



SACRED HEART SPECTATOR

Sacred Heart Catholic Elementary
Proud Member of the Saint Michael Catholic High School Family of Schools



Principal: Mr. J. Romeo
Superintendent: Mr. D. Massi

School Secretary: Mrs. D. Plyley
Parish Priest: Fr. Stuart MacDonald

ISSUE #9 – MAY 2024

Catholic Education: We are called to love

Niagara Catholic elementary and secondary schools will be celebrating Catholic Education Week (CEW) with the theme “We Are Called to Love”, in conjunction with Mental Health Week (MHW), from Monday, May 6, to Friday, May 10, 2024. This is an opportunity to highlight the strong connection between our Catholic faith and mental health and well-being in Niagara Catholic schools.

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

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.



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NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD

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EQAO

EQAO WILL TAKE PLACE IN MAY

School staff in Grades 3 & 6 as well as School Administration have determined that the window for Sacred Heart's EQAO will be as follows:

Our Junior Division (students in Grade 6 specifically will participate in the Junior EQAO during the week of May 21 – 24, 2024

Our Primary Division (students in Grade 3 specifically will participate in the Primary EQAO during the week of May 27 – 31, 2024.

We continue to ask that you make every attempt to ensure that your child is at school on time, especially during the above dates and that you do not schedule appointments or vacations during this time. If you have any questions, please feel free to contact the school. Thank you for your support.

KINDERGARTEN REGISTRATION

All registrations for Kindergarten 2024 will be completed online. Please visit the Niagara Catholic website niagaracatholic.ca and click on "Register Now" button. Link found here: <https://niagaracatholic.ca/registration/>

If you have a child born in 2020, or you know of someone who lives in our boundary area and they have a child born in 2020, they are eligible for Year One Kindergarten.

CATCH THE SPIRIT AWARD RECIPIENT

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.

Each year all schools across Niagara Catholic select one student as their award winner. Congratulations to Sophia M-N. for winning the 2024 Catch the Spirit Award. We are very proud of Sophia and look forward to celebrating her accomplishment at the Celebrating Excellence event, 7 p.m. on May 8 at Brock University as well as at Grade Eight Graduation in June.



SPORTS & CLUBS UPDATE

We thank Mrs. Duchesne for leading our Art club. This takes place twice per week in the School Library for students who signed up. Lego Club for Gr. 3 students has been running select days in the Library and we thank Mrs. Lococo for providing this opportunity and running this fun endeavour for our Gr. 3 students. Students in Gr.'s 1 and 2 have had fun during "D'Amico's Dance Club" that takes place on select days as well. We thank Mrs. D'Amico for the time she puts in to this for our younger students.

Upcoming Activities / Sports:

May 6 – K – Gr. 3 Primary Track & Field (@ Sacred Heart); Gr. 4 – 8 Track & Field (@ Oakes Park)



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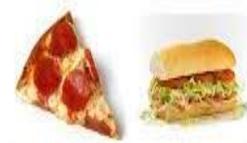
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HOT LUNCHES & MILK PROGRAM

Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday May 9, 2024 (orders due May 6)

Sub Day – Thursday May 23, 2024 (orders are due May 20)



YARD SUPERVISION REMINDER



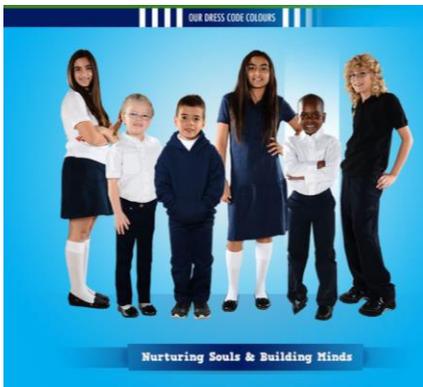
Our first bus arrives at 8:35 a.m. Sacred Heart staff begin morning yard duty at 8:35 a.m. and are in the yard until the bell rings at 8:45 a.m. Parents are reminded that students should not be at school earlier than 8:35 a.m. Your cooperation is appreciated.

CELL PHONES AND PERSONAL DEVICES

Cell phones are generally more disruptive than helpful during school hours. We recognize students may require their cell phone for safety and communication purposes for before and after school, but use during school hours is prohibited unless the student acquires permission from their classroom teacher.

"Cell or smart phones, tablets, laptops, audio or video recording devices are prohibited for use by students in all Niagara Catholic elementary and secondary schools classrooms unless specifically approved by school staff for instructional or co-instructional purposes."

ELEMENTARY STANDARDIZED DRESS CODE



As you are aware, Niagara Catholic has an Elementary Dress Code for students. Details regarding the Dress Code can be found on the Board's website.

Highlights include the following:

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3 or;
- Navy Blue Pants (Dress, Cargo, Denim, Kobe, Corduroy style permitted) or;
- Navy Blue Skorts or Dresses or
- Navy Blue Walking Shorts or Capris or;

• Grade 8 students have the option to wear grey secondary uniform pants. At a minimum, every student is required to wear one (1) of the following items;

- Navy Blue or White Oxford shirt (short or long sleeve) or;
- Navy Blue or White Polo shirt (short or long sleeve) or;
- School designed spirit wear.

Running shoes are the recommended footwear and socks must be worn.

A reminder that our spirit wear Provider "Big Bear Spiritwear" is open online 24/7 365 days a year to place an order for Sacred Heart spirit wear! <https://www.bigbearspritwear.com/sacred-heart-stars/>





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BUS BEHAVIOUR



We are very pleased that the majority of our riders have been showing respectful behavior on the bus. Just a reminder to parents and students that bus transportation is a privilege. Our bus drivers have the important responsibility to transport students safely. Students have the responsibility to abide by the expectations of the driver. *Behavior that compromise the safety of others, or interferes with the right to a relaxing, enjoyable journey, will be dealt with immediately.* Drivers have been made

aware to issue reports as they see fit. Reports will then initiate the debriefing process with the student and/or parents. Disciplinary action will be based on the situation. Suspension from bus transportation is one possible consequence. Please take some time to reinforce this message with your child. Often children do not take that into consideration when engaging in inappropriate conduct during travel.

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>.



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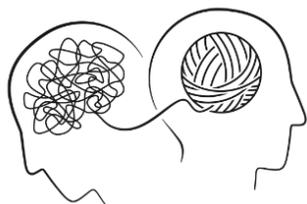
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Mental Health Week 2024: A Call to be Kind



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://www150.ca/nicotine-pouches)



Educational Resources



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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.