



Loretto Catholic Elementary School

March 2024



School Information

Ms. L. Spadafora - Principal

Mrs. J. Hastings - Vice Principal

Website: <https://schools.niagaracatholic.ca/lorettocatholic/>

Location: [6855 Kalar Road, Niagara Falls, ON, Canada](#)

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Principal Message

Our Lenten Journey

Lent is a time of prayer and reflection. It is a time to examine our lives and see what changes we can make to truly become the best-version-of-ourselves - the best spouse, the best parent, the best friend, the best co-worker, the best student, the best follower of Jesus.

Prayer for Lent

Heavenly Father,

As I enter our Lenten journey, guide us to the path that leads to you. Fill our heart with gratitude, patience, strength, and peace as we strive to become the-best-version-of-ourselves, honestly admitting our shortcomings and sins. As we renew our resolve each day to become better people, let us hear your voice in the deepest reaches of our heart. Give us rest in you. Help us to accept others, showing them your great love instead of casting judgment. Stay with us through the busy days and remind us that when we need comfort, solitude, wisdom, or guidance, we can always turn to you. Help us develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent. In your name we pray.

Our Lady of Loretto, pray for us.

*The **March** calendar is located at the bottom of the newsletter.*

We continue to focus on "Bee-ing part of our Loretto Catholic Hive", we all play a role in order for our Hive to be successful. We can Be Kind, Be Caring, Be successful, Be Nurturing, Be workers, Be Faithful...



As we work through this year, students and staff will work on the importance of Team work and how our Hive is a collective group that helps to make each one of us better and stronger spiritually, emotionally and intellectually.

Catholic School Council - Krispy Kreme Fundraiser



Thank you to all our families who helped support our Krispy Kreme fundraiser. It was a great success. We sold 594 boxes- raising \$3400 which will go towards our Grade 8 graduation and Smart TV's.

Thank you to our CSC members who organized and picked up our school orders in Mississauga.

Reminders that: Orders will be sent home with students on March 5th. Large orders (over 10 boxes) can be picked up on March 5th after school in the Starlight chamber area until 5:30. Reminder we can not keep orders overnight as we do not have the space in our refrigerator.

Thank you to our top sellers:

Matty M – Kinder Scordino- 38 boxes

Milana B- Gr 1/2 McKean – 31 Boxes

Mathew C- Gr 8 Minotti – 28 Boxes

Piper C- Gr 6/7 Gabriele- 25 Boxes

Sebastian R –Gr 6/7 Gabriele-20 Boxes

Marco K- Gr 3 DeProphetis - 18 Boxes

Thank you to all our families!!!!

Yearbook!!!

Back by popular demand, is this year's yearbook!!!



We will be creating another edition of the school's most memorable moments. Yearbooks will go on sale beginning **January 23rd until April 19th**. The yearbook will be completed with events up to May.

This year's cost is \$24.00 through School Cash Online.

Thank you
The Yearbook Committee

Parking Lot Safety

Just wanted to take a moment to thank all our families who are following the **Kiss'n Ride process** both before and after school

We are asking parents to only use the front area designated as a Kiss'n 'Ride- to not park and leave your car or exit your car in this area. Student(s) exit the car only with their belongings and cross with the supervisor to the school property.

We also ask that parents do not park in front of the stop signs along the exit path as this blocks traffic and flow and the entry of the afternoon busses.

Parents/Guardians we ask that you not block the entrance way at the end of the day as the busses are struggling to get into our parking lot or to have to try and maneuver around cars.

We have supervision staff who are helping students so they can walk to their entrances both at the front and back of the school **before 8:45 a.m.** Once the bell goes, students must enter through the front doors.

We ask that cars proceed **slowly** as we have had a few very close calls with students. Cars need to **STOP** and check that the crosswalk is clear where students and families are walking to cross.

Should parents want to park- then please use the side entrance at the KSD side and enter through the back gates after 8:35.

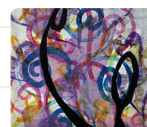
Families are asked not to park on the side of Loretto Catholic where the gate and portables are at any time as this is an Emergency Lane, as well we have been asked not to use the Avondale Parking lot as a pick up zone.

Your support and assistance in ensuring our students' safety are very important to all of us.

Student Council

Catholic Graduate Expectations

This month our student council will be focusing on being a "A Caring Family Member". A person who demonstrates this will put family, school and parish as a priority in their life. For the month of March, the classes will create a bulletin board full of images and ideas describing how they can help out at home.



A Caring Family Member

A caring family member who attends to family, school, parish and the wider community.

Project Share Food Drive

Once again we would like to ask for your support to collect as many non-perishable food items for Project Share. They serve many families in need from our area. Please send in any non-perishable food items beginning March 1st until March 22nd!



Project SHARE of Niagara Falls

@projectsharenf · Social Service

Winter Playground

Parents should be advised that going out for recess during the Winter Season will be a rule rather than an exception. In extreme weather cases, children will remain indoors. With the number of students at our school, 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.

The following playground rules are in effect for the Winter Season: No throwing of snowballs, no kicking or throwing snow or snowing other students. We are also mindful that we share our playground and therefore our creations may be used, altered or may melt. The snow belongs to us all.

Standardized Dress Code

Reminder that students are expected to follow dress code expectations daily. We have provided a graphic below as a reminder of the colour and items of clothing that students can wear to school. If you have purchased a Lynx T-shirt in previous years, student can continue to wear them on Spirit Wear day and during gym class.

As in past years, a reminder that the Black Grad hoodies are reserved for the students in the current grade 8 graduating class.

In the **winter months students**, please have students layer and wear **blue dress code sweaters**.

Thank you for your continued support.

Big Bear Spirit Wear

Families are able to purchase Spirit Wear through Big Bear Spiritwear - **please visit the website by clicking on the banner above with their name.**

We have launched our new **FRESH** Loretto Catholic Logo for our Spirit Wear.

Students may continue to wear existing spirit wear. Just a reminder that Spirit Wear T-shirts are not part of the daily dress code as collar shirts must be worn.

Please see the items below that are available throughout the year to purchase.

****To order- Link to Big Bear website- click schools- click Niagara Falls - click on Loretto Catholic**

School dress code is in effect. Collared shirt is either blue or white- no logos. Pants, skirts, shorts are blue. Denim is dark denim and in good repair, not faded or with holes.

All sweaters are blue unless they are Loretto Catholic Spirit wear which are blue and/or grey and have our school logo on it.

Grad hoodies are reserved for our students in Grade 8 only.

New this year, St. Michael HS spirit wear is reserved for our Grade 8 students only. Only the new St. Michael's Spirit wear can be worn as part of our Dress Code this year.

LORETTO LYNX 2023 SPIRITWEAR

Gildan DryBlend 9.4 oz. 50/50 Jersey Polo

Embroidered with Loretto Lynx Logo on Left Chest



Youth #8800B \$18.79
Adult #8800 \$20.49

Available Colours: Navy & White

Core 365 Dri-Fit 100% Polyester Polo Shirt
Youth #88181Y Ladies' #78181 Adult #88181



\$27.50

Available Colours: Navy & White

50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Printed with Full-Size Loretto Lynx Logo on Front



Youth #18500B \$32.49
Adult #18500 \$33.95

Available Colours: Navy & Dark Heather

50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Full-Size Embroidery & Appliqué Decoration on Front



Youth #18500B \$36.95
Adult #18500 \$38.49

Available Colours: Navy and Dark Heather

Dynamic Heather 2-Tone Lightweight Polyester Hoodie

Printed with Full-Size Loretto Lynx Logo on Front



Youth #Y2047 \$64.95
Adult #F2047 \$64.95

Available Colour: Charcoal Dynamic Heather/True Navy

50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.

Embroidered with Loretto Lynx Logo on Left Chest



Youth #18600B \$38.95
Adult #18600 \$42.49

Available Colours: Navy and Dark Heather

ATC™ Mid Profile Twill Ball Cap Embroidered with Loretto Lynx Logo Front

100% cotton twill 6-panel Adjustable hook and loop closure

Coal Grey

Youth Size Adjustable #Y130 \$14.49

Navy

Adult Size Adjustable #C130 \$14.95



Acrylic 12" Pom Pom Toque

Embroidered with Loretto Lynx Logo on Front



Dark Heather/Navy

#SP15 One Size \$14.50

Acrylic Beanie-Style Winter Toque

Embroidered with Loretto Lynx Logo on Front



One Size #102 \$12.95 + tax



Charcoal Grey



Navy

Tax is NOT included in the Prices shown.

Order On-Line at www.bigbearspiritwear.com

No Refunds or Exchanges on Decorated or Customized Products

Sizing Charts available at each product online | Delivery to your School option available

New Design!
LORETTO CATHOLIC LYNX



6182 Dixon Street
Niagara Falls, Ontario, L2G 2L6
Ph: 905-357-7132
www.bigbearspiritwear.com

NIAGARA CATHOLIC Standardized Elementary Dress Code

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

OUR DRESS CODE COLOURS

Tops

At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



Bottoms

At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



Shoes

For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

Nurturing Souls & Building Minds

Electronics

The Electronic communication Systems Policy states that cell phones or smart phones, tablets, laptops , audio or video recording devices are eligible for use by students in all Niagara Catholic Elementary schools (Grades 6-8) **as approved only by staff for instructional or co- instructional purposes**. The expectation is that students will use NCDSB's electronic communication systems for educational purposes, to enhance learning through responsible access to global information and communication. Students who carry cell phones when travelling to and from school, for safety reasons, are reminded they are not allowed to use their cell phones to call or text home once they are on school property or during the school day/recess/lunch.

All cell phone must **remain off/silent** and **put away** during the school day unless noted by the school staff.

Students are asked to use the school student phone located in the office if they need to call home or are not feeling well.

We thank you in advance for your support in ensuring students stay safe from social media during the school day.

School Cash online

Payment for School Activities- School Cash Online

Parents/Guardians are asked to sign up for our convenient payment program - SCHOOLCASHONLINE. This is an excellent way to pay for student activities/lunches without sending in money to school.

To register, please go to:



SchoolCashOnline.com: Welcome

Why Use SchoolCash Online? Convenient Make secure payments 24/7 from the comfort of your home Easy To Use Online shopping with various payment methods Safe Your child won't be carrying cash or checks to and from school Saves Time Manage your school expenses and view payment history in one place

🔗 schoolcashionline.com

Lynx Water Bottles

We will continue to sell our Loretto Lynx 24- ounce reusable Sports Water bottles with our Loretto Lynx logo on it as well as a spot to write your child's name on it. Water bottles are BPA-free sports bottles that are made with a polyethylene (PET) material that's phthalate-free, non-toxic and lead-free. It features a twist-on lid with push/pull drinking spout. Its translucent bottle colour matches

its lid color. Bottles can be purchased through School **Cash Online** for **\$8.00 each or 2 for \$14.00. We will begin selling as of mid September until late May.**



Reusable Water Bottles & Utensils

Please ensure that your child comes to school each day with a reusable water bottle. This will not only help keep our children hydrated but will also help our environment. We ask that if your child needs a fork or spoon to eat their snacks or lunch that you please place one in their lunch pails.

Niagara Nutrition Partners

Thank you to our Niagara Nutrition Partners for all their support this year. Each class has a bin and tongs filled with delicious and nutritious food items such as yogurt tubes, fruits, fruit bars, and individually baked goods. These items vary from day to day. All students are welcome to pick a snack to compliment their own snacks.



We also want to thank our families for donating to this great cause so we can continue to sustain and help maintain it throughout the year.

Please continue to help by donating through School Cash Online.

Items Left At School

We know it is the season when we have many student belongings at school like hats, mittens, sweaters, coats, indoor/outdoor shoes and boots at school. Often items are not labelled and it is hard to know who they belong to. We do have a lost and found for students to check in the vestibule in the main entrance to the school. Unfortunately, should items go missing and/or are lost when students have left them at school a reminder that we, the school, are not responsible for any lost items or items left at the school. We will do our best to help our students find their items. We ask that items are all labelled as many items are similar or from the same stores.

Toys at School

We remind all our students and parents that although toys are fun to play with during recess times, it is difficult to keep track of whose toys belong to whom. Often students bring and play with their toys during class time. We ask that you please consider not sending toys or labelling the toys and speaking to your child about when is an appropriate time to use them.

Although students are encouraged **not to trade** playing cards of any kind i.e. Pokémon, we are not responsible for traded, lost or misplaced cards.

Thank you for your support

Pets on School Property

Parents, we kindly ask that your pets do not come on to school property at arrival and dismissal. Many of our areas are already congested with families at pick up and some of our families and students are a little uncomfortable. We appreciate your support.

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.:

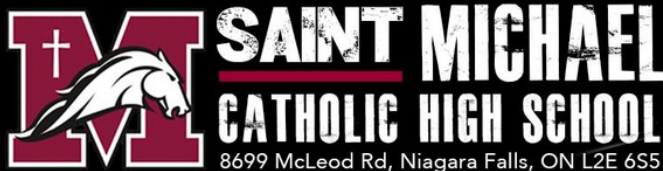
- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

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.



- MIND
- BODY
- SPIRIT

We are a proud member of the Saint Michael Highschool Family of Schools



Loretto Catholic Elementary School

Climbing Mountains Together In Faith



@LorettoFalls

March 2024



lorettocatholicnf



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Supervision begins at 8:35 a.m., we ask that students not enter grounds prior to this time. Students are to enter using grade/class specific doors only. Please continue to follow the expectations if using the Kiss n' Ride area.				Day 3 World Day of Prayer Project Share Easter Food drive March 1st-22nd	Mass 5:00 pm St. Thomas More 	
Mass- 9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	Day 4 4 Girls Handball Tournament @ Loretto	Day 5 5 Boys Handball Tournam- ent @ Loretto Reconciliation Gr 3-8 Krispy Kreme Pick up—until 5:30	Day 1 6 VEX Tournament @ Loretto Let's Talk Science workshop —3D Waste-less Wed	Day 2 7 April lunch orders open NPP "Big Crunch Day" 	Day 3 8 International Women's Day Ice Cream day Celebrate St. Patrick's Day- wear green 	Mass 5:00 pm St. Thomas More 	
SPRING FORWARD! Daylight Saving Time 	March Break 						Mass 5:00 pm St. Thomas More
St. Patrick's HAPPY Day 	Day 4 18	Day 5 19 First Day of Spring April lunch orders close	Day 1 20 Waste-less Wednesday	Day 2 21 World Down Syndrome Day wear "Rock your Sock Day" with dress code 	Day 3 22 Earth Hour Ice Cream day Black & Yellow Day 	Mass 5:00 pm St. Thomas More EARTH Hour 	
PALM SUNDAY 	Day 4 25 Holy Week	Day 5 26 Epilepsy Awareness day- Wear purple shirt- blue bottoms	Day 1 27 Waste-less Wed	Day 2 28 Holy Thursday 	Good Friday 	Easter Saturday & Easter Sunday 	
Stations of the Cross led by Gr 6/7 G							

Loretto Catholic Elementary School is proud to be a part of the St. Michael Catholic Family of Schools



Ms. Spadafora

