



Mary Ward Catholic School



Principal: Mr. A. Cardamone

Superintendent of Education: Mr. D. Massi

Parish: Our Lady of the Scapular Church **Pastor:** Fr. M. Basque and Fr. D. Corso

March 2024

Principal's Message

Throughout the season of Lent, we reflect on the immense sacrifice of Jesus' death on the cross. We use the forty days of Lent to challenge ourselves to reflect upon and improve our relationship with God, thank Him for His sacrifices and also prepare ourselves to celebrate Jesus' Resurrection on Easter Sunday. How do we prepare ourselves? We use the 40 days to Pray more, Fast and practice Almsgiving.

Prayer is one of the most important fundamental activities of a Christian and in these busy days, it is most important to find the time to pray as a family. Continue to pray with your children as we prepare for Easter and for peace around the world.

Fasting is also something we can all practice during Lent. In the words of Pope Francis, we shall aim to:

Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience. Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Mr. A. Cardamone



Social Media

Follow us on Instagram to get the latest dates:

@marywardniagara



Use social media for good and lift others up, not tear them down. Stay on the high road. Keep your peace.

Monthly Reflection

Is hearing God's voice good enough? Or does God want more 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 that "I can do all things through him who strengthens me" (Philippians 4:13).



Niagara Catholic District School Board Mission

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



March 2024



Happenings



Alternate Lunch Days & Milk Program

Alternate lunch days and the milk program will continue! **Milk will be available every Tuesday and Thursday.** There will be 2 alternate lunch days in March:

- **Friday, March 8** — Greek on Portage
- **Tuesday, March 26** - Pizza lunch from Carmine’s Pizzeria



Orders can be placed using **School Cash Online**.

World Down Syndrome Day - Rock Your Socks!

World Down Syndrome Day will take place around the world on **Thursday, March 21st**. Mary Ward Catholic Elementary is inviting all staff and students to wear colourful socks to raise awareness about Down Syndrome and how people with Down Syndrome play a vital role in our lives and our school communities. **Rock Your Socks!**



Lenten Food Drive

In the spirit of Lent we are accepting food donations . All food will be donated to Our Lady of Scapular Church. Please consider donating the following items:

- Kindergarten and Primary Division— various soups
- Junior Division— Canned Tuna
- Intermediate Division— Boxed Crackers



Although we are asking for certain types of food however, all food donations are welcome. The Food Drive will run until **March 8th**. Thank you for your on-going support!

Kids Helping Kids Fundraiser / Niagara Nutrition Dance Fundraiser

The Giving from the Heart—Kids Helping Kids fundraiser took place February 12-23, 2024. This year marked the 26th year elementary and secondary schools in the Niagara Catholic District School Board have participated in this fundraiser to support Niagara Children’s Centre and Niagara Foundation for Catholic Education.

We are proud to say that Mary Ward Catholic students participated in many of the exciting activities. Thank you to our families who made donations through School Cash Online raising approximately \$843 for the Niagara Children’s Center and the Niagara Foundation for Catholic Education.

As well, our Niagara Nutrition Dance Fundraiser raised \$863. Many thanks to our Tiger Community.



March 2024



UPCOMING

Eco-School News

The Mary Ward Eco Team has prepared some Eco-Initiatives and events for our school in the month of March:

March is Nutrition Month

Your future is healthy! This March, dietitians across Canada are coming together to share how they can support you and make your future a healthier one. From food security to food literacy and food sovereignty, to sustainable food choices, and nutrition care and prevention, dietitians from across Canada are unlocking the potential of food and doing their part to create a healthier tomorrow. So, this Nutrition Month, let's learn how the actions dietitians are taking today lead to a healthier tomorrow for individuals, communities, and the planet! For more information visit: <https://www.unlockfood.ca/en/nutritionmonth>.

The Big Crunch: March 7th

The Great Big Crunch is a time dedicated to celebrating healthy food at school and highlighting the need for a universal, healthy school food program for Canada. All students and staff at Mary Ward are encouraged to bring an apple on March 7th to participate in a Virtual Canada-wide Great Big Crunch. At 1:00pm on this day all students are invited to take a bite out of their apple.

World Water Day: March 22nd

World Water Day is an opportunity to learn more about water related issues, be inspired to tell others and take action to make a difference. In honor of this day, on Wednesday March 22nd, we are inviting all students to participate in The Great Gulp. Each class will take a synchronized gulp of water to raise awareness about drinking water and the importance of single use plastics.

Earth Hour: March 22nd

As part of our GREEN Niagara Catholic eco-program, Mary Ward School once again will participate in the Global EARTH HOUR event on Friday, March 22nd between 12:45 and 1:45 p.m. to demonstrate how we continue to be good stewards of the earth. During this period our school will turn off lights where it is safe to do so and where it will not adversely disrupt normal classroom teaching. Each class will be participating in an Earth related lesson. We are also encouraging all Mary Ward families to participate in the Global EARTH HOUR planned for Saturday, March 23rd, between 8:30 and 9:30. p.m.

Our Lady of Scapular Holy Week and Easter Schedule

Holy Week Mass Schedule

March

<u>Palm</u>	<u>Monday 25</u>	<u>Tuesday 26</u>	<u>Wednesday 27</u>	<u>Thursday 28</u>	<u>Friday 29</u>	<u>Saturday 30</u>	<u>Easter</u>
<u>Sunday 24</u>							<u>Sunday 31</u>
8:00am	9:00am	No 7:00pm	9:00am	7:00pm	3:00pm	9:00am	7:30am
		Mass at					
9:30am		OLOS			7:00pm	12:00pm	9:30am
					Stations	Blessing of	
11:00am		Chrism Mass			of the	Easter Baskets	11:30am
		@			Cross		
		Cathedral				8:30pm	
		7:00pm				Easter	
						Vigil	



March 2024



Supporting Kids Helping Kids Fundraiser





March 2024



HAPPENINGS

Kindergarten

REGISTRATION & OPEN HOUSE

Kindergarten Registration

Register online at niagaracatholic.ca

If you have a child that was **born in 2020**, they are eligible to begin school in September 2024. **Click on the link above** to register your child and have them join the Tiger Family!



Kindergarten Open House

We would like to thank all the parents who attended the Kindergarten Open House. Parents received an overview of the Kindergarten program and saw some of the new and exciting learning experiences their children will be engaged in next year. If you missed it and would like more information, please don't hesitate to call us at the school. Looking forward to seeing everyone at Mary Ward soon!



**TODAY'S TIGER,
TOMORROW'S PATRIOT**



SAINT PAUL CATHOLIC HIGH SCHOOL TRANSITION INFORMATION

Course Selection Completed

Students have completed their course selection for the 2024-25 school year. If your child requires changes to their courses, please contact Saint Paul HS directly. We look forward to working with the staff at Saint Paul HS and with families to ensure our students have a smooth and successful transition into this next phase of their Catholic Education journey.

Saint Paul High School will be offering the Advanced Placement (AP).

What is the Advanced Placement Program (AP)?

Students in Advanced Placement courses study topics in greater depth with an opportunity to enhance learning. AP courses in grade 12 are designed to give students the experience of intro-level post-secondary classes in high school and to provide the possibility of earning post-secondary credits.

Patriot Spirit at Mary Ward!



March 2024



HAPPENINGS

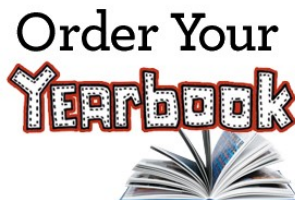
School Fundraising - Delta Bingo & Gaming

Mary Ward Catholic School would like to extend a big thank you to **Delta Bingo & Gaming on Drummond Rd.** for their contributions to our school fundraising initiatives. This could not be possible without the help of parent volunteers from our community.



Yearbook Pre-Orders

As the 2023-2024 school progresses, the memories created throughout the year will be celebrated and remembered in the Mary Ward Catholic School yearbook. This wonderful keepsake, is available to all students to pre-order and purchase via School Cash Online. It will be completed and delivered during the first week of school in September 2024 to each student who has pre-ordered and purchased one. The cost of the yearbook is \$20.00. **All yearbook orders and payments are due by Friday, May 24, 2024.** through **School Cash Online.**



Anaphylaxis

At Mary Ward Catholic, we continue to have several students with Anaphylaxis – a severe life threatening condition caused by an allergic reaction to certain food products (i.e.) peanuts, dairy, medications, latex products, inhalers and insect stings from bees or wasps. Residue on any material that has been touched by hands that have not been properly washed may also trigger a severe allergic reaction. Anaphylaxis requires immediate first aid (Epipen) and immediate medical intervention. Classroom teachers who have children with Anaphylaxis are working hard to prevent accidental exposure to products that trigger life-threatening reactions. **Please note that when students are on a class trip, such as skating, parents are encouraged to not bring food that will be shared amongst students.**

Thank you in advance for your assistance and co-operation.

Payment for School Activities

Parents are asked to sign up for our convenient payment program - SCHOOL CASH ONLINE. This is an excellent way to pay for student activities without sending money to school.

To register, please go to:

<https://ncdsb.schoolcashonline.com/>

Emergency Medical Protocols

At Mary Ward Catholic School, we work cooperatively with families in order to provide a safe, inclusive, and healthy educational environment for all students. We recognize that students who are at risk because of medical concerns such as **allergic reactions, Diabetes, Epilepsy, intolerances, asthma and/or seizures** require an intervention plan for their needs to be met and to reach their fullest potential at school.

If your child requires a specific plan of care, please contact the school at your earliest convenience so we can ensure his or her safety during the school day.

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.