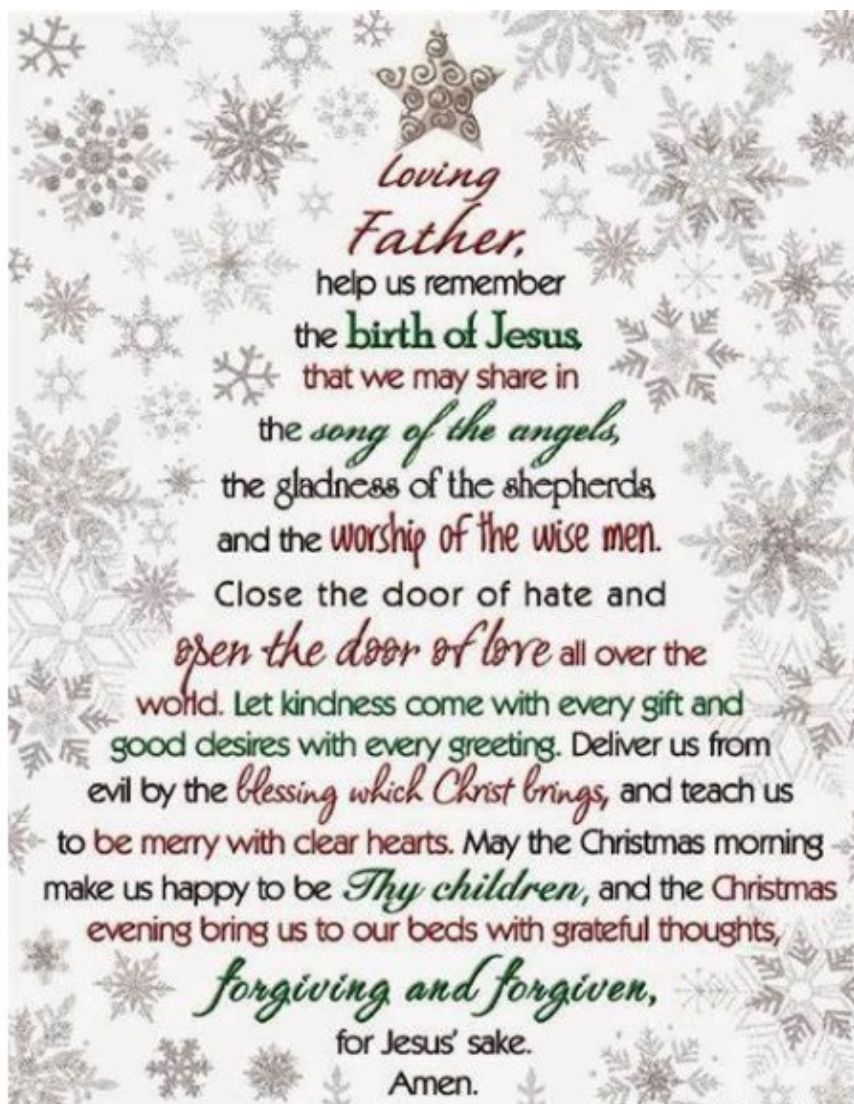


St. Mark Catholic

HOME OF THE MOUNTAIN LIONS

A Member of the Blessed Trinity Family of Schools



Christmas Around the School



Helping Others

The intermediate students are showing that they are demonstrating the Ontario Catholic Graduate Expectation of being "caring family members" during the season of Advent by donating food to five families in the Niagara Catholic community this Christmas season.

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[instagram.com](#)

<https://www.instagram.com/reel/C0u8fjzuYffXNgiS4ACwaSCQtftZNujBGZ1ajl0/>

[instagram.com](#)

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[instagram.com](#)



Celebrating Jesus' birth

Our Kindergarten friends in Mr. Moscato and Mrs. Monterroso's class worked hard and presented a Beautiful Christmas Concert for families!



Grade 1/2 Christmas Songs

Mrs. Fisher's Grade 1/2 Class shared their joy of Christmas by singing carols to families.



Thank you to Ms. Lukacs, Mrs. Grossi, Mrs. Borg, and Mrs. D'Achille



Thank you, Mrs. Warriner and Mrs. Frlan



Thank you, Mrs. Huot and Mrs. Croce

Our grades 4 and 5 classrooms have started a new reading program - HD Word - this school year that focuses on Structured literacy with a focus on phonological and phonemic awareness. The Grade 6 classes will begin using this resource in January 2024. This program is in alignment with the recommendations from Science of Reading and supports the newly released Language Curriculum. Really Great Reading has created supports for families to access at home to learn more about structured literacy and how to support their child at home with reading in grades 4 to 6. Please see how you can support your child by reading the letter below and visiting [Really Great Reading Home Connection](#). Please reach out to your child's teacher for more information.

Dear Parents,

Thank you in advance for all the hard work and dedication it takes to support your child's learning. If your child has been participating in HD Word at school, and they are now learning at home, below are descriptions of some simple, easy-to-use resources that we have compiled for you. They can be found at www.reallygreatreading.com/homeconnection:



Watch a Video - Parent Crash Course

Please watch the **Parent Crash Course Video** on our Home Connection page. It will show you the best way to support your child using the resources below. You will learn how to listen to the sounds (phonemes) in a word and then link the sound to the symbols (letters). It's a quick overview on how to segment words using letter tiles and SyllaBoards.



How to Use the HD Word Reading Passages for Practice

Please use the **HD Word Decodable Passages** on the Home Connection page for guided and independent reading practice. Your child can practice reading the passages independently up to their current unit, or you can provide support to help your child read any/all passages. HD Word students can also use the **Blast Decodable Passages**, which correlate with our Blast program and are most appropriate for 2nd-3rd graders who need practice with the content in HD Word Units 1-10. The goal is accurate reading of each word in these passages.



Use Letter Tile Free Play to Build and Spell Words

Until April 14, we are offering **Letter Tile Free Play** on Home Connection for FREE. This digital letter tile interface gives students the ability to participate in distance learning and/or to independently build and spell words.



Use Student Spelling Lists and Dictation Sentences for Practice

The **HD Word Spelling List** on Home Connection is a wonderful resource. Spelling is another way that your child has been connecting letters and sounds. At school, they use magnetic letter and color tiles to practice connecting sounds and letters. You can continue this practice at home using Letter Tile Free Play and the templates you will find in the **HD Word Spelling List** packet. There are also **Dictation Sentences** available for additional spelling practice.



Student High-Frequency Word Practice

High-frequency words are a great practice item. Information on reading and spelling these words can easily be found at www.hearwordmagic.com. This site includes many quick videos for instruction and PDFs for practice. You can also use **Letter Tile Free Play** to build these words.



Please support your teacher in this very uncertain time and contact your teacher directly if you have any questions. They in turn will contact us if they are unable to answer you fully. This avoids our phones from being overwhelmed and allows us to serve the greatest number of students.

Thank you for supporting your child's learning. From all the staff at Really Great Reading, we wish you all health and strength as you continue to navigate this uncertain time.

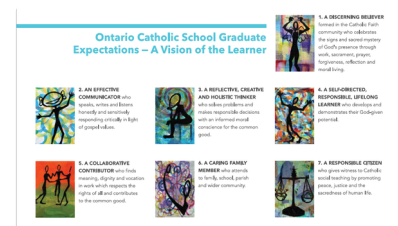


Catholic Graduate Expectations:

In January, St. Mark will focus on the theme of: "Reflective and Creative Thinker":

- I have thoughts and opinions that matter
- I make good choices
- I have hope for our future
- I solve problems with knowledge, understanding and prayer
- I know we are all equal and special

Our Grade 6 students will be presenting this theme to our Junior division at the end of the month!





Grade 5s Presenting

Miss Reid and Mr. D'Orazio's class taught us how to be an Effective Communicator



Congratulations to our Effective Communicators

Our Junior Division students who demonstrated this Catholic Graduate Expectation throughout the school during the month of December.

Ice Dogs Fun 🏒

🏒 Thank you to Mrs. Dionne and Mrs. Fisher for organizing another successful and fun night at the Ice Dogs Game! We had a fantastic turnout to the game and St. Mark filled over 275 seats. We are so proud of our choir for their amazing job singing O' Canada. Way to go Mountain Lions!





Winter Playground - Snow stays on the ground*

As we approach the cold winter days, please be advised that going out for recess during the Winter Season will be a rule rather than an exception. Please ensure that your child comes to school properly dressed and ready to play outside in the winter months. In extreme weather cases, children will remain indoors. With the number of students at our school, it is imperative that we all emphasize the dangers of throwing snow and use of body contact in any form. Please make sure your children are aware of the possible dangers of throwing snow and body contact at school. No one wants anyone hurt and sometimes innocent body contact turns into harmful play. Your support in this matter is greatly appreciated. Let's have fun outside, and keep everyone safe!

Inclement Weather and School Closures

The Niagara Catholic District School Board will make every effort to keep the schools open during periods of inclement weather. Only in the most exceptional circumstances will schools be closed partway through the day. In these rare cases, we will follow the procedure you have selected on the Emergency Form completed in September. Should School bus transportation be cancelled, parents are asked to use discretion in making the decision about whether or not to send children to school. If you decide to keep your child at home please use the Safe Arrival system to call in your child's absence. Announcements concerning school closures or bus cancellations will be made on all local radio stations beginning at 7:00 a.m. or you can check our website at www.niagaracatholic.ca.



A Message from Public Health

Did you receive a Vaccination Notice for your Child?

Niagara Region Public Health will be offering a vaccination clinic at St. Mark Catholic in the school gymnasium. Parents/legal guardians are welcome to bring their child to the clinic at their school if they received an [immunization reminder notice from NRPH](#).



Parents should bring their child's immunization record (yellow card) on clinic day.

****** NOTE: Students can ONLY attend the clinic located at their own school ******

Parents/legal guardians of elementary school children must attend the vaccination clinic with their student. If a parent/guardian is unable to attend with their child, please call Public Health at 905-



Niagara Region Public Health School Health Newsletter January 2024

Grade 7 Vaccines Catch Up

Niagara Region Public Health has completed all fall school-based immunization clinics for the following publicly funded [routine school vaccinations](#):

- Meningococcal
- Hepatitis B
- Human Papillomavirus (HPV)



Grade 7 students who missed their school immunization clinic can receive these vaccines through the following options:

- **Niagara Region Public Health vaccination clinics** – book an appointment at a community clinic by calling the Vaccine Preventable Disease Program at 905-688-8248 ext. 7425
- **Family doctor or Nurse Practitioner**– Contact your health care provider to discuss vaccine availability. If you do not have one, you can check with a local walk-in clinic.

Wintertime Well-Being

As the weather changes and days get shorter, many people, including children and youth, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your child's mood.

- [8 feel good tips to boost your mood](#)
- [100 Fun Activities to Boost Your Mood](#)
- [Stress relief activities for kids](#)

Help Keep the Classroom Germ Free – Stay Home When Sick

Respiratory viruses like the flu and COVID-19 are spreading in our community. Since these viruses can have similar symptoms, it can be hard to tell what you are infected with based on just symptoms alone.



If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don't develop any new symptoms

By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.



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.



Educational Resources

Mindfulness Awareness Stabilization Training



As teachers wrap up their final lessons amidst the excitement of the holiday season, holiday preparation becomes a hectic task. In the midst of this hustle, focusing on the present moment can be challenging. Unity Health Toronto presents [Mindful Awareness Stabilization Training \(MAST\)](#), a program designed to teach emotion regulation skills through psychoeducation and mindfulness practices. With easily accessible handouts and a collection of brief audio tracks, MAST aims to enhance mindfulness not only in individual educators but also within the classroom environment.

Jack.org's Mental Health Promotion

Introduce Mental Health Promotion to the Classroom with [Jack.org's Educator Hub \(edHUB\)](#) resource. This comprehensive and free resource library equips educators with teaching materials to integrate mental health promotion programming into their classrooms. Featuring curriculum-aligned activities, lessons, and a unit plan, this program supports educators by offering safe, youth-friendly, and evidence-informed mental health resources. It empowers educators to enhance their students' mental health literacy within a learning environment that fosters growth and well-being.



A Message from Blessed Trinity

We, the staff at Blessed Trinity hope that 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 taking next year in Grade 9 at Blessed Trinity. The process began back in December with an information presentation to all grade 8 students on the compulsory and elective courses they will be choosing from. **On January 18th**, that process will continue with our **Grade 8 Open House at Blessed Trinity starting at 7:00 pm**. All grade 8 students and parents are welcome and encouraged to attend and experience what BT Thunder is all about!

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 MyBlueprint 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 9TH**.

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.



Event Information

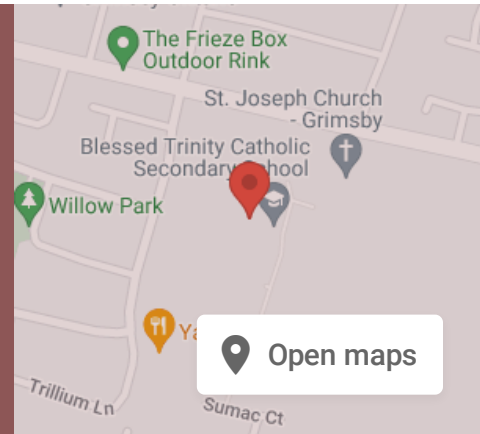
Blessed Trinity Open House

When?

Thursday, Jan 18, 2024, 07:00 PM

Where?

Blessed Trinity Catholic Secondary School, Livingston Avenue, Grimsby, ON, Canada



Join Our Family OPEN HOUSE

January 18, 2024 7:00 PM
www.blessedtrinitycatholic.ca



St. Mark Catholic January 2024



A Member of the Blessed Trinity Family of Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec 31, 2023 NEW YEARS EVE 2024 SUNDAY DECEMBER 31ST	January 1, 2024 NEW YEAR'S DAY JAN 1	2	3	4	5	6 Mass St. Helen Church 5:00 p.m.
7 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	8 BACK TO SCHOOL (AFTER WINTER BREAK!)	9 Milk FIREHOUSE SUBS	10 Pasta Day	11 Vaccination Clinic @ 9:00 am Pizza Milk	12	13 Mass: St. Helen Church 5:00 p.m.
14 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	15 Day 2	16 Milk WAY	17 Day 4 Niagara Region Eco Presentation Grades 1 to 3 at 9:30am SHELBY'S	18 Day 5 Gr. 8 Blessed Trinity Open House Milk Pizza	19 PA Day Staff Professional Development Day School Closed	20 Mass: St. Helen Church 5:00 p.m.
21 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	22 Day 1	23 Milk FIREHOUSE SUBS	24 Day 3 Intermediate Boys and Girls Basketball Tournament @ Blessed Trinity SHELBY'S	25 Day 4 Milk Pizza	26 Day 5 Elementary Chaplin Visit VEX @ Mary Ward ROBOTICS	27 Mass: St. Helen Church 5:00 p.m. Family Literacy Day Since 1986
28 Mass: St. Helen Church 5:00 pm	29 Day 1 Elementary Chaplin Visit	30 Day 2 Milk WAY	31 Day 3 Pasta Day			

January 2024 calendar.pdf

[Download](#)

523.6 KB



St. Mark Catholic Elementary



J. DeCoff
Principal

J. Tolomeo
Vice-Principal

