

St Nicholas Catholic

November 2024

Please remember that school begins at 8:25 a.m. Students learn best when on time. Thank you.

St. Nicholas Catholic Elementary School

Home of the Tigers

Mission Statement: To educate each student to his/her full potential in a community formed and guided by Catholic beliefs and traditions.

Motto: "Journey Together On The Road To Discovery"

St. Nicholas Catholic is proud to be a part of the Denis Morris Catholic High School Family of Schools.

Go Tigers Go!

Principal: Mrs. Jackie Watson

Secretary: Mrs. Kim Winstanley

Catholic School Council Chair: Ms. Paprzycki

Superintendent: Mrs. Forsyth-Sells

Parish: Cathedral of St. Catherine of Alexandria, Father Benjamin Weber, Father Paul Mc Donald

Email: st.nicholas@ncsb.com

Location: [149 Church St, St. Catharines, ON, Canada](#)

Phone: [905-685-7764](tel:905-685-7764)



The Flower of Remembrance

In Flanders Fields by John McCrae (May 1915)



STICKER POPPIES FOR SALE: ROYAL CANADIAN LEGION, BRANCH #24

Poppies will be on sale at the school for Remembrance Day from now until November 11th. Money can be collected at the school or an on-line donation can be made starting Monday. All money raised will be sent to the Royal Canadian Legion Branch 24. All students will be given a poppy to wear on Remembrance day. Thank you in advance for your donation.



Peace Through Remembrance.

How to wear a Poppy

The Poppy should be worn with respect on the left side, over the heart. The Legion's lapel Poppy is a sacred symbol of Remembrance and should not be affixed with any pin that obstructs the Poppy. Also available through some Branches is the Legion's reusable black centre Poppy pin to affix your lapel Poppy.

When to wear a Poppy

The lapel Poppy should be worn during the Remembrance period, from the last Friday in October until November 11. The Legion encourages the wearing of Poppies at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. As well, it is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so.

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 7th, 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 16th 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 Metis 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.

Called By Name: Come Follow Me - Reflection #3

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?



School, Home and Parish

St. Nicholas Catholic Elementary Schools is associated with the Cathedral of St. Catherine of Alexandria. Parish Priests are Father Ben Weber and Father Paul McDonald.

Weather pending, we walk to church once a month for mass with Father Ben, usually the third Thursday of the month for a 10:00 a.m. start. Each class is responsible for the readings and for celebrating mass along side Father.

Our current masses are as follows:

Remembrance Day Liturgy - November 11th in the gym, p.m. Thank you to our Student Council for honouring Remembrance Day with us.

November 21st - thank you to Mrs. Carbonara's and Mrs. Hurskey's Grade 3/4 class for celebrating our November mass with Father. December 6th (Feast Day of St Nicholas), January 23rd, February 20th, March 5th (Ash Wednesday), March 20th, April 17th, May 15th and June 19th.

We will also host in-school liturgies for Advent and Catholic Education Week. These dates and times will be posted on the monthly calendars.



All are always welcome to join in our celebrations, both at church and the school.

School-wide Sacrament of Reconciliation will be in December and March/April. These will be held at school for students only.

Grade 8 Confirmation official date has not been released but will be held around Pentecost.

Grade 2 Sacrament of Reconciliation and First Holy Communion dates have not been released as of yet.

Grade 2 and 8 parent information meeting dates will also be released shortly.

Grade 8 Graduation - Wednesday, June 18, 2025 at Club Roma. Information to follow later.

Please understand that dates may change due to unforeseen circumstances. If this happens, the St. Nicholas Family community will be notified.

To Report Your Child Absent, Please Do Not Call the School

SafeArrival:

To report your child absent prior to the start of the school day (before 8:25 a.m. of the day being called in for), please use one of the 3 methods listed below:

1. **Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.**
2. **Using your mobile device, download and install the SchoolMessenger app (blue logo) from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.**
3. **The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.**

Not Feeling the Greatest?

Flu and cold season is upon us and many of our students are already feeling a little under the weather. If your children are not feeling well, it may be a good idea to keep them home. This way they can rest, get better faster and rejoin their classmates and friends.

Thank you for keeping everyone healthy, happy and illness-free.



Please Keep us Updated

Communication thru emails:

A reminder that information and updates will be regularly sent out via email. Please ensure that your current email address is on file at the office. Likewise, monthly calendars, newsletters and on-line paraphernalia such as class trip information can be found on our school's website.



***Please understand that if we do not have your current email address, you will not receive information, you will not be able to access information such as report cards, through the parent portal, nor will you be able to access school cash on-line.**

Always keep us apprised of email changes.

Thank you

Progress Reports and Parent/Teacher/Student Conference Night

Progress Reports will be posted on the Parent Portal the week of Monday, November 18th
Parent/Teacher/Student Conferences taking place Tuesday, November 19th from 4:00 p.m. to 7:00 p.m.

What is a Progress Report?

A Progress Report is designed to show a student's development of the learning skills and work habits established during the Fall of the school year as well as a student's general progress in working towards the achievement of the curriculum expectations in all subject areas. A Progress Report does not contain marks, nor do teachers make written comments for every subject taught. Parent/Teacher/Student Conferences enable the triad of individuals an opportunity to discuss general progress, strengths and next steps for improvement. Conferences are ten minutes in length and students are encouraged to partake.

Teachers will be creating a google form that will enable parents/guardians to sign up for a ten minute time slot. This form will be sent out through the established form of electronic communication within the class. We will let our families know when the google forms will be released prior to them being uploaded.

Again, 10 minute conferences will be on Tuesday, November, 19th from 4:00 p.m. - 7:00 p.m.

Thank you

St. Nicholas Catholic Sports Corner

Wow!! Sports have been hot and heavy so far this year. On deck for November is Volleyball, both Jr. Tripleball and Int. Volleyball.

Cross Country

Congratulations to our Cross Country team who put on a wonderful show at Burgoyne Woods on October 15th. Everyone ran their hardest did their best and made wonderful memories with the day.

To all of our runners, job well done:

Artem L., Evan B., Layton M., Clinton, A., Deandre H., Angela J., Zahra A., Savannah C., Subomi A., Tysen M., Julian L., Gabriel LM., Sarah G., Alia R., D'janae, D., Miah SV., Bryan U., Mason S., Devantee S., Gabriel B., Baraka M., Kiki F., Sacia B., Mercedes M., Payton A., Billy CD., Cayden M., Brent A., Jaxon S., Deavoi H., Teena A., Maya Q., Tai'yha HL., Sophie H., Trevor P., Juan M., Khloe P., Ashlynn B., Valentina D.



A special shout out to Layton M., who made it to the finals which took place on October 22nd at Fireman's Park in Niagara Falls.

Congratulations Layton on your fantastic effort and personal best!

Soccer

Congratulations to our Junior and Intermediate soccer teams who played so very well at all of their tournaments and showed tremendous sportsmanship throughout.

Jr Boys: Tyson M., Mason S., Billy CD., Byran U., Subomi A., Artem L., Julian L., Devantae S., Baraka M., T.J. L., Gabriel M., Evan B. and Gabriel B.

Jr. Girls: Aila R., D'janae D., Miah SV., Bitanya O., Elnata A., Angela J., Savannah C., Chloe R., Abby T., Sacia G., Violet P., Sulyana MF.

Int. Boys: Landon B., Kebron A., Trevor P., Juan Carlos M., Pablo D., Alex M., Seim MF., Cayden M., Ronan B., Daniel C., Mason S., Yadiel O.

Int. Girls: Emma B., Lola B., Ashlynn B., Marri L., Valentinna D., Khloe P., Maya Q., Nevaeh C., Phoenix A., Brandy M. , Peniel T.



Hot Lunch

November 1st - Pizza Day

Last day to order is Tuesday, October 29th

November 15th - Meatball Sub Day

Last day to order is Tuesday, November 12th

November 28th (Thursday) - Chicken Finger Day

Last day to order Monday, November 25th

Please note that all hot lunches are to be ordered through school cash on-line by the due date. We cannot accept late orders, nor will extra food be ordered.

Thank you



Picture Retake Day, Thursday November 21st

Were you away when we had our first round of pictures? No worries. You can still have your picture taken on Thursday, November 21st, as soon as school starts. Please don't be late as we have mass this day as well.
Say cheese!!



Heads up Graduates. You will be on deck for Grad pictures on Tuesday, January 14th.

Bullying Prevention Week - The Theme This Year is Choose Respect

BACKGROUND

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week (BAPW) to help promote safe schools and a positive learning environment. During BAPW – November 18-22, 2024 – Ontario students, school staff and parents/guardians are encouraged to learn more about bullying and its effect on student learning and well-being. Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying occurs in a context where there is a real or perceived power imbalance.

Together we are working to foster inclusive, equitable and safe school communities where all are welcomed and 'Called By Name'.

Anti-Bullying Week 2024: Choose Respect - Secondary School Video



#ProjectPlaid-Pathstone Mental Health Campaign

THE MOVEMENT

#ProjectPlaid will be celebrated in Niagara Catholic schools on Thursday, November 28, 2024 to increase the conversation around mental health and well-being and to support programs at Pathstone Mental Health.

On Thursday, November 28, 2024 we encourage all to:

- 1) Wear PLAID
- 2) TALK & SHARE about Mental Health
- 3) DONATE to the campaign

#ProjectPlaid is about finding hope and giving hope to others.



Project Plaid-Join the Movement (1).pdf

[Download](#)

3.4 MB

ECO SCHOOL NEWS - WASTELESS WEDNESDAYS

Pack a Waste-Free Lunch every Wednesday for the month of November

A waste-free lunch means that you have no packaging to throw away when you're done - nothing other than apple cores, banana and orange peels, peach or cherry pits. The best way to reduce garbage is to not create it. Five Simple Ways to Pack a Waste-Free Lunch



YES

NO

NO REUSABLE carrier (cloth bag, lunchbox)

NO throw-away bags

REUSABLE containers

NO plastic wrap, foil or styrofoam

THERMOS for drinks

NO single-use cartons or cans

CLOTH NAPKIN to wash and re-use

NO paper napkins

SILVERWARE to wash and re-use

NO plastic forks and spoons

Lunch Waste Facts

ALUMINUM FOIL

More than 20 million Hershey's kisses are wrapped with 133 square miles of foil every day

ALUMINUM AND TIN CANS

In the time it takes you to read this sentence, more than 50,000 12-oz. aluminum cans were made

BANANA AND ORANGE PEELS

Food debris in a landfill decompose only 25% in the first 15 years (try composting or vermiculture!)

JUICE BOXES

Most inorganic trash retains its weight, volume, and form for at least four decades

PAPER BAGS AND NAPKINS

It is estimated that 17 trees are cut down for every ton of non-recycled paper

PLASTIC BOTTLES, FORKS, WRAP

U.S. citizens discard 2-1/2 million plastic bottles EVERY HOUR

STYROFOAM

U.S. citizens throw away 25 billion styrofoam cups EVERY YEAR

Catholic School Council

The wonderful members of our St. Nicholas Catholic School Council have been hard at work over these past two months and are bringing to our families, two fundraisers to help raise money for chromebooks.

Please see below for information on Big Boxed Gift Cards and COBS Bread.



Thank you for your continual support,
Catholic School Council

Big Boxed Gift Cards - Information Sent Home via School Messenger on Monday, October 28th

What is Big Box of Cards?

Well, it's a big box of cards that can be used for various occasions. There are four themed boxes to choose from, at a cost of \$35.00 per box:

35 - All occasion cards

35 - Kids birthday cards

35 - Birthday cards

50 - Holiday cards (all holidays, just not Christmas)

Being sent home today to all families is a sample card showing you the great quality that these cards are. This card is yours to keep, as incentive to support our fundraiser. There is a QR code that can be scanned on the back of the envelope that gives you more information, but here are the highlights:

Product Video - <https://youtu.be/C96yHSZdDys>

Holiday Box Video - <https://streamable.com/6eplgo>

Kids Birthday Box Video - <https://youtu.be/x3pifBtXfXU>

Closer look at all of our boxes - <https://www.bigboxfundraising.com/collections/frontpage>

How Do You Order?

Collect orders from families and friends. Ensure that you collect the \$35.00 from each person and they tell you the themed box that they wish to purchase.

Go to our school cash on-line and submit all of your orders at one time.

Starts: Monday, October 28, 2024



Finishes: Sunday, November 17, 2024

Delivery by: Thursday, November 28, 2024

COBS Bread Bakery Gift Cards Make a Fantastic Stocking Stuffer



Catholic School Council would like to offer a fundraiser that is delicious, fresh and mouth-watering. That's right, the COBS Bread fundraiser is back once again! All cards can be purchased through School Cash On-Line and cards will be handed out just before Christmas Holidays.

We thank Marko for this wonderful opportunity. Not only is this a wonderful way to raise money for our school, but we also get to eat incredibly delicious bread as well! Thank you Marko.

Please read below and see attachments.

Again, all cards purchased will be handed to the families mid December.

Sale starts through school cash on-line: Monday, November 25th

Sale concludes on Sunday, December 15th

Cards distributed to families by Wednesday, December 17th

My name is Marko Bukovec and I am the proud owner of COBS Bread Ridley Square in St. Catharines. As part of my commitment to the local community I would like to offer your school students/parents/teachers the opportunity to participate in our Dough Raiser program. The Dough Raiser program is how we help raise money for your school!

We offer a "Loaf a Month" Card for students to sell. The card is typically sold for \$25 with \$12.50/card being refunded to the bakery and \$12.50/card being retained by the school to raise funds for a specific project. The card is valid for one free loaf of any kind in the bakery every month for a year (12 free loaves). The purchaser of the card gets to choose any loaf they desire each and every month for a year. The cost per loaf works out to just over \$2/loaf with the school earning half that back!

Christmas Shoppe

Dear Parents,

Catholic School Council is happy to host the Christmas Shoppe once again this year for the students of St. Nicholas Catholic.

The Christmas Shoppe will run for two days - Thursday, December 12th and Friday, December 13th and will offer a wide variety of items that can be purchased for \$2.00.

Please see the letter attached for more information regarding this year's Christmas Shoppe.





Christmas Shoppe.docx

[Download](#)
13.0 KB

Congratulations to Our 2024-2025 Student Council

Awesome job to our students who were successful in running for the 2024-2025 Student Council.

Congratulations go out to:

Prime Minister - Lola B.

Deputy Prime Minister - Marri L.

Ministers of Communication - Sacia B., Mercedes M., Chloe R.

Ministers of Sports and Recreations - Khloe P., Teena A.

Ministers of the Environment - Kirstyn A., Skylar M.

Ministers of Chronicles - Emma B, Ashlynn B., Phoenix A.



We look forward to all of the great things that will be happening within our school this year!

Thank you

Thank you to our Student Council who put on a fun Halloween day which included a parade, dancing and a goodie bag.

Stay tuned for more events - brought to you by Student Council!

St. Nicholas Catholic's Annual Gingerbread Night, Wednesday, December 11th

Please join us for a fun and festive event for the entire family. In support of St. Nicholas Catholic School Council.

Come and decorate a Gingerbread House in the gym on Wednesday, December 11, 2024 from 6:30 p.m. to 8:00 p.m. The cost is \$20.00/family which includes one Gingerbread House with all the fixings. There will be hot chocolate, snacks and Christmas music throughout the night.

Want to purchase more than one Gingerbread House kit? Of course you can. The cost remains at \$20.00/kit.

Please purchase your Gingerbread House(s) through school cash on-line by December 3rd. Gingerbread Houses will not be sold at the door.



Public Health

Please see attached Novembers newsletter for families.



November - Elementary Schools.pdf

[Download](#)
258.1 KB



Please see attached.



Vaccinations for Grade 7 Students.pdf

Download
179.8 KB

Dental Screening - November 28 2024 **Please note new date by Public Health

Niagara Region Public Health Dental Program will be offering [dental screening](#) to grades JK, SK, 2, 4 and 7 on Friday, November 28, 2024.

A registered dental hygienist will take a quick look in the child's mouth using a sterilized dental mirror and light.

The [Healthy Smiles Ontario](#) program may financially assist children who do not have access to dental care.

If you do not want your child(ren) to take part in the dental screening, you MUST complete the online [School Dental Screening Opt-Out Form](#) or call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 each school year.

If your child(ren) is not in one of the grades listed above, they may have the opportunity to participate in the dental screening. If you would like your child to be screened, please complete the [School Dental Opt-In Form](#).

Kindergarten Free Fluoride

Niagara Region Public Health Dental Program will be visiting our school on November 28, 2024 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 fluoride varnish, please complete the online [Dental Program Medical History and Consent Form](#) by November 15, 2024

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

To help us improve our services, please complete our 3 minute online [Fluoride Varnish Survey](#).

Kiss And Ride: Please Park Only In A Designated Parking Spot

Please remember that you are asked not to park or get out of your car when in the Kiss 'n Ride line up. The Kiss 'n Ride is exactly that - a quick kiss as your child(ren) quickly get out of the family car.

Or the quick ability for your child(ren) to get into the car and do up their own seatbelts. Please ensure that you have pulled up to the front of the line prior to your child(ren) getting out of the car. After school, staff will support students by getting them to their car safely. If you need to help your child(ren) get in and out of the car, or to assist with the seatbelt, or to help with the putting on or taking off of backpacks, we kindly ask that you park your car in a designated parking spot - away from the flow of traffic.

Our parking lot is small, however the traffic is able to flow well when expectations are followed.

We thank everyone for their cooperation when it comes to the safety of our students and staff when in the parking lot and in the Kiss 'n Ride.

PPM 128 Cell Phone Use in Schools

Dear Parent/Guardian(s),



Elementary

As we continue to foster a safe and positive learning environment for all students, I would like to remind you of the new regulations regarding cell phone use that have been implemented in Ontario schools.

To minimize distractions and maximize learning, cell phones are only permitted during instructional time when they are being used for educational purposes as directed by the teacher. Outside of these times, students are expected to keep their phones turned off and stored away unless needed for documented learning needs and/or health related requirements. We kindly ask for your support in reinforcing this policy with your children and encouraging them to focus on their studies during school hours.

Your cooperation is essential in helping us maintain a healthy and respectful school environment. If you have any questions or concerns regarding these rules, please do not hesitate to contact the school.

Thank you for your understanding and support.

Please note that all cell phones need to remain in backpacks or lockers. If your child does have a locker, it is suggested that s/he bring a lock. Cell phones are not to be kept in back pockets, in the pouch of hoodies, in desks, or anywhere visible.

If a child does have his/her cell phone out, they will be directed by the classroom teacher to go to the office where the phone will be locked in the safe. The cell phone will either be returned at the end of the day, or will be returned to the parent/guardian when they come to pick it up.

Thank you

Elementary Dress Code

NCDSB has a dress code of navy and white for all Elementary schools and their students within. Below is an excerpt from the Elementary Standardized Dress-Code Policy 302.6.10:



1.1 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue sweat pants for students in 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.

1.2 At a minimum, every student is required to wear one 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.

Please see below the policy attached in its entirety.

Big Bear Spiritwear

St. Nicholas Spiritwear is now being offered through Big Bear Spiritwear. Please click onto



<https://www.bigbearspiritwear.com/st-nicholas/> to see the options available for purchase. All St. Nicholas Spiritwear can be worn throughout the year as it is an extension of the school dress code.

Orders placed through Big Bear Spiritwear can either be picked up at their Niagara Falls store or can be delivered to the school for a \$3.00 charge. Items delivered to the school will be sent home with the student in his/her backpack.

Anaphylaxis Awareness - Please be Aware of Halloween Candy Packed in Lunches

All schools within Niagara Catholic are peanut and tree nut free.

At St. Nicholas Catholic, we have students with life threatening allergies (anaphylaxis) to peanut and/or tree nut products. We ask

that you please read labels carefully ensuring that all lunch

products are peanut and tree nut free. That includes products that 'may contain' or are packaged in a facility that uses peanuts and/or tree nuts. For more information on anaphylaxis, visit

www.anaphylaxis.ca.

We work very hard at preventing accidental exposure. We ask that you please ensure that your child has thoroughly washed his or her hands after eating peanuts or peanut products for breakfast/lunch while at home. It is also very important that we have common rules throughout the school. The teachers will explain the importance of the following health and safety routines to the students in their classrooms:

- 1) Wash hands with soap and water/hand sanitizer before and after eating,
- 2) Do not bring in food that contains, or possibly contains peanuts/tree nuts
- 3) Do not share food with other students
- 4) Do not accept food from other students, especially if you have an allergy
- 5) Dispose of all food waste properly

Allergy Aware School



If your child has an allergy or is anaphylactic, please ensure that the office is aware and that the proper medical forms have been completed. All medication signed off on by a doctor will be housed safely at the school during the duration of the school year. Please check the expiration date of all medication prior to bringing in.

Ensuring Asthma Friendly Schools

Ryan's Law (Ensuring Asthma Friendly Schools) 2015 is an important step to support the health and well-being of students diagnosed with asthma in Ontario schools.



If your son/daughter has been diagnosed with asthma, please contact the office to provide information about your son/daughter's asthma medication.

You will be required to complete and submit the Niagara Catholic Student Asthma Management Plan for your student.

Any student under the age of 16 years will be permitted to carry and administer his/her asthma medication at school with your consent. A student 16 years or older is not required to have his or her parent's or guardian's permission to carry his or her asthma medication.

The Ministry of Education website has resources on asthma that can be found at <http://www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html>.

Respectful Interaction Framework

St. Nicholas Catholic is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community.

Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated.

While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.



Thank you

*Friday, November 29th is a PA Day.
There is no school on this day.*

Lest we forget...



Jacqueline Watson

Jacqueline is using Smore to create beautiful newsletters

