



ST. PATRICK NEWSLETTER

NOVEMBER 2024

PRINCIPAL'S MESSAGE

As we enter the month of November, we are invited to reflect on the themes of remembrance, hope, and community. This month begins with All Saints Day on November 1, a time to celebrate the lives of the saints who have inspired us in faith and virtue. Following closely is All Souls Day on November 2, where we honour and pray for the souls of the departed, remembering those who have touched our lives and shaped our community.

Additionally, we observe Remembrance Day on November 11, when we pause to honour those who have served our country, recognizing the sacrifices made for our freedom and peace. Let us come together in prayer and reflection, fostering a spirit of gratitude and remembrance.

May this month be a time for us to deepen our faith, support one another, and cherish the connections we share in our school community.

~Ms. Romano



**Important thanks and reminders for
parents and guardians:**

- **Thank you for dropping off and picking up students in the church parking lot. This has helped keep the yard less congested.**
- **When picking up children at the end of the day, please keep the church parking lot gateway clear so that children can exit safely and get to their parents**
- **Kindergarten parents, please drop off your children at the gated area and then leave the property. It makes it easier for children to say goodbye and begin their day.**
- **Please use the Safe Arrival system to report your child's absences. Early pick up and alternate dismissal arrangements should be made in advance and communicated with the school well in advance of the end of the school day.**
- **Ensure your child is dressed appropriately for the weather and in school dress code.**
- **Complete School Cash and permission items on time so that children don't miss out on activities**

CATHOLIC SCHOOL COUNCIL

Thank you to our Mrs. McGilvery and our CSC members for providing popcorn for all of our students on Halloween, and for working hard on our Big Red Fundraiser. Stay tuned to find out how we did and thanks for your support!



HOLY CHILDHOOD WALK

Students, staff and parents once again participated in the Holy Childhood Walk and raised over \$167. Donations are still being accepted through school cash online. Thank you!



DO WHAT YOU CAN'T

Our very first DWYC assembly was a huge success! Congratulations to this month's award recipients: **Lanah N., Ryder M., Hazel K., Brooklynn S., Erika L., Vikrum M., Hivona A., and Ebrid J.** and a special thanks to all students, staff and parents for participating! Looking forward to celebrating again next month!



OCTOBER BIRTHDAYS

We were once again blessed by an anonymous donor and were able to have a mini birthday celebration for all of our October birthdays. Check out those smiles!



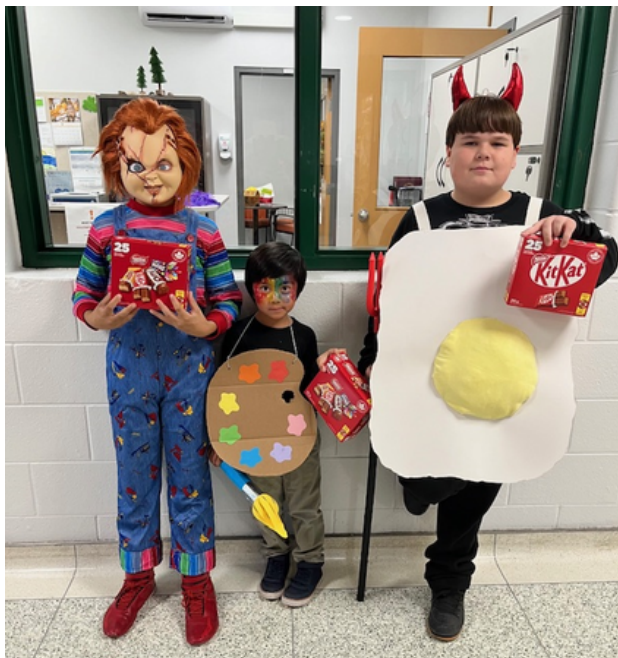
ST. PAUL HIGH SCHOOL STUDENTS OF THE MONTH

Congratulations to Kaycen and Vyella who were selected as St. Paul High School students of the month, for their daily involvement in the extra-curricular activities in our school.
Well done!



CROSS COUNTRY

Congratulations to our Cross Country Team for representing us well at the recent Meet. A special congratulations to Mary and Brynley who advanced to the Board Meet. Thanks to Mrs. Johnstone and Mrs. Russell for coaching!



HALLOWEEN

Thank you to all who participated in our Hallowe'en Festivities and Parade this year!

A special thank you to all staff and our Student Council members **Vyella, Stephanie and Michaela** for showing great enthusiasm and to all parents and grandparents for attending our parade!

It was a fun day for all!
Congratulations to the winners of the Most Creative Costumes Contest:

Elijah G., Theoden L., and Jeremiah R.



Almighty and Eternal God, from whose love in Christ we cannot be parted, either by death or life: Hear our prayers and thanksgivings for all whom we remember this day; fulfil in them the purpose of your love; and bring us all, with them, to your eternal joy; through Jesus Christ our Lord.
Amen.



NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER

November 2024

HEAD LICE



Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student’s age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health’s new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don’t start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes



In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver *Let’s Talk About Vaping* resource visit: www.notanexperiment.ca/parents

EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child’s EpiPen® Auto-Injectors are up to date (not expired).



Check out [Food Allergy Canada - elementary school](#) for some great tips and resources!

PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON



Infections like COVID-19, flu and RSV increase in the fall and winter months.



While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on [our website](#) or [check out our downloadable resource](#).

NIAGARA PARENTS

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support
- Links to services within the community

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.



Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

niagararegion.ca/parents

905-684-7555
or 1-888-505-6074 ext. 7555

parents@niagararegion.ca

Niagara Parents

[niagaraparents](#)

Niagara Region