



Our Lady of Fatima Catholic Elementary School

Principal- Mrs. R. Araujo Vice-Principal- Mrs. M. Kish

Proud to be a part of the Blessed Trinity CSS Family of Schools



February, 2025 NEWSLETTER

Message from Mrs. Araujo and Mrs. Kish

Second term has started! It has been a great year so far. As a staff we continue to promote the mental health and well-being of our students while we challenge our students academically as well. This month we celebrate Kids Helping Kids week with some fun theme days to support a very good cause. We look forward to many more events and opportunities for our students and we appreciate all your support to date. Wishing all of our families a wonderful February!!! Happy Valentine's Day to you all.

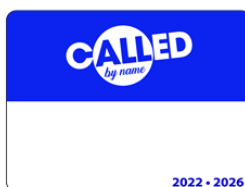
Yours in Catholic Education,

Mrs. R. Araujo- Principal

Mrs. M. Kish- Vice-Principal



Faith Matters



“Come, follow me!” These words of Jesus are an invitation for each and every one of us. How can each of us better follow Jesus right where we are today? How can we become missionaries encouraging each other to look up from the table, let go of our sins and see the finger of Jesus pointing at each of us personally beckoning us to hear the command call?: “Come, follow me!”

Prayer to St. Valentine

O glorious advocate and protector, St. Valentine, look with pity upon our wants, hear our prayers, relieve by your intercession the miseries under which we labor, and obtain for us the divine blessing, that we may be found worthy to join you in praising the Almighty for all eternity: through the merits of Our Lord Jesus Christ. Amen.

National Sweater Day- Thursday February 6, 2025



Observed since the early 2000s, Sweater Day is a cause that everyone can participate in while looking great! The idea behind this day of observance is to conserve energy by encouraging

people to wear layers of sweaters and other warm clothing instead of turning up the heat. Sweater Day also helps raise awareness about climate change. It is a great opportunity to demonstrate how together everyone can be a part of the much-needed solution to global warming. We can reflect on our personal carbon footprints and make commitments in our daily lives that will contribute to keeping climate change in check, which will have a huge collective impact. One of such commitments could be to simply choose sweaters over the thermostat during cold weather.

National Sweater Day will be observed on **February 6**. Students are encouraged to wear sweaters on that day (Dress Code Bottoms).



[Valentine's Day Celebrations- Thursday February 13, 2025](#)

Since Valentine's Day falls on a Friday PA Day, we are going to be celebrating on Thursday February 13 instead. **Parents are reminded to NOT send any consumable treats to school for Valentine's Day celebrations.** Cards, pencils, erasers, etc. in pre-packaged bags are ideal and the easiest to distribute. We thank you for your support.

[Kids Helping Kids](#)



Niagara Catholic's 27th Annual Kids Helping Kids fundraiser will take place from February 10-21, 2025.

This year's event will jointly support the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education. Kids Helping Kids is a fun, informal fundraiser, which supports these causes through paid participation in events such as Jersey Day, Hat Day and Creative Hair Day.

Donations to the Kids Helping Kids fundraiser can be made in School Cash Online. For further information about the Niagara Foundation for Catholic Education, please contact Jim Marino, at 905.735.0240 ext. 210 or jim.marino@nfce.org.

To find more about the Niagara Children's Centre, please visit their website: niagarachildrencentre.com.

See schedule of events below:

Mon. Feb. 10	Pajama Day
Tues. Feb. 11	Hollywood Glam Day
Wed. Feb. 12	Jersey/Fav Band Day
Thurs. Feb. 13	Red, White, Pink Day Valentine's Dance (glow stick delivery) Raffle winner announced Candy gram delivery

PACKAGES AVAILABLE ON SCHOOL CASH

\$5.00 per student (includes participation in the theme days and Valentine's Dance)

\$10.00 per student (includes participation in the theme days and Valentine's Dance, one raffle ticket, one candy gram and a glow stick for the dance)

\$25.00 FAMILY bundle- (includes participation in the theme days and Valentine's Dance, one raffle ticket per school-aged child, one candy gram per school aged child and a glow stick for the dance for each school-aged child)

\$2.00 additional candy gram purchases.

Raffle tickets- enter for your chance to win Lunch with the Principal and with the Vice-Principal !! 😊

ALL proceeds will go to the Kids Helping Kids fundraiser and the Niagara Peninsula Children's Centre.



Please be reminded that there is no school for students on Friday, February 14 and Monday, February 17, 2025. It is Family Day weekend. Enjoy!!

[Kindergarten Registration 2025-2026](#)



We will be holding our KINDER open house and registration for all new families on **Thursday, February 6 from 9-6 pm.** Come and visit our school for a tour and a welcome gift. If you have already registered your child for the 2025/2026 school year, you are still welcome to come to the open house. Registration for eligible children can take place anytime for the 2025-2026 school year by visiting our board website www.niagaracatholic.ca.

[TERM ONE REPORT CARDS](#)

Term 1 Report Cards will be sent home on **Tuesday February 11** along with Term 1 Alternative IEPs and draft Term 2 IEPs..

Conferences will be scheduled by the classroom teacher on an as-needed basis.

If you would like to speak with your child's classroom teacher to discuss the report card, please contact the office or the classroom teacher directly. We thank you for your ongoing support of your child's education.

[WINTER FITNESS](#)

Feeling the doldrums of winter! Get active and feel energized! Here are some ideas to stay active in winter:

- * Go tobogganing
- * Ice skating at indoor and outdoor rinks
- * Snowshoeing – this is a great way to explore the
- * trails that you enjoyed in the spring, summer and fall
- * Cross-country and downhill skiing
- * Making snowmen, snow angels, snow forts



- * Pole walking
- * Winter hikes
- * Winter scavenger hunt

Snow creates a whole new world to explore. Remember to: * Dress in layers,

* Wear a warm hat, * Wear a helmet if you are skating, downhill skiing or tobogganing



[Pink Shirt Day](#)

This year we are observing **Pink Shirt Day on Feb 26**. The 2025 Pink Shirt Day design was inspired by moments of kindness, empathy and understanding that can mean so much to children impacted by bullying. For bullied kids, it can be hard to know where to turn. But a helping and supportive hand can make a world of difference! Remember that whether it's sending a check-in text, calling out bullying behaviour when you see it, or simply offering your support, there are so many ways we can all help and connect with people being bullied. Let's Lift Each Other Up this Pink Shirt Day, and all year round!

[Supports for Children and Youth with Autism Spectrum Disorder \(ASD\)](#)

The Ministry of Children, Community and Social Services has developed the Ontario Autism Program (OAP) to support children and youth who have a diagnosis of ASD confirmed by a qualified professional. Services available through the OAP include

- Funding to purchase approved goods and services
- Access to supports and programs for children and their families

Children and youth receive services and supports until the age of 18.

For further information, please visit the following website;

<https://www.ontario.ca/page/ontario-autism-program>. If you have any questions, please reach out to the Educational Resource Teacher at your child's school. Members of the Applied Behaviour Analysis Team from the Student Support Services Department are available to provide additional information.

[Blessed Trinity High School Connect Corner](#)



We at Blessed Trinity hope all of our Family of Schools had a very enjoyable and restful Christmas break.

At Blessed Trinity, January marks the last 2 weeks of our Semester 1 and final exams for our students. The focus for January will be wrapping up the semester and preparing for those exams.

For the grade 8's at our Family of Schools it will mean getting to actually choose the courses they will be taking next year in Grade 9 at Blessed Trinity. The process began back in December and in the first two weeks of January, with an information presentation to all grade 8 students on the compulsory and elective courses they will be choosing from.

On January 16th, that process continued with our Grade 8 Open House at Blessed Trinity. We would like to thank all parents and students who attended. It was a very exciting evening that saw one of our largest turnouts ever.

The last step in the process will have a representative from Blessed Trinity visit Grade 8 classrooms to help students actually choose and submit their courses through My Blueprint from January 22nd to February 9th.

The deadline for selecting courses, submitting registration form, and payment of Grade 9 Registration Fee of \$55 is FRIDAY, FEBRUARY 14TH.

Please contact Blessed Trinity – Mr. John Cino – 905-945-6706 Ext. 2330 or Mrs. Rose Bianco Ext. 2312, if any Grade 8 parent has any questions.



Dr. Jody Carrington

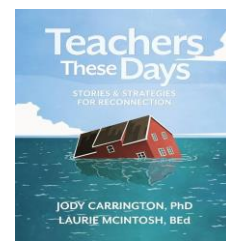
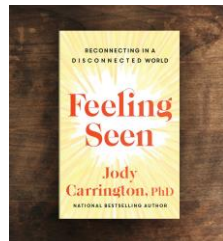
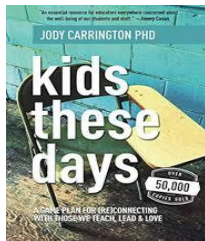
On January 17, 2024 staff had an opportunity to attend a workshop where Dr. Jody Carrington provided a keynote address specific to identified and targeted themes within Niagara Catholic. She is a clinical psychologist and has written many books on the topic of children and how she sees society today. We are including books you might be interested in. It's not easy being parents today. Together we can help each other and ensure all children thrive.

Dr. Jody Carrington is a powerhouse speaker and fearless champion for authentic human connection. She is highly sought after for her expertise, energy and genuine approach to helping people solve the most complex human-centered problems. This rapidly disconnected world is leaving so many of us overwhelmed, lonely, and burned out. Dr. Jody boldly believes that all humans have the capacity for good; however, so many of us these days, because of isolation and burnout, have lost access to that good.

Dr. Carrington's work often involves understanding just how we got to this disconnected place, what we need to put the pieces back together, and maybe most importantly, how we collectively do "the work" to find our way back home again when (not if) we lose our way. Her authentic, honest, and often hilarious approach never fails to inspire and motivate audiences.

Dr. Carrington is the founder and principal psychologist at Carrington & Company, she's written three bestselling books, speaks on hundreds of stages globally each year, and hosts the widely celebrated podcast Everyone Comes from Somewhere.

In this modern world where we look all the time, but we don't see, where Integrity · Faithfulness · Justice · Compassion · Stewardship · Accountability · Community we listen but we don't hear, Dr. Jody is clear on one thing: we were never meant to do any of this alone.



Niagara Region Public Health School Health Newsletter

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?



Public Health works in partnership with teachers, support staff, students, and parents to build a healthier school community.

Check out our [School Health webpage](#) for some important links and supports:

- [Childhood illnesses of diseases and public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)
- [Dental Screening](#)
- [School-aged vaccines](#)
 - Parents and legal guardians of junior and senior kindergarten registrants and students new to Ontario are asked to report their vaccinations to [Public Health](#).

Is your child due for vaccines?

Go to [Immunization Connect](#) to review your child's immunization history and check the **Immunizations Needed** section for missing vaccines.

If your child is missing any vaccines, book an appointment to get them vaccinated. Vaccines are available at healthcare providers' offices, walk-in clinics or Public Health vaccination clinics.

Bring your yellow card or immunization record print out from [Immunization Connect \(ICON\)](#) to each vaccine visit. This will help you and your health care provider keep an up-to-date record of which vaccines have been received.



Can't find any immunization records? Here are some [tips](#) to help you.

- **Previous healthcare providers** will keep records for a limited time. Also check with local health units, your pharmacist, and any urgent care clinics, as well as hospital emergency departments.
- **At home** – Close family members such as parents or guardians may have copies of your childhood immunizations in old papers, including baby books and school or camp forms.
- **Schools, colleges, universities or other post-secondary institutions** may still have records for you or your child.
- **Previous employers**, including the military, may still have records from your employment.

If your family is having trouble with locating or transferring immunization records, please [contact the Vaccine Team](#) and a nurse will discuss what needs to be done. Translation services are also provided.

Eating Disorders Awareness Week

From **February 1st to 7th 2025** join, National Eating Disorder Information Centre (NEDIC) and eating disorder groups nationwide that come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising awareness of their impact, dispelling harmful stereotypes and myths, and highlighting available support for those living with or affected by these disorders.

Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre “Transform the Narrative” Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

Family Day



Family Day is coming up on **Monday, February 17th** and it's a great chance to spend time with loved ones. Whether it's starting a new tradition like a family hike, playing outdoors, trying a nutritious recipe, or enjoying a fun board game together, this Family Day can be all about building lasting memories and promoting a healthy lifestyle.

To support you in making Family Day a meaningful occasion, we invite you to explore local programs and events to make the most of the day and keep your family active, engaged, and healthy!

- **Explore an EarlyON centre**, providing free, high-quality drop-in programs for children from birth to six years of age. Click [here](#) to access their family day calendar!
- **The local Performing Arts Centre** has a full day of exciting events for all ages. Check out their [schedule](#) and enjoy a variety of activities happening throughout the day.
- **Visit the Merriton Community Centre** on February 15th for their annual Family Fun Day
- **Find a new adventure spot** in a [regional walking or hiking trail](#)
- **Check your [local public library](#)** for free family day activities



Snow Safety for Kids

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your child is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make the most of winter adventures:

1. **Gear Up:** Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. **Choose Safe Hills:** Opt for designated tobogganing hills that are free from obstacles like trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.
3. **Follow Etiquette:** Be mindful of others on the hill. Encourage your child to wait their turn and choose a clear path to avoid collisions. Respect the space and safety of fellow tobogganers.
4. **Think Safety:** Help your child to sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride.
5. **Stay Visible:** If tobogganing in the evening, ensure visibility. Wear bright colours and consider adding reflective elements to clothing.

Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your child and friends in the winter wonderland!



Visit [Niagara Families](#) for places your child can toboggan.