water **only**.

C. ISLAND KITCHEN & CATERING

Method of payment (PAY ONLINE)
RBC (Beneficiary's Account Number (057151293117) please SEND bank receipt
Mrs. King 544-1658 OR Mrs. Seymour 427-1532

SEE FULL MENU ON FOLLOWING SLIDE

Important information to parents or guardians

Please note that the menu is subject to change. A twenty-four-hour notice will be given whenever a substitution has to be made, and we do apologize for any inconvenience caused. Thank you.

ALSO, PLEASE BE ADVISED THAT IF YOU PAY FOR YOUR CHILD'S LUNCH IN ADVANCE AND THEY WILL BE ABSENT FROM SCHOOL, PLEASE CONTACT THE KITCHEN OR THE OFFICE SO THAT THEIR LUNCH WILL NOT BE SENT TO THEIR CLASSROOM. IF YOU FAIL TO CONTACT US YOU WILL FORFEIT YOUR CHILD'S LUNCH.

INFORMATION ON BANK TRANSFER
C. ISLAND KITCHEN & CATERING
Method of payments (PAY ONLINE)
RBC
Beneficiary's Account Number (057151293117)
Branch # 05715
Please SEND bank receipt when you pay for your child's lunch to Mrs. King 544-1658 & Mrs. Seymour 427-1532

DAILY BREAKFAST ITEMS
7AM - 8:20AM

STEAMED SAUSAGE ($3)
STEAMED CORN BEEF ($3)
STEAMED MACKEREL ($3)
TUNA SALAD ($3)
FRY SAUSAGE ($3)
SERVED WITH YELLOW GRITS

COMBO ($6)

PANCAKE ONLY ($3)
PANCAKE AND SAUSAGE ($4)
PANCAKE AND EGGS ($4)
PANCAKE EGGS AND SAUSAGE ($5)

HOT CHOCOLATE ($2)
HOT TEA ($2)
FRUITS.....ORANGE.....APPLE.....BANANA.....$1.00
CAN JUICE ($2)
LEMONADE ($2)
CHOCOLATE & STRAWBERRY MILK ($2)
WATER ($1)
CHIPS, BISCUIT, FRUIT SNACK ($1)
NACHOS & CHEESE ($3)
ICE CREAM & POPSICLE ($2)

C. ISLAND KITCHEN ORDERING LUNCH FORM
Account information online (RBC 05715 1293117)

CHILD'S NAME :_____

GRADE: _____

Please choose an option for lunch.
(Orders for Pizza must be placed on Mondays, because no orders will be taken on Thursday morning)

MENU 1

MONDAY
☐Spaghetti & Meat Sauce ($5)
☐Green Salad and Fish ($6)
☐Corn Dog & Drink ($5)
☐Tuna Sandwich & Drink ($5) ☐ Tuna Sandwich Only ($4)
☐Twist ($2) ☐White Rice Only ($3)

TUESDAY
☐Curry Chicken with White Rice & Corn ($5)
☐Steamed Chicken with White Rice & Corn ($5)
☐Green Salad with Fish Fingers ($6) ☐Beef Patty ($4)
☐Ham & Cheese Sandwich & Drink ($5)
☐Twist ($2)

WEDNESDAY
☐Cheeseburger Only ($5)
☐Chicken Burger Only ($5)
☐Hot Dog ($4)
☐Tuna Sandwich & Juice ($5) ☐ Twist ($2)
☐Beef Patty & Drink ($5) ☐Beef Patty ($4)

THURSDAY "Personal Pizza"
☐Cheese Pizza ($8)
☐Pepperoni Pizza ($8) ☐Turkey and Cheese Sandwich & Drink ($5)
☐Sausage Pizza ($8) ☐Twist ($2)
☐Creamy Mac Cheese with Hot Dog ($5)
☐Green Salad with Fish Fingers ($6)

FRIDAY
☐Chicken Wings & Fries ($5)
☐Green Salad with Fish Fingers ($6)
☐Hot Dog & Fries ($5) ☐ Fries Only ($4)
☐Loaded Fries with Cheese & Bacon Bits ($5)
☐Tuna Sandwich & Drink ($5)

C. ISLAND KITCHEN ORDERING LUNCH FORM
Account information online (RBC 05715 1293117)

CHILD'S NAME :_____

GRADE: _____

Please choose an option for lunch.
(Orders for Pizza must be placed by Mondays because, no orders will be taken on Thursday morning for pizza)

MENU 2

MONDAY
☐Chicken Souse with Bread Roll ($5)
☐Green Salad with Fish Fingers ($6)
☐ Corn Dog & Juice ($5) ☐White Rice Only ($3)
☐Tuna Sandwich & Drink ($5) ☐Twist ($2)
☐Hot Patty ($4)

TUESDAY
☐Steamed Ground Beef with White Rice & Glaze Carrots ($5)
☐Green Salad with Fish Fingers ($6)
☐Turkey & Cheese Sandwich & Drink ($5) ☐ Twist ($2)
☐Hot Dog & Drink ($5) ☐Beef Patty ($4)

WEDNESDAY
☐Cheeseburger Only ($5)
☐Chicken Burger Only ($5)
☐Fish Burger Only ($5)
☐Hot Dog & Juice ($5)
☐Ham & Cheese Sandwich & Juice ($5) ☐Twist $2

THURSDAY "Personal Pizza Day"
☐Cheese Pizza ($8)
☐Pepperoni Pizza ($8)
☐Sausage Pizza ($8) ☐Twist ($2)
☐Chicken Alfredo Pasta ($5) ☐Turkey and Cheese Sandwich with Juice ($5)

FRIDAY "Cracked Chicken Friday"
☐Cracked Chicken & Fries ($5)
☐Green Salad with Cracked Chicken ($6)
☐Hot Dog & Fries ($5) ☐ Tuna Sandwich & Fries ($5)
☐Loaded Fries with Cheese & Bacon Bits ($5)
☐Green Salad with Fish Fingers ($6)

SICKNESS PROTOCOLS

In order to keep the school a happy and safe working environment for students and staff. We ask that sick children remain at home. This includes days where there may be examinations taking place. These can be made up at a later date when the child can perform to the best of his or her ability.

We ask that children with the following symptoms, remain at home,

- Fever
- Cough
- Vomiting and diarrhea
- Sore throat
- Body aches or chills
- Headache headaches not related to dehydration
- Sinus congestion with mucus

A child who comes to school sick or who developed symptoms of illness during the school day will be seated safely outside the classroom and a parent or guardian will be called to collect the child.

Additionally, please be reminded that children must not come to school with medication in their bags.
If medication is required, it must be prescribed by the child's physician and have a pharmacy label with the name and the dosage written on it. This includes over-the-counter medications.

Feel free to send an email to our school nurse: latoya.boodle@cec.edu.bs

Winter Dress Code- No Jackets/ Hoodies Allowed!



OUR FACEBOOK PAGE & SCHOOL WEBSITE



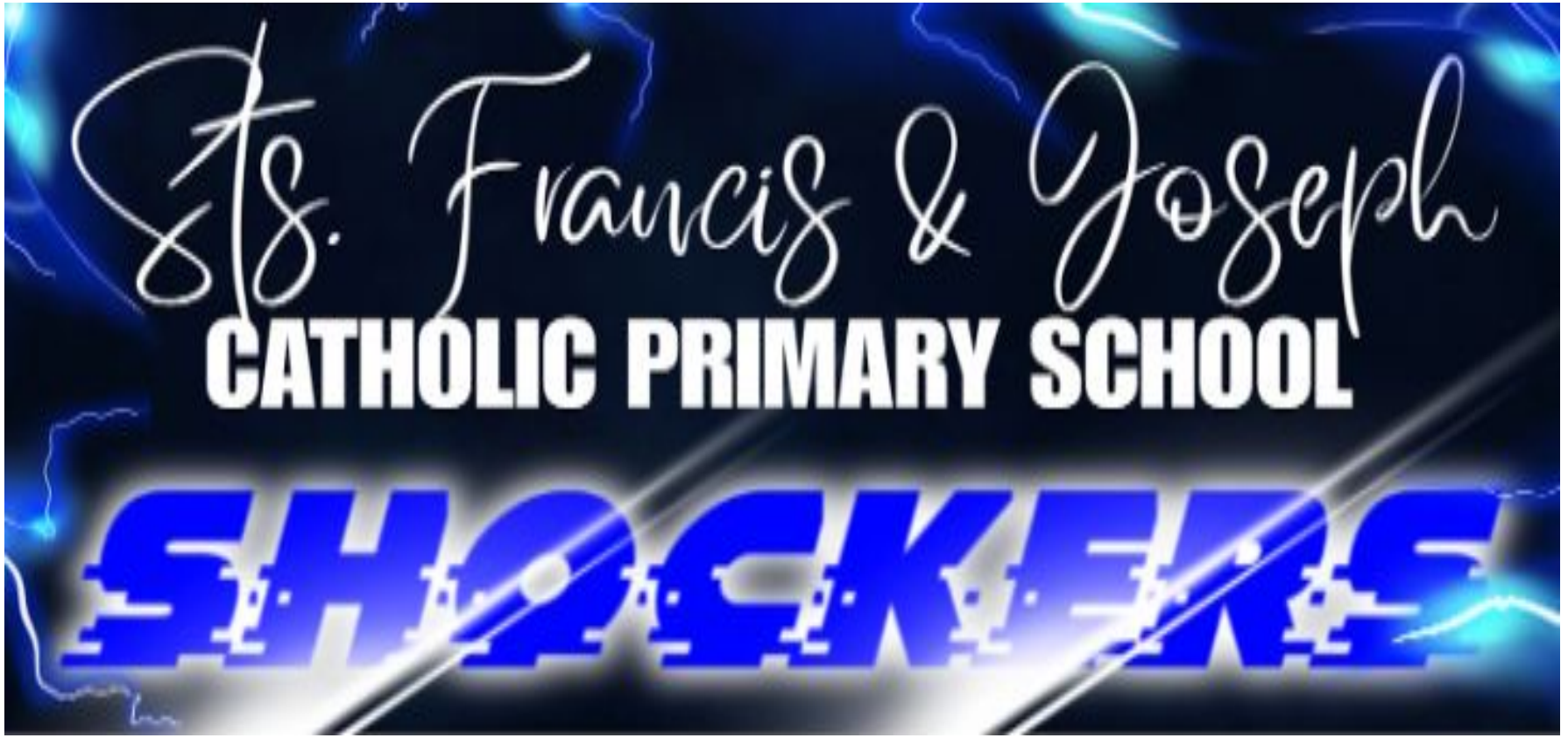
Please visit our school's website for the latest news and announcements.

http://sfj.cec.edu.bs/

Sts. Francis & Joseph Catholic Primary School

For the latest news at Shockerville click the link!

https://www.facebook.com/ShockerVille2022/


Sts. Francis & Joseph
CATHOLIC PRIMARY SCHOOL
SHOCKERS