



# St. Vincent de Paul Catholic Elementary School

Principal: Mr. J. Romano Superintendent: Mr. D. Massi

## March 2025 Newsletter



### *March Prayer*

Dear God, please keep my family and loved ones safe. Watch over us and protect us with Your love and shower us with good health, blessings and happiness. Remove any fear, worry, doubt or stress from our hearts. Comfort those who are hurting today and make them well again.

**Amen**

### **Our Lenten Journey...**

As we begin our Lenten journey, we seek to grow in our wisdom of the traditions and customs of the church during the season of Lent.

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 the others as we continue on our mission as disciples of Christ.



Do you want to fast this Lent?

In the words of Pope Francis:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.



Lifetouch®

## Order your 2024-2025 Yearbook Today!

Our 2024-2025 School Yearbook is in progress. This item has been added to School Cash Online. This year's publication can be purchased for \$21.00 Don't be left out - visit School Cash and order yours today! There are a handful left. Don't be left out!

## THANK YOU!

Thank you to our wonderful parents who will be giving up their time to serve pancakes to our students on Shrove Tuesday. Thank you Mrs. Rosano for organizing our pancakes and forming our volunteer team. Your time is greatly appreciated!



## CATHOLIC SCHOOL COUNCIL

Our next Catholic School Council Meeting will be held on March 4th at 5:30 p.m. in the school library. Thank you to all of our parent volunteers who generously donate their time at SVDP. If you are interested in either joining our CSC or simply volunteering at one of our functions, please contact the school or email our CSC co-chair Mrs. Rosano at [svdpcsc@outlook.com](mailto:svdpcsc@outlook.com).



## KINDERGARTEN OPEN HOUSE

Kindergarten Registration is always open. If you know of any families who are interested in joining our family, please have them visit [niagaracatholic.ca](http://niagaracatholic.ca) for more information. We were happy to welcome many new families during our recent Open House who will be beginning Junior Kindergarten in September. Thank you to our Open House Team - Ms. Cullen, Mrs. Sirianni, Mrs. D'Aiuto, Mrs. Sottile, Mrs. Blakely, Mrs. Salvo-Teutenberg and Mrs. Dougherty. Our new families are reminded to drop off any documents they may have to complete the registration process (birth certificate, baptismal certificate, proof of residency, immunization records, etc.). New families will receive correspondence through School Messenger about the date of our second Kindergarten Open House and Orientation night. That evening will take place in May, and will consist of a presentation from our Kindergarten Team, as well as a ride around the neighbourhood on the big yellow bus. Spread the news. St. Vincent de Paul is growing...and growing fast. St. Vincent de Paul is the place to be!

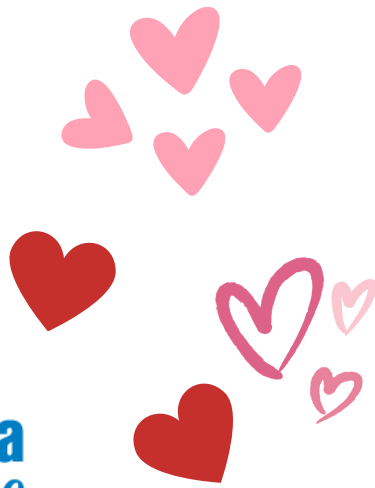
# Kindergarten



## CONGRATULATIONS JAKE!

Congratulations to Jake K. for representing St. Vincent de Paul and the city of Niagara Falls at the Knights of Columbus Regional Free-Throw Competition held in Waterloo, Ontario. Jake did amazingly well, securing the bronze medal for his age group. Well done Jake. Thank you for representing St. Vincent de Paul with amazing skill and sportsmanship. We look forward to our Knights of Columbus Free Throw Tournament next year!





## KIDS HELPING KIDS DRIVE

Thank you to all the families for donating to our Kids Helping Kids Campaign this year. Students participated in a variety of themed days including Jersey Day, Decades Day, Disney Day and Backwards Day. Thank you to our organizer Ms. Cullen. We are happy to donate a total of **\$500.00** to the Niagara Children's Centre and to the Niagara Foundation for Catholic Education. Your generosity over the last few weeks is greatly appreciated! THANK YOU EVERYONE!



## WEKO SUSHI



## MARCH HOT LUNCH DATES

Weko Sushi - March 18 & 25

Carmine's Pizza - March 6, 20 & 27

Please mark these dates on your calendar if your child is to receive an order.

\*April Lunch and Snack Orders are due on March 20th!



## *Inscription Mass*

## REMINDER

A reminder to parents/guardians of grade 2 students who are receiving the Sacrament of First Holy Communion. There are two dates available for you to attend the First Communion Inscription Mass. Inscription Masses will be on Saturday, March 22nd and Sunday, March 23rd. Please ensure you attend one of these inscription masses. Thank you.



## SAVE THE DATE - MARCH 27 NCDSB CHESS TOURNAMENT

Our area Chess Tournament will be held on March 27th at St. Mary Catholic Elementary School in Niagara Falls. Thank you to Mr. Porga who will be coaching our team!



## SO MUCH FUN AT CARNAVAL!

Thank you to Madame Bevilacqua and her group of student leaders who planned and facilitated a day of fun. Students took part in physical games/races, crafts, and dance stations, similar to the activities at the annual Carnaval de Quebec. Thank you Madame Bevilacqua. Your time and efforts are greatly appreciated! Thank you for bringing a taste of Quebec to us here at St. Vincent de Paul.

## DOWHATYOU CANT FEBRUARY RECIPIENTS & ST. PAUL HIGH SCHOOL STUDENT OF THE MONTHS

Congratulations to our February 'dowhatyoucant' winners. We would also like to congratulate our St. Paul High School Students of the Month! Way to go Saints. The staff of SVDP are extremely proud of you all!

Ms. Cullen & Mrs. Sottile - Livy R.

Mrs. Sirianni & Mrs. Blakely - Max M.

Mrs. D'Aiuto - Macy W.

Mr. Caldwell (Miss Orsini) - Ava B.

Mrs. Futino-Vacca - Jackson B.

Miss DeBlasis - Alvin R.

Mrs. Reich - Sienna W.

Mrs. Ramunno - Andrey R.

Mr. Porga - Nico M.

Mr. Spiotti - Brendan D.

Mrs. Mascia - Jakob P.

St. Paul Students of the Month

Gracie S. (Mrs. Ramunno's Class)

Anderson (Mr. Caldwell/Miss Orsini's Class)



*Deepen your experience of Lent by considering these suggestions.*



## Ash Wednesday

March 5 8:30 a.m. & 7:00 p.m.

### Sunday Eucharistic Celebrations

Saturday Vigil 5 p.m.,

Sunday 8:00 a.m., 9:30 a.m. & 11:00 a.m.

#### Weekday Mass

Monday, Wednesday, Thursday,  
Friday, Saturday 9:00 a.m.

Tuesday Evening Mass 7:00 p.m.

**New During Lent - Friday Evening 7:00 p.m.**

March 7, 14, 21, 28, April 4 & 11



### Stations of the Cross

Fridays in Lent @

9:30 a.m. & 6:30 p.m.

March 7, 14, 21, 28, April 4, 11

Good Friday April 18

@ 7:00 p.m.

### Day of Reconciliation & Adoration



in every parish in the diocese

**Saturday, April 5**

**10 a.m.—2 p.m.**

at every parish in the diocese a priest will be available to  
celebrate the sacrament of reconciliation (confession)

### Parish Reconciliation Service

Wednesday, April 9 @ 7:00 p.m.

followed by individual confessions



### Blessing of Easter Baskets & Food

Saturday April 19 @ 12:00 p.m.



**scapular.ca**

### Confessions

Monday 8:30—8:45 a.m.

Tuesday 6:15-6:45 p.m.

Wednesday 8:30—8:45 a.m.

Thursday 8:30—8:45 a.m.

Friday 8:30—8:45 a.m. (except Good Friday)

Saturday 8:30—8:45 a.m. (except April 19)

Saturday 9:30-10:00 a.m. (except April 19)

Saturday 4:30 to 4:45 p.m. (except April 19)



Holy Thursday April 17 8:30 p.m.—9:30 p.m.

Good Friday April 18 10:00 a.m.—11:00 a.m.

Saturday April 19 9:00 a.m.—10:00 a.m.



### Palm Sunday

Saturday April 17 @ 5:00 p.m.

Sunday April 18 @

8:00 a.m., 9:30 a.m. & 11 a.m.

### Holy Thursday

Thursday April 17 @ 7:00 p.m.

### Good Friday

Friday April 18 @ 3:00 p.m.

### Easter Vigil

Saturday April 19 @ 8:00 p.m.

### Easter Sunday

Sunday April 20 @

8:00 a.m.

9:30 a.m.

11:00 a.m.



**-MEET SVDP FAMILIES-    -HAVE A FUN NIGHT OUT-**

**-SUPPORT OUR AMAZING SCHOOL-**

Door prizes,  
raffles and  
draws

All types of  
trivia questions

Prizes for  
winning  
tables

# St. Vincent de Paul Trivia Night

Open to anyone  
19 years of age  
or older

**April 25, 2025**

Doors open at 6:30 p.m.

First question at 7:00 p.m.

\$20 per person

Proceeds raised go towards the  
purchase of new technology

Call 905-356-7505 or email  
[stvincentdepaul@ncdsb.com](mailto:stvincentdepaul@ncdsb.com)

for tickets, or order  
through School  
Cash Online.

Food, Snacks  
and dessert

Cash Bar -  
Liquor Licensed  
Event

Lots of Fun!



# PURDY'S CHOCOLATES

Our Fundraising Sub Committee is hosting a Purdy's Chocolates Initiative for families who are interested in purchasing chocolates in preparation for the Easter season. If you are interested in purchasing chocolates in support of technology, please visit School Cash Online. The Purdy's Chocolates item will open on School Cash on March 3rd, and will close on March 28th. Delivery will be before the Easter break! Thank you in advance for supporting this initiative.



**GIFT WRAPPED**  
**Sweet Georgia Browns**  
 A heavenly trio of crunchy roasted pecans, unbelievably soft caramel and a generous dollop of chocolate.

1000E	Milk	8 pc	\$28.90
1000G	Milk (mini)	16 pc	\$28.90
1000G	Dark	8 pc	\$28.90



**GIFT WRAPPED**  
**Favourites**  
 A premium assortment of caramels, soft centres, and chocolate-covered nuts, of decadent indulgence for Easter.

1205G	Assorted	32 pc	\$42.50
1303G	Milk	32 pc	\$42.50
1303G	Dark	32 pc	\$42.50

## Winners List

- Feb. 1st (\$200 Waves Waterpark).....Nino Spadafora
- Feb. 2nd (\$105 Gift Card Bundle).....Cynthia Doyer
- Feb. 3rd (\$50 Shoppers Drug Mart).....Lucy Wales
- Feb. 4th (\$50 Lululemon, \$100 Costco).....Joe Bruno
- Feb. 5th (\$100 Amazon).....Sandra Salvo-Teutenberg
- Feb. 6th (\$100 Sculpt Medical).....Sannia Main
- Feb. 7th (\$200 Simply Fit Membership).....Lorena Jovetic
- Feb. 8th (\$50 Girasole).....Carl Jones
- Feb. 9th (\$100 Landmark Cinemas).....Raye King
- Feb. 10th (\$120 TGIFridays).....Al Sacco
- Feb. 11th (\$150 Vittorio's Restaurant).....Parminder Kaur
- Feb. 12th (\$125 Country Basket).....Pasquale Innessi
- Feb. 13th (\$300 Ruths Chris).....Cassandra Candeloro
- Feb. 14th (\$350 Winery Guys).....Victoria Hermoza
- Feb. 15th (\$50 Indigo).....Antoinette Vescio
- Feb. 16th (\$50 Footlocker).....Angie Valvo
- Feb. 17th (\$50 Antica Restaurant).....Nedra Gupta
- Feb. 18th (\$50 Cineplex/UltimeDining)..Mary Zimmerman
- Feb. 19th (\$100 Amazon).....Natalie Spadafora
- Feb. 20th (\$50 Starbucks).....Owen Anderson
- Feb. 21st (\$320 Willodell Golf Course).....Sheena King
- Feb. 22nd (\$100 Amazon).....Will Barnes
- Feb. 23rd (\$50 Thorowest Bakery).....Laura Woods
- Feb. 24th (\$50 Sportchek).....Mary Zimmerman
- Feb. 25th (\$50 Shoppers Drug Mart).....Dean Spironello
- Feb. 26th (\$50 Antica Restaurant).....Samantha Varley
- Feb. 27th (\$100 Homesense).....Christina Olarte
- Feb. 28th (\$800 Penninsula Lakes Golf).....Ryleigh Roberto

## FEBRUARY CALENDAR DRAW

A BIG THANK YOU to Mrs. Clark, Mrs. Stone, and Mrs. Spadafora for leading our February Calendar Raffle. All the time that you devoted to this fundraiser is very much appreciated! Thank you also to Mrs. Mascia, our grade 8 students and members of Student Council for all their hard work with the Instagram posts. Thanks to all of the families who sold tickets to family members, friends and co-workers. We are happy to announce that we made \$10,177. All of these funds will be used to purchase gym and sports equipment, more chrome books and to help offset the expenses associated with grade 8 graduation. Finally, thank you to all of our sponsors for donating the wonderful prizes for our winners!

February Calendar Fundraiser St. Vincent de Paul Elementary School						
Thank you for your support!!						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		\$10 per calendar with a chance to win a prize 28 times!				Americana Waves Waterpark 4 Passes \$200
Gift Card Bundle Red Ganache \$25 Baton Rouge \$25 Amazon \$30 Ultimate Dining \$25	Shoppers Drug Mart Gift Card \$50	Lululemon Gift Card \$50 Costco Gift Card \$100	Amazon Gift Card \$100	Sculpt Medical Aesthetics \$100	Simply Fit Health Club 3 Month Membership \$200	Girasole Salon Gift Certificate \$50
Landmark Cinemas Gift Card \$100	TGI Friday's Restaurant \$120	Vittorio's Restaurant \$150	Country Basket Gift Card \$125	Ruth's Chris Steak House Gift Certificate \$300	Winery Guys Tours Gift Certificate \$350	Indigo Gift Card \$50
Footlocker Gift Card \$50	Antica Pizzeria \$50	Cineplex and Ultimate Dining Gift Cards \$50	Amazon Gift Card \$100	Starbucks Gift Card \$50	Willodell Golf Gift Certificate 4 Players \$320	Amazon Gift Card \$100
Thorowest Bakery Gift Card \$50	Sportchek Gift Card \$50	Shoppers Drug Mart \$50	Antica Pizzeria \$50	Home Sense \$100	Penninsula Lakes Golf Certificate 4 Players \$800	

THANK YOU



# Thank You

## TO OUR SPONSORS FEBRUARY CALENDAR RAFFLE

### St. Vincent de Paul Calendar Fundraiser 2025 Prize List

Prize Description	Value	Donated By
3 Month Membership to Simply Fit Health Club	\$ 200.00	Brendan, Sarah and Julia Douglas
Shoppers Drug Mart Gift Card	\$ 50.00	Kaitlyn Stone
Shoppers Drug Mart Gift Card	\$ 50.00	Kaitlyn Stone
Lululemon Gift Card	\$ 50.00	Lila Dauphne
Sportchek Gift Card	\$ 50.00	Kylie and Avery Fisher
Antica Gift Card	\$ 50.00	Owen, Liam and Pierce King
Antica Gift Card	\$ 50.00	Lina Mascia
Cineplex Odeon and Ultimate Dining Card	\$ 50.00	Mia Clark
Country Basket Gift Cards	\$ 50.00	Mia Clark
Indigo Gift Card	\$ 50.00	Ava and Liyanna Kassam
Gift Certificate for a Round of Golf at Penninsula Lakes for 4 Players	\$ 800.00	Greyson Murray
Gift Certificate for a Round of Golf at Willodell for 4 Players	\$ 320.00	Greyson Murray
4 Passes to Americana Waterpark Gift Certificate	\$ 200.00	Greyson Murray
Ultimate Dining Gift Card	\$ 25.00	Cole and Nathan McNiven
Footlocker Gift Card	\$ 50.00	Natalia and Luca Spadafora
Country Basket Gift Cards	\$ 50.00	Natalia and Luca Spadafora
Amazon Gift Cards	\$ 300.00	Sebastian Sweitzer and Eli Candeloro
Landmark Cinema Gift Cards	\$ 100.00	Daniel and Martin Duran Escobar
Amazon Gift Card	\$ 30.00	Silvana Zapata
Baton Rouge Gift Card	\$ 25.00	Madison Szcwesyk
Winery Guys Wine Tour Gift Certificate	\$ 350.00	Natalia and Luca Spadafora
Sculpt Medical Aesthetics Gift Certificate	\$ 100.00	Malia and Bianca Delduca
Home Sense Gift Card	\$ 100.00	Elisa Colineri
Red Ganache Gift Card	\$ 25.00	Eva Gupta
TGI Fridays Gift Certificate	\$ 120.00	Natalia and Luca Spadafora
Ruth's Chris Steakhouse Gift Certificate	\$ 300.00	Natalia and Luca Spadafora
Vittorio's Restaurant Gift Certificate	\$ 150.00	Natalia and Luca Spadafora
Girasole Salon Gift Certificate	\$ 50.00	Natalia and Luca Spadafora
Country Basket Gift Card	\$ 25.00	Kaitlyn Stone
Starbucks Gift Card	\$ 50.00	Natalie Spadafora, Mia Clark and Kaitlyn Stone
Thorowest Bakery Gift Card	\$ 50.00	Natalie Spadafora, Mia Clark and Kaitlyn Stone
Costco Gift Card	\$ 100.00	Max and EvaMena

**Your generosity and effort is very much appreciated!**

### NIAGARA NUTRITION PARTNERS

Thank you to Mrs. Zahn, Mrs. Davey, Mrs. Chudy, Mrs. Antonio, Mrs. Reichenbach, Mrs. Dougherty and our NNP Champions Tobias, Anderson and Owen. Thanks to their efforts, and the efforts of Niagara Nutrition Partners, we are able to serve healthy snacks to our students each and every day! THANK YOU!



Niagara Nutrition Partners



# 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](mailto:youth.vast@camh.ca) for more information.

### World Sleep Day – March 14<sup>th</sup>

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](https://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](#)