



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.

March 2025

Called by Name: Come Follow Me



St. Elizabeth NEWS

Dear St. Elizabeth Families,

During Lent, we as Catholics, prepare ourselves by sacrificing or by doing good deeds. As a staff, we will be working to reinforce the meaning of Lent at the school. As a family, challenge yourself to pray together so that the Lenten Season is as meaningful as possible. You can help your child by encouraging them to demonstrate gratitude, patience, forgiveness and compassion for others by performing acts of kindness.

As parents, please continue to support your children in their academic and spiritual progress. May your Lenten preparations go well as we all prepare for the Feast of Easter and may everyone have a safe and restful March Break.

Mrs. J. Mangiacasale
Principal

THE LITURGICAL SEASON OF LENT

This year Lent begins on **Wednesday, March 5th**. The teachers have stressed the importance of making Lenten commitments which students can keep. In addition to “giving things up”, consider daily prayer, attending Mass on weekdays, or helping the needy, all of which require personal time and self-sacrifice.

WHAT TO GIVE UP FOR LENT

- Give up bitterness; turn to forgiveness
- Give up complaining; focus on gratitude
- Give up pessimism; become an optimist
- Give up harsh judgments; think kindly thoughts



LENT



Lenten Prayer

Almighty and Everlasting God,
 You have given the human race
 Jesus Christ our Savior as a model of humility.
 He fulfilled Your Will by becoming Man
 And giving His life on the Cross.
 Help us to bear witness to You
 By following His example of suffering
 And make us worthy to share in
 His Resurrection.
 We ask this through our Lord Jesus Christ,
 Your Son

Amen



In Mark’s Gospel, we read about Jesus and the rich man, who asked what he had to do to inherit eternal life. The rich man explained that he had kept all the commandments, but “Jesus, looking at him, loved him and said, ‘You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me’” (Mark 10:21).

The rich man chose not to follow Jesus because he loved his many possessions. Our hearts were made for God. In order to follow Jesus, we need to set aside the things that take His place in our hearts. Jesus wants to be the King of our whole heart, not just part of it. Like his call to the rich man, Jesus asks each of us to let go of everything that gets in the way of us following Him. Take a moment today to pray and ask Jesus to reveal any areas of your heart that need His healing touch and to help you fully entrust them to Him. By identifying and surrendering these parts of our hearts, we allow Jesus to transform us from within.

We are proud to be a part of the Lakeshore Catholic Family of Schools.



Reconciliation

Preparation has begun for the grade 2 students to receive their **Reconciliation on Wednesday, May 5th at the 10:00 a.m. Mass.** Parents need to attend mass on Sunday, March 2nd in order to prepare to receive this sacrament. A special thank you to **Father Stanley and Mrs. Rossi** for preparing the students for this very special sacrament.

ROCK YOUR SOCKS!

World Down Syndrome Day will take place around the world on **Friday, March 21st.** St. Elizabeth Catholic Elementary School is inviting all staff and students to wear colourful socks on March 21st to raise awareness about Down syndrome, and how people with Down Syndrome play a vital role in our lives and our school communities.



MARCH BREAK

March Break is from March 10th to March 14th. Students return to school on Monday, March 17th. All students are asked to clean out their lockers and bring home any clothing or footwear. Reminder to clean out lockers and bring home all clothing and footwear. Have a fun and safe week!



ECO NEWS



March 18: Global Recycling Day

→ [Global Recycling Day](#) is a great reminder that small actions make a big impact! Take time to reduce waste by sorting properly.

March 22: World Water Day

→ In celebration of [World Water Day](#), during the month of March, schools across Canada are invited to take part in [The Great Gulp](#).

March 29: WWF Earth Hour

→ Switch off your lights and take action for our planet.

CATHOLIC SCHOOL COUNCIL NEWS



All parents/guardians are invited and encouraged to attend our CSC meetings. The next meeting is on **Tuesday, March 5th at 6:00 p.m.** **This meeting will be Virtual.** Thank you to council for all their ongoing support and continued efforts for our school.



On behalf of the entire school community, I would like to extend a heartfelt thank you to the Catholic School Council for generously cooking and serving pancakes to our students on Shrove Tuesday. Your time, effort, and dedication in making this event a success are truly appreciated. It was a wonderful opportunity for our students to come together and enjoy a delicious treat while embracing this important tradition. Thank you for making this special day so memorable for everyone!

A big thank you to the Catholic School Council for bringing back Bake Fresh Fridays and for cooking up such special homemade treats for our students! Your hard work and dedication to creating these delicious, fresh-baked goodies bring so much joy to our school community. We truly appreciate the time and effort you put into making these Fridays extra special for our students—your kindness does not go unnoticed. Thank you for making this tradition even sweeter!

SPORTS NEWS

St. Elizabeth's Junior Boys' and Girls' Basketball Teams participated in the Lakeshore Family of Schools Basketball Tournament on February 20th. Both teams demonstrated perseverance and sportsmanship in proudly representing St. Elizabeth. Members of the Girls' Team are: Avery, Bella, Trinity, Charissa, Kaleesi, Marley, Annabelle, Allison, Sophie and Piper. Members of the Boys' Team are: Colton, Adam, Kolton, Quinn, Keegan, Carter, Luke, Isaac, Sam and Kai. Great job, Saints, you've made your school community proud!



Congratulations to both the girls and boys intermediate basketball teams who participated in our FOS Tournament. We are incredibly proud of your hard work, sportsmanship and support for each other. You all played amazingly!! A couple losses, a couple wins and a whole bunch of fun!!

Big Thanks to Coaches Dayboll, Parisi and Habjan for all their help.

Niagara Region Public Health School Health Newsletter March 2025

NEW Quit Vaping Program for Youth

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 for more information.

World Sleep Day, Sleep is Essential for Health – March 14th

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?

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](https://www.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 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](#)



OPEN HOUSE

WELCOME FUTURE GATORS



TECHNOLOGY



CLUBS & SPORTS



FOOD DELIGHTS



On February 13th, Lakeshore Catholic High School held their annual Open House. It was a packed house of Future Gators. Feedback and participation far exceeded our expectations as the weather forecast was challenging. We appreciate your commitment to be part of our family.