



St. Joseph NEWS

We are proud to be a part of the Lakeshore Catholic and St. Michael Family of Schools.

# FEBRUARY 2024

## We are all called by name to grow with God!



*February's Reflection:*

*"But Mary treasured all these words and pondered them in her heart." (Luke 2:10)*

*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.*

The month of February is promising to be a busy one! Our faith journey continues with a focus on loving Jesus through service to others. When we accept God's grace to be true servants of those around us, we become more like Him Who we love. May we never fail to seek every opportunity to serve Our Lord and those we encounter throughout our day.

Our gratitude for our gifts and talents is highlighted throughout our **Kids Helping Kids Campaign**. God has blessed all of us with a uniqueness that needs to be celebrated! Our activities focus on our ability to love who we are so that we can love others and God more deeply. We acknowledge that the uniqueness of some, requires special care. Through our fundraising efforts, this care is provided at the Niagara Children's Centre and the **Niagara Foundation for Catholic Education**.

On February 19th (Family Day) the challenge is to take advantage of the opportunity to enjoy the love you have for your family in special way - take a walk, cook a meal together, read a book, revisit a family tradition that was once forgotten, hug, laugh, love and cherish home and family as the special treasure that it is! *Mrs. S. Walsh ~ Principal*

### A PRAYER FOR FAMILY DAY

God in heaven, With a mother's tender embrace You love and nurture us, With a father's strength  
You save and protect us. Look upon our family and keep us close to you. Grant that we may be like Jesus  
and support, comfort and help one another. Give us a love like Mary's That we may nurture the presence of Jesus  
in each other and in all your people. Give us a faith like Joseph's That we may care for one another And help those in need.  
We praise and bless you, Lord God, through Jesus Christ. In the power of the Holy Spirit,





## SHROVE TUESDAY - Pancake Day

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Pancakes will be provided for all students, free of charge in the morning.



## ASH WEDNESDAY

Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40 - day season (not counting Sundays) marked by repentance, fasting, reflection, and, ultimately celebration. The 40 - day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection. We will welcome Fr. Stuart on this day to start the Lenten season with a liturgy and distribution of ashes at 9:30 am in the library.



## PINK SHIRT DAY, February 28, 2024

What is National Pink Shirt Day? Pink Shirt Day falls on **the last Wednesday of February** every year. Join us on Pink Shirt Day, February 28, 2024 in our mission to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives. For all schools across Niagara Catholic, the theme for Pink Shirt Day 2024 is

### *Kindness Matters!*

Today our diversity is becoming more visible than ever as people continue to embrace their cultures, identities, and true selves in more open and direct ways; making the need to Lift Each Other Up and have greater acceptance, respect, and inclusion for everyone so important.

Students are encouraged to wear a pink shirt with their standardized dress code bottoms.

## KINDERGARTEN

### SEPTEMBER 2024 REGISTRATION

**Open House February 8th 9:30 a.m. - 6:00 p.m.**

Niagara Catholic will welcome all little Protectors for Registration on February 8th. Registrations for Kindergarten can be completed online, and all documentation can be sent digitally to the school or brought in during the open house. An email will be sent by the school once the registration is received. Kindergarten registration for the 2024-2025 school year (**children born in 2020**) is available throughout the school year, on the Board website: <https://niagaracatholic.ca/registration/> To welcome our new families registered for the 2023-2024 new school year, the school principal and Kindergarten teams will schedule a Kindergarten Family Orientation evening during May, 2024. A Welcome to Kindergarten presentation link will be available and further details will follow closer to the date.

**SHARE THE NEWS WITH FAMILIES AND FRIENDS JOIN THE ST. JOSEPH CATHOLIC SCHOOL FAMILY TODAY!**

## OUR ECO STEWARDSHIP CONTINUES



Since 2010, millions of Canadians have shown their support for limiting global temperature rise by wearing a comfy winter sweater on the first Thursday in February.

This eco mindfulness allows us to take a moment to reflect and think about how we impact one of God's greatest gifts, Mother Earth. This **Thursday, February 1**, with their dress code pants, students are encouraged to wear a comfy, cozy sweater of their choice, as we turn down the temperature a degree or two, to limit the use of our energy.

## REPORT CARDS

Report cards will be available on the parent portal on **February 12 in the PM.**



## FIRST AID FUNDRAISER



We are offering an opportunity to purchase First Aid Kits and Items through Canadian Safety Supplies. The items that can be purchased range in price and in purpose. Items for cars, homes and even your pets are available. A hardcopy flyer will be sent home with students.

Purchases are optional.

All orders must be ordered and paid for on SchoolCash Online by February 15, 2024.

\*REMINDER: changing the quantity at the bottom will adjust the quantity of ALL items checked off. For simplicity and convenience of the shopper - select all items with the **SAME** desired quantity and "Add to Cart". If you would like to order more items with a DIFFERENT quantity, click the "**BACK**" button at the bottom. This will bring you back to the main page where you can re-select "Fundraising with First Aid" and place your next order. Repeat this process until all desired items have been added to the cart. Once your order is complete, confirm that the items in your cart are correct and proceed to checkout.

Thank you in advance for supporting  
St. Joseph Catholic Elementary School.



## KIDS HELPING KIDS February 12-23, 2024

Support Kids Helping Kids. Please make your donation through the Kids Helping Kids Link at School Cash Online.



Niagara Catholic's 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 SchoolCash 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).

Growing with God! Growing with God! Growing with God! Growing with God!



## From Public Health

### 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>

### 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!

### 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](#)



## Pink Shirt Day



### 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 28<sup>th</sup> to show that you stand against bullying!** For more ways to get involved visit <https://www.pinkshirtday.ca/get-involved>.

