



Assumption Catholic Elementary School



Proudly part of the HOLY CROSS Secondary Family of Schools

March 2024



Contact Info

225 Parnell Rd.
St. Catharines, ON
L2M 1W3
ph 905-935-5281
assumption@ncdsb.com



DAYLIGHT SAVINGS TIME—Spring Forward

Daylight Savings Time begins on Sunday, March 10th, 2024. Don't forget to change your clocks ahead on Saturday night before you go to bed.

Happy March Break!



March. 11-15. 2024



ROYAL CANADIAN LEGION ONTARIO PROVINCIAL CONTEST

Congratulations to the following students that won prizes for the poster and literary contests held by the Royal Canadian Legion.

Primary Level Poster Winners:

1st place-Lydia N.

2nd place- Isabella M.

Junior Level Poster Winner:

1st Place- Priscilla S.

Intermediate Level Poster Winners:

1st Place-Cecilia S.

2nd Place- Payton L.

2022 poster contest

3rd place Zone Level- Emma C

Job well done by all students...Congratulations!



Up and Coming Food Days & Tuck Shop Days

Friday, March 1 Meltwich Day

& Tuck Shop Day

Thursday March. 7: Swiss Chalet Day

Friday March. 8: Tuck Shop Day

Thursday March 21 : Mandarin Day

Friday March. 22: Tuck Shop

Thursday March. 28:

Pizza Day &Tuck Shop Day

Easter Food Drive (Mar.1- Mar.27. 2024)

Please send in non-perishable food or toiletries items for St. Vincent de Paul (St. Alfred) Food Drive. Thank you.



KIDS HELPING KIDS FUNDRAISER



Once again, we held our Annual Kids Helping Kids Fundraiser to support the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education.

Thank you to all our students and families for their generous support. Way to go Thunderhawks.

HOLY CROSS CORNER

Grade 8s: We are hoping that you are already wearing your new Raiders Very Own t-shirts and we can't wait to see you wearing them. For a chance to win some HC swag DM pictures of you and your friends wearing your HC T's to: theangusarmy Instagram account



Grade 8 students who will be attending Holy Cross need to remember to pay the Holy Cross Activity Fee on **SchoolCashOnline** under the Niagara Catholic School Board Items: **HOLY CROSS NEW STUDENT ACTIVITY FEE.**

Waste free Wednesday

Remember to pack a waste free lunch every Wednesday.



KINDERGARTEN REGISTRATION

Kindergarten Registration is available online at niagaracatholic.ca. If you missed our open house, please contact the school to find out more about Kindergarten at Niagara Catholic.

To register your child, he or she must be turning four by December 31st, 2024. register anytime online at: <https://niagaracatholic.ca/registration/>

Looking forward to registering our future Thunderhawks!



Public Health Elementary School Service



Your public health nurse can consult and assist with identification and development of school-wide health priorities. We can contribute to the learning environment of your school by offering the following:

Teaching Tools

Public Health teaching tools are designed to satisfy expectations outlined in the Ontario Ministry of Education's Elementary Health and Physical Education curriculum (2019) and support teachers in creating comprehensive lesson plans.

- Personal safety and injury prevention (Grades 1, 4, 5 and 6)
- Human development and sexual health (Grades 4-8)
- Substance use, addictions and related behaviours (Grades 3-8)
- Supporting mental wellness (Grades 1-8)

Education for Staff

- Anaphylaxis
- Consultation and support regarding the Ontario Ministry of Education's Elementary Health and Physical Education curriculum (2019)
- Consultation on various health-related topics
- Support and guidance on Infection Prevention and Control measures

Student Engagement

- Comprehensive School Health – creating and supporting a healthy schools committee
- Playground Activity Leaders in Schools (P.A.L.S.)
- The haveTHATtalk series – mental health leadership (Grades 7 and 8)
- Active School Travel
- BrightBites

Parenting Support

- Puberty Information Sessions
- Public Health newsletters
- Support for transitions to kindergarten and high school
- Positive Parenting Programs (Triple P)
- **Niagara Parents:** 905-684-7555
niagararegion.ca/parents

Need to know more?

niagararegion.ca/health/schools

Niagara Region Public Health
905-688-8248 or 1-800-505-6074

School Health Team: ext. 7379 | healthyschools@niagararegion.ca
Dental programs: ext. 7399 **Vaccinations and Immunizations:** ext. 7425

Niagara's Healthy

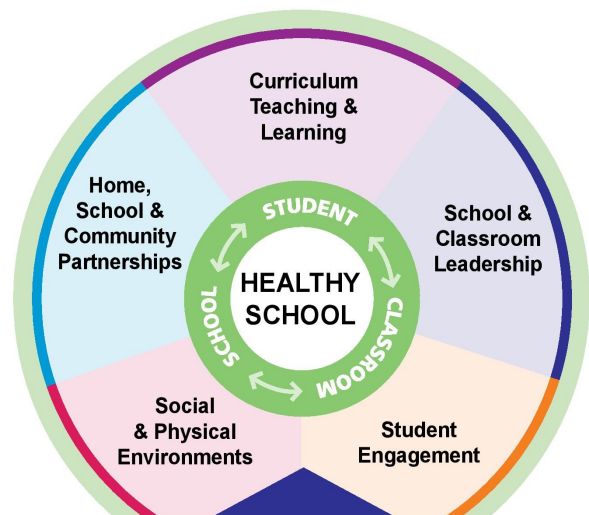
School Framework

The Comprehensive School Health program is one that promotes physical, mental, social and spiritual health of the whole school community.

The Ministry of Education recognizes and endorses the Healthy Schools framework in the Foundations for a Healthy School (2014).

Public Health plays a major role in supporting Healthy Schools and can support your school by:

- Supporting the creation of a Healthy Schools team within the school community
- Promoting the Healthy Schools framework as a best practice model. We are happy to provide presentations at staff meetings and for parent councils.
- Supporting the planning and implementation of health promotion campaigns that target school-wide involvement



A Healthy School involves students, staff, parents, volunteers and community partners. Together, we share ideas, plan and take action to help kids lead healthy active lives.