



# St. Andrew Catholic School

January 2024



## School Information

Mrs. M. Ruggi Dietsch - Principal

Website: <https://schools.niagaracatholic.ca/standrew/>

Location: 16 St. Andrew Street Welland L3B 1E1

Phone: 905-732-5663

## Principal's Message

Happy New Year!

I am thrilled to introduce myself as the new principal of St. Andrew Catholic School. I am excited to join the community and look forward to getting to know the students and families.

I would like to extend warmest wishes for a joyful and prosperous year ahead. May this year bring you good health, happiness, and success in all your endeavours.



## *A Prayer for the New Year*

May God make our year a happy one,  
by strengthening us to bear it, as it comes;  
by making us sturdy to travel any path;  
by taking fear from our heart;  
by keeping our face bright, even in the shadows;  
by showing us when people need us most,  
and by making us willing to be there to help.  
God's love, peace, hope, and joy to us

for the year ahead.

Amen.

### ***Happy New Year!***

Mrs. M. Ruggi Dietsch

# Niagara Region Public Health School Health Newsletter

## **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

## Snow Safety At St. Andrew

As we enter into the winter season, we all know that the snow will be on its way. We would like your help with a few things.

- 1) Please remind your child(ren) about snow safety while at school. Snow is to stay on the ground and never thrown. If there is ice or students are playing on snow hills, students need to have boots and snow pants.
- 2) If you are unsure about the weather and if the school is open or if transportation may be cancelled, please tune in to a local radio station, or check the website [niagaracatholic.ca](http://niagaracatholic.ca)
- 3) More details will be coming out later this month regarding school closures due to weather.
- 4) If you need assistance in providing your child with warm winter gear, please contact the school and we will do what we can to be of assistance.

## Called By Name

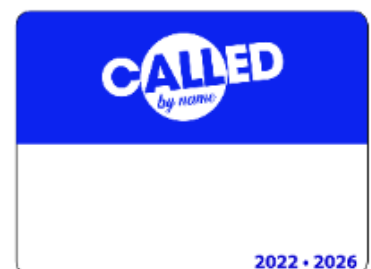
Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

**2023-2024 Called by Name: Hear My Voice**

2024-2025 Called by Name: Follow Me

2025-2026 Called by Name: Go and Make Disciples



Our theme this school year is "Called by Name: Hear My Voice." And while our theme is about God's call to us, it should also serve as a reminder of our call to Him. Each day God says to us,

"let me hear your voice; for your voice is sweet" (Song of Solomon 2:14). God doesn't want to talk at us; He wants to have a conversation with us. Have you given Him the pleasure of hearing your voice yet today?

## ECO News

Our ECO Team wants to help better the environment and try to reduce waste and single-use plastic. Each Wednesday we are encouraging our St. Andrew community to pack a waste free lunch! This may include a reusable water bottle, packing snacks in containers or using reusable cutlery. These small initiatives can help protect our Environment! Thank you, from the ECO Team.



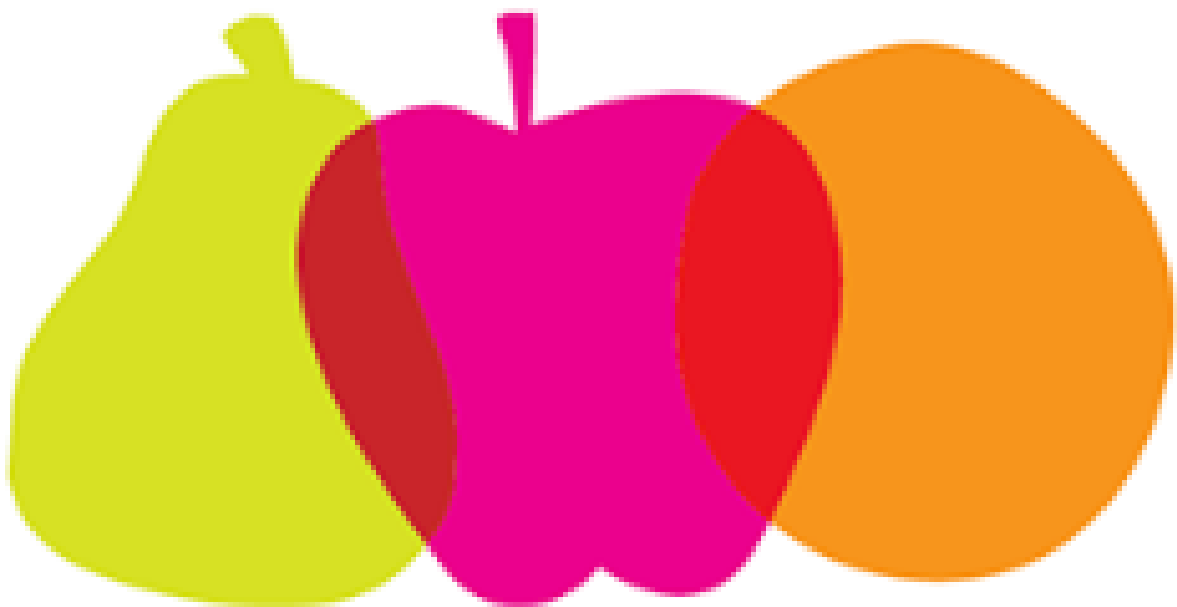
### Easy Litterless Meal Ideas

1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.

## International Day of Education - January 24, 2024

Education is a human right, a public good and a public responsibility.

The United Nations General Assembly proclaimed 24 January as International Day of Education, in celebration of the role of education for peace and development.



# Niagara Nutrition Partners

## Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At St. Andrew School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

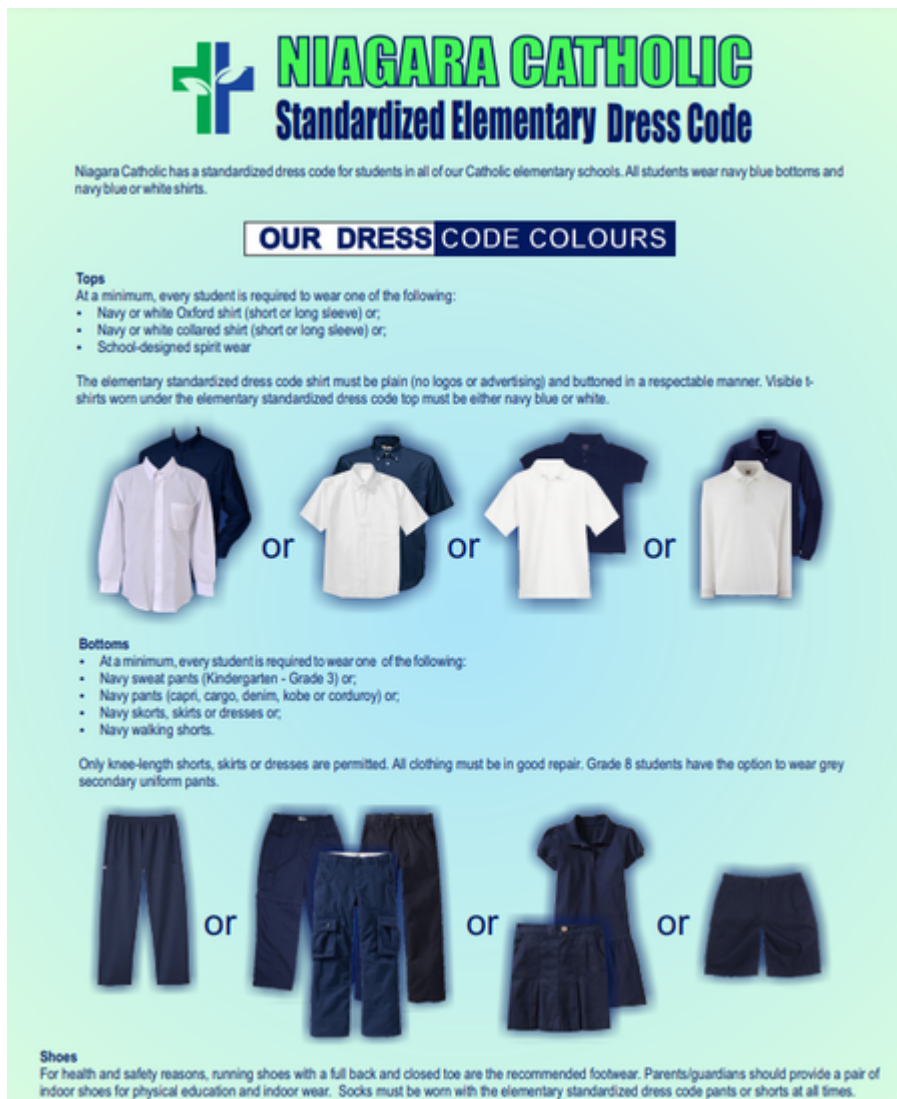
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

## Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



**NIAGARA CATHOLIC**  
**Standardized Elementary Dress Code**


Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

**OUR DRESS CODE COLOURS**

**Tops**  
At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear


The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



**Bottoms**  
At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



**Shoes**  
For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

## Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

## Student Supervision

Students are able to come into the school at 9:00 am. Please note that supervision is not provided prior to this time.

## Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that St. Andrew Catholic School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



## STUDENT ATTENDANCE and SAFE ARRIVAL

St. Andrew Catholic School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 1) Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.
- 2) Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.
- 3) The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

## REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



## School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters

