



Mary Ward Catholic School



Principal: Mr. A. Cardamone

Superintendent of Education: Mr. D. Massi

Parish: Our Lady of the Scapular Church **Pastor:** Fr. M. Basque and Fr. D. Corso

February 2024

Principal's Message

"Whoever does not love does not know God, for God is love." (1 John 4:8)

February is a month synonymous with love, friendship, compassion and giving. Throughout the month of February, let us remember not only to fall in love with Jesus, but remain in love with Him seeking to know more about Him each and every day.

This month we celebrate the virtue of Love. Christian love is rooted in a committed friendship with God. We can express our love for God by being of service to our fellow human beings. Sometimes this virtue is called charity. Jesus' greatest act of love for us is His supreme sacrifice in dying on the cross to bear our sins. As Christians we are invited to 'Let all that you do be done in love' (1 Cor. 16:14).

We practice love when... we are helpful to a classmate, a family member or an animal in need; notice when someone is hurt or needs a friend; take time to show we care; forgive others when they make mistakes; and reach out in the broader community to share our gifts and talents. As we journey through this month of February, may we practice the virtue of love with all we meet in our daily lives.

As expressions of our love for others, all schools within Niagara Catholic will participate in the 26th Annual Kids Helping Kids fundraiser from Monday, February 12 to Friday, February 23, 2024. Funds raised will jointly support the Niagara Children's Centre and the Niagara Foundation for Catholic Education.



Social Media

Follow us on social media to get the latest updates:



@MaryWardNF



@marywardniagara

Called by Name: "Hear My Voice"

"But Mary treasured all these words and pondered them in her heart." (Luke 2:19)
Throughout her life, Mary reflected on the words of Jesus, pondering them in her heart. Mary's heart was and is full of love for Jesus.

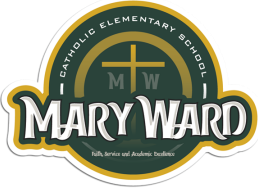
The words that He spoke to her were not passing things, quickly forgotten. They were opportunities for her to marvel at the Son of God. Mary's example invites us to make time to reflect on the words of Jesus.

A simple way of doing this is by praying the rosary. In the rosary, Mary takes us by the hand and leads us closer to Jesus. We learn about the heart of Jesus through the heart of Mary, who pondered His words in her heart.



Niagara Catholic District School Board Mission

We are a Christ-centered Catholic faith community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.



February 2024



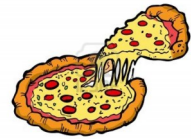
COMING UP

Alternate Lunch Days & Milk Program

Alternate lunch days and the milk program will continue in February!

Milk will be available every Tuesday and Thursday and there will be 2 alternate lunch days in February:

- **Friday, February 9** - Garrisons Grill Sub Day
- **Tuesday, February 27** - Pizza Lunch from Carmine's Pizzeria



Orders can be placed using **School Cash Online**. Thank you in advance for your participation.

Eco-School News

The Mary Ward Eco Team has prepared some Eco-Initiatives and events for our school in the month of February:

Winter Walk Day: Step into the snow! Winter Walk Day takes place on **Wednesday, February 7**. It is a great opportunity to plan to walk to school and show that sometimes staying warm is as simple as getting moving on the way to and from school.

National Sweater Day: Bundle up! National Sweater Day is on **Thursday, February 1**. We are turning the heat down by a couple of degrees to reduce greenhouse gas emissions and all students are encouraged to dress up in their most fabulous sweaters.

Waste Free Lunch Wednesdays: Finally, this month, we will continue with Litterless Lunch Wednesdays. The goal is to reduce the amount of garbage our school produces. Please bring lunches and snacks in reusable containers **every Wednesday**.



Term 1 Provincial Reports

Report
Cards

Term 1 Reports for students will be posted on the Parent Portal during the **week of February 12, 2024**. Although no formal interviews are scheduled, as always, teachers and parents may request an interview at an agreeable date/time to celebrate the many successes over the course of the term.

Black History Month

Every February, we participate in Black History Month festivities and events that honour the legacy of Black Canadians past and present. The Government of Canada website contains resources for Black History Month, including how Black history came to be recognized in Canada and information about Black history organizations and educational resources. Please visit the link for more information: [Link](#)

Students of Mary Ward will engage in a number of activities in honour of Black History Month. Teachers have planned activities that include learning about black activists, athletes, artists, musicians, and inventors. Also, teachers and students will discuss important topics like anti-racism and black resilience. Stay tuned!



February 2024



COMING UP

Shrove Tuesday

Shrove Tuesday takes place on **February 13, 2024**. It is the day before Ash Wednesday, observed in many Christian countries through participating in confession as well as eating pancakes and other sweets.

Thank you to our CSC for organizing this event and to the many parents who have volunteered to assist.

Students will have the opportunity to enjoy pancakes on this day. If you are interested in accessing an ingredient label, please contact the office.



Niagara Ice Dogs Game and Family Skate

The Mary Ward Community (students, families/friends and staff) have been invited to attend a Niagara Ice Dogs hockey game on Thursday, February 29th at the Meridian Center located at 1 David S Howes Way, St. Catharines, Ontario. Game time is scheduled for 7:00 p.m. vs the Ottawa 67s.

As well, families are invited to participate in a pre-game skate. The pre-game skate begins at 5:00 p.m. and ends at 5:50 p.m. Families may arrive through the community entrance at 4:45 p.m. and begin getting their skates on. Once the skate is over, everyone will exit through the community entrance and drop off their skates to their vehicles before returning to the arena.

Tickets are available for only \$16 and can be purchased on School Cash Online. Tickets will be sold from Monday, January 22nd thru to Thursday, February 15, 2024. Tickets will arrive prior to the scheduled game and will be distributed to students.



Pink Shirt Day

Pink Shirt Day, also known as Anti-Bullying Day, will take place on **Wednesday, February 28**. Over the month of February, and throughout the year, we aim to raise awareness of the issues of bullying. Pink Shirt Day is a day when all people come together by wearing pink shirts to show that we stand against bullying. The mission is to create a more kind, inclusive world by raising awareness. It is important that victims of bullying know that they are not alone and that there is help and support available.

At Mary Ward, building a culture of kindness and inclusion is the main goal to prevent bullying. In connection with Niagara Catholic's Strategic Plan, we are working to foster an inclusive, equitable and safe school community where all are welcomed and 'Called By Name'.

Teachers will plan activities and lessons to encourage kindness, build awareness and support healthy relationships.

Remember to wear your pink shirt on the 28th to show that you stand against bullying. For more information and ways to get involved, visit www.pinkshirtday.ca





February 2024



COMING UP

Valentine's Day—will be celebrated on February 15, 2024

On **Thursday, February 15**, students of Mary Ward Catholic School will be celebrating Valentine's Day. Students are invited to wear red, pink and white, as it will be an alternate dress code day. **As per our Nutrition Policy and Anaphylaxis Policy, parents are asked not to send any treats for the class, as they cannot be shared with other students.** As well, on **February 15th**, students K-8 will participate in a Valentine's Day fundraiser dance for Niagara Nutrition Partners. Donations can be made on School Cash Online. All monies collected will go toward our Snack Program.



Kids Helping Kids Fundraiser

Niagara Catholic's 26th 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 school theme days.

Students and staff of Mary Ward will be participating in a variety of fun filled theme days. Please see the activities listed below.

Donations to the **Kids Helping Kids** fundraiser can be made via 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

Mary Ward Kids Helping Kids Events

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
Hat Day (uniform top/bottom)	Shrove Tuesday Superhero Day (dress like a superhero or someone who is a hero to kids)	Ash Wednesday 10:30am Liturgy in the gym Spirit Wear Wednesday (uniform bottoms)	Valentine's Dance Pink, White and Red Day	PA Day No school for students
19	20	21	22	23
Family Day No School for Staff and Students	Wacky Socks and Accessory Day! (uniform bottom)	Spirit Wear Wednesday (uniform bottoms)	Jersey Day (Alternate Dress Day)	Colour Challenge Kinder - Purple Primary - Green Junior - Red Intermediate - Yellow



February 2024



HAPPENINGS

Kindergarten

REGISTRATION & OPEN HOUSE

Kindergarten Registration

Register online at niagaracatholic.ca

If you have a child that was born in 2020, they are eligible to begin school in September 2024. **Click on the link above** to register your child and have them join the Tiger Family! At Mary Ward, we put love into action through our hearts, our hands and our minds.



Kindergarten Open House

Our Kindergarten Virtual Open House will be on **Wednesday, February 7 from 9 am - 6 pm**. The Classroom Teachers, Early Childhood Educators, Education Resource Teacher and Administrator will provide an overview of the Kindergarten program at Mary Ward Catholic School and give future Tigers a tour of the learning areas of the school. There will be time at the end for questions. We look forward to meeting all of our future Tigers.



TODAY'S TIGER, TOMORROW'S PATRIOT



SAINT PAUL CATHOLIC HIGH SCHOOL TRANSITION INFORMATION

Grade 9 Course Selection

Saint Paul staff visited Mary Ward on January 22, 2024 to help our Grade 8s enter their course selections for the 2024-25 school year.

Course Selection - Advanced Placement Classes

Advanced Placement (AP) prep courses are available for your child to select next year. AP preparation courses in Grade 9 (and in future grades) begin to prepare students for potential AP courses and exams in Grade 12. Students in AP courses will participate in enrichment activities, extension opportunities and rigorous independent projects. Grade 9 AP preparation courses will be offered beginning in the 2024-2025 school year in the following subjects: English (ENG1DA), Geography (CGC1DA), Science (SNC1WA), Mathematics (MTH1WA).

For more information on Saint Paul High School, click the following link <https://www.spchs.ca/>





February 2024



HAPPENINGS

School Fundraising - Delta Bingo & Gaming

Mary Ward Catholic School would like to extend a big thank you to **Delta Bingo & Gaming on Drummond Rd.** for their contributions to our school fundraising initiatives. This could not be possible without the help of parent volunteers from our community.



Standardized Dress Code

A friendly reminder that all schools within the Niagara Catholic District School Board follow a standardized dress code. Simplified, the dress code requires students to wear a white or navy shirt with a collar and navy bottoms - pants, shorts or skirts. For specific requirements, please contact the school with any concerns. It is our goal to work with you and to support and alleviate any concerns you may have.

Yearbook Pre-Orders

As the 2023-2024 school progresses, the memories created throughout the year will be celebrated and remembered in the Mary Ward Catholic School yearbook. This wonderful keepsake, is available to all students to pre-order and purchase via School Cash Online. It will be completed and delivered during the first week of school in September 2024 to each student who has pre-ordered and purchased one. The cost of the yearbook is \$20.00. **All yearbook orders and payments are due by Friday, May 24, 2024** through **School Cash Online.**



Anaphylaxis

At Mary Ward Catholic, we continue to have several students with Anaphylaxis – a severe life threatening condition caused by an allergic reaction to certain food products (i.e.) peanuts, dairy, medications, latex products, inhalers and insect stings from bees or wasps. Residue on any material that has been touched by hands that have not been properly washed may also trigger a severe allergic reaction. Anaphylaxis requires immediate first aid (Epipen) and immediate medical intervention. Classroom teachers who have children with Anaphylaxis are working hard to prevent accidental exposure to products that trigger life-threatening reactions.

Thank you in advance for your assistance and cooperation regarding this life threatening matter.

Payment for School Activities

Parents are asked to sign up for our convenient payment program - SCHOOL CASH ONLINE. This is an excellent way to pay for student activities without sending money to school.

To register, please go to:

<https://ncdsb.schoolcashonline.com/>

Emergency Medical Protocols

At Mary Ward Catholic School, we work cooperatively with families in order to provide a safe, inclusive, and healthy educational environment for all students. We recognize that students who are at risk because of medical concerns such as **allergic reactions, Diabetes, Epilepsy, intolerances, asthma and/or seizures** require an intervention plan for their needs to be met and to reach their fullest potential at school.

If your child requires a specific plan of care, please contact the school at your earliest convenience so we can ensure his or her safety during the school day.

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](#)



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!