

St. Denis Catholic School

March 2025



Address

175 Carlton St.
St. Catharines, ON
L2R 1S1

Principal

Mrs. Victoria Wegelin

Phone/Fax/Email

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St. Denis Bell Times



School Begins 9:10 a.m.
First Break 11:20 a.m. -12:00 p.m.
Second Break 1:20 p.m. -2:00 p.m.
Dismissal 3:30 p.m.

Principal's Message



The Worship as we Journey Through Lent

Throughout the month of March we will focus on growing in our worship of God as we journey through the season of Lent. Lent is a time many of us give up things like chocolate or television. While these endeavours are certainly noble, this is not what the season of Lent is truly about. It is about reflecting upon the great gift that Jesus gave us when He willingly gave His life for

the forgiveness of our sins. He gave up something He couldn't take back! During Lent when we give up something it should be for the same reason Jesus did, out of love. While giving up television is certainly a difficult thing for many of us, and it can be considered a sacrifice of pleasure, it is what we do with that extra time away from the television that is important. By giving up television how are we showing God we appreciate His love, the gift of Jesus' sacrifice? Are we using that time to volunteer, spend time with our family, or go to daily mass? That is how we show God how much we appreciate the gift He gave us, by giving it to others. As we continue our Lenten journey may we always be mindful of God's gift to us and the ways that we can share that love with others.

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Finally, I would like to thank the Niagara Catholic District School Board for installing a new score clock in our gymnasium. This will certainly add some fun to keeping score in gym class and help with our tournaments that are held at our school.

God bless,
Mrs. V. Wegelin
Principal

The Worship as we Journey Through Lent Prayer



Jesus, as we begin this Holy Season of Lent, we ask You to be with us always. May we walk with You and Follow Your way of love. Help us to pick up the Crosses in our life and Journey toward new life in You. May we be people of prayer in all things. Help us to share what we have with others. May we turn away from selfishness toward the light of Your love. Amen

Called By Name: Hear My Voice 2025

"But Mary treasured all these words and pondered them in her heart." (Luke 2:19)

Throughout her life, Mary reflected on the words of Jesus, pondering them in her heart. Mary's heart was and is full of love for Jesus. The words that He spoke to her were not passing things, quickly forgotten. They were opportunities for her to marvel at the



Son of God. Mary's example invites us to make time to reflect on the words of Jesus. A simple way of doing this is by praying the rosary. In the rosary, Mary takes us by the hand and leads us closer to Jesus. We learn about the heart of Jesus through the heart of Mary, who pondered His words in her heart.

[March 2025 Calendar - Click Here](#)

[Niagara Public Health Newsletter March 2025](#)

Monthly Award Winners-February 2025

Every month our teachers recognize a student in their class who has demonstrated excellence in a particular area based on one of the eight Catholic Graduate Expectations. These expectations are; A discerning believer, an effective communicator, a reflective, creative and holistic learner, a collaborative contributor, a caring family member and a responsible citizen. Congratulations to this month's recipients listed below.



Mrs. Lee's Class - **Jack E. and Koa S.**
Ms. Schenck's Class - **Scarlett D. and Sophie K.**
Ms. D'Ettores's Class - **Telvin T.**
Ms. Konieczny's Class - **Grace D.**
Mrs. Foster's Class - **Michael I.O. and Eris W.**
Mr. Biamonte's Class - **Christabel A.**
Mrs. Jackson's Class - **Calvin M.**
Mr. Sutton PTM - **Nolan W.**
Mr. Hasting's Class - **Ignatius I.**
Mrs. La Valle's Class - **Kiyonna D.**
Mr. O'Connor's Class - **Anna P.**
Miss MacSporrans's Class - **Nailah M. and Abbigale B.**
Mr. Riddell's Class - **Pathrose A.**
Mrs. Zanon- **Sofia Q.**
Mrs. Bonin's French Class JR - **Ryza Fe E.**
Mrs. Bonin's French Class INT - **Greydania P.S.**
Mrs. Biletski MUSIC - **Lincoln M.**
Mrs. Wegelin - Principal's Award - **Oyin O.**

Congratulations to all winners! You are amazing!

The Meaning of Ashes/Ashes a Call to Penance

[The Meaning of Ashes](#)



History: The custom of placing ashes on the heads of the faithful on the Wednesday before the First Sunday of Lent dates back to the fourth century. At that time, public sinners would come to the Church to have ashes placed on their heads by the Bishop and to return to full union with the community of God's people. By the Middle Ages it had become a custom for all the faithful, from kings to paupers, sometimes barefooted, to come on Ash Wednesday to receive the blessed ashes as a sign that they wished to change their way of life, do penance and strengthen their commitment to Christ during the Lenten season.

Ashes as a Call to Penance

Like the Christians of old, ashes remind us that to renew our hearts and change our way of life, we must do penance. Penance is anything that helps us to turn to God. Penance is not just doing something hard. It may be prayer, celebrating Mass, doing acts of love for our brothers and sisters, helping our mothers and fathers and using our talents as best we can. These are practical penances, especially for children.

Rejoice always, play without ceasing, thank in all circumstances.

For this is the will of God in Christ Jesus for you– 1Thess. 5:17

Lent-A Time for Giving! Fundraiser for St. Vincent de Paul Society



During **Lent** we are called on to perform acts of kindness towards those less fortunate.

Almsgiving is defined as donating money or goods to the poor and performing other acts of charity. The Catechism of the Catholic Church describes it as "a work of justice pleasing to God."

This Lent the St. Denis Catholic School Community is collecting monetary donations for our St. Vincent de Paul Society in support of their good works.

Make your donation on School Cash Online now and help us help others. We will collect funds online from March 1st to April 30th.

God Bless.

Shrove Tuesday

March 4, 2025

On Tuesday, March 4, 2025 Shrove Tuesday will be celebrated at St. Denis Catholic School. Students will be served pancakes as a mid-morning snack. Please make sure that you continue to send with your child snacks and lunch for the day. Thank you to IHOP in Niagara Falls for providing the delicious pancake batter to our school and for the St. Denis



Catholic School Council members who assist with cooking hundreds of pancakes on this special day!

Junior Basketball

March 4, 2025-Girls Junior Basketball Tournament at St. Denis Catholic School

March 6, 2025-Boys Junior Basketball Tournament at St. Denis Catholic School

We are excited that our Girls and Boys Basketball teams will be competing in the Area Tournament at our school. Thank you to Mrs. La Valle and Mr. O'Connor for coaching our great teams!

Go Saints Go!



Intermediate Basketball

Congratulations to our Intermediate Girls Basketball team! They competed at Saint Michaels Catholic High School in Niagara Falls in the NCDSB tournament. Our girls team went undefeated winning every game! The team played well together, moving the ball and displayed great sportsmanship! Congratulations to **Leucile C., Nailah M., Tara E., Josephina A., Elizabeth M., Abby L., Ciara F., Oyin O., and Abbigale B.** Thank you to Mr. Riddell for coaching our girls to success!!



Congratulations to the Intermediate Boys Basketball Team! They competed at Holy Cross S.S in St. Catharines in the NCDSB tournament. They played so well against some incredible teams! The entire team displayed great sportsmanship, courage and St. Denis spirit as they competed through every game. The team never gave up and it was super impressive! Congratulations to **Antun A., Santiago G.V., Johnny H., Aidan L., Makai M., Zachary S., Corbin S., Salim T., Pathrose A., Atticus H., Luca L.P., Ayden M.** Thank you to Mr. O'Connor for coaching our team!

Food Days for March 2025

Pita Day Orders due on **Monday, March 3, 2025.**

Pita Day-**Thursday, March 6, 2025.**

Pizza Day Orders due on **Friday, March 7, 2025.**

Pizza Day-**Thursday, March 20, 2025.**

Just a reminder that during Lent our food days will happen on the Thursday of the Food Day week.



JK/SK Fluoride Varnish

March 3, 2025



Niagara Region Public Health Dental Program will be visiting our school on **March 3, 2025** to provide FREE fluoride varnish to JK/SK students. This service is recommended to keep teeth healthy and help prevent cavities. Your child may be eligible for dental services through [Healthy Smiles Ontario](#).

Did you know Niagara's drinking water does not have fluoride added? To learn more about the importance of fluoride, review the attached documents or visit the [Fluoride Varnish Program](#)

webpage.

To provide consent for your child to receive a dental screening and fluoride varnish, please complete the online [Dental Program Medical History and Consent Form](#) Choose "School (JK or SK Dental Screening and Fluoride Varnish)" when asked where your child is receiving dental services. This needed to be completed by February 17th and was emailed out to parents.

To speak to a public health dental professional, call 905-688-8248 ext. 7399 or [live chat](#) with the Dental Team. Translation services available.

Niagara Foundation for Catholic Education Annual Benefit Gala



March 18, 2025-Tickets Due!

March 27, 2025-Gala

NIAGARA FOUNDATION FOR CATHOLIC EDUCATION ANNUAL BENEFIT GALA

Supporting Niagara Catholic District School Board students in need and scholarships

Thursday, March 27, 2025, Club Roma Event Centre, 6:00 pm. Tickets \$100/person

Online payment can be made at www.niagaracatholic.ca or by cheque payable to the Niagara Foundation for Catholic Education

Mailing address: 427 Rice Road, Welland, ON L3C 7C1 – Attention Anna Pisano

Please make payment by March 18, 2025 (\$30 tax receipt upon request)

Individual tickets available or tables of eight or ten.

For further information (905) 735-0240, ext. 214 or email anna.pisano@ncdsb.com

Please contact St. Denis School Office if you are purchasing tickets for this event.

March Break 2025



March 10 to March 14, 2025

Students return to school on Monday March 17, 2025. Please remind children to take home all clothing and footwear. Have a safe and enjoyable week.

Spring Cha-Ching Fundraiser!

March 17, 2025

We are having a Spring Cha-Ching Fundraiser that will be starting at the end of March. Students will be sent home tickets to sell for \$5.00 in books of five tickets starting on **Monday, March 17, 2024**. Prizes will be given to students (family) who sell the most tickets in each division-primary, junior and intermediate. Tickets can be sold and returned by **Friday, March 28, 2025**. On **Monday, March 31, 2025** we will start drawing a ticket a day for 10 days! Every day someone will win \$100.00!! All funds raised will assist the purchase of more technology for our students and assist with the Grade 8 graduation. Thank you for your ongoing support!! Spring Cha-Ching!!!



St. Patrick's Day!

March 17, 2025

We are excited about being present at school for St. Patrick's Day which is celebrated on Monday, March 17, 2025. All students are invited to wear green attire on this day!



World Down Syndrome Day

March 21, 2025



Show your support by wearing some socks that will get noticed! They might be mismatched socks or most colorful socks!

Chess Tournament

March 25, 2025

Our Junior and Intermediate students will be participating in our area tournament being held at St. Mary Catholic School in Niagara Falls. Our team will be competing against ten other schools on this day. Thank you to Mr. Hastings for coaching our great teams! Go Saints Go!



World Epilepsy Day!

March 26, 2025



Show your support for this day by **wearing the color purple!** This is the nationally recognized day of epilepsy awareness in Canada.

Intermediate Mathletes Tournament



March 26, 2025

The Annual Niagara Catholic Intermediate Mathletes Tournament will involve Grade 7 and 8 students. Our team of four students will be coached by Miss MacSporran. Go Saints Go!

St. Denis Catholic School Council

Meeting

April 1, 2025

Our next meeting will be held on Tuesday, April 1, 2025 at 6:30 p.m.

This meeting will be held in the school library.



Kindergarten Registration

Year 1 Kindergarten Registration

Registration will be held all throughout the school year.

Children who will be 4 years old by December 31, 2025 (born in 2021) and who live within the St. Denis Catholic School's

boundaries are eligible to enroll for Year 1 Kindergarten. Your child's Birth Certificate, Baptismal Certificate and proof of address are required at the time of registration.

Children who will be 5 years old by December 31, 2025 and who live within the St. Denis Catholic School's boundaries are eligible to enroll for Year 2 Kindergarten. Your child's Birth Certificate, Baptismal Certificate and proof of address are required at the time of registration. Only students who have not attended Year 1 need to be officially registered. Those students currently attending the Year 1 program will be automatically enrolled in the Year 2 class.

If you know of neighbors and/or relatives who live in our school community, please encourage them to visit St. Denis Catholic School and enroll their children in a Catholic School. Our flourishing community needs active support from its members.

Welcome to
Kindergarten!

Student Nutrition Program (SNAC)



We are once again excited to be offering this program at St. Denis Catholic School! Our school will be receiving a grant to provide healthy snacks to our students. This year the program will be a grab and go program with all of the snacks being prepackaged and delivered to the classrooms in the morning as a mid-morning snack.

Our SNAC Program will continue daily throughout the month.

Congratulations! Kids Helping Kids Campaign



Congratulations!!!!

Thank you !!!

Many thanks to the students and staff of St. Denis Catholic School. At this point our school has raised \$607.44 for the Niagara Peninsula Children's Centre during the recent "Kids

Helping Kids" Campaign! Congratulations to all the students who won a prize from the draws! Congratulations to Thomas C. S. in Mr. Biamonte's class who was Principal for part a day! Isabella V. R. was his Vice-Principal for this event and they had a delicious lunch from McDonald's plus they assisted with many other duties throughout the day.

Lucky Draw Winners were:

Monday

Primary -**Ann J.**
Junior -**Dahlia L.**
Intermediate -**Antun A.**

Tuesday

Primary -**Griffin C. G.**
Junior -**Drew B.**
Intermediate -**Dexter C. W.**

Wednesday

Primary -**Rachel J.**
Junior -**Lincoln M.**
Intermediate -**RaeLynn K. W.-B.**

Thursday

Primary -**Ronan P.**
Junior -**Layla L.**
Intermediate -**Adam J.**

Grand Prizes

Primary Basket -**Devin B.**
Junior Basket -**Gibson M.**
Intermediate Basket -**Ciara F.**

EcoSchool Information

Wednesday Waste Free Lunches

Every Wednesday, we are asking for families to try to reduce the amount of garbage that we create from our lunches. Also, just a friendly reminder to bring a reusable water bottle to school.

Eco-School News

As part of our **GREEN Niagara Catholic** eco-program, the St. Denis Eco Team has prepared some Eco-Initiatives and events for our school in the month of March:



World Water Day

On this day we acknowledge that water is a basic human right and a life-saving necessity. As of today, around 2.2 billion people do not have access to safe water.

In recognition of World Water Day, we invite students, staff and families of St. Denis to take part in 'The Great Gulp' by taking a drink of tap water from a reusable bottle, glass, or mug with us at exactly 11:55am on March 22. Help us be advocates for safe drinking water.

Earth Hour at St. Denis

At 8:30 p.m., on Saturday, March 23rd the world will turn off its lights for just one hour-Global EARTH HOUR-to show it is possible to take action on climate change. Switching off our lights is just one simple action that we can take to help make a difference and it sends a powerful message that we care about our planet. It is important for us to understand that we each have an important role to play in the fight against climate change. Our everyday actions, like turning off unnecessary lights individually add up to make a big difference. **St. Denis School will participate in the Global EARTH HOUR event on Friday, March 22nd from 11:00 a.m.-12:00 p.m.** As a school, we will turn off all lights (where safe to do so) and technology. Together, we will show we CAN make a difference!

We continue to be aware of how we can help keep our school environment clean.

Thank you to Mrs. Jackson and Mr. Quaranta for organizing this on behalf of our school!

Dress for Cold Weather



During this late winter/early spring time with our temperamental Canadian weather, parents are reminded to send children to school dressed for the weather. Warm hats, mitts, scarves, boots, heavy coats and snow pants will allow your child to enjoy the outside comfortably during recesses. Extra pairs of socks and pants tucked into backpacks also come in handy. Please ensure that your child has a pair of indoor shoes to wear inside the

school.

Emergency School Closing

As the winter months approach, we would like to take this opportunity to let our parents know the procedure that will be followed.

If bus transportation is cancelled in the morning, the children **will not** be picked up after school at the end of the day. If you drive your child to school on the day transportation is cancelled, it is your responsibility to pick up your child at the end of the day.

When transportation services are cancelled, **only the school remains open**, and it is the responsibility of the parent to determine whether or not it is safe for a student to walk to and from school. In inclement weather, listen to your local radio station for announcements. CJRN (Niagara Falls) 710 AM, CKTB (St. Catharines) 610 AM, SPIRIT (Welland)



Procedures Relating to Inclement Weather AFTER the School Day Begins:

- A) Transportation is cancelled and the school is kept open.
- B) Transportation is cancelled and the school is closed.

At this point, the safety of our children is our prime concern. The school will attempt to contact you by phone should an emergency closing be necessary **after children have arrived at school**. This will be done solely for the purpose of informing you that classes have been cancelled. The option, you as a parent, have chosen on the Emergency School Closing Form will apply to all emergency dismissals.

Register for School Cash Online



School Cash Online

Please click on the button below for instructions to register for School Cash Online. The easy, safe way to pay for school items and events.

[School Cash Online Registration Instructions - Click](#)

Safe Arrival/School Messenger



PLEASE CONTACT THE SCHOOL WITH ANY CONTACT INFORMATION CHANGES.

Please use the Safe Arrival system to report all absences and lates for your child.

You can report an absence by:

PHONE - 1-844-287-6287

ONLINE: <https://go.schoolmessenger.ca>

APP: SchoolMessenger

NCDSB Dress Code



NCDSB Dress Code The following serves as a reminder for families as the warmer weather approaches and if dress code purchases are being made. Students must wear the elementary standardized dress code items properly and in compliance with the expectations throughout the school day and at all activities and events as representatives of the school and/or Board. It is the

expectation that students wear the elementary standardized dress code as a condition of attendance in an elementary school within the Niagara Catholic District School Board at a minimum, if the elementary student is not in compliance with the mandatory elementary standardized dress code, parents and guardians will be contacted to bring the required dress code items to school.

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3
- Navy Blue Pants (Cargo, Corduroy, Denim, Dress, Kobe styles permitted)
- Navy Blue Dresses or Skorts; or · Navy Blue Capris or Walking Shorts.
- Grade 8 students have the option to wear grey secondary uniform pants purchased through Board uniform suppliers. Pants, skirt or dress length must be appropriate and modest. Only knee length capris or shorts are permitted. All clothing must be in good repair.

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue or White Oxford shirt (short or long sleeve)
- Navy Blue or White Polo shirt (short or long sleeve); or
- School designed spirit wear polo shirt.

The elementary standardized dress code shirts, either polo or oxford must be buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.

In addition, approved sweaters and hoodies embroidered and/or screened with the school logo are permitted to be worn as part of the elementary standardized dress code.

Running shoes are the recommended footwear with a full back and a closed toe. It is recommended that parents/guardians provide a pair of indoor shoes for physical education and indoor wear.

FOR MORE INFORMATION VISIT: <https://www.niagaracatholic.ca/policies-protocols-docs/policies/> (Elementary Standardized Dress Code Policy)

St. Denis Spirit Wear

We are very pleased to let you know that Big Bear Spiritwear will be our spirit wear provider and will be supplying our school with customized school dress code "gear". Big Bear Spiritwear is a board approved supplier located in Niagara Falls. Families are able to order single items or many as they would like. Finished product are delivered to the school once every few weeks and the timeline for filling an order is 7-10 business days (sometimes less). Please use the button below which will take you directly to the St. Denis Catholic School Ordering page at Big Bear Spiritwear.



[Order St. Denis Spirit Wear - Click Here](#)



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Victoria Wegelin

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