



# February 2024



## Called by Name: You Are Mine

Dear St. Elizabeth Families,

February, the month of "Love." Love is the driver of all great stories, such as, the love of parent for child, for family, for friends and for God.

Jesus gives us the greatest story of Love, Sacrifice and Life Everlasting. We live this story daily, and are reminded of this story as we prepare for Lent. Lent begins on Ash Wednesday, which marks the beginning of Jesus' 40 day fasting and temptation in the desert. It leads us to Easter Sunday, which commemorates Jesus' resurrection from the tomb after His crucifixion.

Lent is our time as Christians to reflect, repent and pray as a way of preparing for Easter. As a Catholic School Community, we follow in the footsteps of Jesus and tell our story daily through our commitment to serve God and one another as We Are Called by Name.

As we prepare for Jesus's ultimate sacrifice of Love for us, let us reflect upon the notion that Love is the one thing that can never hurt anyone, it is supremely free, yet attaches us with the strongest of all bonds. Love cannot be bought or sold, there is nothing it cannot face. Love is life's greatest blessing.

Enjoy your Lenten journey!

Mrs. J. Mangiacasale  
Principal

*"I have even called you by your name" (Isaiah 45:4)*

*Do you feel left out sometimes? Lonely or sad? That's ok, because God is always with you and He knows exactly what you are going through. No matter what challenges you face, or impossible situations you get into; God will never leave you. He will make everything good for you and you can soak in His divine light. God calls each one of you by name. Jesus Knows You By Name! What a privilege! And what a comfort to those of us who place our faith in Christ! God loves us more than we can imagine. He has sworn never to let us go. Do you hear Him calling you?*



### Act of Love Prayer

Jesus, my God,  
Thou art infinitely good and perfect.  
I love Thee above all things and with my whole heart.

I desire to receive Thee in Holy Communion that I may love Thee more and serve Thee better.

Come to me and strengthen me, so that I may never be separated from Thee on earth and that I may live with Thee eternally in heaven.



Amen

### THE LITURGICAL SEASON OF LENT

This year Lent begins on **Wednesday, February 14th**. The teachers have stressed the importance of making Lenten commitments which students can keep. In addition to "giving things up", consider daily prayer, attending Mass on weekdays, or helping the needy, all of which require personal time and self-sacrifice.

#### WHAT TO GIVE UP FOR LENT

- Give up bitterness; turn to forgiveness
- Give up complaining; focus on gratitude
- Give up pessimism; become an optimist
- Give up harsh judgments; think kindly thoughts



# LENT



# St. Elizabeth NEWS

## BLACK HISTORY MONTH

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. No matter where you live, we invite all Canadians to learn more about these communities, and how they continue to help shape Canadian history. The 2024 theme for Black History Month is: **“Black Excellence: A Heritage to Celebrate; a Future to Build.”**

In Niagara Catholic schools, we foster, inclusive, equitable and safe school communities where all are welcomed and ‘called by name’, supporting all students aligned with the Mission, Vision and Values of the Board. The implementation of equitable and inclusive educational practices improves student outcomes within a culture of respect, acceptance and a sense of belonging.

All students will experience Catholic education through culturally relevant and responsive pedagogy, programs, resources and supports for student success. All students will experience equitable and inclusive school and classroom practices to improve student achievement, engagement, representation and voice.

You are welcome to visit the Government of Canada website for more information:  
<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>



## REPORTING TO PARENTS

Report Cards for Term One will be available in the **Parent Portal on Monday, February 12th.** Interviews for this term are by request only.

Teachers will be requesting an interview with the parents of those students for whom they feel that an interview would be beneficial. Parents may also request an interview by contacting the teacher to arrange a convenient time.

## P.A. DAY & FAMILY DAY

There will be a P.A. Day on **Friday, February 16th.** There is no school on this day. As well, the Family Day holiday takes place on **Monday, February 19th.** We hope you enjoy this extra long weekend with family.



## FOOD DRIVE

During our Lenten journey, as a form of almsgiving, we will be collecting non-perishable food items and toiletries to be given to Port Cares to re-stock their shelves from February 12th - February 23rd. This also runs in conjunction with Kids Helping Kids week, as we will be helping and giving back to people in need within our community. We want to thank you in advance for your generous donations.

## CATHOLIC SCHOOL COUNCIL NEWS



All parents/guardians are invited and encouraged to attend our CSC meetings. The next meeting is on **Tuesday, March 5th at 6:00 p.m.** This meeting will be **Virtual**. If you are interested in attending the meeting, please email Mrs.Mangiacasale (Julie.Mangiacasale@ncdsb.com) so she can add you to the parent council email list. Thank you to council for all their ongoing support and continued efforts for our school.



## SHROVE TUESDAY

On **Tuesday, February 13th** we will be observing the Catholic tradition of Shrove Tuesday. Whether it is called Fat Tuesday, Mardi Gras, Pancake Day or Shrove Tuesday, pancakes have always been associated with the day before Lent because they were a way to use up rich food such as; eggs, milk and sugar before the fasting season of the 40 days of Lent.

We thank the St. Elizabeth CSC parents and volunteers for preparing and serving our pancakes. Please note, the pancakes are not meant to replace your child’s lunch, so please ensure you still send a lunch for your child that day.

## ASH WEDNESDAY



Ash Wednesday opens Lent, a season of fasting and prayer. We are also encouraged to do other forms of special penance on this day including prayer, almsgiving, and works of mercy. Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too. At our weekly mass, on **Wednesday, February 14th**, all staff and students will participate in the administration of ashes as we continue our preparation for Easter.



## ST. VALENTINE

This year, Ash Wednesday is observed on **Wednesday, February 14th, 2024**, the same date for which, historically, we celebrate the memorial of St. Valentine. Therefore, St. Elizabeth will celebrate on the vigil (or eve) of St. Valentine, Tuesday, February 13th.

“Saint Valentine was a Christian priest in Rome who assisted martyrs during the persecution under Emperor Claudius II in the 3rd century. He was eventually arrested and sent before the prefect of Rome. The origins of sending cards and candy on “Valentine’s Day” is not entirely clear, though perhaps the association of love with Saint Valentine is a reflection of the love he showed for Christ by giving his life as a martyr of the Church.”



## 2024/2025 KINDERGARTEN WINTER OPEN HOUSE & REGISTRATION

Kindergarten registration for the 2024/2025 school year (children born in 2020) is available throughout the school year, on the Board website: [www.niagaracatholic.ca](http://www.niagaracatholic.ca) Click on Register Now.

Our Kindergarten Winter Open House will take place on **Thursday, February 8th between 9:30 am - 6:00 pm.** Families are invited to visit the Kindergarten classroom, with a staff member, in an informal/drop-in format. You will meet the Kindergarten staff, and take a quick glance of what a “day in the life” of *The Kindergarten Program* looks like.

To welcome our new families registered for the 2024/2025 school year, a **Spring Welcome to Kindergarten Family Orientation evening** will also take place with the principal and Kindergarten Team. Further details will follow closer to the date. We look forward to welcoming our newest Saints families to St. Elizabeth!



### PINK SHIRT DAY

In 2007, Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born. In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September “Stand Up Against Bullying Day.” In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day, and now the last Wednesday each February is Canada’s national Pink Shirt/anti-bullying day. Many countries now recognize specific days for raising awareness about the prevention of bullying and promoting kindness and inclusion. In Canada, many students have heard the Pink Shirt Day message from kindergarten through to their high school graduation. The movement continues to grow.



### ST. ELIZABETH'S FACEBOOK PAGE

We're excited to share that St. Elizabeth School now has our own school Facebook page! The link is below, so if you are on Facebook, please “Like” our page. We will be starting to share lots of exciting news and happenings from around the school. **Please note student photos/videos/names will not be included in our page unless parent consent has been given.**

<https://www.facebook.com/St.ElizabethCatholicElementarySchool>

## KIDS HELPING KIDS

Niagara Catholic’s 25th Annual Kids Helping Kids fundraiser will take place from **February 12-23, 2024.** 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. Kids Helping Kids is open to students attending in-school and students in our virtual schools. Donations to the Kids Helping Kids fundraiser can be made in School Cash Online.



## SPORTS NEWS



Congratulations to the Junior Handball team for placing **6th overall** at the Lakeshore Family of Schools tournament on January 26th. Our students were very competitive displaying excellent passing and team play. All team members exhibited great sportsmanship and represented our school well! The team is to be congratulated on a great overall performance. Way to Go Team!! Thank you to Mrs. Dayboll for her excellent coaching.

We look forward to the girls and boys basketball tournaments coming up this month on **the 8th and 9th.**

## GO SAINTS!



## ECO NEWS



**National Sweater Day** is celebrated to bring awareness about the importance of saving energy by switching off the heat and wearing sweaters. The day indeed celebrates both the usefulness of the sweaters and reducing the consumption of energy. On **Thursday, February 1st**, St. Elizabeth School will turn down the temperature in our school to limit energy use. Lowering our energy use means less global warming! **Stay green, St. Elizabeth!**



**NEW SCHOOL CONSTRUCTION PHOTOS**



# Kids Helping Kids Week

St. Elizabeth Catholic Elementary School

February 19 - 23, 2024

**February 19**



**FAMILY DAY**

We hope you enjoyed your long weekend celebrating family.

*"The family is the first essential cell of human society." - Pope John XXIII*

**February 20**



**TWISTED TUESDAY**

Let's see how creative you can get. Twist up your colours, patterns, socks, shoes, etc. Have fun, be creative, anything goes.

**February 21**



**SPORTS DAY**

Let's see your spirit!! What team do you cheer for? Wear your favourite jersey or wear your team's colours!

**February 22**



**TIE-DYE THURSDAY**

Wear anything tie-dye. Have fun! Be creative!



**February 23**



**FANCY FRIDAY**

Dress in your "Sunday Best" or wear your favourite fancy clothes.



This year's event will jointly support the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education. Please visit SchoolCash Online to make a donation.

Thank you for your support.



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/mkJcbqxwzzk>

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 FOUNDATION FOR CATHOLIC EDUCATION

ANNUAL BENEFIT

# Gala

WITH HONOURARY GUEST  
MOST REVEREND GERARD BERGIE, D.D.

and presentation of the  
**Niagara Catholic Education  
AWARD OF DISTINCTION**

**SUPPORTING STUDENTS IN NEED AND PROVIDING SCHOLARSHIPS**

**\$100 Per Person - Thursday March 21, 2024 - 6:00 PM  
Club Roma Event & Conference Centre**

Payment can be made [online here](#) or by cheque using the form below.  
Cheques payable to Niagara Foundation for Catholic Education (NFCE)  
Payment must be received by March 13, 2024  
• \$30 tax receipt available upon request •

Name \_\_\_\_\_ #Attending \_\_\_\_\_ Payment \$ \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Dietary Requests \_\_\_\_\_

Table Assignment Request - Please list the names or groups \_\_\_\_\_

Please send cheque and form to: Anna Pisano, Niagara Catholic District School Board, 427 Rice Rd., Welland, ON L3C 7C1



For further information  
call 905.734.0240 ext. 214  
or email [linda.marconi@ncdsb.com](mailto:linda.marconi@ncdsb.com)