



March 2025

St. Kevin Catholic School

Principal: Mr. G. Marchio **Superintendent:** Mrs. Kimberly Kinney

Parish Priests: Rev. Jinto Mathew Puthiyidathuchalil, CSC & Fr. Arockia Sunil Josaphath, CSC
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Called By Name: Follow Me

As we transition from the cold embrace of winter to the refreshing warmth of spring, I am reminded of our theological theme for this month: "Called by Name, Follow Me." This theme invites us to reflect on our personal callings and the unique paths we are encouraged to follow in our faith journey.

March brings with it a sense of renewal and growth, both spiritually and academically. Our students have been actively engaged in a variety of exciting activities that foster their social and academic development. From enriching classroom projects to vibrant community events, there is much to celebrate and look forward to.

Thank you for your continued support and dedication to our school. Let us embrace this season of new beginnings with open hearts and a willingness to follow the path we are called to.

On behalf of the staff and students at St. Kevin, I would like to wish everyone a safe March break whether you are travelling abroad or just enjoying a relaxing week off at home! Stay safe and enjoy Celtics 😊!

Mr. G. Marchio
Principal



Follow us on Instagram @StKevinWelland



Shrove Tuesday

March 4, 2025
Pancakes Provided By ND

Pizza Day

March 6, 2025
March 27, 2025

Popcorn Days

March 18, 2025

Daylight Saving Time

Spring Ahead!
March 9, 2025

March Break

March 10 – 14, 2025

Graduation Pictures

March 20, 2025

~~~ Mission Statement ~~~

We are a Christ-centered Catholic faith community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.

Justice Compassion Stewardship Accountability Community Integrity Faithfulness

Lenten Prayer

Merciful God, You called
us forth from the dust of the earth,
You claimed us for Christ in the waters of Baptism.

Look upon us as we enter these
Forty Days bearing the mark of ashes, and
Bless our journey through the desert of
Lent to the font of rebirth.

May our fasting be a hunger for justice,
Our alms, a making of peace;
our prayer, the chant of humble and grateful hearts.

All that we do and pray is in the name of Jesus,
For in His cross you
proclaim your love forever and ever.

AMEN

Shrove Tuesday: March 4, 2025

ASH Wednesday Liturgy: March 5, 2025

Liturgy of the Word Grades
4 – 8 1:30 PM



Saint Patrick's Day – March 17th

Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

The Shamrock The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.



Intermediate Basketball

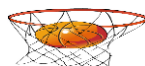
Congratulations to both the Boys and Girls Intermediate Basketball Teams. Both teams participated in the Niagara Catholic Welland Large Schools tournament at Notre Dame College School as well as the NCDSB Basketball tournament in February. A special congratulations to our boys team who were finalists! All student athletes did a great job and both tournaments were fun for everyone!

Mrs. Stock, Mr. Maletta and Mr Sorella are very proud of you. A very special thank you to our coaches and all the parents who came out to support our teams.

Great Job Celtics! 😊

Girls Team Members: *Moyo, Addessa, Myla, Hannah, Gia, Nana, Dillon, Christal, Erika, Aryanna, Kenzie & Milana*

Boys Team Members: *Noah, Keredyn, Iker, Josh, Ryan, Mofe, Romain, Taye, Max, Antonio, Blake & Chase*



Junior Basketball

Congratulations to both the Boys and Girls Junior Basketball Teams. Both teams participated in the Niagara Catholic Welland Large Schools tournament at Notre Dame College School and did a great job! We are all very proud of you. 😊

Thank you to Mr. Hale, Mrs. Stock and Mrs. Joyce for coaching and supporting the team!

Boys Team Members: *Carter M., Nahum L., Jeremiah L., Alaric D., Mason G., John M., Jackson F.W., Jackson M. Boone M., Jahzion L. & Brayden P.*

Girls Team Members: *Aubreigh L., Jahnessa C., Paris R., Kolbee M., Anais L., Paige M., Reese B., Abrielle R., Avery S., Megan R. & Layla D.*



School Nutrition Program Donations Welcome

Would you like to support our School Nutrition Program? This vital program provides nutritious snacks to many of our students, ensuring they have the energy and focus needed for a successful school day.

Your generous donations can make a significant difference in the lives of our students. Any contribution, big or small, is greatly appreciated and will go directly towards providing healthy meals for those who need them most.

Thank you for your consideration. Donations can be made via <https://ncdsb.schoolcashionline.com/>



Kindergarten Registration

TO REGISTER, A CHILD MUST BE FOUR (4) YEARS OLD AS OF DECEMBER 31, 2024. THE FOLLOWING INFORMATION WILL BE REQUIRED FOLLOWING REGISTRATION:

[Register Here](#)

- Roman Catholic Baptismal Certificate
- Health Card
- Name / Telephone Number - Family Doctor
- Contact Persons (in case of an emergency)



Kids Helping Kids 2025

We had a successful Kids Helping Kids Campaign that ran from Monday, February 10th to Friday, February 21st. St. Kevin students participated in something special each day. Our activities included creative hat day, creative hair day, comfy cozy day, silly socks day, tropical day and jersey day. We were thrilled that our students embraced each day with enthusiasm and showed their willingness to help raise awareness for this very worthwhile cause. Our school raised \$1349.57. WOW!! Funds will be sent to the Niagara Peninsula Children's Centre.



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.
- **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](#)

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

