

St. Nicholas Catholic - February

Home of the Tigers!

Just a Reminder That School Begins at 8:35 a.m.

St. Nicholas Catholic Elementary School

Mission Statement: To educate each student to his/her full potential in a community formed and guided by Catholic beliefs and traditions.

Motto: "Journey Together On The Road To Discovery"

St. Nicholas Catholic is proud to be a part of the Denis Morris Catholic High School Family of Schools.

Go Tigers Go!

Principal: Mrs. Jackie Watson

Secretary: Mrs. Kim Winstanley

Catholic School Council Chair: Ms. Papryzki

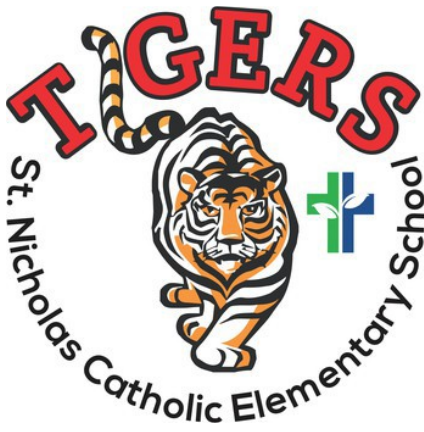
Superintendent: Mrs. Forsyth-Sells

Parish: Cathedral of St. Catherine of Alexandria, Father Benjamin Weber

Email: st.nicholas@ncdsb.com

Location: [149 Church St, St. Catharines, ON, Canada](#)

Phone: [905-685-7764](tel:905-685-7764)



CALLLED
by name

2022 • 2026

Called by Name: Hear My Voice

Reflection #6

"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.



School, Home and Parish

St. Nicholas Catholic Elementary Schools is associated with the Cathedral of St. Catherine of Alexandria. Parish Priest is Father Ben Weber.

Weather pending, we walk to church once a month for mass with Father Ben, usually the third Thursday of the month for a 10:00 a.m. start. Each class is responsible for the readings and for celebrating mass along side Father. Our current masses are as follows:

February 14th (Ash Wednesday) Thank you ro Mr. Lamothe and Student Council for celebrating with Father

March 21st, April 18th, May 16th and June 20th.

School-wide Sacrament of Reconciliation is April 11th. These will be held at school.

Grade 8 Confirmation: Sunday, May 19th at the 11:30 a.m. mass. Please note, this is a date change.

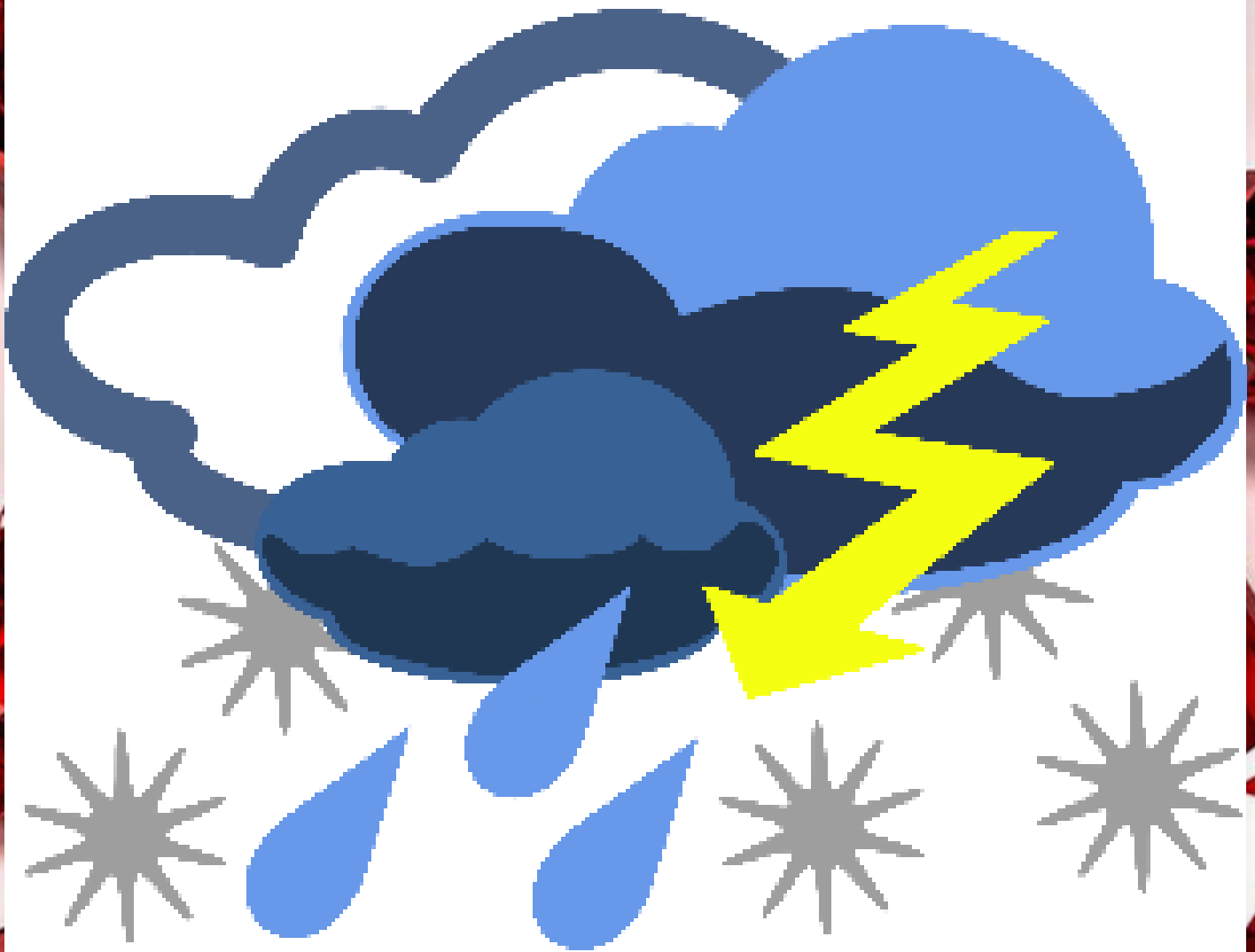
Grade 2 Sacrament of First Holy Communion will take place on Saturday, May 4th at the 4:30 p.m. mass.

The Sacrament of First Reconciliation will be an open opportunity in which you can bring your child to the church during any confessional time. Confessions are usually 10:00 a.m. - 2:00 p.m.

Grade 2 and 8 parent information letter has already been sent home by Father.

Grade 8 Graduation - Wednesday, June 19, 2024 at Club Roma. Information to follow later.

Please understand that dates may change due to unforeseen circumstances. If this happens, the St. Nicholas Family community will be notified



It Is Imperative That You Report Your Child(ren)'s Absences Daily

SafeArrival:

To report your child absent prior to the start of the school day (before 8:35 a.m. of the day being called in for), please use one of the 3 methods listed below:

1. Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.
2. Using your mobile device, download and install the SchoolMessenger app (blue logo) from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.
3. The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

Arriving on Time:

Please try your hardest to arrive to school on time, at 8:35 a.m. Arriving late causes disruptions in the classroom and often times means trying to catch up on what was said regarding the day's events

Please also remember, if you are late to see Mrs. Winstanley for a late-slip before going to class.
Thank you

Inclement Weather: Bus Cancellations/School Closures

With the winter weather upon us, there may be times that busses are not running and schools are closed due to inclement weather. Please ensure that you listen to local news/radio for the happenings of the day. When at all possible, Niagara Catholic District School Board in conjunction with the District School Board of Niagara will announce cancellations or closures by 6:00 a.m. Board announcements will be made through various ways: on local radio stations, emails sent to families and staff, and posted on the NCDSB's website.

If busses are cancelled but schools remain open it will become the responsibility of the parent/guardian to drive their children to school and to pick the children up at the end of the day. If you choose to keep your children home, they must be called in using safe arrival - as inclement weather.

If schools are closed, Way To Grow Daycare located at St. Nicholas Catholic will be closed as well.

You do not need to call your children in using the safe arrival if schools are closed.

****Please note that due to Niagara Region's extreme weather, there could be times that schools are closed or busses are not running in one area, such as Fort Erie but other areas are open and proceeding as usual. Information such as this will be made clear through the announcements stated above.**

Just a reminder that if busses are cancelled, Lunch Angels will also be cancelled. Children who receive Lunch Angels will be responsible for bringing in their own lunch and snacks on bus cancellation days.



Kindergarten Open House Wednesday, February 7th

Do you have a little one or know of a family that has a little one who will be turning 4 years old by this December? Do you want to have a better understanding of how Kinders play yet learn all at the same time. If so, come and visit us during our open house on Wednesday, February 7th. Our doors will be open for a little visit any time between 9:00 a.m. and 6:00 p.m. On this day you will be able to meet our current kindergarten teachers, our principal, ask questions and listen as you are introduced to the life of a Kindergarten student at St. Nicholas Catholic. You do not need to make an appointment.

How to become a Tiger?

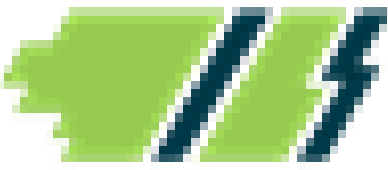
To register for the 2024-2025 school year, use the Easy Register, accessed on-line through the Niagara Catholic website. Click on the "Join Us! Register" icon.

When registering you will need - proof of address, proof of birth and baptismal certificate. Even if registering online, you will still need to bring or email the above documentations in before the registration is considered complete.

We will also be holding a Kindergarten family orientation evening for all registered children and their families for the 2024-2025 school year at the end of May or beginning of June. Further information will be placed in May's newsletter.

Welcome to St. Nicholas Catholic Tigers! Our Graduating Class of 2035!

Niagara



Region

Public Health School Vision Screening March 5th, 6th and 7th

All students at St. Nicholas Catholic will have the opportunity for a school vision screening conducted by Public Health, the first week of March. March 5th, 6th and 7th.

If you do not wish for your child(ren) to be screened, you must opt out two weeks prior to the screening dates. Information on how to opt out will be sent shortly.

Process for follow-up as follows:

- 1) A letter will be provided from the EssilorLuxottica Foundation to be sent home with students outlining the results of the vision screening and the recommended next steps. It is important that students receive these letters within 48 hours of the school receiving them.
- 2) If vision screening has indicated the student may be having trouble seeing clearly and SHOULD be seen by an eye doctor (optometrist) as soon as possible.
- 3) Parents/guardians are recommended to follow up with a local optometrist to schedule an eye exam as soon as possible.

When making the eye appointment – it is very important that the parent indicates that they were referred by the school's vision screening program.

If a prescription is provided by the eye doctor, it must be returned to the school (generally within six weeks of the screening) to qualify for FREE glasses.

The cost of one yearly **eye exam** is covered for children 19 years of age and under by the Ontario Health Insurance Plan (OHIP).

- 4) If the student is seen by an optometrist and glasses are recommended during the school year, glasses may be provided for **free** by the Eyes to As program. There will be a clinic at the school in approximately **6 weeks** following the vision screening. At this time, students will be fitted for frames and corrective lenses. **It is important that the prescription is at the school prior to this date.** Confirmation of the date for fittings will be provided to the school once confirmed.

****If a student currently wear glasses, they are asked to bring them to school the day of their vision screening. If contacts are worn, students are asked to let public health know prior to their screening.**

French Immersion for the 2024-2025 School Year: Pre-Registration Information

The Niagara Catholic District School Board is proud to offer parents and students the opportunity to enroll in a French Immersion (FI) Program. The French Immersion Program is designed

Catholic District School Board is an optional program. The entry point for September 2024 is either Kindergarten Year 1 or Grade 1, depending on the school site offering the program.

Listed below are the designated elementary schools that provide the French Immersion Program:

- Notre Dame Catholic Elementary, Niagara Falls – Begins in Kindergarten
- Our Lady of Mount Carmel Catholic Elementary, Niagara Falls - Begins in Kindergarten
- Our Lady of Fatima Catholic Elementary, St. Catharines - Begins in Kindergarten
- Alexander Kuska Catholic Elementary, Welland – Begins in Kindergarten
- St. John Catholic Elementary, Beamsville – Begins Kindergarten

Transportation

All students enrolled in the French Immersion Program will be provided with transportation to their local Family of Schools designated French Immersion School site in accordance with the Board's Transportation of Student Policy #500.2. Designated Family of Schools French Immersion schools can be located at the following link www.niagaracatholic.ca.

French Immersion On-line Open Pre-Registration

- On-line open pre-registration window for students new to French Immersion in September 2024: Monday, January 15th, 2024 at 7:30 a.m. through to Friday, February 2nd, 2024 at 4:00 p.m. Pre-registrations outside of this window will not be considered.
- There are a limited number of spots available for students wishing to enter the French Immersion Program.
- An account must be created first through Edsembli to access pre-registration forms.
- Pre-registrations are on a first come, first serve basis. Each pre-registration will receive a time-stamp.
- Please visit www.niagaracatholic.ca and click ➤ the French Immersion Registration banner OR ➤ then, click the French Immersion tab for information about the program. Additional pre-registration details will be posted on this site as they become available. Please check the site before the pre-registration window opens.

Selection Process

In accordance with the Board's Admission of Elementary and Secondary Students Policy #301.1, there are a limited number of spots available for students entering the program. Eligible spots will be determined on a first come, first serve basis for each elementary French Immersion school site. Applicants will receive notification by Monday, March 4th, 2024 to inform them if their children have been placed in the French Immersion program OR if their children have been placed on the school's waitlist. Applicants who have not received notification by March 4th, 2024 are to contact the elementary French Immersion school site directly.

First Term Report Cards

Report Cards and IEPs will be uploaded onto the Parent Portal the week of February 12th. For those wishing to discuss the progress of your child(ren), please contact the classroom teacher(s) to arrange a mutually agreed upon meeting time.



Kids Helping Kids February 19th to the 23rd

Niagara Catholic's 26th Annual Kids Helping Kids fundraiser will take place from February 19th - 23rd, 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 Crazy Hair Day.

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.

Donations to the Kids Helping Kids fundraiser can be made in School Cash Online.

Please see below for the list of fun events for the week of Kids Helping Kids:

Tuesday, February 20th - Dress in all one colour day. Any colour you wish.

Wednesday, February 21st - Bring your favourite stuffed animal to school. Just don't lose him or her!

Thursday, February 22nd - Wear your favourite team shirt today. Don't have a team shirt? Any favourite (and appropriate) shirt can be worn.

Friday, February 23rd - Pajama Day is always the best!



Shrove Tuesday: Tuesday, February 13th

Shrove Tuesday is the day before Lent which starts on Ash Wednesday. The name Shrove comes from the old middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things I've done. Since Lent always starts on a Wednesday, people would go to confession the day before. This day became known as Shriven Tuesday and then Shrove Tuesday. Other names for this day include Mardi Gras, Fat Tuesday or Pancake Tuesday. In preparation of Lent, a time in which people were to fast or eat simply, it was the custom to use up all of the fattening ingredients within the household. These fattening ingredients would include grease, eggs and milk. A very simple recipe to use up these ingredients included the addition of flour to make pancakes

Today, after first recess and for first morning snack, the staff and students of St. Nicholas Catholic will be served two pancakes in recognition of Shrove Tuesday. Please note that this is only a snack and that a lunch is still required.

Valentine's Day: Tuesday, February 13th; Ash Wednesday: Wednesday, February 14th

This year, Ash Wednesday is observed on February 14th, 2024, the same date for which historically we celebrate the memorial of St. Valentine. As such, we will celebrate Valentine's Day on the vigil of St. Valentine: Tuesday, February 13th.

On Tuesday, February 13th students are welcome to bring in their Valentine's Day cards to be shared with their classmates.

We remind students to please not bring in food items as we have many food allergies within our school.

The ashes we receive on Ash Wednesday remind us of God's call to repent and believe in the Gospel, and the lives of the saints, including that of St. Valentine, model this same call. We will be celebrating Ash Wednesday with a liturgy and the distribution of ashes with Father, at the church at

10:00 a.m. Thank you to Mr. Lamothe and Student Council for celebrating the Ash Wednesday Liturgy with Father.

Stand against bullying without saying a word by slipping into a pink T-shirt.



Pink Shirt Day Wednesday, February 28th

The Pink Shirt Day Story

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.

Help us to continue the awareness: Wear a Pink Shirt on Wednesday, February 28th



Hot Lunches

Friday, February 9, 2024

Pizza Day

Last day to order is Wednesday, February 7th

Friday, February 23, 2024

Firehouse Sub Day

Last day to order is Thursday, February 20th

Hot lunches can be ordered through school cash-on line. Please note that all orders need to be placed prior to the Friday. Money cannot be brought in the day of.



Sports Corner...

Welcome to Basketball Season

Wednesday, February 7th - Intermediate Girls Basketball @ St. Denis Catholic

Thursday, February 8th - Intermediate Boys Basketball @ St. Denis Catholic

Friday, February 9th - Championship games for those that continue on @ St. Denis Catholic

Thank you to coaches Ruberto, Boland and Rathee.

Black History Month: Black Excellence: A Heritage to Celebrate; Future to Build

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 people 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.'

Proud of our History - Black History Month



Harriet Tubman - Black History Month



ECO School News

Pack a Waste-Free Lunch the month of February

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:

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 spoon

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

We throw away 25 billion styrofoam cups EVERY YEAR

Pathstone Mental Health

Did you know that Pathstone has ten (10) in-person Walk -In Clinics in Niagara to help you.
What's New?

For seamless access to Mental Health Care and Support for children under the age of 18, living in Niagara, you can connect with Pathstone Mental Health directly. Our intake team will speak with you and guide you to the program that would best suit the needs and goals of your child/youth and family.

Contact us at 905-688-6850 ext 8, or visit us at pathstonementalhealth.ca to complete a self-referral form.

February's Public Health Newsletter for Families.docx

[Download](#)

231.5 KB

Kiss And Ride: Please Park Only In A Designated Parking Spot

Please remember that you are asked not to park or get out of your car when in the Kiss 'n Ride line up. The Kiss 'n Ride is exactly that - a quick kiss as your child(ren) quickly get out of the family car.

Or the quick ability for your child(ren) to get into the car and do up their own seatbelts. Please ensure that you have pulled up to the front of the line prior to your child(ren) getting out of the car. After school, staff will support students by getting them to their car safely. If you need to help your child(ren) get in and out of the car, or to assist with the seatbelt, or to help with the putting on or taking off of backpacks, we kindly ask that you park your car in a designated parking spot - away from the flow of traffic.

Our parking lot is small, however the traffic is able to flow well when expectations are followed. We thank everyone for their cooperation when it comes to the safety of our students and staff when in the parking lot and in the Kiss 'n Ride.



Elementary Dress Code

NCDSB has a dress code of navy and white for all Elementary schools and their students within.

Below is an excerpt from the Elementary Standardized Dress-Code Policy 302.6.10:

1.1 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue sweat pants for students in Kindergarten to Grade 3; ☐ Navy Blue Pants (Cargo, Corduroy, Denim, Dress, Kobe styles permitted); ☐ Navy Blue Dresses or Skorts; or ☐ Navy Blue Capris or Walking Shorts. ☐ Grade 8 students have the option to wear grey secondary uniform pants purchased through Board uniform suppliers. Pants, skirt or dress length must be appropriate and modest. Only knee length capris or shorts are permitted. All clothing must be in good repair.

1.2 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue or White Oxford shirt (short or long sleeve); ☐ Navy Blue or White Polo shirt (short or long sleeve); or ☐ School designed spirit wear polo shirt. The elementary standardized dress code shirts, either polo or oxford must be buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white. In addition, approved sweaters and hoodies embroidered and/or screened with the school logo are permitted to be worn as part of the elementary standardized dress code.

Please see below the policy attached in its entirety.

302.6.10 - Elementary Standardized Dress Code Policy AOP (1).pdf

[Download](#)

677.8 KB



School Apparel - Gradhoodies

Big Bear Spiritwear

St. Nicholas Spiritwear is now being offered through Big Bear Spiritwear. Please click onto <https://www.bigbearspritwear.com/st-nicholas/> to see the options available for purchase. All St. Nicholas Spiritwear can be worn throughout the year as it is an extension of the school dress code.

Orders placed through Big Bear Spiritwear can either be picked up at their Niagara Falls store or can be delivered to the school for a \$3.00 charge. Items delivered to the school will be sent home with the student in his/her backpack.



No Cell Phone Use While In School

This is a reminder that cell phones are not to be used at school unless under direct supervision of the classroom teacher. Cell phones are not to be used during recesses or lunch breaks. Pictures are not to be taken and under no circumstances can anything, pertaining to any aspect of the school day, be uploaded to the internet. This includes pictures taken on any device aside from a cell phone. If an emergency arises and a parent needs to get ahold of their child, a call to the school's direct line can be made and Mrs. Winstanley will forward the message.

St. Nicholas Catholic is not responsible for any lost or damaged cell phone/technology that is brought to school. For the younger grades, cell phones are to be kept in a child's backpack. For the older grades, cell phones are to be kept in a child's locker. It is advisable for that child to bring a lock to place on his/her locker.

301.5 - Electronic Communications Systems (Students) AOP (1).pdf

[Download](#)

368.7 KB



Please Keep Us Updated

It is very important that we have the most updated contact information for your child, especially if we need to get ahold of someone quickly in case of an emergency.

Please forward to Mrs. Winstanley any information that has been changed, such as phone numbers, emails and emergency contacts.

Thank you in advance for helping us keep everyone safe.

Jacqueline Watson

Jacqueline is using Smore to create beautiful newsletters