



Mary Ward Catholic School

November 2024

School Information

Principal: Mr. A. Cardamone **Superintendent of Education:** Mr. D. Massi

Parish: Our Lady of the Scapular Church

Pastor: Fr. Gregory Schmidt **Associate Pastor:** Fr. Ronnie Tagnines

Website: <https://schools.niagaracatholic.ca/maryward/>

Location: 2999 Dorchester Road Niagara Falls, ON L2J 2Z9

Phone: 905-354-9221

Principal's Message

November begins with a double feast in remembrance of those who have died – All Saints Day and All Souls Day. On November 1st, we celebrate the Feast of All Saints. On this day, we remember the holy men and women who worked very hard to show the world how great God's love is. On November 2nd, All Souls Day, it is time to think about all those who have died and have gone to heaven ahead of us.

Additionally, November is a period of reflection and recognition for our Indigenous communities. Treaty Recognition Week, observed from November 4th to November 8th, provides an opportunity to learn about and acknowledge the treaties and agreements that shape our nation. On November 7th, we celebrate International Inuit Day, honouring the rich culture, heritage, and contributions of the Inuit people. On November 8th, we mark Indigenous Veterans Day, showing our gratitude and respect for the Indigenous individuals who have served in the First and Second World Wars.

Finally, on November 11th we commemorate Remembrance Day, to acknowledge the courage and sacrifices of those who fought and continue to fight for peace. Let us not forget.

During the month of November, we also must take the time to reflect on our freedom and democracy in our great country, Canada. November is a time to reflect on the sacrifices of men, women and children and the many lives that were lost in times of war. We need to take action for our freedom. Our action needs to develop our ability to see the positive in people and situations. We should seek out and help others in need and work together toward peaceful projects. We can use our words and our actions to inspire others to act more justly and together we can become witnesses of peace!

As partners in Catholic Education, let us actively encourage your children, our students to search for peaceful solutions to problems. Let us model for them our active and observable commitment to settling things without aggression. Let us help them learn that it is possible and very important for nations of the world to work collaboratively to find peaceful solutions.

Mr. A. Cardamone
Principal

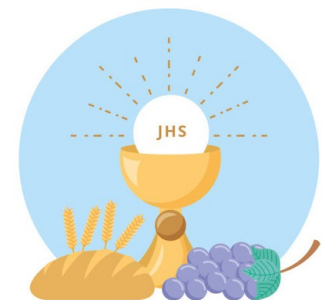
Monthly Reflection

What does it mean when we “follow” someone on social media? When we do this we are saying we want to know more about them, to see how they live, how they act, what they say. But what we see on social media isn't always reality. It's often hidden behind filters, edits, and multiple takes. What if instead of “following” in this way, we choose to follow someone who only shows us what is real and what is true? Jesus is calling us to follow Him, to live our lives according to the Gospel and to share His love with those around us. So the question is, who will you choose to follow today?



Family Monthly Masses - New Initiative

Join us for our monthly mass at Our Lady of the Scapular Parish. Each month, two classes and our Faith In Action Team are invited to mass to deepen our faith and strengthen our triad connection - school, parish and home. This month, Mr. Molnar's class, Mrs. Marrie's class, and our FIAT team are invited to mass on Sunday, November 24th at 9:30 a.m. Thank you for your consideration.



Jon Hansen Family Engagement Night

We are excited to invite Mary Ward families to "Unleash Your Greatness" with Jon Hansen on **Tuesday, November 26, 2024 at 6:00 pm**. This event will take place at Mary Ward.

Jon Hansen is an inspirational teacher, coach, and educator who has amassed over 1.3 million followers on TikTok and has been featured on CBC News, Radio, and other media outlets around Canada. His videos have been viewed more than 250 MILLION times to a worldwide audience. He is best known for his inspirational messages and videos that help students of all ages live their best lives.

We invite you to explore Jon Hansen's engaging speaking topics designed to empower students while also providing valuable insights for parents. This presentation equips youth and parents alike with practical tools and strategies to rediscover their true potential and thrive in today's world.

In this powerful talk, Jon shares his journey from being a down-and-out student to a confident speaker and social media influencer, equipping students of all ages with techniques to reframe limiting thoughts and embrace a growth mindset. By harnessing the power of positive self-talk and breaking free from the pitfalls of comparison, individuals will leave inspired and armed with practical tools to rediscover and unleash their true potential.

For more information, please visit www.jonhansenspeaks.com

Please save the date as this is an event that you don't want to miss.

Mary Ward Christmas Bazaar and Breakfast With Santa

Join us **Saturday, December 7, 2024** for the Mary Ward Breakfast with Santa and Christmas Bazaar.

We will be offering three separate seating times to accommodate all families. Seating times will take place at 9:30 am, 11:00 am and 12:30 pm. There will only be 96 seats available for each seating, so book your breakfast tickets early.

Breakfast will include pancakes and bacon with milk or coffee.

Tickets are \$7.50 each and can be purchased through School Cash Online. Santa will be joining us and photo opportunities will be made available.

Christmas shopping will be available through our many vendors at our Christmas Bazaar. Various vendors such as Norwex, Epicure, Portage Bakery, Sofia's Garden, The Sweet Guy, The Magical Dream Journey, Thirty One Totes, Fifth Avenue Jewelry and many more will be joining us.

The bazaar will be open to all!!! Hope to see you there.

Progress Reports

During **the week of November 11**, your child's/children's Progress Report will be available in the NCDSB Parent Portal. The Elementary Progress Report is designed to show a student's development of the Learning Skills and Work Habits, as well as the student's general progress in working towards achievement of the overall curriculum expectations for each subject/strand by the end of the grade.



You can access the NCDSB Parent Portal for Mary Ward
<https://connect.edsembli.com/ON/NCDSB/mward120/Portal/viewer/login/login.aspx?logintype=P>



Parent-Teacher-Student Conferences

Mary Ward will host its Parent-Teacher Conference evening on **Wednesday, November 20 from 4:00-7:00 PM**. Families will be able to schedule an appointment to meet with their child's teachers to discuss progress through Term 1 goals.

To book a time to meet with your child's teacher, please click on the following:
<https://mwnf.schoolappointments.com/>

To register your family, please complete the following steps:

1. Click "Register"
2. Complete Parent/Guardian information and then "Register Now"
3. Click "Add a Student"; input student First and Last name; and click "Insert"
4. To book appointments, click on your child's name OR the calendar icon
5. Select your child's teacher and click "view calendars"
6. Choose 1 time slot. Please keep in mind that you may require transition time between teacher conferences.

If a teacher does not have availability at a time that is convenient for you, please contact them at the school to arrange an alternate time for a meeting.

Remembrance Day

Students in Kindergarten thru Grade 7 at Mary Ward Catholic School will be commemorating Remembrance Day on November 11 with a school service at 10:45 am.

Students in Grade 8 will attend the annual City of Niagara Falls Remembrance Day Service at Fairview Cemetery. This is always an inspiration to the veterans who are present. Bus will depart Mary Ward at 10:15 a.m. and return following the ceremony.



Poppies will be provided for all students. Families are welcome to join us.

Bullying Prevention & Awareness Week

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment. During Bullying Awareness and Prevention Week – November 18-22, 2024 – Ontario students, school staff and parents are encouraged to learn more about bullying and its effect on student learning and well-being. Stay tuned for more specific information for Mary Ward activities.

Eco-School News

Waste Free Lunch Wednesday

To continue with our ECO initiatives, we will promote Waste-Free Wednesday lunches throughout November. A waste-free lunch is one that contains reusable containers to pack your child's lunch and snacks. Although participation is optional, when we pack a waste-free lunch, we are helping the earth by reducing the use of plastic bags, wrappers and minimizing the amount of garbage. Thank you for your continued support of our ECO-initiatives!

Buy Nothing Day: November 22nd

What is Buy Nothing Day? Buy Nothing Day takes place on Friday November 22th, it's a 24 hour detox from consumerism and an opportunity for you to tune into the impact we have on the environment through shopping. People around the world will make a pact with themselves to take a break from consumption as a personal experiment or public statement, and the best thing is - IT'S FREE!!

Lights Out Lunch Friday

Each class is encouraged to turn off the lights during lunch only if it is safe to do so. Let's help conserve energy!

enter

Arrival to School / Bell Time 8:35 a.m.

One of the challenges that we experience at Mary Ward is the number of students who consistently arrive after the morning bell. Our bell rings at 8:35 a.m. Classroom teachers are prepared to begin at this time however, experience many disruptions with students entering the class.

We would like to remind everyone of the importance of arriving at school on time. Being punctual helps students start their day positively, fosters a sense of responsibility, and allows them to fully engage in their learning.

When students arrive late, they may miss important instructions and disrupt the classroom environment.

We appreciate your support in ensuring that all students arrive promptly each day.

Thank you for your cooperation.

Picture Retake Day

Lifetouch will be on site to conduct 'Picture Retakes' on Tuesday, November 12, 2024. Students who request a retake or who were absent on the original picture day, will be called down to the library throughout the day.



Yearbook Orders

Yearbook Pre-Orders - As the 2024-2025 school year progresses, the memories created throughout the year will be celebrated and remembered in the Mary Ward Catholic School yearbook.

This wonderful keepsake is available to all students to pre-order and purchase via School Cash Online.

The yearbook, with coloured photos, will showcase the students in class composites and participating in theme days that have occurred throughout the school year.

It will be completed and delivered during the first week of school in September 2025 to each student who has pre-ordered and purchased one.

The cost of the yearbook is \$20.00. All yearbook orders and payments are due by May 23, 2025.

Please make payments via School Cash Online.



Indigenous Days of Significance in November

Treaty Recognition Week November 3-9

Treaties Recognition Week helps us learn about treaties from diverse Indigenous perspectives and encourages a greater understanding of the importance of treaties in Ontario. Treaties negotiated in Ontario over the past 250 years are the foundation of the relationship between governments and Indigenous peoples. They represent a mutual commitment to building a prosperous future for everyone. Historical treaties are important to the ongoing relationship between the Crown and First Nations and are still relevant today.

International Inuit Day November 7th

International Inuit Day, celebrated annually on November 7, is a day dedicated to recognizing and honouring the rich culture, history, and contributions of Inuit peoples around the world. This day serves as an opportunity to raise awareness about the unique challenges faced by Inuit communities and to celebrate their resilience and strength. It is a time to acknowledge the importance of preserving Inuit languages, traditions, and knowledge systems while promoting respect and understanding for their way of life. By coming together on this day, we reaffirm our commitment to supporting Inuit peoples and their rights, to celebrate the richness and resilience of diverse Inuit cultures. It is important to acknowledge the resilience of the Inuit and how strength and adaptability have been a part of Inuit ways of knowing, being and doing.

Indigenous Veterans Day November 8th

November 8th is National Indigenous Veterans Day, a day dedicated to remembering and honouring the contributions of Indigenous veterans. National Indigenous Veterans Day began in Winnipeg in 1994 when Indigenous veterans were not recognized in Remembrance Day activities and is now observed in many communities across Canada. Over 12,000 Indigenous people are estimated to have served in all three wars, including 7,000 First Nations members, and approximately 300 died during these conflicts. We take time today to express our deep gratitude for the sacrifices and contributions Indigenous veterans have made to Canada and the world.

Louis Riel Day (Ontario) November 16th

Louis Riel Day is held every year on November 16 in Ontario. November 16th is the anniversary of Riel's execution in 1885. During that year, Riel led Métis people in the Northwest Resistance, which was a stand against the Government of Canada because it was encroaching on Métis rights and

our way-of-life. The Métis were defeated at the siege of Batoche and the Canadian government captured Riel. He was eventually put on trial where he was convicted of treason and executed. As a result, Métis people across Canada were labeled as traitors and for generations many felt the need to hide their Métis culture and heritage. Despite this oppression, many Métis people found a way to preserve their way-of-life and passed it on to current generations.

National Child's Day

This November 20, 2024, marks the 35th Anniversary for National Child Day!

This year's theme, #8MillionEmpowered, highlights our collective goal to empower all 8 million kids in Canada by defending their rights and ensuring they have the support to thrive. Children and youth are not merely future dreamers, but present-day innovators, leaders and changemakers. They are setting the stage for a brighter, more inclusive Canada with compassion, courage and conviction. Empowered young people can make a difference *now*, not just someday.

National Child Day is a time to honour Canada's commitment to children's rights, as part of the global World Children's Day movement.

The United Nations adopted the [United Nations Convention on the Rights of the Child](#) (CRC) on November 20, 1989. Canada joined in 1991, making a commitment to ensure that all children are treated with dignity and respect and have every opportunity to reach their full potential. This commitment includes:

- Providing children opportunities to have a voice (speak out and be heard)
- Protecting children from harm
- Ensuring children's basic needs are met

Grade 8 Saint Paul High School Open House

All Grade 8 students and families are invited to an in-person Open House at Saint Paul Catholic High School on Thursday, November 21, 2024 at 6:30 pm. Please stop by to see all the wonderful things that Saint Paul has to offer our Mary Ward Tigers.



Alternate Lunch Days

Alternate lunch days will continue for the students to enjoy! There will be 2 alternate lunch days in November.

November, 8, 2024 - Substantial Subs

November, 19, 2024 - Carmine's Pizza Day

Please order via School Cash Online.

Project Plaid Recognition Day - Thursday, November 28, 2024

Plaid Shirt Day is on Friday, November 29, 2024 however, will be recognized at Mary Ward School on Thursday, November 28, 2024.



This day, we encourage you to:

- 1) Wear PLAID (you are gonna look so good)
- 2) TALK & SHARE about Mental Health, In-Person, Text/Email, or on Social.
- 3) Donate to the Campaign - donations are to be sent directly to Pathstone Mental Health, with cheques payable to: The Pathstone Foundation

Thank you for your consideration.

Emergency Medical Protocols

At Mary Ward Catholic Elementary School, we work cooperatively with families in order to provide a safe, inclusive, and healthy educational environment for all students. We recognize that students who are at risk because of medical concerns such as allergic reactions, Diabetes, Epilepsy, intolerances, asthma and/or seizures require an intervention plan for their needs to be met and to reach their fullest potential at school.

If your child requires a specific plan of care, please contact the school at your earliest convenience so we can ensure his or her safety during the school day.

Dental Screening

Niagara Region Public Health Dental Program will be at our school to provide FREE dental screenings to grades JK, SK, 2, 4, and 7 on November 20th & 21st, 2024. The screening may allow your child to qualify for [Healthy Smiles Ontario](#) and/or [preventive services](#).

If your child(ren) is not in one of the selected grades and you would like them to participate, please complete the [School Dental Screening Opt-In Form](#).

Dental screenings consist of a quick look in the mouth using a sterilized dental mirror for each child.

- This screening does not replace your child's regular visits with a dental professional
- You will be notified by letter of the screening results

IMPORTANT: Please contact us **EACH school year** if you **DO NOT** want your child(ren) to participate in the dental screening by completing our [online School Dental Screening Opt-Out Form](#).

To speak to a public health dental professional, call 905-688-8248 or 1-888-505-6074 ext. 7962 or [live chat](#) with the Dental Team.

Niagara Region Public Health

HEAD LICE

Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes,

hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health's new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don't start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes

In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver Let's Talk About Vaping resource visit: www.notanexperiment.ca/parents

EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child's EpiPen® Auto-Injectors are up to date (not expired).

Check out [Food Allergy Canada - elementary school](#) for some great tips and [resources!](#)

PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON

Infections like COVID-19, flu and RSV increase in the fall and winter months.

While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on [our website](#) or [check out our downloadable resource.](#)



Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

niagararegion.ca/parents
 905-684-7555
or 1-888-505-6074 ext. 7555

parents@niagararegion.ca

Niagara Parents

[niagaraparents](#)

Niagara Region

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support
- Links to services within the community

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.

Mary Ward Spirit Wear

Maddalena Uniforms, a board-approved supplier for spirit wear items is supplying Mary Ward Elementary School's Spirit Wear. They offer a wide range of dress-code approved items through their online store at: <https://www.maddalena-uniforms.com/>



All purchases will be delivered to Mary Ward School.

Please label all clothing items that come to school so that we can return all misplaced items to the correct person.



Mr. A. Cardamone

Principal

