



# SACRED HEART SPECTATOR

Sacred Heart Catholic Elementary  
Proud Member of the Saint Michael Catholic High School Family of Schools



Principal: Mr. J. Romeo  
Superintendent: Mr. D. Massi

School Secretary: Mrs. D. Plyley  
Parish Priest: Fr. Stuart MacDonald

ISSUE #6 – FEBRUARY 2024

## THE LENTEN SEASON IS HERE!



The Liturgical season of Lent begins on Wednesday February 14<sup>th</sup>, 2024 which is Ash Wednesday. It is important for us as partners in Catholic education to help children see that Lent is more than “giving up” something. Rather, it is more a time to look at where we ought to be. We also need to help our children see that Lent is not something we do by ourselves. God is always with us, and so are our friends at school and at church. Together, we place ourselves with Jesus in His mission of prayer and care for others.

Through acts of social justice and a focus on peace, we can all make a difference, locally and globally. Although the Lenten season often seems to be cold and the landscape barren, we need to look with hope to the promise of Easter and the Spring season that comes with it.



### **KINDERGARTEN REGISTRATION**

All registrations for Kindergarten 2024 will be completed online. Please visit the Niagara Catholic website [niagaracatholic.ca](https://niagaracatholic.ca) and click on “Register Now” button. Link found here: <https://niagaracatholic.ca/registration/>

If you have a child born in 2020, or you know of someone who lives in our boundary area and they have a child born in 2020, they are eligible for Year One Kindergarten.



### **KINDERGARTEN OPEN HOUSE – Thursday February 8 from 9 a.m. to 6 p.m.**

*All those who have currently registered their child for JK in Sept of 2024 or are interested in registering to become a member of the Sacred Heart Catholic family are welcome to drop in for a tour of our Kindergarten class(es) and our school on this date!*

### **BLACK HISTORY MONTH – FEBRUARY**

Black history in Canada

Black Canadians and their communities have been a part of shaping Canada’s heritage and identity since the arrival of Mathieu Da Costa, a navigator, and interpreter, whose presence in Canada dates back to the early 1600s.

The role of Black Canadians and their communities in Canada has largely been ignored as a key part of Canada’s history. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were people of African descent, nor the fact that many soldiers of African descent made many sacrifices in wartime as far back as the War of 1812.

Few people in Canada are aware of the fact that African people were once enslaved in the territory that is now known as Canada, or of how those who fought enslavement helped to lay the foundation of Canada’s diverse and inclusive society.

Black History Month is a time to learn more about these Canadian stories and the many other important contributions that Black Canadians and their communities have made to the history and continued growth of this country.



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## HOT LUNCHES & MILK PROGRAM

Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday February 8, 2024 (orders due Feb 5)

Sub Day – Thursday February 22, 2024 (orders are due Feb 19)



## PA DAY – Friday February 16 2024



Friday February 16, 2024 is a professional activity day. There is no school for students on this date.

## Family Day Holiday – Monday February 19, 2024

Monday, February 19<sup>th</sup>, 2024 is the Family Day Holiday. Celebrating *Family Day* is important to us because it is a chance to stand in unity with families in our community who share in the challenges, struggles and successes that come with family life. *Family Day* is an opportunity to celebrate our commitment to our family and our values.



## KIDS HELPING KIDS CAMPAIGN – 2024

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.

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](mailto:jim.marino@nfce.org).

To find more about the Niagara Children's Centre, please visit their website: [Niagara Children's Centre](http://Niagara Children's Centre)

### **Themed Days:**

***A reminder that if a student decides NOT to participate in any of the themed days then they are to attend school following our dress code!!***

**Monday February 12<sup>th</sup> – Hat Day:** Students are permitted to wear their favourite hat to school that day! A reminder that it is still a regular dress code day.

**Tuesday February 13<sup>th</sup> – WE CELEBRATE VALENTINE'S DAY TODAY! Red White and Pink Day:** Given that today is the day we are recognizing Valentine's Day, students are encouraged to wear Red, White and Pink.

**Wednesday February 14<sup>th</sup> – ASH WEDNESDAY:** The first day of the Liturgical Season of Lent. Students will be able to wear a **PURPLE** top as this is the liturgical colour of Lent, regular dress code bottoms please.

**Thursday February 15<sup>th</sup> – Y2K Day:** Dress in the style of the early 2000's!!!



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**Tuesday February 20<sup>th</sup> – Pajama Day & Board Game:** Wear your comfortable pajamas to school on this day.

**Wednesday February 21<sup>st</sup> – Wild Hair and “Cool” sock day!!** Style your hair in a “wild” way and wear your “cool” funky socks! Regular Dress code day.

**Thursday February 22<sup>nd</sup> – Colour Competition day!** Each grade will be assigned a colour that they are encouraged to wear from head to toe!! Finalized list to be emailed out during the first week of February.

**Friday February 23<sup>rd</sup> – Movie and Popcorn day.** *Movies will be in the gym during Nutrition Breaks Popcorn will be made available for sale using School Cash Online. Being that this is the last Friday of the month, it will also be an out of dress code day. More information will be coming out regarding ordering information for popcorn, thank you!*

## YARD SUPERVISION REMINDER



Our first bus arrives at 8:35 a.m. Sacred Heart staff begin morning yard duty at 8:35 a.m. and are in the yard until the bell rings at 8:45 a.m. Parents are reminded that students should not be at school earlier than 8:35 a.m. Your cooperation is appreciated.

## EMERGENCY SCHOOL CLOSING

With the arrival of winter, we can expect colder temperatures and more snow. The Niagara Catholic District School Board will make every attempt to keep schools open during periods of inclement weather. Only in exceptional circumstances will schools be closed part way through the day. In these rare cases, we will follow the procedure that you have selected on the Student Information Form that you filled out in September. If your contact information or pick-up arrangements have changed, you are asked to please contact Mrs. Plyley at the office so the necessary updates can be made. Announcements concerning school closures or cancellations will be made on all local radio stations beginning at 6:00 a.m. You can also check the Board website at [www.niagaracatholic.ca](http://www.niagaracatholic.ca) as well as the board's social media accounts.

## WINTER WEATHER AND WINTER RULES

Parents should be advised that going out for recess during the winter season will be a normal thing each day. In extreme weather cases, children will remain indoors. Proper attire must be worn, i.e., boots, gloves, hats, scarf, etc. As is always the case, it is imperative that we all emphasize the dangers of throwing snow in any form. Please make sure your children are aware of the possible dangers of throwing snow at school. No one wants anyone seriously hurt. Your cooperation in this matter is greatly appreciated. Please remember that snow is nice to look at, but should be left on the ground.

## CELL PHONES AND PERSONAL DEVICES

Cell phones are generally more disruptive than helpful during school hours. We recognize students may require their cell phone for safety and communication purposes for before and after school, but use during school hours is prohibited unless the student acquires permission from their classroom teacher.

**"Cell or smart phones, tablets, laptops, audio or video recording devices are prohibited for use by students in all Niagara Catholic elementary and secondary schools classrooms unless specifically approved by school staff for instructional or co-instructional purposes."**



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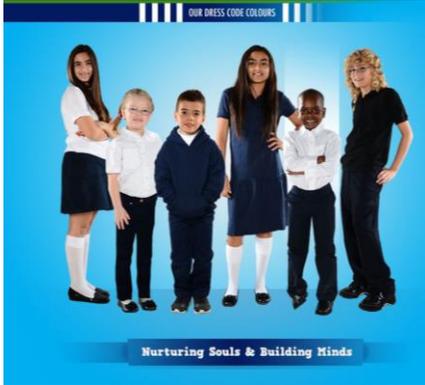
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## ELEMENTARY STANDARDIZED DRESS CODE



As you are aware, Niagara Catholic has an Elementary Dress Code for students. Details regarding the Dress Code can be found on the Board’s website.

Highlights include the following:

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3 or;
- Navy Blue Pants (Dress, Cargo, Denim, Kobe, Corduroy style permitted) or;
- Navy Blue Skorts or Dresses or
- Navy Blue Walking Shorts or Capris or;

• Grade 8 students have the option to wear grey secondary uniform pants. At a minimum, every student is required to wear one (1) of the following items;

- Navy Blue or White Oxford shirt (short or long sleeve) or;
- Navy Blue or White Polo shirt (short or long sleeve) or;
- School designed spirit wear.

Running shoes are the recommended footwear and socks must be worn.

A reminder that our spirit wear Provider “Big Bear Spiritwear” is open online 24/7 365 days a year to place an order for Sacred Heart spirit wear! <https://www.bigbearspritwear.com/sacred-heart-stars/>



## BUS BEHAVIOUR



We are very pleased that the majority of our riders have been showing respectful behavior on the bus. Just a reminder to parents and students that bus transportation is a privilege. Our bus drivers have the important responsibility to transport students safely. Students have the responsibility to abide by the expectations of the driver. *Behavior that compromise the safety of others, or interferes with the right to a relaxing, enjoyable journey, will be dealt with immediately.* Drivers have been made

aware to issue reports as they see fit. Reports will then initiate the debriefing process with the student and/or parents. Disciplinary action will be based on the situation. Suspension from bus transportation is one possible consequence. Please take some time to reinforce this message with your child. Often children do not take that into consideration when engaging in inappropriate conduct during travel.



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## 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/mkJcbqwxwzrk>
- 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](#)



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## Educational Resources

### Pink Shirt Day

Pink Shirt Day, also known as Anti-Bullying Day, is on **February 28, 2024**.

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 28<sup>th</sup> 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 7<sup>th</sup>** 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!