



ST. JAMES NEWS

SKYHAWKS

MARCH 2024

Safe Arrival

To report your child absent please use one of the three 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

1-844-287-6287

will allow you to report your child absent without creating an account.



Principal's Message



During the season of Lent, we are reminded that this time provides all of us with an opportunity to prepare for the heart of our faith—the death and resurrection of our Lord Jesus Christ.

Throughout the Liturgical Season of Lent, let us keep our Lenten promises in the forefront of our hearts and minds. They are a reminder that Lent is a time to create change in our lives so that we become closer to Jesus. It also provides us an opportunity to become better human beings.

Some may have chosen to give up something like fast food, chocolate or television. Each time we deny ourselves a pleasure we have, remember the sacrifice that Jesus made for our sins. Others may have chosen to do something extra in their daily lives that will bring them closer to Jesus, such as attending church on a more consistent basis or volunteering in the community. Keeping a Lenten promise is challenging and that sometime we may struggle, but it is a good lesson for our students to keep on trying and working towards that Lenten goal.

We hope that by all of us taking the time out of our busy lives to develop our connection with God, we can use the Lenten season to develop a greater appreciation of the life that God is calling each of us to lead.

Lent is a perfect time for children to take on the challenge of learning a prayer by heart. Here is a Prayer for Lent:

Lord, let everything I do this day and in this season of Lent come from you and be inspired by you. Heal me, Lord, and help me to acknowledge my failures. Let me reach out of the darkness of sin and into the safety of your guidance and mercy.
Amen

Yours in Catholic Education,
Mr. K. Lococo, Principal



Daylight Savings Time

Daylight Savings Time begin on Sunday March 10, 2024 at 2:00 a.m. Don't forget to move your clocks **1 hour forward** Saturday night before you go to bed.

Niagara Region Public Health

March is Nutrition Month and Dieticians across Ontario are focusing on building a healthier tomorrow for everyone in our community. 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

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.

HAPPY Holy Week



HOLY WEEK March 24, 2024—March 30, 2024

What is Lent?

Highlighted by fasting, prayer, and almsgiving, Lent is the penitential period and liturgical season that leads into the celebration of the Easter Triduum.

When did Lent start?

The observance of Lent as a 40-day time period began after the Council of Nicea in 325 A.D. but periods of fasting before Easter date back even earlier.

What is the purpose of Lent? What does it represent?

Lent begins with a visible, outward sign of ashes but aims toward inner conversion, helping us repent, avoid distractions, and focus on living the Gospel.

What should I give up for Lent?

Focus on sacrificing something meaningful that will help you draw closer to God. Better yet, focus on what you can take on: What small acts can you take on to manifest the love that God calls us to share?

The Three Pillars Prayer, Fasting and Almsgiving

Holy Week has names for five special days in the week.

We begin with Palm Sunday (Passion Sunday), this commemorates Jesus' triumphal entry into Jerusalem.

The following day is called Holy Monday, when Jesus cursed the fig tree, sent out merchants from the temple, and responded to those who questioned His authority.

On Holy Tuesday, some observe Christ foretelling his own death.

Holy Wednesday, we remember how Judas arranged the betrayal of Jesus with the chief priests, since he was a spy amongst the disciples of Jesus.

“Mandatum” meaning “command,” Maundy Thursday (Holy Thursday) commemorates Christ’s “New Commandment” that His disciples love one another as He has loved them (John 13:34). Holy Thursday also marks the Last Supper that Jesus shared with His disciples, His prediction of His death, His betrayal by Judas Iscariot, and His arrest at the Garden of Gethsemane.

Good Friday remembers Jesus' trial before Pontius Pilate, His death sentence, torture, crucifixion, death, and burial. On Good Friday, we fast, avoid eating meat and attend a church service.

The Triduum of Holy Week concludes with Holy Saturday, the seventh day of the week, when Jesus rested in the tomb. On this day, we observe a late-night Easter Vigil service.

Jesus' resurrection on the eighth day, is celebrated as Easter, marking the beginning of the Easter week.

March Food Days

Thursday 7th — Pizza Lunch Day
Thursday 14th — MARCH BREAK
Thursday 21st — Mandarin Lunch Day
Thursday 28th — Mexican Lunch Day

Kids Helping Kids

Thank you to everyone for their participation in the Kids Helping Kids Activities and for their contributions to the fundraiser to support the Niagara Children's Centre and Niagara Centre for Catholic Education. Our students were lucky to receive a presentation from the Niagara Children's Centre on Tuesday February 20, 2024 illustrating the programs and students that the funds raised support.



Kindergarten Registrations

Registrations for September 2024 are ongoing. Students who have reached the age of four by December 31, 2024 are eligible for Junior Kindergarten. Students who have reached the age of five by December 31, 2024 are eligible for Senior Kinder-



Earth Hour

Just a reminder that Earth Hour is taking place on Saturday March 23, 2024 from 8:30 p.m.—9:30 p.m. We will honor Earth Hour at school on Friday March 22, 2024 at 10:30 a.m.

This will be a Out of Dress Code Day for March. Students are invited to wear **green** for Earth Hour.



On 21 March, choose some socks that are going to get noticed!

They might be mismatched socks or your craziest and most colourful socks, whatever takes your fancy!

The idea is to start a conversation, so when people ask you about your socks you can tell them, "I'm wearing them to raise awareness of Down syndrome".

And then you can tell them everything you want them to know about Down syndrome.

YMCA Before and After School Child Care is in your school!

YMCA Before and After School Child Care operates in St. James. Your child can have fun and participate in planned indoor and outdoor activities with their friends while being in a safe, Quality program. Registrations are for five-day-a-week spaces, and you can begin the process by signing up through the Region's waitlist system at: Niagara.onehsn.com, or for mor information about registration please email: ccregistration@niagara.ymca.ca



Attention Graduates!

Wednesday March 6, 2024

GRADUATION PHOTO DAY

St. Denis Youth Group - Grades 6-8

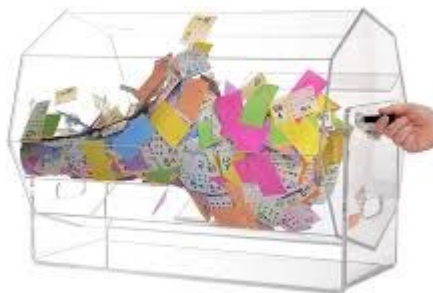
Monday Nights 7:00 p.m. — 9:00 p.m. Parents drop-off and go. Sports, Games and Activities with the Sisters and St. Francis High School students. St. James students can join the over 30 St. Denis students already participating.

Spring Draw

It is almost that time again! **SPRING DRAW!!** We are preparing for our second annual Spring Draw, which will take place in April. We are requesting donations of *new toys, games, puzzles, gift cards*, etc. to include in our raffle. Donations should be appropriate for Kindergarten age to Grade 8.

All money raised goes right back to our St. James Community, assisting families in need.

We will also have a draw table for parents/guardians wishing to purchase tickets to win a Scratch Ticket board. Students may purchase tickets for their parents; however, *an adult must pick up the Scratch Board in person.*



Thank you so much in advance! Staff, students, parents and grandparents alike enjoyed trying their luck at winning one of the prizes.

Looking forward to seeing you for the Spring Draw!



St. Denis Youth Group

Friendship, Faith and a Whole
Lot of Fun!



MONDAYS 7-9 P.M.
Grades 6-8



Sisters of Our Lady Immaculate

Niagara Region Public Health School Health Newsletter March 2024

Nutrition Month 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 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](#)

World Sleep Day, Sleep is Essential for Health – March 15th

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.



How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

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 - [healthy sleep](#)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Niagara Parents

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health concerns, and provide connections to community supports through [Niagara Parents](#).



Individuals can connect with a Public Health Nurse at [Niagara Parents](#)

Monday – Friday, 8:30 a.m. - 4:15 p.m.:

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

Active School Travel



Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.

Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
- More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.



Educational Resources

Transform Your Classroom with Conversation Cards

Ignite meaningful dialogue and create a supportive community with School Mental Health's new conversation starters! Designed to boost mental health self-care, social-emotional skills, and reduce stigma, these cards empower students to thrive.

Visit <https://smho-smso.ca/online-resources/class-conversation-starters/> and join School Mental Health Ontario in fostering wellness and equity in our classrooms!



Nutrition Month

- OPHEA has partnered with *Growing Chefs! Ontario* to provide lesson plans related to Healthy Eating for grades one to eight – [Lesson Plans by Growing Chefs! Ontario](#)
- Teach youth [how to read a nutrition facts label](#). As part of the lesson, ask students to bring in nutrition labels from home. Spend some time with youth reading labels and comparing information.



International Women Day – Inspire Inclusion



March 8th is [International Women's Day](#). This day is to recognize and celebrate women and girls' social, economic, cultural, and political achievements. There are many great ways to keep the conversation going within your class!

- [Women of Impact in Canada](#) – learn about the inspiring achievements of Canadian women in various fields such as politics, sciences, and the arts.
- Government of Canada's [Teacher Toolkit](#) – learn more about celebrating International Women's Day in the classroom!
- [Engaged, Spark and Lead](#) – topics and activities suitable for grades four through 12.
- The [International Women's Day Toolkit](#) – resources to ensure International Women's Day is impactful and engaging.