



St. Theresa Tribune

Sowing the Seeds of Faith, Blossoming in Knowledge
St. Theresa Catholic Elementary

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Principal's Message...

FAITH

When you come to the edge of all the light you have known and are about to step into the darkness.

Faith is knowing one of two things will happen. There will be something to stand on or you will be taught how to fly.
Unknown



January was a productive and exciting month! We are so very proud of all our students. Members of our intermediate homework club are studious and focused each day after school. Our students have been highly engaged in literacy and numeracy activities with their book/math buddies each week.

Students, first term is over and you have all worked very well. The grades and marks on your report cards are a description of your work habits and achievement. As we begin our second term, you are encouraged to set new learning goals and re-commit yourselves to your academic responsibilities.

February will be faith-filled and action packed. February is a month of reflection and action. As we begin the season of Lent to prepare for Easter, we also celebrate Black History month through lessons and discussions about humanity's faith and hope as we evolve, grow, learn and persevere. We are so excited for the Kindergarten open house on February 6th and we are eager to meet our future students who will be joining us. **We will celebrate St. Valentine's Day on Shrove Tuesday, February 13th, as Ash Wednesday is on the 14th.** Students will receive a cookie from staff on Tuesday for Valentine's day. We will have Mass and distribution of Ashes on the 14th at 12:15 p.m., please join us in our gym. Our first Stations of the Cross Liturgy will be on Friday, February 23rd. We will engage our children in activities to support the fundraising for the Kids Helping Kids campaign.

First term report cards will be sent home and will be available on the parent portal by February 12th, 2024.

Yours in Catholic Education,

D. Trainor
Mr. Trainor
Principal

Prayer for One's Friends

Lord Jesus, it's wonderful to have friends.
But friendship is not always easy;
our friends have faults and so do we.
Sometimes we get into an argument
and become angry, sometimes we feel like
letting things go. Help me to be patient and generous with my
friends and for myself.
Help us to be filled with Your joy.
Amen

Lenten Journey

The liturgical season of Lent begins February 14th.

During the forty days of Lent, we journey towards Easter.

Traditional practises during Lent include attending Mass, praying the Rosary, the Stations of the Cross, and receiving the Sacrament of Reconciliation.

Ash Wednesday will be celebrated this year with a Mass on Wednesday, February 14th at 12:15 p.m., in our school gym. **All Valentine sharing and celebrating will be on Tuesday, February 13th along with our Pancake snack.**

We are encouraged to practise charity and perform Corporal and Spiritual Works of Mercy during Lent. Each student is encouraged to travel his/her own personal journey through Lent, reflecting on the life of Jesus, and making an effort to become closer to Jesus through prayer, penance and sacrifice. We are asked to reflect on the wealth of our lifestyle and to give thanks for our blessings and to share generously with those in need.



Lenten Attendance Challenge

As parents and teachers of young children we are called to find tasks and actions during Lent that allow children to see the connection to Jesus' sacrifice that He made for all of us. We are going to focus on personal growth. In particular, fulfilling students' duty to be at school on time and regularly. Together we will participate in a Lenten challenge with a celebration at the end of Lent. Easter is the rejoicing and celebrating time of the resurrection and eternal life of Jesus. Our challenge for the 40 days of Lent (less than 40 school days) will be tracking each class' **attendance and late arrivals from Wednesday 14th (Ash Wednesday) until March 28th (Holy Thursday).** The class with the best attendance will win a French Fry treat on Thursday April 4th. Let's motivate each other to be at school, on time and ready to learn. Students, your job at home will be to help out and be ready for departure times each day as we take on our Lenten Attendance Challenge!



Kindergarten

Kindergarten Registration

Parents with children born in 2020 are encouraged to register for September 2024. Registration forms are available at www.niagaracatholic.ca. We are so excited to welcome our newest students. We welcome all new students and their families to our Kindergarten open house on February 6th, from 9:00 am to 6:00 pm. Our open house is the first of three transitions to school events for our new students.



Classroom Spotlight Grade Five

It is so hard to believe that we have finished 5 months of school already! This past month we started a unit on Fractions and are really enjoying our Science Units with our student teacher, Miss Ryan. Grade 4's are learning all about *Light & Sound* while the Grade 5's are discovering all about the *Properties and Changes in Matter*. In Health, we've discussed healthy eating and the importance of staying physically active. In Language, we have looked at several Reading Strategies while we read, "*James and the Giant Peach*". But the most enjoyable part of this novel was when Mr. Trainor joined us and read to us from the novel. We can't wait to start our next novel, "Holes". Writing activities have focused on paragraph writing and we continue to work on our editing and revising strategies with short stories we have written. One of the more exciting events that we look forward to each week is "Book Buddies" with the Kindergarten class. We've helped them with writing activities and work hard teaching them strategies while we play some awesome math games! We've learned so much already this year; we can't wait to see what Term 2 has in store for us!

Anaphylaxis Awareness and Action Plans



All classrooms at St. Theresa are **peanut, tree nut and milk safe classrooms**. **No peanuts, peanut products, or tree nuts are allowed at any time.** We have many students with life threatening allergies to peanuts, tree nuts and peanut products. **Please do not send in any food items for class distribution.** We also have a student with dairy allergies and must ensure we handle all dairy food items carefully. Students who share the classroom with our student with a dairy allergy have been informed and know that they are to wash their hands after lunches and snacks that contain dairy items. Please ensure that your child has thoroughly washed their hands after eating peanuts, peanut products or dairy products for breakfast/lunch at home. We must make every effort to ensure we do not contaminate our learning environment for these students. Please respect the safety of all students. Remember how you would want your child protected by their school community if your child had a fatal allergy.

Medication

For safety reasons, no child is to bring any form of medication to school. If medication is necessary, there is a form that must be filled out by your doctor to indicate dosage, instructions, etc., and the prescription container clearly labeled with names (child, parent, doctor), and phone numbers and must be left at the office. Please contact the school to address individual student needs in this regard.

Intermediate Mathletes

Niagara Catholic has brought back our annual Mathletes event for intermediate students. All schools will send two grade 7 and two grade 8 students as a team to compete in area meets. The finalists will go on to the board championships. Our meet will be at St. Teresa of Calcutta CES on Monday, February 5th at 12:30.

We hope everything adds up for our team:

Demi, D., Grade 8
Brooklyn I., Grade 8
Aven J., Grade 7
Lily H., Grade 7

Intermediate Homework Club

Our intermediate homework club is a thriving club! The club runs weekly on Tuesdays, Wednesdays and Thursdays from 2:50 to 4:30 p.m. in the library. Mrs. Robertson and Mr. Trainor are the staff moderators of the club. As part of the learning students will have access to technology and also use various literacy and numeracy games to reinforce their skills. We encourage all intermediate students to access the club once a week to support their learning.

School Snack Program

We would like to take this opportunity to thank Mrs. Read, Mrs. Koch, Ms. Hall, Ms. Skeoch and Ms. Pizzicarola for their continued diligence in organizing, ordering and preparing the morning snacks for our students. Each child is permitted a fruit, dairy and grain. Thank you to Community Care for donations made throughout the year to support our Snack Program. *Did you know you can also make donations for our snack program?* Donations in the amount of \$5.00, \$10.00 and \$15.00 can be made through St. Theresa Cash online. Larger donations can be made through the Donation Module located on the top right of the screen when you log onto your School Cash Online account. Tax receipts will automatically be emailed to you when using the Donation Module. Thank you for your continued support. A special "Thank you" to families who have donated to this worthwhile program.

Kids Helping Kids Week

Niagara Catholic's 26th Annual **Kids Helping Kids** fundraiser will take place from February 5th-23rd.

This year's fundraiser will once again 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 creative events at school. Our week for this fundraiser will be February 12th to 16th.

At St. Theresa we will have the following creative and fun dressing days.

- **Monday Feb., 12th will be sports jersey/hoodie day.**
- **Tuesday Feb., 13th hat day, celebrate Valentine's Day.**
- **Wednesday Feb., 14th wear red, white and pink day.**
- **Thursday Feb., 15th is your choice day. Will you be wearing a jersey, red, white or pink colours, a hat or all of these items on this day?**

We ask for families to donate \$2.00 for each child to be covered all four days of creative dress and accessories. Thank you!

Donations to the **Kids Helping Kids** fundraiser can be made through 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. Find out more about the Niagara Children's Centre [here](#).

St. Theresa Spirit Wear

We will be offering St. Theresa Spirit wear for all students this year, including GRAD hoodies for our grade 8 students.

Orders will be made directly through Exclusive Imprint. You can order spirit wear at anytime and it will be delivered to the school. Please use the following link to access the order forms. <https://exclusiveimprint.com/>

Catholic School Council

Our next meeting is on February 8th, 2024 at 6:00 p.m. All are welcome to our meetings. We will be finalizing our Shrove Tuesday plans and learning more about our school improvement plan.

Safe Arrival

Remember to report your child's absence using our safe arrival system. Phone 1-844-287-6287 or visit

<https://go.schoolmessenger.ca> to access a Parent Portal where an account can be set up to report absences via web or smart phone. The free App called "SchoolMessenger" is available through the App Store or Google Play. Absences may be reported up to 5 days. If your child will be away longer than 5 days, please contact the school. Safe Arrival absence reporting will be accepted until 8:40 a.m., each morning for the current day. After that time, please phone the school to report. Instructions for registering for SchoolMessenger is available in the school office.

Honouring Black History Month

The theme for Black History Month 2024 is **Black Excellence: A Heritage to Celebrate; a Future to Build**. During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. During the month of February, Canadians make a more deliberate focus on the rich history of our black ancestors, friends and neighbours. Schools focus teaching time on expanding students' cultural knowledge, historical understanding, call for social justice and equity. Your children will be engaged in this year's Black History Month theme "Black Excellence: A Heritage to Celebrate; a Future to Build". We will be showcasing athletes, artists, authors, musicians, leaders and professionals who have demonstrated excellence. Students will review various mentor texts as they develop an improved understanding of the lives of Canadians and how we have become more equitable in our daily lives as citizens. We will align our faith formation teaching to our discussions and have students recognize the profound faith witnessed by so many in our Canadian history.

We welcome Lezlie Harper from Niagara Bound Tours who will speak to our Grade 7 and 8 students on February 27th, 2024. Lezlie Harper is an approved presenter for Niagara Catholic. She will showcase the rich history of Black Canadians within the Niagara Region during her visit with our intermediate students.

St. Theresa Catholic

Elementary School Newsletter & Website

We will send home a paper copy of the school calendar each month. The newsletters and calendars will be posted on our school website. This will generally happen on the last Thursday of the current month. Watch for your newsletter as it contains much information regarding school activities. All information is sent home with the youngest or only child in a family. Newsletters & calendars will be posted on our school website! Please visit this exciting showcase of our great school.

Pink Shirt Day Feb. 28th, 2024



This year's theme for Pink Shirt Day is "Sprinkle Kindness", a simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique. When we sprinkle kindness, we see beyond the things that separate us and see instead the things that unite us as people; we can see how our differences are beautiful. In a world of people tearing each other down, it is more important than ever to focus on being kind to one another. This Pink Shirt Day and every day, let's Sprinkle Kindness.

Niagara Catholic elementary and secondary schools will continue to demonstrate a commitment to bullying prevention and intervention in our schools, our communities, and online through our participation in **Pink Shirt Day on Wednesday, February 28th, 2024** focusing on lifting each other up.

Cell Phone use for Students

The Ministry of Education has directed schools and school boards to not allow elementary students to have cell phones on them during the school day. To fairly manage this mandate along with parenting decisions made for each of our students; we thank you for respecting the following compromise. If you are providing your child(ren) with a cell phone as part of their communication and safety tools as they transit from home to school and back, be advised that all cellphones will be placed in the classroom "cell garage" or in each student's backpack for the instructional day. If you are texting your child during the day, please expect them to only get the message at dismissal time 2:50 p.m. **All communication must go through the main office during the school day.** If students are using their cells as a personal device for research, teachers will direct them to access their cell phones. If students are required to bring a device for a specific purpose, the teacher will send a message in their digital platforms, such as the "NCVLE-classroom, School Messenger" so parents are aware of the request.

Thank you for your support.

Dance-a-thon

Thank you to all who helped make our Dance-a-thon a huge success. The whole day was filled with music and dancing. Our children had a wonderful time! Thank you to DJ Jordan for making our dance-a-thon so engaging and fun. You have a great talent to engage all ages!

Congratulations to our community for raising \$7016.80 leaving us with a profit of \$5064.00 after expenses were paid. We have already purchased the SMART Board (\$3400) we needed for this year and will take the balance of our funds to purchase chromebooks.

Congratulations to our top fundraisers Kylie S., Savannah B., and Cooper M. Our top fundraisers had a great time shopping online spending their prize money. We are so proud of all efforts.

