

# 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*



## November, 2024 NEWSLETTER

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### Message from Mrs. Araujo and Mrs. Kish

Welcome to the month of November. With two months under our belt, we cannot wait to see what the rest of the year holds. Students are actively participating in numerous sporting events, leadership opportunities such as kindergarten helpers, challenging student thinking with math corner inquiries, engaging in social emotional learning and self regulation skills, library book exchanges as well enjoying their days here at school.

Have a great November.

### Faith Matters

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?

### SEAC

Niagara Catholic’s Special Education Advisory Committee (SEAC) is a group of representatives from community organizations, school board trustees and school board staff. The role of the SEAC is to collaborate on school board policies and programs related to special education. SEAC advocates on behalf of students with special education needs and their families. SEAC meets monthly. More information on how to join the livestream meeting can be found on the Niagara Catholic website. Over the next several months, a community agency represented on SEAC will be highlighted in the school newsletter and in The Chronicle. Stay tuned to be informed!

**Agency Highlight: Down Syndrome Niagara Website:** <https://downsyndromeniagara.ca/>

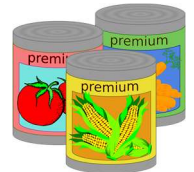
What they do: DSN raises awareness about the lives and experiences of individuals with Down syndrome. We offer many resources to families and host special events throughout the year and a lot of ways for the community to get involved including:

- Down Syndrome Niagara Annual Trivia Night
- Down Syndrome Niagara Annual Friendship Walk
- Down Syndrome Niagara Summer Picnic
- Down Syndrome Niagara Halloween Dance
- Down Syndrome Niagara Christmas Party
- DSN General Meetings
- Plasma Car Race
- Team DSN - World Down Syndrome Day: March 21
- Canadian World Down Syndrome Week: October 20 – 26, 2024



### School Photos ReTakes

Our school will hold a retake session on November 8, 2024.



### Food Drive Update

We would like to thank the entire school community for your support of our fundraiser. There were numerous items provided for families in need. We would also like to thank our Catholic School Council members for their assistance in organizing the food items.



**We Remember....**



This month we are reminded of the lives lost and the heroes that fought for our freedom during the two World Wars and beyond. On November 11, take a moment to remember them all and thank them for their heroic efforts.

In Flanders Fields BY JOHN MCCRAE

In Flanders fields the poppies blow- Between the crosses, row on row,  
That mark our place; and in the sky- The larks, still bravely singing, fly  
Scarce heard amid the guns below. We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie,  
In Flanders fields. Take up our quarrel with the foe: To you from failing hands we throw  
The torch; be yours to hold it high. If ye break faith with us who die- We shall not sleep, though  
poppies grow- In Flanders fields.



BT Corner

The month of October began with a bang. The Blessed Trinity community, and in particular our Junior Boys Football team, would like to thank the Grade 7 and 8 students and teachers from our Family of Schools for their incredible spirit and support during the October 9th game on our new turf field. It was a fun and exciting day as our future Thunder cheered our team to a victory over Notre Dame.

It was a very busy day as we also celebrated the blessing of our new turf field with special guests in attendance, including our Director and former Principals. The month started off with a Friday Night Lights White Out game on October 4th where over 1000 spectators watched our Sr. Boys Football team defeat St. Paul in a very exciting game.

The month of October will end with our annual Pilgrimage to raise money and awareness for the people of Las Pajas in the Dominican Republic. This will take place on Sunday, October 27th. Grade 8's from our Family of Schools have been invited to join the Blessed Trinity community in our annual Pilgrimage. A great example of our caring spirit at Blessed Trinity and our goal to always help those less fortunate.

October also saw representatives from our Student Services Department visit all of our grade 8's in their classrooms to introduce themselves and begin the process of transitioning our grade 8's to BT next September. We also brought back recent graduates from each elementary school to speak to the grade 8's about their experience at BT so far this year and lead a fun activity called Fears, Cheers and Unclears. This gave the grade 8's an opportunity to ask and talk about what they are nervous about, what they are looking forward to and what they are unsure of when it comes to starting high school next year. We had some great questions and discussions around what to expect in high school and our grade 9's had a blast visiting their old classrooms.

What to look for next month? On November 12th at 6:30 pm BT will be hosting an AP (Advanced Placement) Information Night for all parents.

## Progress Reports and Conferences

Elementary Progress Reports will be available to parents through the Maplewood Parent Portal the week of **Tuesday November 12, 2024 a hard copy will also be sent home.** Please review the Progress Report with your child. Take time to recognize achievements and develop strategies to implement next steps. All teachers will be contacting parents through a google form to set up interview times. You will be notified of your time on a label at the front of your child's report card. **Parent-Teacher Conferences will take place on Thursday November 21, 2024 from 4-7 pm.**



## Holy Childhood Fundraiser

On October 25, students participated in the Holy Childhood fundraiser. We would like to thank all families for their support.

## Cross Country Update

Mrs. DeBellis, Mrs. Di Ianni and Mr. Ciccone would like to congratulate all the members of the Cross-Country team! Your commitment and dedication to the team allowed for a successful BT Family of Schools Meet! A special congratulations to the students who qualified for the NCAA Board Elementary Cross Country Meet!!!!



## Cinnabon Fundraiser

Mark your calendars and get ready to place your Cinnabon order on November 1st.

Please consider supporting our Cinnabon fundraiser. Orders will be due **November 15**. Pick up for the orders will be **November 28** from 2:00 - 4:00 pm at the school.

Funds raised will be used towards purchasing additional technology for our students as well as additional STEM resources for our primary grades with a focus on Kindergarten.

## **NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER**

### **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](http://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](https://niagararegion.ca/parents)

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

[parents@niagararegion.ca](mailto:parents@niagararegion.ca)

Niagara Parents

[niagaraparents](#)

Niagara Region