



SACRED HEART SPECTATOR

Sacred Heart Catholic Elementary
Proud Member of the Saint Michael Catholic High School Family of Schools



Principal: Mr. J. Romeo
Superintendent: Mr. D. Massi

School Secretary: Mrs. D. Plyley
Parish Priest: Fr. Stuart MacDonald

ISSUE #7 – MARCH 2024

THE LENTEN SEASON WILL DRAW TO A CLOSE WITH THE ARRIVAL OF EASTER



Lent began back on February 14th. It is important for us as partners in Catholic education to help children see that Lent is more than “giving up” something. Rather, it is more a time to look at where we ought to be. We also need to help our children see that Lent is not something we do by ourselves. God is always with us, and so are our friends at school and at church. Together, we place ourselves with Jesus in His mission of prayer and care for others. Through acts of social justice and a focus on peace, we can all make a difference, locally and globally.

Although the Lenten season often seems to be cold and the landscape barren, we need to look with hope to the promise of Easter and the Spring season that comes with it.

The season of Lent concludes with the beginning of the Easter season. A reminder that that there is no school on Good Friday (Friday March 29th) and Easter Monday. (Monday April 1st, 2024)



SACRED HEART ROMAN CATHOLIC CHURCH EASTER WEEKEND MASS TIMES

- Holy Thursday Mass 5 pm - March 28 ,2024
- Good Friday Service 3 pm – March 29, 2024
- Easter Vigil 8 pm – March 30, 2024
- Easter Sunday 11 am – March 31, 2024

CLASSROOM ORGANIZATION for 2024 - 2025



Plans are in the preliminary stages for the 2024-25 school year. While we await approval from the board office on the number of classes and teachers required, **we ask that you submit any specific requests concerning academic and social grouping placements by email**

(sacred.heart@ncdsb.com) by May 1, 2024, to the attention of Mr. Romeo. Many situations unfold from now until the beginning of a new school year. As professional educators working at Sacred Heart Catholic, we will **consider** all requests, but we will base all student placement decisions on what is in the best interest of the entire student grade-level community at Sacred Heart. ***These decisions are made in good faith and based on, but not necessarily limited to, the following considerations: individual needs of students; academic strengths, weaknesses and needs; social and emotional needs of the students; special education needs; resource support requirements and personnel allocation; as well as classroom teacher strengths.***

KINDERGARTEN REGISTRATION

All registrations for Kindergarten 2024 will be completed online. Please visit the Niagara Catholic website niagaracatholic.ca and click on “Register Now” button. Link found here: <https://niagaracatholic.ca/registration/>

If you have a child born in 2020, or you know of someone who lives in our boundary area and they have a child born in 2020, they are eligible for Year One Kindergarten.



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MARCH BREAK



Our March Break is March 11 to March 15. Students return to school on Monday, March 18th, 2024. If you are planning on taking a vacation earlier or will be away later, please ensure to report those dates on the Safe Arrival System.

HOT LUNCHES & MILK PROGRAM

Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday March 7, 2024 (orders due March 4)

Sub Day – Thursday March 21, 2024 (orders are due March 18)

Betty's Fish and Chips – Thursday March 28, 2024 (orders are due March 25)



YARD SUPERVISION REMINDER



Our first bus arrives at 8:35 a.m. Sacred Heart staff begin morning yard duty at 8:35 a.m. and are in the yard until the bell rings at 8:45 a.m. Parents are reminded that students should not be at school earlier than 8:35 a.m. Your cooperation is appreciated.

EMERGENCY SCHOOL CLOSING

With the arrival of winter, we can expect colder temperatures and more snow. The Niagara Catholic District School Board will make every attempt to keep schools open during periods of inclement weather. Only in exceptional circumstances will schools be closed part way through the day. In these rare cases, we will follow the procedure that you have selected on the Student Information Form that you filled out in September. If your contact information or pick-up arrangements have changed, you are asked to please contact Mrs. Plyley at the office so the necessary updates can be made. Announcements concerning school closures or cancellations will be made on all local radio stations beginning at 6:00 a.m. You can also check the Board website at www.niagaracatholic.ca as well as the board's social media accounts.

WINTER WEATHER AND WINTER RULES

Parents should be advised that going out for recess during the winter season will be a normal thing each day. In extreme weather cases, children will remain indoors. Proper attire must be worn, i.e., boots, gloves, hats, scarf, etc. As is always the case, it is imperative that we all emphasize the dangers of throwing snow in any form. Please make sure your children are aware of the possible dangers of throwing snow at school. No one wants anyone seriously hurt. Your cooperation in this matter is greatly appreciated. Please remember that snow is nice to look at, but should be left on the ground.

CELL PHONES AND PERSONAL DEVICES

Cell phones are generally more disruptive than helpful during school hours. We recognize students may require their cell phone for safety and communication purposes for before and after school, but use during school hours is prohibited unless the student acquires permission from their classroom teacher.

"Cell or smart phones, tablets, laptops, audio or video recording devices are prohibited for use by students in all Niagara Catholic elementary and secondary schools classrooms unless specifically approved by school staff for instructional or co-instructional purposes."



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ELEMENTARY STANDARDIZED DRESS CODE



As you are aware, Niagara Catholic has an Elementary Dress Code for students. Details regarding the Dress Code can be found on the Board’s website.

Highlights include the following:

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3 or;
- Navy Blue Pants (Dress, Cargo, Denim, Kobe, Corduroy style permitted) or;
- Navy Blue Skorts or Dresses or
- Navy Blue Walking Shorts or Capris or;

- Grade 8 students have the option to wear grey secondary uniform pants. At a minimum, every student is required to wear one (1) of the following items;
- Navy Blue or White Oxford shirt (short or long sleeve) or;
- Navy Blue or White Polo shirt (short or long sleeve) or;
- School designed spirit wear.

Running shoes are the recommended footwear and socks must be worn.

A reminder that our spirit wear Provider “Big Bear Spiritwear” is open online 24/7 365 days a year to place an order for Sacred Heart spirit wear! <https://www.bigbearspritwear.com/sacred-heart-stars/>



BUS BEHAVIOUR



We are very pleased that the majority of our riders have been showing respectful behavior on the bus. Just a reminder to parents and students that bus transportation is a privilege. Our bus drivers have the important responsibility to transport students safely. Students have the responsibility to abide by the expectations of the driver. *Behavior that compromise the safety of others, or interferes with the right to a relaxing, enjoyable journey, will be dealt with immediately.* Drivers have been made

aware to issue reports as they see fit. Reports will then initiate the debriefing process with the student and/or parents. Disciplinary action will be based on the situation. Suspension from bus transportation is one possible consequence. Please take some time to reinforce this message with your child. Often children do not take that into consideration when engaging in inappropriate conduct during travel.



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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.



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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!





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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.