



Mary Ward Catholic School



Principal: Mr. A. Cardamone

Superintendent of Education: Mr. D. Massi

Parish: Our Lady of the Scapular Church **Pastor:** Fr. M. Basque and Fr. D. Corso

Mary Ward Catholic School Mission Statement

As a community of faith and lifelong learners, we nurture hearts, minds and souls to grow and lead with truth, justice and love.



Principal's Message - Happy Mother's Day

In May we are surrounded by the beauty of dormant plants beginning to grow, new seedlings spouting out of the ground, and beautiful colourful flowers appearing in gardens. Thus, it is no surprise that May is also the month devoted to Mary, Jesus' mother. She is a role model to all of us because of her purity, love for her Son, and devotion to God's will. During the month of May we will honour the Blessed Virgin Mary.

This month, we also celebrate Mother's Day on Sunday, May 12th. Wishing all Mothers, Step Mothers, Grandmothers, God Mothers and anyone in that role a Happy Mother's Day. Thank you for all that you do! May God Bless you.

God, today we lift up all the prayers we hold in our hearts to you. Please help us to be patient in our prayers, to remember that you hear each one of our prayers and will respond to them the way you see best. We pray that all mothers be blessed in the name of the Father, the Son and Holy Spirit. Amen.



Social Media

Follow us on social media to get the latest updates:



@marywardniagara

Monthly Reflection

God loves to involve us in His plans to lead people to heaven. He often uses the weakest to lead the strong. Sometimes God speaks to us through other people. But, have you considered that God could use you to bring His message to others? What have you done today to share the love of God with those around you? Spend some time with God today asking Him to help you share His love to those in most need of it.



Niagara Catholic District School Board Mission Statement

We are a Christ-centered Catholic faith community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.



May 2024



COMING UP

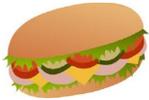
Alternate Lunch Days & Milk Program

Milk will continue be available every Tuesday and Thursday.

All lunches will be made available for purchase via School Cash Online.

Friday May 10 - Garrisons Subs

Tuesday, May 28 - Pizza Day



KINDERGARTEN ORIENTATION EVENING!

To welcome our new families registered for the upcoming 2024-2025 school year, we will be having a Welcome to Kindergarten Orientation for parents on Tuesday, May 28, 2024 at 6:00 pm. We look forward to seeing you there.

Welcome to Kindergarten!

Graduation - Save the Date!



Our Grade 8 Graduation is scheduled for **Thursday June 20, 2024**. Students and their families will gather at The Double Tree Resort and Spa for a Graduate Blessing and Award Ceremony.

Graduates will also enjoy a delicious dinner and a dance! We are looking forward to gathering to celebrate all of your accomplishments!

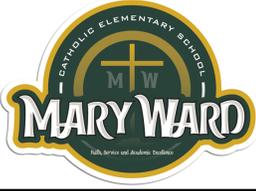
Family Food Truck event – SAVE THE DATE!

On **Wednesday, June 5, 2024** we will be hosting a Family Food Truck event with great food, raffle prizes and more! Details regarding food and ticket purchases will be shared soon! We will also reach out regarding donations for our Basket Raffle. We look forward to another great evening as we gather as a Mary Ward Community.

Looking ahead - 2024/2025

Thank you for the friend requests that were submitted throughout April. We will do our best to accommodate the requests. At this time we will no longer be accepting additional requests because during the month of May, staff will meet to discuss and create student groupings for next year. Students will be placed with others whom they will be most successful. A great deal of time and effort is spent determining the composition of classes. When organizing class groupings, attention and diligence is required by the classroom teachers, resource teacher, and principal. A variety of factors are seriously considered when establishing classes. Creating a successful learning environment for all students is a goal we aim to achieve. Some of the criteria considered include: ability, individual needs, behaviour, work habits, age, learning styles, class size and gender balance. **HOW CAN PARENTS HELP?** Talk positively to your child about next year. If your child is with a different group of students, please discuss relationship building and new friendships.





May 2024



HAPPENINGS

Congratulations!

Catch the Spirit Winner

Sam Tuetenberg

The Niagara Catholic “Catch the Spirit Student Award of Excellence” has been established to honour representatives of leadership within our student population as we continue to work together to “nurture souls and build minds” throughout Niagara Catholic. Sam fits the criteria (Catholic leadership, family commitment, positive school relationships and involvement, academic excellence and parish involvement,) and goes above and beyond in many other areas as well. Congratulations Sam! We are so proud of you and your accomplishments! Thank you for your contributions to the Tiger community.



Confirmation

On Wednesday, April 24, 2024, Mary Ward’s Grade 8 students gathered at Our Lady of Scapular Church to celebrate the sacrament of Confirmation. The students who participated made the moving decision to renew their baptismal promises and continue to strengthen their relationship with God. The Grade 8’s were blessed with this beautiful sacrament, in which they received the seven Gifts of the Holy Spirit. Thank you to Bishop Bergie, alongside Father Michael and Father Daniel for leading the celebration for the candidates. With the support of their teachers, sponsors, parents, family members and parish, these students will continue on their Catholic faith journey.

First Holy Communion

Our Grade Two students have chosen dates to celebrate the Sacrament of First Communion in April & May. Many have already partaken in the sacrament and some are looking forward to the near future to celebrate this special sacrament!





May 2024



HAPPENINGS

Tiger Student Council Update - Student Leadership Symposium

On Tuesday, April 30, the Student Council Co-Chairs from all the elementary schools gathered at Club Roma for the Student Leadership Symposium. Our current Co-Chairs, Violet and Bianca, as well as next year's Co-Chair, Isabella, had the opportunity to learn about what makes an effective leader. Our Co-Chairs took away many valuable lessons that they look forward to sharing through the Tiger Student Council initiatives both this year and next! Thank you Violet, Bianca, and Isabella for sharing your student voice and leadership skills with us.



Yearbook Orders - LAST CALL!

As the 2023-2024 school progresses, the memories created throughout the year will be celebrated and remembered in the Mary Ward Catholic School yearbook. This wonderful keepsake, is available to all students to pre-order and purchase via School Cash Online. It will be completed and delivered during the first week of school in September 2024 to each student who has pre-ordered and purchased one. The cost of the yearbook is \$20.00. **All yearbook orders and payments are due by Friday, May 24., 2024**

Summer School

The Niagara Catholic DSB offers students the opportunity to earn high school credits by taking courses in summer school. For Grade 8 students who want to get a head start on earning credits towards their Ontario Secondary School High School Diploma, one popular and fun course to take is Summer School Physical Education. This gives students an opportunity to earn a high school credit as well as build connections with other students.

You can find more information about the NCDSB summer school program and register for courses by clicking [here](#).



Soccer

The Junior students at Mary Ward had the opportunity to represent Mary Ward in a friendly soccer competition at Saint Paul High School. The students were given training sessions to prepare for the tournament during lunch recesses and after school. The boys and girls showed great skill, sportsmanship and competitive spirit. Congratulations to all who participated! Thank you to the coaches - Mrs. Ramunno, Mrs. Jakovljevic, Mme. Driscoll.





May 2024



HAPPENINGS

Flag Football

The Intermediate students at Mary Ward had the opportunity to represent Mary Ward in a friendly flag football competition at Saint Paul High School. The students were given training sessions to prepare for the tournament. The boys and girls showed great skill, sportsmanship and competitive spirit. Congratulations to all who participated! Thank you to the coaches - Mr. Cottringer, and Mr. Molnar.



Kindergarten

Kindergarten Registration Register online at niagaracatholic.ca

If you have a child that was born in 2020, they are eligible to begin school in September 2024.

Click on the link above to register your child and join the Mary Ward Family!

In order to be fully registered to start school in September, **all documentation** must be submitted. A completed registration package must include:

- Online registration form (if that has not been completed yet, you can do so [here](#))
- Copy of your child's birth certificate
- Copy of a baptismal certificate (the child's or from either parent)
- Proof of address (ex. utility bill, etc.)

Please submit any documentation by visiting the school office or by emailing mary.ward@ncdsb.com



May 2024



ECO - SCHOOL NEWS

The Mary Ward ECO team has some events planned for May!

“Walk or Roll to School Wednesdays”

Active and Sustainable School Travel emphasizes the importance of low-carbon transportation options such as walking, cycling, biking, and carpooling to school. Increased commitment to active and sustainable modes of transportation to help reduce the number of vehicles on the road and Greenhouse Gas Emissions (GHGs) in the air. Supporting Active and Sustainable School Travel leads to improved physical and mental health, a healthier environment, and safer streets. Every Wednesday, during the month of May, we encourage all Mary Ward students to WALK, BIKE, or BUS to school. With everyone’s participation, we can reduce the danger of traffic and toxic emissions near our school and this will also give you an opportunity for physical activity that can help students arrive alert and ready to learn in the morning. Families are encouraged to leave the car at home and choose an active trip to school. If you ride a bus, take part by walking to your bus stop. If you must travel by car, consider asking your parents to park a few blocks away so you can walk part of the trip. Walking or rolling to school is a great way to be kind to the environment and our bodies and have fun!! We hope you’ll join us by walking, biking or bussing to school every Wednesday in May.



Outdoor Classroom Day!

It’s time to get outside Mary Ward! Canada is known for outdoor pursuits and having one of the best backyards in the world. However, the reality is we are spending less and less time outside, which is taking a toll on our health and well-being. Outdoor Classroom Day is a reminder of the power of time outdoors. It’s an invitation for schools to extend the classroom beyond four walls and a desk and engage with school grounds and natural areas. Outdoor Classroom Day will be held on May 23rd. It is a one-day, annual event that promotes the significance of outdoor activity within three broad themes: Indigenous knowledge and perspectives, health and wellbeing, and environmental and climate change education.



Let’s Reuse!

The Kindergarten courtyard is in need of a child sized picnic table. In line with our commitment to environmental responsibility, if you are interested in donating one to the school, please contact the office.





May 2024



HAPPENINGS

Mary Ward Catholic Education and Mental Health Week

Mary Ward Catholic School will celebrate Catholic Education Week and Mental Health Week 2024, “**We Are Called to Love**” from May 6- May 10th.

This week draws attention to the special role that Catholic schools have as faith communities. All community members – parents, students, teachers, administrative and support staff, pastors and parish staff – have been called by name through their Baptism to grow and walk joyfully in our faith that is nurtured by the local parish, the home and the school.



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!



May 2024



PLEASE
→ join us ←

Catholic Education Week Parent Visit

Tuesday May, 7th - Kindergarten Classes

Wednesday May 8th - Grades 1-3, 3/4R, 3/4G

Thursday May 9th- Grades 4/5Q, 5, 6

Friday May 10th - Grades 6/7C, 7, 8

Meet your child in the classroom 10:30 a.m. - 11:15 a.m.

Parent Visit

Parents will go to the classroom to see their child engaged in an activity. They will have the opportunity to participate with them.

At 11:00 a.m., parents are invited to the gym to enjoy some entertainment provided by the dance team and the choir.

▲ 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:

- | | |
|--|---|
| • 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>.

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 (Zonic, 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 Zonic 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.healthycanada.ca/en/healthy-living/quit-smoking/nicotine-pouches)



Educational Resources

ParticipACTION Community Challenge

Partake in [ParticipACTION Community Challenge](https://www.participaction.com/programs/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](https://www.participaction.com/programs/community-challenge/) 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.