

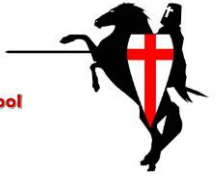


NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD

St. George Catholic Elementary School

"Faith, Service & Academic Excellence"

Allergy Aware School



Part of the Lakeshore Catholic Family of Schools

Phone: 905.894.3670

MARCH 2025

E-Mail: stgeorge@ncdsb.com

Follow us on Instagram: [stgeorgecatholic](https://www.instagram.com/stgeorgecatholic)

CELEBRATING OUR FAITH

MARCH- A Mission of Sacrifice

"Teach us to give and not count the cost."

St. Ignatius de Loyola

Throughout the season of Lent we reflect upon the great sacrifice of Christ on the Cross. When Jesus calls us to be his disciples, he is challenging us to live lives of compassion and action recognizing that it isn't easy to truly sacrifice and give of ourselves for one another. When we care about the people around us, we desire to reduce their suffering and hardships. May we take time this month to reflect upon what we can sacrifice to ease the suffering and hardship of others as we continue on our mission as disciples of Christ.



KIDS HELPING KIDS 2025

Each year schools all across Niagara Catholic participate in Kids Helping Kids week. The money raised goes to directly support the children in programs at the Niagara Children's Centre. This year students at St. George participated in a week of special activities which included PJ Day, Jersey Day, and Movie Day. Together we raised \$470 which will be donated to this worthy organization.

TIPS – WINTER SAFETY

Wear the Gear!

- Proper helmets are required for snowboarding and skating and is recommended for tobogganing.

Snow Safety

- Children should not play on snow banks near the road.
- Snow plough drivers may not see them.
- Snow tunnels and forts can be dangerous—roof might collapse.

Ice Safety

- Check with local weather authorities for information about ice thickness.
- Ice should be at least 10cm thick (3.5 ").
- Avoid walking on ice near moving water such as rivers or creeks.

Proper Indoor Clothing

All students are asked to bring a pair of shoes that will be used for indoor use only. Wet shoes and winter boots cannot be worn in the classroom and stocking feet are neither healthy nor safe.

EARTH HOUR



We will also celebrate Earth Hour together on Friday March 21 here at school by turning off all unnecessary power and lighting. Students and families are encouraged to participate in Earth Hour at home as well on Saturday March 22. Bring in photos of how your family celebrated Earth Hour and we will showcase them on our Eco News bulletin board in the foyer of the school!

Niagara Region Public Health School Health Newsletter

March 2025

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 for more information.

World Sleep Day – 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.

Nutrition Month

- OPHEA has partnered with *Growing Chefs! Ontario* to provide lesson plans related to Healthy Eating for grades one to eight – [Lesson Plans by Growing Chefs! Ontario](#)
- Teach youth [how to read a nutrition facts label](#). As part of the lesson, ask students to bring in nutrition labels from home. Spend some time with youth reading labels and comparing information.



International Women Day – Inspire Inclusion



March 8th is [International Women's Day](#). This day is to recognize and celebrate women and girls' social, economic, cultural, and political achievements. There are many great ways to keep the conversation going within your class!

- [Women of Impact in Canada](#) – learn about the inspiring achievements of Canadian women in various fields such as politics, sciences, and the arts.
- Government of Canada's [Teacher Toolkit](#) – learn more about celebrating International Women's Day in the classroom!
- [Engaged, Spark and Lead](#) – topics and activities suitable for grades four through 12.
- The [International Women's Day Toolkit](#) – resources to ensure International Women's Day is impactful and engaging.

March comes in like a lion and goes out like a lamb.

