



Alexander Kuska K.S.G. Catholic School

Alexander Kuska K.S.G. Catholic Elementary School
333 Rice Road, Welland ON, L3C 2V9 905-735-447
C. Moscato - Principal F. Wood - Vice Principal
K. Kinney - Superintendent of Schools



Alexander Kuska K.S.G. Catholic School Mission Statement

As a community of faith, the mission of Alexander Kuska Catholic Elementary School is to work in partnership with the home and the parish to provide a Christ-centered learning environment which allows students to grow spiritually, to strive for academic excellence and to become responsible citizens with a love of learning.

May 2024

Prayer for May

Lord, in this month in which we honour mothers, may we love and cherish the special women who have born us, who have nurtured us, and who pray for us. We praise You who formed and knitted each of us in a mother's womb. In Jesus' holy name we pray, Amen.

Follow us on Social Media



kuskaknights

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 community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.



May 2024



HAPPENINGS

Sacrament News

Our Grade 8 students will celebrate their Confirmation on Wednesday, May 1 at 7:00 pm at St. Kevin's church. With the support of their teachers, sponsors, parents, family members and parish, these students will continue on their Catholic faith journey.

On Tuesday, May 14th, our Grade 3 students will receive the sacrament of Reconciliation at 6:30pm at St. Kevin's church. Through this sacrament the Church celebrates Jesus' gift of forgiveness.

On April 20th, our Grade 2 students received their First Communion. Congratulations grade 2's!



St. Kevin's Mass Times

Saturday - 5:00pm
Sunday - 8:30am
10:00am
11:30am



Catch The Spirit Winner **Austin Mitchell**

The Niagara Catholic "Catch the Spirit Student Award of Excellence" has been established to honour representatives of leadership within our student population.

Austin is a wonderful example of all the qualities that the award seeks to recognize. Congratulations Austin! We are so proud of you and your accomplishments! Thank you for your contributions to the Kuska community.



For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be.

— Psalm 139: 13-16 —



May 2024



HAPPENINGS

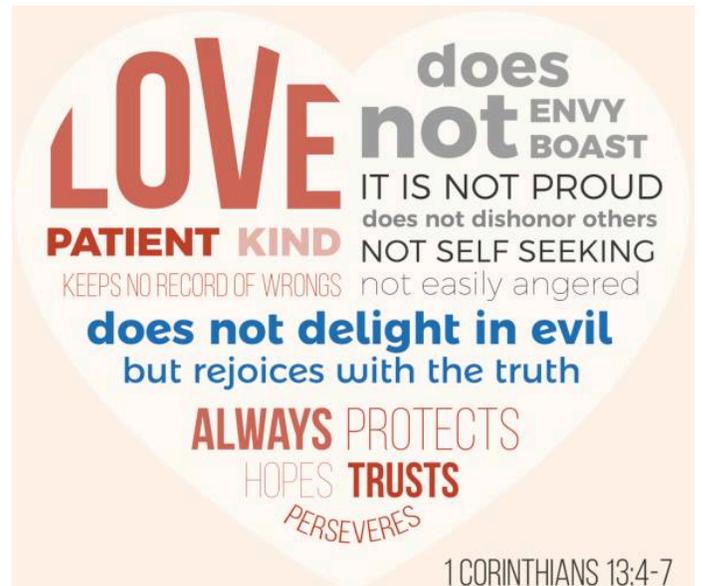
Catholic Education & Mental Health Week

May 6-10 is Catholic Education and Mental Health Week!

This year, the theme is "We Are Called to Love".

Each class is inviting families into the school to witness how our classrooms incorporate faith as part of our commitment to Catholic education.

An email was sent out on Monday, April 29th with the Family Visit schedule. Please review the schedule for your child's classroom visit times, we hope you will be able to join us!



EQAO

Grade 3 & 6 students will be completing standardized testing for the Education Quality & Accountability Office (EQAO) on the following dates:

Grade 6 EQAO: May 29-31

Grade 3 EQAO: June 4-6

Please keep this in mind when booking appointments, vacations, etc.



GOOD LUCK!
YOU'VE GOT
THIS!

Access-Ability

The month of May is Better Hearing and Speech Month. On **Friday, May 17** we invite all staff and Students to wear the brightest colours and patterns for **Dress Loud Day** in recognition of those who are deaf or hard of hearing.



May 26-June 1 is National Access-Ability Week, which is dedicated to raising awareness about accessibility and inclusion of people with disabilities. On **Wednesday, May 29th** we encourage all to participate in **Red Shirt Day** in support of Canadians with disabilities!





May 2024



HAPPENINGS

Student Council Election Results

Thank you to our 17 candidates who ran for the 2024-2025 school year Student Council. It is wonderful that so many students are invested in their education and desire to contribute to their school community in this way!

Congratulations to Feyi and Emmanuel who have been selected as the Student Council Co-Chairs for the 2024/2025 school year! We know you will do a wonderful job and look forward to seeing all that you will accomplish.



Q-Mack All-Star Presentation

On Monday May 6, 2024, Alexander Kuska will welcome Indigenous Entertainer/Guest Speaker Q-Mack. His high impact presentations include an exciting combination of freestyle basketball tricks, balancing, juggling, and magic acts. The presentation packs all the energy of an NBA halftime show while continually shining the spotlight on 7 important character attributes All-Star students need to succeed.



Dress Code Reminders

As the warm weather arrives, please keep in mind the following dress code requirements:



Only **knee length** capris, shorts, skirts, or dresses are permitted.



Shoes must have a closed toe (no slides or sandals).



Sweaters must be navy blue or spirit wear, otherwise students will not be able to wear it during class time.

Thank you for your commitment to our dress code policy!

"A Kid's Life" Musical

Kuska will be performing the musical "A Kid's Life" by John Jacobson and Mac Huff. Join students in grades 3 and up as they demonstrate the joys and challenges of being a kid in today's high-tech world. When the power goes out and all of their tech gadgets no longer work, Grandpa and Grandma step in to show the kids how to have a great time playing games, telling ghost stories, jumping rope, and making music. We will be having performances for our Kuska families to attend on:

May 8th: 1:30pm
May 9th: 11:00am, 6:00pm

hope to see you there

Skilled Trades Promotion Night

On **Wednesday, May 15th from 6:30 - 8:30pm** Notre Dame will be hosting a Skilled Trades Promotion event for students in **Grade 6 and up**. Students will learn about how the trades and apprenticeship pathway can be a great choice for them and will have the opportunity to speak to company, union, and agency representatives about the options that exist in these fields. There will be food stations and prize giveaways as well! There is no cost to attend and no need to register in advance. If this is something that interests your student(s), we hope you will take advantage of this evening!



Spirit Wear Collection

All month long we will be collecting donations of gently used Spirit Wear items. If you have any extra Spirit Wear, please bring it to the main office.

Thank you!



Spring It Forward Food Drive

Alexander Kuska will be participating in Welland's Spring it Forward Food Drive. The drive will take place from Wednesday May 1, 2024 to Wednesday May 8, 2024. We will be accepting non-perishable food items or hygiene products. All donations and proceeds will go to our local agencies: Open Arms Mission, The Hope Centre, and Holy Trinity Church. The classroom in Welland that collects the most items will win a Pizza Party.



Specialty Lunch Days



Wednesday, May 1



Wednesday, May 8



Wednesday, May 15



Wednesday, May 29

REMINDERS

- **Victoria Day** - No school on Monday, May 20th

KUSKA WEAR

SWAP



DROP OFF TO OFFICE

Donations accepted all of May

The swap will be June 6th at the
Kuska Family BBQ

Please Join Us



KUSKA FAMILY BBQ

THURSDAY JUNE 6TH

Food/drink orders on cash online SOON!

Ice cream truck! Games! Face Painting!
Kuska wear swap!



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

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.