



ST. JAMES NEWS

SKYHAWKS

MAY 2024

Safe Arrival

To report your child absent please use one of the three methods listed below:

1. Use the SafeArrival website,

<https://go.schoolmessenger.ca>

The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.

2. Using your mobile device, download and install the SchoolMessenger App (blue logo) from the Apple App Store or the Google Play Store (or from the links at

<https://go.schoolmessenger.ca>

Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3. The toll-free number

1-844-287-6287

will allow you to report your child absent without creating an account.

Principal's Message

St. James Catholic Elementary School will celebrate Catholic Education Week 2024 with the theme "We are Called to Love" in conjunction with Mental Health Week from Sunday May 5, 2024 to Saturday May 10, 2024.

As we embark on Catholic Education Week, we're filled with gratitude for the unique gift of faith-filled education that shapes our community. This week, we come together to celebrate the profound impact of Catholic education in nurturing the hearts, minds, and spirits of our students.

This year's theme, "We are Called to Love" resonates deeply with the mission of Catholic education. In a world often fraught with challenges, uncertainties, and division, our schools stand as beacons of hope, illuminating the path with faith, love, and compassion. Through our collective efforts, we ignite the flames of hope in the hearts of our students, guiding them to become beacons of light in their communities.

Throughout Catholic Education Week, we honor the dedication and commitment of our educators, who serve as mentors, guides, and inspirations to our students. Their unwavering passion for teaching, coupled with the values of Catholic education, fosters an environment where students not only excel academically but also grow into compassionate, empathetic individuals ready to make a positive difference in the world.

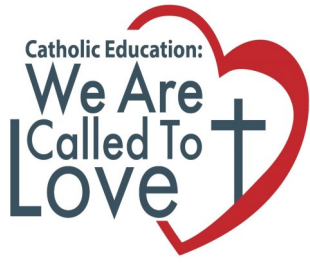
At the heart of Catholic education is the holistic development of each student – academically, spiritually, and morally. Through daily prayer, sacramental experiences, and service opportunities, our schools cultivate a deep-rooted faith that guides students in their journey of self-discovery and purpose. With a focus on character formation and values-based learning, we empower students to embody the teachings of Christ and become catalysts for positive change in society.

Catholic education is a partnership between home, school, and parish, and during this special week, we celebrate the invaluable support of our families and communities. Together, we foster a nurturing environment where students feel supported, encouraged, and empowered to reach their full potential. Through collaborative efforts, we strengthen the bonds of faith, unity, and love that define our Catholic school community.

Thank you for your continued support and commitment to Catholic education. Together, let us ignite hope, inspire excellence, and nurture the hearts of our students as they embark on a journey of faith, learning, and service.

Yours in Catholic Education,
Mr. K. Lococo, Principal

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.



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.”*

Kindergarten Registrations

Registrations for September 2024 are ongoing. Students who have reached the age of four by December 31, 2024 are eligible for Junior Kindergarten. Students who have reached the age of five by December 31, 2024 are eligible for Senior Kindergarten. Please register online at: niagaracatholic.ca.

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

- Day 1: As people of hope
- Day 2: As people of faith
- Day 3: As people of mercy
- Day 4: As people of justice
- Day 5: As people of joy

May Food Days

Thursday 2nd	Pizza Lunch Day
Friday 3rd	Hot Dog Day
Thursday 9th	Sub Day
Thursday 16th	Mandarin Lunch Day
Friday 17th	Hot Dog Day
Thursday 23rd	Mexican Lunch Day
Thursday 30th	Chicken & Pasta Day



Spring Draw

Congratulations to our Winners!

Thank you to the St. James school community for your contributions.

Rankin Cancer Run Day

Out of Dress Code May 17, 2024 wear orange in support of the Rankin Cancer Run



Junior Basketball Tournament

Congratulations to the Junior Girls Basketball Team on their Championship Win at the tournament.

It was a hard fought battle in the Championship final for the Junior Boys team, who placed second to St. Alfred.



St. James Parent and Student Council have been diligently working on and preparing a yearbook for the end of the school year.

Yearbooks will be available for purchase through School-CashOnline for a cost of \$15.00. Get your orders in before we are sold out!

Limited number available!



Intermediate Co-Ed Flag Football

Team tryouts have begun in preparation for a NCDSB Tournament on May 21, 2024.



Intermediate Soccer

Team tryouts have begun in preparation for the boys and girls tournaments on May 28 (girls) and May 29 (boys).



Communication is...





Let's Plant Love!

Celebrating Catholic Education Week

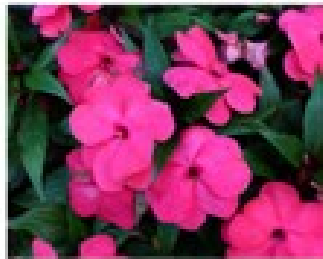
10" Hanging Baskets

\$15 Each

Geraniums

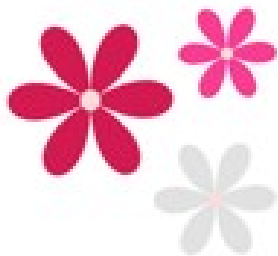


**New Guinea
Impatiens**



Orders available at school cash online

**All orders will be available for pickup at St. James
School: Thursday, May 23, 2024 after 10am**

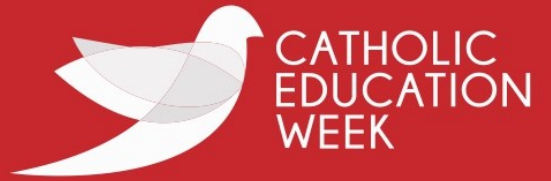


*As people of hope
As people of faith
As people of mercy
As people of justice
As people of joy
We are called to love...*



**We thank you for supporting our St. James School
fundraising efforts!**

**MAY 5-10
2024**



Ontario Catholic School
Trustees' Association



"If we love one another,
God lives **in us.**"

— 1 John 4:12

www.goodnewsforall.ca

St. Denis Youth Group

Friendship, Faith and a Whole
Lot of Fun!



MONDAYS 7-9 P.M.
Grades 6-8



Sisters of Our Lady Immaculate

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 (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.canada.ca/en/health-canada/services/nicotine-pouches.html)



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](#) 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.