



St. John Bosco Catholic Elementary School

"Faith, Service & Academic Excellence"



Part of the Lakeshore Catholic Family of Schools

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MAY 2024

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PRINCIPAL'S MESSAGE

MAY- A Mission of Peace

"Peace begins with a smile."

St. Teresa of Calcutta

This month, we focus on being disciples rooted in peace. Peace can be found in God's creation, in the example of others, and most importantly, it can be found within ourselves. This month, we also recognize Mental Health week, and peace and mental wellness go hand in hand. Have you ever noticed that it is harder to see peace anywhere else when your own spirit is troubled? This is why St. Teresa of Calcutta reminds us that "peace begins with a smile." We may not be able to calm the storm around us, but if we pray for peace in our hearts - even on the toughest days - God will grant it to us. May we pray for peace first within ourselves so that we can truly smile with the light of Christ and share peace with those around us.

Public Health Update:

May is 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.

The [Eye See...Eye Learn®](#) program encourages parents to book a comprehensive eye exam for their **junior or senior kindergarten** child with a [local, participating optometrist](#). The eye exam is covered by OHIP and children may qualify for a complimentary pair of eyeglasses.

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

- | | |
|---|---|
| • Squinting or holding objects close to the eyes | • One eye that turns out or in |
| • Blinking often | • Rubbing, tearing, itchy or burning eyes |
| • Turning or tilting the head to the side often | • Reporting blurry or double vision |
| • Covering or closing one eye | • Reporting headaches, nausea or eye strain |

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

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Reporting your child's vaccines

[Routine vaccinations](#) are an important step in keeping children and youth healthy. Public Health is required to keep records of each student's immunization status to protect them in the event of an outbreak of a preventable disease.

Parents, legal guardians and students aged 16 and over are responsible for reporting directly to Public Health. Please report your child's immunization every time they receive a vaccine. Even if your child's vaccinations are up-to-date, the information may not have been reported to Public Health. A vaccination record is either an immunization record (such as a yellow card) or a valid exemption form.

[Find out which vaccinations are required and recommended](#) for children attending school. Please note that at this time, we ask that you **do not** report any COVID-19 or influenza (flu) vaccination details.

Every time your child receives a vaccine, be sure to report it:

- Online at www.niagararegion.ca/vaccines
- By phone: 905-688-8248 or 1-888-505-6074 ext. 7425 or
- Fax: 905-688-8225

Positive Parenting Program (Triple P)

[Niagara Parents](#) is happy to introduce Primary Care Triple P (Positive Parenting Program)!

Primary care is a very private and quick way to get positive parenting support that targets the exact parenting concern or issue you are having. Primary Care Triple P is for parents of children from 2-12 years of age. This service focuses on one specific issue or topic.

- Parent(s) will meet with a Triple P provider about four times.
- Each session usually takes between 15-30 minutes.

To learn more about Primary Triple P, you may visit: https://www.triplep.net/files/2515/2886/8097/ENG_Primary_Care_Triple_P_LTR.pdf



Report your child's vaccines to Public Health

Health care providers do not do this for you.

niagararegion.ca/vaccines

Niagara Region

Niagara Parents

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ECO – WALKING WEDNESDAY

Every Wednesday in May and June will be declared “Walking Wednesday”. Students are encouraged to walk or ride their bike instead of being driven to school. This will help our planet with pollution that comes from car engines.

HELPING KIDS FIND THEIR VOICES!

What is Childhood Apraxia of Speech? Childhood apraxia of speech (CAS) is a motor speech disorder that makes it difficult for children to speak. Children with the diagnosis of apraxia of speech generally have a good understanding of language and know what they want to say. However, they have difficulty learning or carrying out the complex sequenced movements that are necessary for intelligible speech. Please support Childhood Apraxia by wearing blue on May 15th!

EDUCATION/MENTAL HEALTH WEEK 2024

St. John Bosco Catholic Elementary School will celebrate Catholic Education and Mental Health Week 2024, “We Are Called to Love” from May 6- May 10th and invites you to participate in the prayer services and special activities which are listed on the school calendar and posted on the school website, as your personal time and work schedule permit.

Please see attached Catholic Education Week/Mental Health Week 2024 Template!

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