

# St. Theresa Tribune

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

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[www.niagaracatholic.ca](http://www.niagaracatholic.ca)



## In the Way of the Cross

Almighty God,  
Whose most dear Son  
went not up to joy  
but first he suffered pain,  
and entered not into glory  
before he was crucified:  
Mercifully grant that we,  
walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ your Son our Lord. Amen

## Principal's Message...

It is awe striking, the passage of time! We are entering our last month of winter! Signs of spring will inspire us all!



Wednesday, February 14th was Ash Wednesday, the first day of our Lenten Season. Lent is a journey of reflection, rejuvenation and renewal. Our Stations of the Cross liturgies provide a solid example for our children of the significance of Easter. We will have several Lenten reflections during March to provide our students with the opportunity to give to others and recognize the many gifts we have living in Canada.

March marks the second month of our second term of this academic year. I am proud of all students as they achieve their individual success. Our instructional environment supports individual analysis and programming for students. I commend my teachers for their commitment to our pupils. Our teaching staff continues to work closely to improve program continuity and the learning experiences for all our students. We appreciate how our support staff excellently assists our teachers and students. As we differentiate for groups and individual students, our school day has numerous important elements. Daily instruction is deliberate and reflective. Student engagement and attendance is paramount in the successful instruction of all students. Students need to arrive on time and remain at school all day. We need to ensure that we limit the number of interruptions to instruction. Students ease into the academic and social aspects of the day much more easily when they are following the morning entry routines.

Students are reminded to be fully prepared and ready to be productive learners. Students are also reminded to wear warm clothing as the weather will present a great range in temperatures. Students should bring an extra pair of socks and pants in their backpacks to have for the times when those active puddles jump up on them at recess.

God Bless everyone.

D. Trainor  
PRINCIPAL

## Lenten Journey...

The liturgical season of Lent began February 14th.

During the forty days of Lent, we journey towards Easter. Traditional practices during Lent include attending Mass, praying the Rosary, observing the Stations of the Cross, and receiving the Sacrament of Reconciliation.

Ash Wednesday was celebrated this year with Ashes and Communion in a liturgy in our gym on Wednesday, February 14th.

This Lenten season, we will extend our students' faith formation by reflecting on and observing the Stations of the Cross each week. The schedule will be as follows:

- Thursday, February 29th at 10:30 led by our Gr 4/5 class**
- Friday, March 8th at 10:30 led by our Gr. 3 class**
- Friday, March 22nd at 12:30 led by our Gr. 4 class**
- Thursday, March 28th at 2:10 led by our Gr. 7 & 8 classes**

We are encouraged to practice 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, 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. Personal growth is our focus; 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 13th. Let's motivate each other to be at school, on time and ready to learn. Students, your job at home is to help out and be ready for departure times each day as we take on our Lenten Attendance Challenge!

## Kindergarten Registration

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





## Classroom Spotlight Grade Six

In the coming weeks, students will be presenting their Black History Month Mini Projects in the form of a slide show. Additionally, we will be completing our flight unit where the culminating task will be constructing and testing paper airplane models designs based on the properties of flight and factors that may influence the ability to fly long distances. In Math, we will be focusing on Patterning and Whole Number Operations. In Phys Ed., we will continue with Handball and then transition to Basketball. March will also be Theme Three of Fully Alive, our family life program.

## Niagara Region Public Health School Health Newsletter March 2024

March is [Nutrition Month](#)! This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.

[Building Healthy Eating Habits](#) | [Support Your Picky Eater](#)

Visit [unlockfood.ca](http://unlockfood.ca) for recipes, food allergies, [menu planners](#), and to also find a Dietitian

- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

## Healthy Sleep

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.

**Here are a few tips to consider that may help youth sleep better:**

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca](http://caringforkids.ca) - [healthy sleep](#)  
Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

## Intermediate Homework Club

Our Intermediate Homework Club is a happening place to be! The club runs weekly on Tuesdays, Wednesdays and Thursdays from 2:50 to 4:15 p.m. in the library.

Mrs. Robertson and Mr. Trainor are the staff moderators of the club. Students have access to technology as a learning tool, and also use literacy and numeracy games to reinforce their skills. We have many students accessing this opportunity and we encourage other intermediate students to join us; information letters and permission forms are available in the office.

## School Snack Program

We would like to take this opportunity to thank Mrs. Read, Mrs. Koch, Ms. Hall and Ms. Skeoch 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.



## 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.

## Thanks

Thank you to Mrs. Csordas (CSC Co-Chair) and Mrs. Read (Secretary) for your time and work making our pancakes for Shrove Tuesday. Thank you to all staff who served pancakes to our students. Our students very much enjoyed their pancakes.

## 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 done 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 last meeting was on February 8th, 2024 at 6:00 p.m. All are welcome to our meetings. We finalized our Shrove Tuesday plans and learned more about our school improvement plan. Our next meeting is on Thursday, May 16th at 6:00 p.m. All are welcome to our meetings.

## 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.

## 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.

## World Down Syndrome Day - March 21st

World Down Syndrome Day (WSD) is a global awareness day which has been officially observed by the United Nations since 2012.

The date for WSD is the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. Please join us in wearing blue and yellow to acknowledge WSD.


We continue to pray for all children with Down Syndrome and thank God for the gift they are to us.

## 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 and calendars will be posted on our school website! Please visit this exciting showcase of our great school.

## Intermediate Basketball Teams



 Newsletter Newsflash! □

The St. Theresa Intermediate Girls Basketball team competed in the NCDSB small school tournament last month. They played not one, not two, but three nail-biting games that had everyone on the edge of their seats. With their unwavering perseverance, unbreakable team spirit, and undeniable school pride, our girls showcased their true athletic prowess. Each game was a thrilling battle until the very last second, and our team never backed down. They faced fierce competition and demonstrated tremendous skill, determination, and resilience. The girls showed the heart and dedication that makes them a force to be reckoned with on the court. The collective spirit and camaraderie displayed was truly remarkable. They supported and uplifted each other, celebrating every success and rallied together during tough moments. Our girls exemplified what it means to represent our school with pride. Their sportsmanship and respectful conduct both on and off the court were commendable. Members of the team were Isabella B., Lilia, Madelene, Brooklyn, Savannah, Jahniya, Demi, Ebun, Maegan, and Kayden. Congratulations Girls!

Thank you Mrs. Rogers for all your time and support to our girls!

We are absolutely thrilled to share the exciting news of our Intermediate Boys Basketball team's incredible achievement in their recent tournament. With immense pride, we announce their well-deserved 4th-place finish.

Throughout the tournament, our talented boys, including Seyi X., Ryan M., Keeran R., Aiden C., Elijah M., Karlo B., Ameen A., Jomar L., Bryson A., Julian D., Aven J., Jaxson M., Lucas M., and Easton S., have consistently displayed determination, perseverance, and true sportsmanship. Their unwavering dedication, countless hours of practice, and genuine passion for the game have undeniably paid off. Each game they played served as a testament to their growth, refined skills, and remarkable ability to work together as a cohesive unit.

Thank you to Mr. Webb for your time and support of our boys!

As we celebrate the exceptional achievements of our Intermediate Basketball teams, it is important to reflect on the invaluable life skills they have acquired. Through their unwavering teamwork, unyielding perseverance, and exemplary display of good sportsmanship, they have learned lessons that extend far beyond the basketball court. You have made our school community proud!