



March 2024

St. Kevin Catholic School

Principal: Mr. G. Marchio **Superintendent:** Mrs. Kimberly Kinney
Parish Priests: Rev. Jinto Mathew Puthiyidathuchalil, CSC & Fr. Arockia Sunil Josapath, CSC
 182 Aqueduct St., Welland, ON, L3C 1C4
 905-734-7709

Called By Name: Hear My Voice

Is hearing God’s voice good enough? Or does God want more than for us to acknowledge that He speaks to us? God tells us to “be doers of the word, and not merely hearers who deceive themselves” (James 1:22). Listening to God is the first step. From God’s word, we are called to move to action. Sometimes this can feel overwhelming. “You mean, God wants me to do His work? Isn’t there someone more qualified?” The reality is, without God, no one is qualified. God gives us everything we need to hear and do what He calls us to. God, help me to be a doer of the word. When I am discouraged, help me to remember, “I can do all things through him who strengthens me” (Philippians 4:13).

On behalf of the staff and students at St. Kevin I would like to wish everyone a safe March break whether you are travelling abroad or just enjoying a relaxing week off at home! Stay safe and enjoy Celtics ☺!

Mr. G. Marchio

Principal



Follow us on Instagram @StKevinWelland



Grade 2 Reconciliation

March 6, 2024
 St. Kevin Church 6:30p.m.

Pizza Day

March 7, 2024
 March 21, 2024

Popcorn Days

March 5, 2024
 March 19, 2024

Daylight Saving Time

Spring Ahead!
 March 10, 2024

March Break

March 10 – 17, 2024

World Down Syndrome Day

Thursday, March 22, 2024
 “Rock Your Socks!”

~~~ Mission Statement ~~~

“We are a Christ-centred Catholic faith community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.”

Lenten Prayer

Merciful God, You called us forth from the dust of the earth,

You claimed us for Christ in the waters of Baptism.

Look upon us as we enter these Forty Days bearing the mark of ashes, and

Bless our journey through the desert of Lent to the font of rebirth.

May our fasting be a hunger for justice,

Our alms, a making of peace; our prayer, the chant of humble and grateful hearts.

All that we do and pray is in the name of Jesus,

For in His cross you proclaim your love forever and ever.

AMEN



Saint Patrick's Day – March 17th

Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

The Shamrock The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.



Intermediate Basketball

Congratulations to both the Boys and Girls Intermediate Basketball Teams. Both teams participated in the Niagara Catholic Welland Large Schools tournament at Notre Dame College School. A special congratulations to our boys' team who were champions! All student athletes did a great job and both tournaments were fun for everyone! Ms. Stock, Mrs. Buccione, Mr. Sorella and Mrs. Caporicci are very proud of you. A very special thank you to our coaches and all the parents who came out to support our teams. Great Job Celtics!

Girls team members: Skylar, Dillon, Isabella, Nevayah, Rhyse, Erika, Milana, Myla, Aryanna, Rebecca & Laney.

Boys team members: Jahnoi, Ridley, Nico, Jahnai, William, Basil, Brayden, Christian, Taye, Romain, & Joshua



Kindergarten Registration

TO REGISTER, A CHILD MUST BE FOUR (4) YEARS OLD AS OF DECEMBER 31, 2024. THE FOLLOWING INFORMATION WILL BE REQUIRED FOLLOWING REGISTRATION:

[Register Here](#)

- Roman Catholic Baptismal Certificate
- Health Card
- Name / Telephone Number - Family Doctor
- Contact Persons (in case of an emergency)



Kids Helping Kids 2023

We had a successful Kids Helping Kids Campaign that ran from Monday, February 12th to Friday, February 23rd. St. Kevin students participated in something special each day. Our activities included creative hat day/hair day, red white and pink day, comfy cozy day, tropical day and jersey day. We were thrilled that our students embraced each day with enthusiasm and showed their willingness to help raise awareness for this very worthwhile cause. Our school raised a record \$1771.00. WOW!! All funds will be sent to the Niagara Peninsula Children's Centre. Special thank you to *Mrs. Maletta, Mrs. McLaughlin & Ms. Buccione* for organizing our efforts!



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.



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

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!

- Visit the [Women of Impact in Canada](#) gallery to learn about the inspiring achievements of Canadian women in various fields such as politics, sciences, and the arts.
- Explore the [Teacher Toolkit](#) created by the Government of Canada to learn of more about joining the conversation and celebrating International Women's Day in the classroom!



Healthy Schools Spotlights



The Public Health School Health Team wants to shine light on some of the great work that is going on within Niagara schools! The spotlight showcases the Healthy School initiatives at one school in Niagara each month. While the spotlight highlights one specific school, there are many other schools across Niagara doing amazing work too!

If you know of a school that would like to be showcased in the upcoming months feel free to reach out to your School Health Nurse. Check out our [Healthy Schools Webpage](#) or [#HealthySchoolsNiagara](#) on Facebook, Instagram or Twitter to see past Healthy Schools Spotlights!

Dress Code Review

We would like to take this opportunity to thank all St. Kevin Catholic families for their continuous support with the Niagara Catholic's standardized dress code. Listed below are a few dress code reminders:

- Students may wear St. Kevin Catholic School Spirit Wear! Samples of items are located on Big Bear Spirit Wear website (<https://www.bigbearspiritwear.com/>) Click schools, then elementary spirit wear for your viewing.
- Navy or white shirts must have a collar and are to be without any logos.
- Pants, skirts and shorts (knee length) need to be **navy blue**.
- Only students in grade three and under are permitted to wear navy track pants or tights.
- Only navy blue or white sweaters may be worn in the classroom. Sweaters must not include any logos.

Additional dress code information can be found on the Niagara Catholic website under parent and community tab.

Safe Schools: Consistent Absences and Lates!

Parents are required to ensure children who are enrolled in school attend regularly. Absences must be reported and considered reasonable as outlined in the Education Act Part II School Attendance 21.(2). Student with persistent absences or a pattern of absences may be subject to the attendance protocol referral process:

- 1) Teacher Contact
- 2) Principal Contact via meeting/letter
- 3) Referral of student case file to Stay in School Coordinator when all other steps have been exhausted Stay in School Coordinator will be involved with attendance concerns – this may involve community resources. Thanks for your support.

