

ST. MARK CATHOLIC ELEMENTARY SCHOOL

Home of the Mountain Lions

A Member of the Blessed Trinity Family of Schools

**"Lord, help us to see in your
Crucifixion and Resurrection an
example of how to endure."**

– Mother Teresa



A Prayer for Lent

**Please, Lord, guide my mind
with your truth.**

**Strengthen my life by the humble,
obedient example of Jesus.**

**He fulfilled your will by becoming
human and suffering with us.**

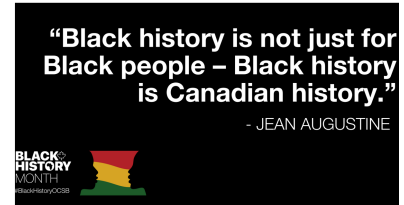
**He died so that I would no longer
be separated from you.**

**Help me to feel how close you are
and to live in union with you.**



Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The theme for Black History Month 2024 is **Black Excellence: A Heritage to Celebrate; a Future to Build.**


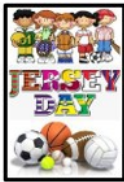





Kids Helping Kids 🍀

Niagara Catholic's 25th Annual Kids Helping Kids fundraiser will take place during the month of February. 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 various events.




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: Niagara Children's Centre

MONDAY FEBRUARY 5	FRIDAY FEBRUARY 9	THURSDAY FEBRUARY 15	FRIDAY FEBRUARY 23	WEDNESDAY FEBRUARY 28
<p>Twin Day</p> <p>Some of the best Twin Day costumes are the ones that leave you laughing. Dress up like someone else, or coordinate with a friend or group. Whatever the idea, have some fun and be creative.</p> 	<p>Jersey Day</p> <p>Today is dedicated to your favourite sport, or team. Jersey's, team colours or St. Mark spirit wear are all great choices</p> 	<p>Valentine's Day Celebrations</p> <p>We dedicate today to all thing's kindness and love! Wear pink, red or the colour you love. This is an out of dress code day filled with Valentine's Activities including our Dance-A-Thon.</p> 	<p>Monochrome Day</p> <p>Wear varying tones of one colour. Pick your favourite colour and have some fun!</p> 	<p>Pink Shirt Day</p> <p>Wear a pink shirt for Bullying Awareness and remember to choose kindness!</p> 

Shrove Tuesday - February 13th

On Tuesday, February 13th, we will be celebrating Shrove Tuesday by serving pancakes to all of our students. All classes will have a chance to come down to the gymnasium to have pancakes prepared by parents. This year we will be serving 700 students and need some extra hands with mixing and cooking pancakes. If you can volunteer your time, please contact Mrs. Manchuk in the office at bonnie.manchuk@ncdsb.com and specify if you can volunteer in the morning (8:30-11:30am) or in the afternoon (12:15-2:30pm). Thank you.

Shrove Tuesday is Pancake Day



- Shrove Tuesday is the day when we eat pancakes. This is the last day before the Christian time of Lent.
- In the past Christians did not eat many foods such as milk, eggs and fats during Lent.
- They did not waste food so before Lent began, they had a feast using all the food that would go bad before they could eat it again.
- Pancakes were a dish that used up the foods by adding some flour.

Ash Wednesday - February 14th

On Wednesday, February 14th, the Student Council will be leading the school with our Ash Wednesday Liturgy. Ash Wednesday is the first day of Lent, the season of preparation for the resurrection of Jesus Christ on Easter Sunday. During our Liturgy, students and staff will receive ashes on their foreheads in the shape of a cross.



Valentine's Day Activities - On February 15th

This year, we will be celebrating Valentine's Day on Thursday February 15th. Throughout the day all classes will be participating in class-based Valentine's Day activities to celebrate kindness! Our Dance-A-Thon will also be taking place on this day with a Valentine's Day theme.

If you are planning to send your child with Valentine's Day cards and treats, please ensure that they are individually wrapped. All Valentine's Day goodies will be exchanged during the day and students will be encouraged to open them at home. Please be mindful of food allergies within your child's classroom and all items are to be nut free. We would like everyone to be safe this Valentine's Day!



Catholic Graduate Expectations - Student Monthly Awards

The theme for February is "Life-Long Learner"

A Self-Directed, Responsible, Lifelong Learner:

- I use the gifts and talents given to me by God
- I always do my best and am proud of the good things I do
- I set goals and accept change
- I build on my own strengths and learn to overcome my weaknesses
- I am thankful for the gifts of others
- I believe that it is important for me to live a healthy and balanced life

INDOOR / OUTDOOR FOOTWEAR

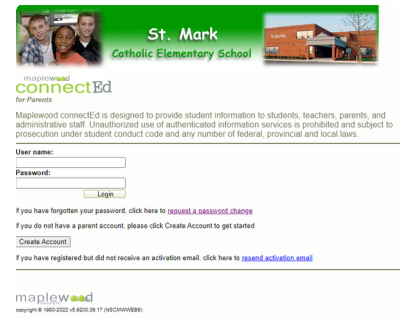
Parents are reminded to send a pair of indoor shoes with their child to the school. Wet and muddy boots in the classroom create a safety hazard for students and staff. They increase the risk of slips and falls in the classroom, hallways, stairs, and bathrooms. Changing to indoor shoes allow

our caretakers to focus on making the stairways and hallways safe once the students are back in their classrooms. Indoor shoes also eliminate the need for caretakers to clean the classroom floors three times a day and allow them to focus on the sanitization of surfaces and touchpoints. We thank everyone for their cooperation with this matter.



TERM 1 REPORT CARDS

Report Cards for Term 1 will be made available in the Niagara Catholic Edsembli Parent Portal on Tuesday, February 13, 2024. Please be advised that parent-teacher conferences for this term will be at the request of the teacher and/or parent(s). Teachers will be making a request to the parents of students for whom they feel an interview would be necessary. After the Report Cards are made available, parents may also request a phone or virtual interview by contacting the teacher to arrange a convenient time.



by contacting the teacher to



KINDERGARTEN OPEN HOUSES

Event Information

Kindergarten Open House

Come and visit our Kindergarten Classrooms! You will see learning in action and how much fun we have in Kindergarten. Our Open House runs from 9:00am to 6:00pm.

When?

Thursday, Feb 8, 2024, 09:00 AM

Kindergarten at Niagara Catholic



KINDERGARTEN!

Around the School in January



Vex Team competing at Mary Ward



Finally, some fun in the snow!



CGE Assembly - Great Job to our leaders

https://www.instagram.com/reel/C2geq6QOwOKJ_kv1a273bvhKbuBCMreZoVya-40/

[instagram.com](https://www.instagram.com)

Blessed Trinity Corner

Blessed Trinity has reached the half way point of the year with our students' completing exams and getting ready for the beginning of Semester 2. During exam week we were very happy to host the Family of Schools Boys and Girls Basketball tournament. Congratulations to all the students who participated – we hope everyone had a great time.

We would like to thank all of the parents and future Thunder who came out to our very successful Open House on January 18th. It was very exciting to see a packed house and the energy of our incoming Class of 2029.

Throughout the rest of January and into early February a representative from our Student Services Department will be visiting each Grade 8 class to help the students make their course selections for next year. The deadline for selecting and submitting courses, returning Course Selection Sign-off sheet 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.



A Message from Public Health

Niagara Region



Niagara Region Public Health School Health Newsletter February 2024

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?

Parents and caregivers may have inquiries about what to anticipate as their children embark on their school journey. Working collaboratively with teachers, support staff, students, and parents, your School Health Nurse strives to create a healthier school community.



Check out our Welcome to Kindergarten video that reviews a few helpful reminders from Public Health!

- English: <https://youtu.be/mk1cbqvwzzk>
- French: <https://youtu.be/eu20svNoTOU>

Eating Disorders Awareness Week

From **February 1st to 7th 2024** join, National Eating Disorder Information Centre and, eating disorder groups nationwide 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](#)

Niagara Region



Educational Resources

Pink Shirt Day

Pink Shirt Day, also known as Anti-Bullying Day, is on **February 28, 2023**. Throughout February and the year, [CKNW Kids' Fund's Pink Shirt Day](#) raises awareness and funds for programs promoting children's self-esteem. Wear a pink shirt on this day to stand against bullying and contribute to creating a kinder, more inclusive world. Let victims know they're not alone; help and support are available.



Encourage your school to wear Pink Shirts on the 28th to show that you stand against bullying! For more ways to get involved visit <https://www.pinkshirtday.ca/get-involved>.

Winter Walk Day

On **Wednesday February 7th** join schools across Ontario to celebrate [Winter Walk Day](#). While the cold air and snow might tempt you to drive, walking in winter can be enjoyable with some extra precautions. Here are tips for a safe and comfortable winter walk:



- Keep hands, head, and ears covered. Be sure hats and scarves do not block hearing or vision.
- Wear mittens, they keep hands warmer than gloves.
- Wear warm, waterproof boots with good treads for better traction on snow and ice.
- Wear wool or insulating clothing to help retain body heat.
- Beware if the temperature falls below -25 °C or if the wind chill is -28 °C or colder. This is when exposed skin freezes in only a few minutes.
- Change wet clothes as soon as possible - tuck extra socks and mitts into backpacks.
- Keep wearing sunscreen - yes, you can still get a sun burn in winter.
- Add reflective tape or tags on coats and backpacks.

Source: Green Communities Active & Safe Routes to School, Way to Go! School Program and Go for Green.

Check out Ontario Active School Travels [Winter Walk Day](#) webpage for promotional materials, resources, and activities below to help you celebrate WWD in your community! We're looking forward to seeing everyone in their cozy winter wear!



Parking Lot Reminders

Thank you to all of our families as we continue to navigate creating a parking lot that is safe for our community.

Just a couple of reminders as we move through the winter months.

1. **Please do not park in the fire lanes.** This creates a bottleneck and with cars pulling in and out of the parking lot, little ones crossing the parking lot in this area may be hard to see.
2. **Please slow down.** We understand that mornings can be exceedingly difficult, but please slowdown in the parking lot. Many students walk to school, and many families are walking through the parking lot. Little ones can sometimes be hard to see, so please slow down. We also ask that you please drive with caution through the crosswalk area on Mountain Street. There have been some calls about near misses in the crosswalk and we want to ensure all of our students arrive safely at school.
3. **Please park in the parent parking area.** All staff parking spots are numbered and dedicated to Kiss and Ride to eliminate cars parking and backing up while students are being dropped off and walking through the parking lot. Families are asked to park in the white lined spots only.

Mr. Tolomeo, other staff and I are outside daily directing traffic to help with flow and efficiency in our parking lot. At times, you may experience a slight delay and we really appreciate your patience and understanding as we try to keep cars moving.

**NIAGARA FOUNDATION FOR CATHOLIC EDUCATION ANNUAL BENEFIT GALA
WITH HONOURARY GUEST BISHOP GERARD BERGIE**

Supporting Niagara Catholic District School Board students in need and scholarships

Thursday, March 21, 2024, Club Roma Event Centre, 6:00 pm. Tickets \$100/person

Online payment can be made at www.niagaracatholic.ca or

by cheque payable to the *Niagara Foundation for Catholic Education*

Mailing address: 427 Rice Road, Welland, ON L3C 7C1 – Attention Anna Pisano

Please make payment by March 13, 2024 (\$30 tax receipt upon request)

Individual tickets available or tables of eight or ten.

For further information (905) 735-0240, ext. 214 or email linda.marconi@ncdsb.com



St. Mark Catholic

February 2024



A Member of the Blessed Trinity Family of Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>February celebrates Black History Month & Kids Helping Kids</p>		<p>Celebrating Black History Month</p>	<p>KIDS HELPING KIDS February 12-23</p>	<p>Day 4 11:30 - 12:15 Pokemon Club</p>	<p>Day 5 Sweater Day for ECO Out of Dress Code</p>	<p>Mass St. Helen Church 5:00 p.m.</p>
<p>Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.</p>	<p>Day 1 Twins Day Out of Dress Code</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4 Open House 9:00 am - 6:00 pm Kindergarten Registration</p>	<p>Day 5 Jersey Day Out of Dress Code</p>	<p>Mass St. Helen Church 5:00 p.m.</p>
<p>Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.</p>	<p>Day 1</p>	<p>Day 2 SHROVE TUESDAY REPORT CARDS POSTED</p>	<p>Day 3 ASH WEDNESDAY HAPPY Valentine's DAY Pasta Day</p>	<p>Day 4 Out of Dress Code Red & Pink Day Valentines Day Dance-A-Thon</p>	<p>PA Day Staff Professional Development Day School Closed</p>	<p>Mass St. Helen Church 5:00 p.m.</p>
<p>Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.</p>	<p>FAMILY DAY</p>	<p>Day 5</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3 Monochrome Day Out of Dress Code NCAA Girls Basketball Tournament</p>	<p>Mass St. Helen Church 5:00 p.m.</p>
<p>Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.</p>	<p>Day 4 Pokemon Club 11:30 am - 12:15 pm</p>	<p>Day 5 Primary Division Catholic Graduate Expectation Assembly</p>	<p>Day 1 CSC Meeting 6:00 pm pink shirt day</p>	<p>Day 2 GRADUATION PICTURE DAY</p>		

February 2024 calendar.pdf

Download

690.7 KB





J. DeCoff
Principal

J. Tolomeo
Vice-Principal

