



Assumption Catholic Elementary School



Proudly part of the HOLY CROSS Secondary Family of Schools

May 2024



Contact Info

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Mr. Scholbeck's Grade 7/8 class will fund-raise for their year-end activities in May and June by organizing Hot Dog Days. Students will be able to purchase a hot dog for \$2.00.

Orders and payments can be made through School Cash Online
Hot dogs are pre-order only.



Hotdogs WILL NOT be for purchase on Hot dog days.

Thank you for supporting our Grade 8 students.

Up and Coming Food Days

Friday, May 3: Firehouse Sub Day

Friday, May 10: Mandarin Day

Friday May 17: Swiss Chalet Day

Friday, May 24: Submission Sub Day

Friday, May 31
Pizza Day



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, please visit:

<https://niagaracatholic.ca/registration/>

Looking forward to registering our future Thunderhawks!



MAY SCHOOL NEWSLETTER
Catholic Education: *We are called to love*

As a Catholic Community, we see the link between our faith and mental health. This year's Catholic Education Week and Mental Health Week theme is, "*We are called to love.*"

The theme for Catholic Education Week 2024 was inspired by the following considerations:

- With joyful anticipation of the Jubilee Year of 2025, we are inspired by Pope Francis announcing the theme of "*Pilgrims of Hope.*" With open hearts of love, we can continue to "*fan the flame of hope*" for a bright future.
- On the fifth anniversary of Renewing the Promise, we celebrate that Catholic Education is centred on our Christian call to love. This love permeates how we live in the world and as we act with love, we build a better future. As Pope Francis stated in 2023, "*He wants us to be artisans of a new history, weavers of hope, builders of the future, peacemakers.*"
- The theme of the synod, "*Enlarge the Space of Your Tent,*" invites us to listen in love, to be a healing presence to one another and to strengthen relationships.
- In his visit to Canada last summer, Pope Francis gave us hope for our continued work for Truth and Reconciliation. Through prayer and a commitment to love, stronger bonds are forming and a new way forward is emerging.
- Catholic Education Week comes at the same time as Mental Health Awareness Week. Through love and compassion, we continue to support each other's wellbeing. God is love and we are always called to live out this love.
- In our continued work for Equity and Inclusion in Catholic schools, a focus on love reminds us that all God's children are loved unconditionally.

There are five sub-themes for each day of Catholic Education Week and Mental Health Week:

- Day 1: As people of hope / Dans l'espérance
- Day 2: As people of faith / Dans la foi
- Day 3: As people of mercy / Avec compassion
- Day 4: As people of justice / Dans la justice
- Day 5: As people of joy / Dans la joie

Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources, as well as School Mental Health Ontario's website and resources, we have prepared a series of activities, which will highlight how the students and staff at our school are being *Called to love* together.

We hope to see many of you during our school celebrations!

Niagara Region Public Health School Health Newsletter May 2024

Vision Health Month

Visual health is an important part of a child’s overall health and well-being. Proper vision is important for a child’s movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see **ANY** of these signs:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Squinting or holding objects close to the eyes | <ul style="list-style-type: none"> • One eye that turns out or in |
| <ul style="list-style-type: none"> • Blinking often | <ul style="list-style-type: none"> • Rubbing, tearing, itchy or burning eyes |
| <ul style="list-style-type: none"> • Turning or tilting the head to the side often | <ul style="list-style-type: none"> • Reporting blurry or double vision |
| <ul style="list-style-type: none"> • Covering or closing one eye | <ul style="list-style-type: none"> • Reporting headaches, nausea or eye strain |

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

Mental Health Week 2024: A Call to be Kind

Showing compassion toward others can have a huge impact on someone’s life. Mental Health Week in Canada runs from May 6 to 12, and this year’s theme is focussed on the healing power of compassion. One of the most important ways that we can demonstrate compassion is through active listening without judgment. Actively listening can create a safe space for people to share their thoughts and feelings. You can do this by avoiding interrupting or dismissing their experiences.



Let’s all learn to be more present, attentive, and empathetic.

- [Explore how compassion connects us all](#)
- [Learn to safely support someone struggling with their mental health](#)

#CompassionConnects #MentalHealthWeek

Dangerous Nicotine Product Accessible to Children and Youth: Nicotine Pouches

Local health experts are warning of the dangers posed to young people about new flavoured nicotine pouches. There are multiple brands (Zonnic, Zyn etc.) and concentrations of nicotine pouches currently available for purchase in Canada.

Although this product is not intended for those under 18, youth are becoming their main market. These products come in flavours such as berry frost and tropical breeze. Health Canada approved Zonnic as a quit smoking aid under the country's natural health product regulations, with no restrictions on how it's advertised, where it's sold, or at what age someone can buy it. These products are being sold in local convenience stores and gas stations to youth without any age verification and are found to be stored next to candy and gum.

What's the danger?

Nicotine is a highly toxic and powerfully addictive substance. Children and teenagers are at a higher risk due to the addictive properties of nicotine as brain develops into adulthood. Even using small amounts of nicotine may increase the risk of developing a dependence on nicotine in the future.



Please talk to your children about nicotine pouches and other nicotine products to discuss the risks associated with their use.

For more information about these products, visit: [Dangers of Nicotine Pouches - Canada.ca](https://www.healthcanada.ca/nicotine-pouches)



Educational Resources

ParticipACTION Community Challenge

Partake in [ParticipACTION Community Challenge June 1 – 30, 2024!](#)

Participate in the challenge this June to get moving, connect with others and help students within the Niagara community get crowned Canada's Most Active Community!

What is the Community Challenge?

The ParticipACTION Community Challenge is a national [physical activity](#) and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

For more information visit <https://www.participaction.com/programs/community-challenge/>



Mental Wellness Teaching Tools

Maintaining positive relationships with students within a caring school community that is safe, welcoming and inclusive contributes to students' social-emotional wellness and readiness to learn.

Visit our [school health teaching tools page](#) and check out 'Supporting mental wellness' dropdown



Elementary teaching tools	
Personal safety and injury prevention	+
Substance use, addictions and related behaviours	+
Human development and sexual health	+
Supporting mental wellness	+

These evidence-based resources focus on promoting positive mental health in classrooms by providing wellness tools that work to increase protective factors and resiliency.