

St. Ann Catholic Elementary School



Phone: 905 892-3942

Email: st.ann.pel@ncdsb.com

February 2024

"We are proud to be part of the Notre Dame Catholic Family of Schools"

Principal: Mr. Paul Moccia

Superintendent: Mrs. Kim Kinney

PRINCIPAL'S MESSAGE

Liturgy of the Eucharist: The Last Supper

Jesus and his disciples ate a Passover meal together before His passion and death. The accounts of this meal, known as the Last Supper, provide the words and actions of Christ, when he instituted the Eucharist offering His Body and Blood under the species of bread and wine. When Jesus offered this Gift to His Apostles to eat and drink, he also commanded them to "do this in memory of me." Throughout the month of February, we will reflect on the words and actions of Jesus at the Last Supper and His call to the Apostles, and in turn each one of us, to remember Him and His sacrifice every time we receive the Eucharist.

As the Principal of St. Ann Catholic Elementary School perhaps what I am most proud of is our daily commitment to gospel values. Whether it is a moment when I see a student supporting a friend, or the many social justice and eco initiatives that we complete with such generous results, I am continuously filled with wonder and awe that Christ is alive and well in the hands, feet, actions, and hearts of the entire St. Ann Catholic School Community. We are so blessed that we get to profess our faith and turn that faith into action that reflects in assisting so many people near and far that need our help. Our students and staff hear that call and respond with kind and generous hearts every time. We are so fortunate to have these gifts as part of our daily ministry to Catholic Education. Please accept my most sincere thanks and appreciation for your on-going support, advocacy and love of your children.

SAVING OUR EARTH ONE NEWSLETTER AT A TIME

Accessing Our Online School Newsletter and Calendar

From the board's website www.niagaracatholic.ca

CLICK on the following tabs:

SCHOOLS
ELEMENTARY
ST. ANN, PELHAM
NEWSLETTER

PROVINCIAL REPORT
CARDS/PARENT/TEACHER
INTERVIEWS

First Term report cards will be available via the parent portal the week of **February 12**. Once posted, I will let all of you know. If you have any questions or concerns, please do not hesitate to contact your child's teacher. If you would like to meet with your child's teacher please call the school and set up an appointment. Parents and teachers are encouraged to communicate regularly, concerns should be addressed as they arise.

INDIVIDUAL EDUCATION PLANS (IEPs)-Parent Involvement

IEPs are sent home at each reporting period. If your child has an Individual Education Plan, you can expect the Term 2 IEP to accompany the Term 1 Report Card that will be coming home in February. The Term 2 IEP is currently in the development stages. You are welcome to arrange a time to meet with your child's teacher to discuss their goals and learning expectations for the upcoming term.

IEP development is a collaborative process. Educational priorities that families feel are important to their child's learning experience are integral to the Individual Education Plan.

The parent's role in the IEP process is as follows:

- collaborate in the IEP process;
- advocate for their child's best interest;
- provide up-to-date medical information about their child;
- provide important information about their child's likes, dislikes, learning styles,

interests, and reactions to situations, and about the talents and skills their child demonstrates in the home and community;

- reinforce and extend the educational efforts of the teacher by providing opportunities to practice and maintain skills in the home;
- provide feedback on the transfer of skills to the home and community environments; and
- maintain open communications with the school.

We look forward to working in collaboration with you through this IEP process.

If you have any specific questions please ask your child's classroom teacher or Mrs. Doucet-school Educational Resource Teacher.

SAFE ARRIVAL PROCEDURES

IF YOUR CHILD IS GOING TO BE ABSENT FROM SCHOOL FOR ANY REASON THE ABSENCE MUST BE REPORTED BY CALLING **1 844 287 6287** OR BY PHONE APP OR BY VISITING <https://go.schoolmessenger.ca>

We must account for every child. Please make every effort to remember to contact the school via one of the above methods when your child is absent. The phone line and web site are available 24 hours a day, 7 days a week.

SCHOOL AND BUS CANCELLATIONS

With winter weather upon us, please check board websites, local radio stations and television updates about closures and cancellations due to inclement weather.

N.B. Optional, asynchronous learning is available for students on snow days through the NCVLE.

Celebrate Family Day

St. Ann Catholic Elementary School will be closed on **Monday, February 19, 2024** to observe the statutory holiday, Family Day.

MARCH BREAK

This year March Break runs from **Monday, March 11th to Friday, March 15th**. Enjoy the time off with your family and friends. The first day back from the March break will be **Monday, March 18**.

CATHOLIC SCHOOL COUNCIL MEETING

The next Catholic School Council meeting will be held on **TUESDAY, FEBRUARY 6 TH, at 6:00 PM**. All parent(s), guardian(s) are welcome to attend. This meeting will be virtual. Should you wish to join us please let me know as I will send you a link to join the meeting.

SAVE THE DATE REMINDER

Please save the date for the following event:

St. Ann's Trivia Night-Friday, April 12, 2024

ECO SCHOOL NEWS

Pack a Waste-Free Lunch on Wednesdays

A waste-free lunch means that you have no packaging to throw away when you're done - nothing other than apple cores, banana and orange peels, peach or cherry pits. The best way to reduce garbage is to not create it. **Five Simple Ways to Pack a Waste-Free Lunch**

YES	NO
REUSABLE carrier (cloth bag, lunchbox)	NO throw-away bags
REUSABLE containers	NO plastic wrap, foil or styrofoam
THERMOS for drinks	NO single-use cartons or cans
CLOTH NAPKIN to wash and re-use	NO paper napkins
SILVERWARE to wash and re-use	NO plastic forks and spoons

Lunch Waste Facts

ALUMINUM FOIL	More than 20 million Hershey's kisses are wrapped with 133 square miles of foil every day
---------------	---

ALUMINUM AND TIN CANS	In the time it takes you to read this sentence, more than 50,000 12-oz. aluminum cans were made
BANANA AND ORANGE PEELS	Food debris in a landfill decompose only 25% in the first 15 years (try composting or vermiculture!)
JUICE BOXES	Most inorganic trash retains its weight, volume, and form for at least four decades
PAPER BAGS AND NAPKINS	It is estimated that 17 trees are cut down for every ton of non-recycled paper
PLASTIC BOTTLES, FORKS, WRAP	U.S. citizens discard 2-1/2 million plastic bottles EVERY HOUR
STYROFOAM	U.S. citizens throw away 25 billion styrofoam cups EVERY YEAR

Try not to throw anything away! See if you can reduce the garbage during snack and lunch!

So make February and every month a WASTE-FREE LUNCH MONTH!

Thank you in advance for your participation in the Waste-Free Lunch Program.

DRESSING FOR WINTER WEATHER

With the arrival of February's chilly winds, parents are reminded to send their children to school dressed for the weather – hats, mittens, scarves, boots, heavy coats and snow pants are absolutely needed for the blustery winter days. Extra pairs of socks and pants tucked into backpacks also come in handy! Please ensure that your child has a pair of indoor shoes or slippers to wear inside the school.

First Holy Communion Grade 8 Graduation

First Holy Communion will take place on **Sun, May 5th- 2:00 p.m.**

Grade 8 Graduation will take place here at St. Ann School in the Gym on **Tuesday, June 25th at 6:00 p.m.**

ARRIVAL AND DISMISSAL ROUTINES

Please take note that all students who arrive at school after the 9:05 am bell are considered late and must report to the office to receive a late slip.

IMPORTANT!!!

Parents, it is imperative that you make “end of the day” arrangements prior to your child coming to school. We cannot guarantee that we are able to relay messages to your child. Should it be an emergency situation, we will do our best to relay the message.

PUBLIC HEALTH CONNECTION

Mindful parenting, mindful kids

Mindfulness involves being fully present and accepting of our moment-to-moment experiences, without becoming lost in thought about the past or future. Life as a parent is busy and as a result it's easy to operate on auto pilot. Being a mindful parent means taking the time to enjoy the everyday moments with your children. As parents, mindfulness is especially important because it allows you to **role model** mindfulness practice, allowing your entire family to reap the benefits. Some examples of daily mindfulness activities you can do with your children include:

- 1) Going for a walk and giving everyone the task of finding 5 things that they hear, see or feel/touch during the walk and reporting back to the family upon return
- 2) Spending time unplugged and together as a family. Take turns sharing stories about your day and listen to each with kind attention.

Practicing daily mindfulness activities prepares you to respond thoughtfully to situations rather than react to them. For example, if your child is showing signs of anger, rather than reacting with discipline, take the time to think about why they are upset. Connecting in this way, with compassion can help defuse the situation. Dan Siegel, best-selling author of several parenting books, co-director of the UCLA Mindful Awareness Research Center and executive director of the Mindsight Institute, offers a wonderful description of what it means to be a mindful parent in this short video clip: <https://www.youtube.com/watch?v=FXxrJEnlboM> Being a more attentive, mindful parent can help you feel more confident and content within your family!

Ash Wednesday Mass

Our Ash Wednesday mass will take place on **Wednesday, February 14 at 11:00 a.m.** All are welcome to attend. We thank the Grade ½ class for hosting this Mass.

SCHOOL CASH ONLINE PAYMENTS

With school cash online, parents have the convenient and secure option of paying for school items online, 24/7. To access online payments, please register at <https://ncdsb.schoolcashionline.com> it takes less than 5 minutes. Registered parents can see their payment history, print receipts, and receive email notifications whenever new student fees are posted.

- Step 1:** Go to this website <https://ncdsb.schoolcashionline.com>
- Step 2:** Register by selecting the “Get started Now” and following the steps
- Step 3:** After you receive the confirmation email, please select the “click here” option, sign in and add each of your children to your household account

DRESS CODE REVIEW

We would like to take this opportunity to thank all St. Ann Catholic families for their continuous support with the Niagara Catholic’s standardized dress code. Listed below are a few dress code reminders:

- Students may wear St. Ann Spirit Wear
- Navy or white shirts must have a collar and are to be without any **logos**.
- Pants, skirts and shorts (knee length) need to be navy blue.
- Only students in grade three and under are permitted to wear navy track pants or tights.
- Only navy blue or white sweaters may be worn in the classroom. Sweaters must not include any **logos**. Additional dress code information can be found on the Niagara Catholic website under parent and community tab.

2024 KIDS HELPING KIDS CAMPAIGN

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 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.

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](#).

St. Ann’s Kids Helping Kids Campaign February 2024

Monday Feb 12	RED AND WHITE DAY (NO DRESS CODE)
Tuesday Feb 13	HAT DAY
Wednesday Feb 14	
Thursday Feb 15	JERSEY DAY
Friday Feb 16	P.A. Day: No School

By donating a toonie to the Niagara Children's Centre you can be a part of this exciting week. Thank you for your support.

How to Help Kids Handle Stress

How to Help Kids Handle Stress Here are some ways to build a less stressful home:

- Make sure your child gets exercise and time to play.
- Healthy food can help the body cope with stress more easily.
- Spend time with your children and ask them how they feel.
- Hugs and kisses show kids you love them and make them feel good.
- Bedtime routines help kids relax at the end of the day.
- Sleep is important. A tired child gets stressed more easily.
- Morning routines get the day off to a good start.
- Have fun together. A good laugh helps fight off stress.
- Learn to manage your stress.

REGISTRATION EARLY LEARNING KINDERGARTEN PROGRAM for SEPTEMBER 2024

Registration for the full day Kindergarten at St. Ann Catholic Elementary School has begun and we will continue to take registrations as the year progresses. This is a blended program for 4-5-year old's. No appointment is necessary. Children must be 4 or 5 years old by December 31, 2024. Our next Kindergarten Open House will be on **Wednesday, Feb 7th from 9-6 p.m.** More details are forthcoming.

Please bring your child's:

1. Birth Certificate
2. Roman Catholic Baptismal Certificate
3. Proof of Address

For more information about stress in children visit www.kidshavestresstoo.org

SNOWBALLS

Our school requests your support to prevent unnecessary injuries that result from the throwing of snow by students in the yard. Snow throwing/kicking in any form is not permitted. We ask for your support in reminding and reinforcing this concept with your child/ren.

100th SCHOOL DAY

Our 100th day of school will be on Friday, February 9, 2024. To celebrate this day, we invite the students to dress like they are 100 years old!

STUDENT INFORMATION UPDATE

If you have moved or made changes to your telephone or cell phone numbers and or email address, please contact the office so we can update your child/ren's information. It is important that in the event of a mishap at school we can get in touch with you.

Please update your email address. We are now communicating through email/Schoolmessenger as well.

ASH WEDNESDAY OBSERVANCE 2024

Ash Wednesday is the first day of the penitential season of Lent and is observed as a Universal day of fasting and abstinence from meat. We are also encouraged to do other forms of special penance on this day including prayer, almsgiving, and works of mercy. This year, Ash Wednesday is observed on Wednesday,

February 14, 2024, the same date for which historically we celebrate the memorial of St. Valentine. Thus, St. Ann's will celebrate Valentine's day on **Tuesday, February 13th**. **Specific information will be communicated out via the weekly updates sent out to all families. Stay tuned!**