



# Loretto Catholic Elementary School

March 2025



## School Information

Ms. L. Spadafora - Principal

Mrs. M. Kelly - Vice Principal

**Website:** <https://schools.niagaracatholic.ca/lorettocatholic/>

**Location:** [6855 Kalar Road, Niagara Falls, ON, Canada](#)

**Phone:** 905 356 4175

**Twitter:** [@LorettoFalls](#) **Instagram:** [lorettocatholicnf](#)

## Principal's Message

Our Lenten Journey

Beginning on Wednesday March 5th we will celebrate Ash Wednesday in our school gym for our liturgy and distribution of Ashes. Our journey ends on Holy Thursday April 17th. Then we have Good Friday, the Crucifixion of Jesus and the Resurrection on Sunday April 20th.

The three traditional pillars of Lent are prayer, fasting and almsgiving. Through the three pillars of Lent we journey to develop a closer relationship to God. The 40 days of Lent should be filled with reflection, service and prayer.

We pray that God will continue to guide us during this time and that as a community we can continue to embrace His love, care and devotion to us all.

As we begin to prepare and move into our Lenten season, we will be celebrating Shrove Tuesday with a pancake snack from **IHOP Fallsview**. Students will each receive pancakes as a snack which are donated by the school.



We will celebrate **Ash Wednesday on March 5th, 2025 at 10:30** in our school gym. Ashes will be distributed at school.

*The **March calendar** is located below at the end of the newsletter.*



**Thank you for the delicious pancakes**



**Thank you for your donations**

## **Communication**

Loretto Catholic is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community.

Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated. While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.

We continue to focus on "**Bee-ing part of our Loretto Catholic Hive**", we all play a role in order for our Hive to be successful. We can **Be Kind, Be Caring, Be successful, Be Nurturing, Be workers, Be Faithful...**



As we work through this year students and staff will work on the importance of Team work and how our Hive is a collective group that helps to make each one of us better and stronger spiritually, emotionally and intellectually.

## **Welcome Back**

We would like to welcome back Mr. Cullen on March 6th and thank Mrs. Costa for all her hard work with our Grade 8's.

## **Catholic School Council - Krispy Kreme Fundraiser**

Thank you to all our families who purchased our Krispy Kreme donuts fundraiser. We have raised \$3000

that will go towards Gr 8 graduation and technology.

Orders will be sent home with students on March 4th. Large orders can be picked up on March 4th after school in the Starlight chamber area.

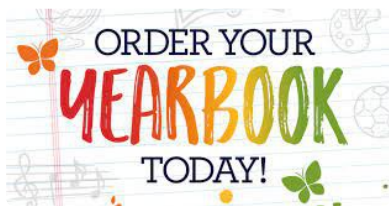


## Inclement Weather Information for families

Reminder to our families to please check the Board's Facebook, Instagram and/or Twitter accounts; local radio and news channels or on the website there will be a red banner indicating if school are closed or only bus transportation is cancelled. Most often busses are cancelled and schools remain open.

If you chose to keep your child home during this time, please use the Safe Arrivals to report the absence.

**Click the banner above in blue to link to the Board website for all the details.**



### Loretto Catholic Yearbook

Back by popular demand, is this year's yearbook!!!

We will be creating another edition of the school's most memorable moments. Yearbooks will go on sale beginning

**January 13th until March 10th.** The yearbook will be completed

with events up to May.

**This year's cost is \$24.00 through School Cash Online.**

**\*\*\*Parents, our office, teachers and through School Cash online have reached out to verify with you for the use of photos and child's name for media consent.**

**If you have not reached back to your child's teacher. Please email your teacher indicating that you give consent to have your child's (include names) photos taken and shared on school, board, local media and yearbook.**

**If you are unsure, please verify with your child's teacher.**

**Any student without consent or "No" to consent will not be included in the Yearbook and Graduation composite.**

Thank you

The Yearbook Committee

## **Parking Lot Safety**

Just wanted to take a moment to thank all our families who are following the **Kiss'n Ride process both before and after school.**

**We are asking parents to only use the front area designated as a Kiss'n 'Ride- to not park and leave your car or exit your car in this area. Student(s) exit the car only with their belongings and cross with the supervisor to the school property.**

**We also ask that parents do not park in front of the stop signs along the exit path as this blocks traffic and flow and the entry of the afternoon busses.**

**Parents/Guardians we ask that you not block the entrance way at the end of the day as the busses are struggling to get into our parking lot or to have to try and maneuver around cars.**

We have supervision staff who are helping students so they can walk to their entrances both at the front and back of the school **before 8:45 a.m.** Once the bell goes, students must enter through the front doors.

We ask that cars proceed **slowly** as we have had a few very close calls with students. Cars need to **STOP** and check that the crosswalk is clear where students and families are walking to cross.

Should parents want to park- then please use the side entrance at the KSD side and enter through the back gates after 8:35.

**Families are asked not to park on the side of Loretto Catholic where the gate and portables are at any time as this is an Emergency Lane, as well we have been asked not to use the Avondale Parking lot as a pick up zone.**

**Your support and assistance in ensuring our students' safety are very important to all of us.**

## **Playground Safety**

Parents, we have noticed lots of excessive physical play during our outdoor and after school times. Often, it is a simple misunderstanding or because feelings were hurt. Students are saying very unkind words over a loss of a game or showing poor sportsmanship. We are asking for your support as we continue to work with our students on being kind to each other, walking away, going to a teacher for help, asking the other student to stop. These are some of strategies we are using. Our students can communicate their feelings afterward and are always remorseful and willing to work through to a solution and restore the relationship. We will continue to develop and work on students regulating their emotions with the Zones of Regulations.

We thank you in advance for addressing this at home as a family as well.

## **Balance Day schedule**

A Balanced School Day is a modified elementary school schedule designed to enhance learning, foster healthy habits, and encourage daily physical activity.

**A typical Monday to Friday Balanced School Day at Loretto Catholic would be:**

- 845- 8:55 a.m. -Bell rings/Announcements & Attendance
- 8:55–10:55 a.m. – 120 instructional minutes
- 10:55-11:35 a.m. – 40 minutes nutrition break (20 mins eating/20 mins physical activity break)
- 11:35-12:55 p.m. – 80 instructional minutes
- 12:55–1:35 p.m. – 40 minutes nutrition/physical activity break
- 1:35–2:55 p.m. – 80 instructional minutes
- 2:55-3:05 p.m. - Prayers/Announcements & Dismissal

Thank you for your attention to this matter.

## **Brrrr...its cold outside!**

Colder weather is here again! Please ensure that your child comes to school prepared to participate in all activities, especially outdoor recess. All children should have hats, scarves, gloves, warm coats and boots, labeled with their names. As well as having indoor shoes to change into.

In colder weather we often receive requests to allow children to remain indoors when students have a cold, flu, etc. Please note that we cannot comply, as we have neither the facilities, nor the staff to supervise these students. If you feel your child is not well enough to go outside, it would be best for you to keep your child home. Health officials indicate that fresh air is beneficial, as long as students are dressed appropriately. On extremely cold days, we limit the amount of time that students spend out of doors. We obtain our weather information from the Environment Canada Weather Information Line and follow Board guidelines. With the exception of these occasions, it is our expectation that all children will go out for recess.

## **Winter Playground**

Parents should be advised that going out for recess during the winter season will be a rule rather than an exception. In extreme weather cases, children will remain indoors. With the number of students at our school, it is imperative that we all emphasize the dangers of throwing snow in any form.

Please make sure your children are aware of the possible dangers of throwing snow at school. No one wants anyone seriously hurt. Your cooperation in this matter is greatly appreciated.

The following playground rules are in effect for the winter season: No throwing of snowballs, no kicking or throwing snow or snowing other students. We are also mindful that we share our playground and therefore our creations may be used, altered or may melt. The snow belongs to us all.

## **Big Bear Spirit Wear**

Families are able to purchase Spirit Wear through Big Bear Spiritwear - **please visit the website by clicking on the banner above with their name.**

Our new **FRESH** Loretto Catholic Logo for our Spirit Wear.

Students may continue to wear existing spirit wear. Just a reminder that Spirit Wear T-shirts are not part of the daily dress code as collar shirts must be worn.

Please see the items below that are available throughout the year to purchase.

**\*\*To order- Link to Big Bear website- click schools- click Niagara Falls - click on Loretto Catholic**

School dress code is in effect. Collared shirt is either blue or white- no logos. Pants, skirts, shorts are blue. Denim is dark denim and in good repair, not faded or with holes.

All sweaters are blue unless they are Loretto Catholic Spirit wear which are blue and/or grey and have our school logo on it.

**Grad hoodies are reserved for our students in Grade 8 only. As well s St. Michael's current spirit wear on Wednesdays.**

In the **winter months students**, please have students layer and wear **blue dress code sweaters**.

**Please be mindful that running shoes are necessary for gym classes and for outside play.**

Thank you for your continued support.

## LORETTO LYNX 2023 SPIRITWEAR

**Gildan DryBlend 9.4 oz. 50/50 Jersey Polo**

Embroidered with Loretto Lynx Logo on Left Chest

Youth #8800B \$18.79  
Adult #8800 \$20.49

Available Colours: Navy & White

**Core 365 Dri-Fit 100% Polyester Polo Shirt**

Youth #88181Y Ladies' #78181 Adult #88181

\$27.50

Available Colours: Navy & White

**50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.**

Printed with Full-Size Loretto Lynx Logo on Front

Youth #18500B \$32.49  
Adult #18500 \$33.95

Available Colours: Navy & Dark Heather

**50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.**

Full-Size Embroidery & Appliqué Decoration on Front

Youth #18500B \$36.95  
Adult #18500 \$38.49

Available Colours: Navy and Dark Heather

**Dynamic Heather 2-Tone Lightweight Polyester Hoodie**

Printed with Full-Size Loretto Lynx Logo on Front

Youth #Y2047 \$64.95  
Adult #F2047 \$64.95

Available Colour: Charcoal Dynamic Heather/True Navy

**50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.**

Embroidered with Loretto Lynx Logo on Left Chest

Youth #18600B \$38.95  
Adult #18600 \$42.49

Available Colours: Navy and Dark Heather

**ATC™ Mid Profile Twill Ball Cap Embroidered with Loretto Lynx Logo Front**

100% cotton twill 6-panel Adjustable hook and loop closure

Youth Size Adjustable #Y130 \$14.49  
Adult Size Adjustable #C130 \$14.95

Coal Grey Navy

**Acrylic 12" Pom Pom Toque**

Embroidered with Loretto Lynx Logo on Front

#SP15 One Size \$14.50

Dark Heather/Navy

**Acrylic Beanie-Style Winter Toque**

Embroidered with Loretto Lynx Logo on Front

One Size #102 \$12.95 + tax

Charcoal Grey Navy

Tax is NOT included in the Prices shown.

Order On-Line at [www.bigbearspiritwear.com](http://www.bigbearspiritwear.com)  
No Refunds or Exchanges on Decorated or Customized Products  
Sizing Charts available at each product online | Delivery to your School option available



6182 Dixon Street  
Niagara Falls, Ontario, L2G 2L6  
Ph: 905-357-7132  
[www.bigbearspiritwear.com](http://www.bigbearspiritwear.com)

# NIAGARA CATHOLIC Standardized Elementary Dress Code

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

## OUR DRESS CODE COLOURS

### Tops

At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



### Bottoms

At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



### Shoes

For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

Nurturing Souls & Building Minds

## Electronics

The Electronic communication Systems Policy states that cell phones or smart phones, tablets, laptops, audio or video recording devices are eligible for use by students in all Niagara Catholic Elementary schools (Grades 6-8) **as approved only by staff for instructional or co-instructional purposes**. The expectation is that students will use NCDSB's electronic communication systems for educational purposes, to enhance learning through responsible access to global information and communication. Students who carry cell phones when travelling to and from school, for safety reasons, are reminded they are not allowed to use their cell phones to call or text home once they are on school property or during the school day/recess/lunch.

All cell phone must **remain off/silent** and **put away** during the school day unless noted by the school staff.

Students are asked to use the school student phone located in the office if they need to call home or are not feeling well.

We thank you in advance for your support in ensuring students stay safe from social media during the school day.

School Cash online

Payment for School Activities- School Cash Online

Parents/Guardians are asked to sign up for our convenient payment program - SCHOOLCASHONLINE. This is an excellent way to pay for student activities/lunches without sending in money to school.

To register, please go to:



### **SchoolCashOnline.com: Welcome**

Why Use SchoolCash Online? Convenient Make secure payments 24/7 from the comfort of your home Easy To Use Online shopping with various payment methods Safe Your child won't be carrying cash or checks to and from school Saves Time Manage your school expenses and view payment history in one place

[schoolcashionline.com](http://schoolcashionline.com)

### **Lynx Water Bottles**

We will continue to sell our Loretto Lynx 24- ounce reusable Sports Water bottles with our Loretto Lynx logo on it as well as a spot to write your child's name on it. Water bottles are BPA-free sports bottles that are made with a polyethylene (PET) material that's phthalate-free, non-toxic and lead-free. It features a twist-on lid with push/pull drinking spout. Its translucent bottle colour matches its lid color. Bottles can be purchased through School **Cash Online for \$8.00 each or 2 for \$14.00. We will begin selling as of mid September until late May.**



### **Reusable Water Bottles & Utensils**

Please ensure that your child comes to school each day with a reusable water bottle. This will not only help keep our children hydrated but will also help our environment. We ask that if your child needs a fork or spoon to eat their snacks or lunch that you please place one in their lunch pails.

### **Niagara Nutrition Partners**

Thank you to our Niagara Nutrition Partners for all their support this year. Each class has a bin and tongs filled with delicious and nutritious food items such as yogurt tubes, fruits, fruit bars, and individually baked goods. These items vary from day to day. All students are welcome to pick a snack to compliment their own snacks.



We also want to thank our families for donating to this great cause so we can continue to sustain and help maintain it throughout the year.

**Please continue to help by donating through School Cash Online.**



### NEW Quit Vaping Program for Youth

The Centre for Addiction and Mental Health (CAMH) is excited to launch [Youth-Vaping, Substance use, and Technology \(VAST\)](#). Youth-VAST is a program for youth in Ontario who are using vaping, substances, or feel like technology is taking up too much of their time. This program brings together existing and new resources across CAMH to deliver virtual services directly to youth and their family.

- Program offered for youth ages 12-21 years.
- Appointments are offered virtually for youth all over Ontario
- Youth will be assigned a care coordinator to create a customized treatment plan
- Individuals can self-refer directly into this program, no physician referral required.



To refer, visit [Youth-VAST](#) to book an appointment or email [youth.vast@camh.ca](mailto:youth.vast@camh.ca) for more information.

### World Sleep Day – March 14<sup>th</sup>

Sleep is important for physical and mental health, yet many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.



How much sleep does my child/youth need?

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AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

**Here are a few tips to consider that may help youth sleep better:**

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.

- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca - healthy sleep](http://caringforkids.ca - healthy sleep)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

## Nutrition Month 2025

March is [Nutrition Month!](#) This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit [unlockfood.ca](http://unlockfood.ca) for recipes, food allergies, [menu planners](#), and to find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

### Items Left At School

We know it is the season when we have many student belongings at school like hats, mittens, sweaters, coats, indoor/outdoor shoes and boots at school. Often items are not labelled and it is hard to know who they belong to. We do have a lost and found for students to check in the vestibule in the main entrance to the school. Unfortunately, should items go missing and/or are lost when students have left them at school a reminder that we, the school, are not responsible for any lost items or items left at the school. We will do our best to help our students find their items. We ask that items are all labelled as many items are similar or from the same stores.

### Toys at School

We remind all our students and parents that although toys are fun to play with during recess times, it is difficult to keep track of whose toys belong to whom. Often students bring and play with their toys during class time. We ask that you please consider not sending toys or labelling the toys and speaking to your child about when is an appropriate time to use them.

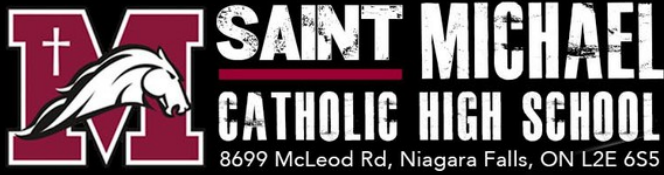
Although students are encouraged **not to trade** playing cards of any kind i.e. Pokémon, we are not responsible for traded, lost or misplaced cards.

Thank you for your support

### Pets on School Property

Parents, we kindly ask that your pets do not come on to school property at arrival and dismissal. Many of our areas are already congested with families at pick up and some of our families and students are a little uncomfortable.

We appreciate your support.



- MIND
- BODY
- SPIRIT

*We are a proud member of the Saint Michael Highschool Family of Schools*



## Loretto Catholic Elementary School

*Climbing Mountains Together In Faith*

**March 2025**



lorettocatholicnf



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SAFE ARRIVAL</b> Student Absent Reporting before 9:00 a.m. of the current day Please call 1-844-287-6287 or visit go.schoolmessenger.ca		<b>Spring Begins</b> March 20th	<b>Donations for our clubs/crafts:</b> <ul style="list-style-type: none"> <li>Cleaned, label less large soup cans (600-800 mL) for crafts.</li> <li>Gently used Lego</li> <li>New balls of Yarn—any colour</li> </ul>			1 Mass 5:00 pm St. Thomas More 
2 Mass- 9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	3 Day 3 	4 Day 4 <b>Krispy Kreme Pick up—</b> until 5:00 p.m. Starlight Chamber  <b>Shrove Tuesday</b>	5 Day 5 <b>Ash Wednesday</b> Liturgy 9:30 in our Gym by Gr 7's	6 Day 1 <b>Reconciliation</b> Gr. 3-8 @ Loretto	7 Day 2 <b>April Food Orders Open</b> <b>Be part of our Hive—wear black and yellow</b> Out of Dress Code	8 Mass 5:00 pm St. Thomas More <b>International Women's Day</b> 
9 	10	11	12	13	14	15 Mass 5:00 pm St. Thomas More 
<b>MARCH BREAK</b>						
16 Mass- 9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	17 Day 3 <b>Out of Dress Code</b> <b>Wear Green for St. Patrick's Day</b>	18 Day 4	19 Day 5 <b>Chaplaincy Visit</b>	20 Day 1 <b>Ice Dogs Game @ 7:00 pm</b> <b>VEX Skills Event</b> St. Michael NOTL	21 Day 2 <b>World Down Syndrome Day—Wear Colourful Socks in Dress Code</b> <b>Earth Hour</b>	22 Mass 5:00 pm St. Thomas More 
23 Mass- 9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	24 Day 3	25 Day 4 <b>Grad Photos</b>	26 Day 5 <b>Epilepsy Awareness Day</b> Purple Shirt Dress Code Bottoms	27 Day 1 <b>Niagara Foundation for Catholic Education Gala</b>	28 Day 2 <b>April Food Day Closes</b>	29 Mass 5:00 pm St. Thomas More 
30 Mass- 9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	31 Day 3 <b>National Indigenous Languages Day</b>	<b>April 1</b> Day 4 <b>Project Share</b> <b>Easter Food Drive Begins</b> April 1-15	2 Day 5 	3 Day 1 <b>Grade 7 Vaccinations</b>	4 Day 2 <b>PA Day</b>	5 Mass 5:00 pm St. Thomas More 

Loretto Catholic Elementary School is proud to be a part of the St. Michael Catholic Family of Schools



Ms. Spadafora