



JUNE

NIAGARA CATHOLIC DISTRICT SCHOOL BOARD



CANADIAN MARTYRS NEWS

PRINCIPAL'S MESSAGE

Dear Canadian Martyrs Families,

As we countdown the school days remaining in the 2023-2024 school year, it is important to reflect on, and appreciate the tremendous growth and success experienced by all of our students. As we look back, we realize we have so much to be thankful for.

Thank you to our wonderful teaching and support staff for your commitment and dedication to students.

Thank you to our dedicated Catholic School Council for your hard work and support of student achievement and well-being at Canadian Martyrs.

Congratulations and best wishes to our 2024 Grade 8 Graduates. May God continue to bless you with good health and happiness! We will truly miss you!

In closing, we would like to thank the Canadian Martyrs Crusaders families for an amazing year. We feel truly blessed to serve this community.

Many blessings for a safe and fun-filled summer!

Yours in Catholic Education,

Mrs. L. Incaviglia, Principal

Ms. W. Wilson, Vice Principal



Reflection

Have you ever tried talking to someone in another room? It can be difficult to hear what the other person is saying because of all the walls and obstacles in the way. Sometimes we put obstacles up that make it hard for us to hear God's voice. God never moves away from us, but we can turn away from Him. Even still, God is never far from us. He loves us and wants to lead us back home. One of God's ways of removing these obstacles is by forgiving us in the Sacrament of Reconciliation. The words we hear from the priest are the words of Jesus: "I absolve you of your sins." Let us give thanks to God for His mercy and take advantage of this great gift of God's forgiveness.



NATIONAL INDIGENOUS PEOPLES DAY AND MONTH— JUNE 21, 2024

In cooperation with Indigenous Peoples' national organizations, the Government of Canada has designated June 21 as National Indigenous Peoples' Day, a celebration of Indigenous Peoples' culture and heritage. This date was chosen because it follows the Summer Solstice, the longest day of the year, and because for generations, many Indigenous Peoples' groups have celebrated their culture and heritage at this time of year.

Please click on the link below for additional information on National Indigenous Day.

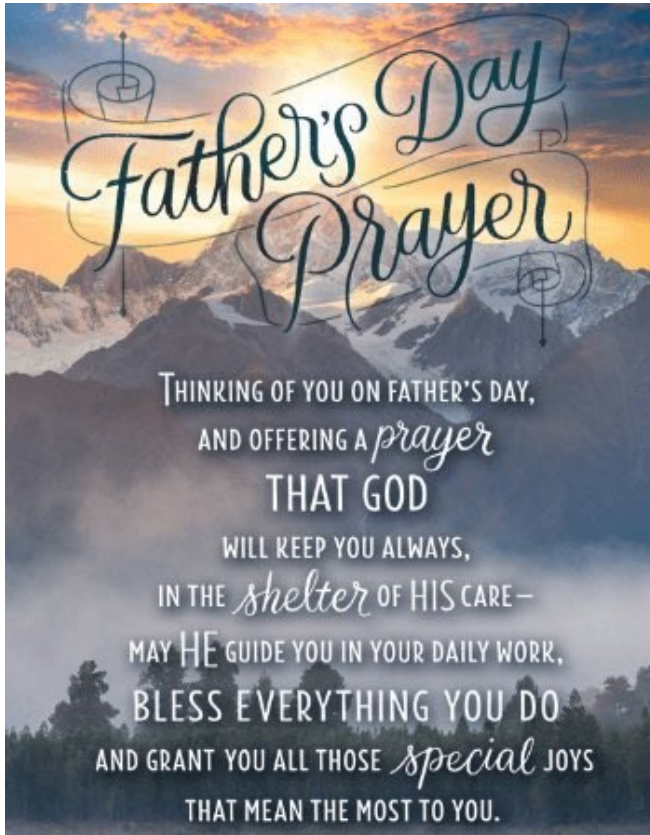
<https://www.canada.ca/en/services/culture/history-heritage/indigenous-history.html>

DRESS CODE REMINDERS

Please make sure your child has a navy or white shirt. All shirts must have a collar. Navy bottoms are also required, not black (pants, shorts, skirts, dark navy jeans). Shorts must be an appropriate length—fingertips reach the bottom of the shorts. Students can also wear Canadian Martyrs Spirit Wear. Please ensure that your child arrives at school in proper dress code daily. If you need assistance accessing dress code items, please notify the school.

We are proud to be a part of the Holy Cross Family of Schools.





Dress Code Exchange

On June 24th, 25th and 26th, families are invited to drop off gently used dress code clothing at the school between 8:00am and 3:30pm. Please ensure that the clothing is clean and free from rips or holes. During the last week of August, families who would like to access gently used dress code clothing will be invited to the school to pick up items for their children. More details will be forthcoming.

Cobs Bread Fundraiser

With thanks to the generosity of the CM community, we sold 471 Cobs Bread Cards, raising \$5887.50 for the purchase of additional Chromebooks for the school. Mrs. Sciarra's class sold the most cards with a total of 63 and will receive a pizza party. Every student who sold at least one card was entered into a draw for one of two \$25 Amazon Shopping Sprees. The winners are Tessa from Mrs. Krawchuk's class and Aaron from Mrs. DiPaola's class. Every student who sold at least ten cards was entered into a draw for a \$100 Amazon Shopping Spree. The winner is Nolan from Mrs. Lacroix's class. Thank you again for your generous support of our fundraiser.

Used Book Sale

Thanks to your generous book donations, we will once again be having an end of the year used book sale in the library!

During the second week of June, students will have the opportunity to visit the sale and purchase books for \$1.00. All proceeds will go toward the purchase of new library books for all students to enjoy.

Please note that this is very different from a book fair, where all of the merchandise is new. While many books are in excellent condition, there are varying degrees of 'usedness'. All books will be \$1.00, regardless of condition.

If you still have books to donate, please feel free to bring them in during the first week of June and bring those loonies in the following week. Your support is greatly appreciated!



Robotics VEX IQ

The Canadian Martyrs Junior and Intermediate Robotics Teams had a great year with their robots for the VEX IQ 2023-2024 Full Volume Game. The students met with coaches three times a week to develop skills in planning, robot design, building, coding, and testing their robots for this year's challenge. The junior team came sixth out of thirteen teams at a tournament in May. Congratulations to Michael B, Didier H, Taymour M, Toby L, and Avery B. Other robotics team members this year included Miracle A., Addy W., Igor B., Dylan V., Praise O., William F., Owen B., and Vincenzo M. Thank you to the CM Robotics coaches Ms. Pillitteri, Mrs. Warner, and Mrs. Weber for their hard work with the teams.

Jump Rope for Heart

Thank you to all who participated and donated to our Jump Rope for Heart Campaign. Mrs. Weber's grade 7 class lead the school in various activities that keep our hearts and minds healthy. Thanks to all who helped raise over \$1000 for the Heart and Stroke Foundation.



North of 60 Project—Supporting our Northern Neighbours in Need



Teams of Vincentian volunteers from the south help neighbours in need in 16 Northern Canadian communities whose needs continue to increase. The Society of St. Vincent de Paul St. Catharines Central Council have been helping with the North of 60 Project Naujaat Nunavut (also known as Repulse Bay) since 2016. Residents in this community actively pursue hunting, fishing and trapping to survive. There are 40 families in need of help this year. Each Niagara Catholic School has been invited to collect 1 food item. Canadian Martyrs Catholic Elementary School has been asked to donate **granola bars**. During the week of June 3rd, we kindly ask for your donation of granola bars to support this community in need.

BALANCED DAY 2024-2025

All Niagara Catholic elementary schools will be on a Balanced School Day schedule effective September 3, 2024. A Balanced School Day is a modified elementary school schedule designed to enhance learning, foster healthy habits, and encourage daily physical activity. To accommodate these changes, the school day will be extended by 10 minutes.

Each year, Niagara Student Transportation Services (NSTS) reviews efficiencies in transportation services for eligible students. This collaboration is done in cooperation with both boards served by NSTS.

The review for the 2024-2025 school year is now complete. We are sharing this information to advise you of a change in bell times at Canadian Martyrs to allow you as much time as possible to plan for the change.

Beginning in September 2024 we will have an earlier start to the day, with the bell time changing from 8:35 a.m. to 8:30 a.m. Morning supervision will begin at 8:15 a.m. The dismissal bell time will also be a bit later and change from 2:45 p.m. to 2:50 p.m.

Please note that these bell time changes will impact bus pick-up and drop-off times. This will be communicated by NSTS during the regular process for the 2024-2025 school year and will be made available on the NSTS Portal in mid-August. NSTS will communicate more specific timelines closer to the end of this school year.

A Balanced School Day schedule comprises three instructional blocks interspersed with two nutritional breaks of 40 minutes, allowing 20 minutes for a nourishing lunch and an additional 20 minutes of outdoor physical activity.

A typical Balanced School Day at Canadian Martyrs will be:

- ***NEW START TIME* 8:30 a.m. Student Entry**
- 8:30 a.m. – 8:40 a.m. Announcements and Attendance
- 8:40 a.m. – 10:40 a.m. – 120 Instructional Minutes
- 10:40 a.m. – 11:20 a.m. – 40 Minutes Nutrition/Physical Activity Break
- 11:20 a.m. – 12:40 p.m. – 80 Instructional Minutes
- 12:40 p.m. – 1:20 p.m. – 40 Minutes Nutrition/Physical Activity Break
- 1:20 p.m. – 2:40 p.m. – 80 Instructional Minutes
- 2:40 p.m. – 2:50 p.m. – Dismissal Procedures
- ***NEW END TIME* 2:50 p.m. Dismissal**

Tips for Parents - How to Plan and Prepare for Nutritional Breaks

Packing a nutritious meal for the Balanced School Day can be both enjoyable and straightforward. Here are some suggestions to help you plan a healthy lunch for your child:

- Divide a single lunch into two portions to ensure adequacy for each nutritional break.
- Wrap sandwiches individually or cut them in half.
- Separate fruits, vegetables, crackers, and cheese into labelled bags for each break.
- Consider providing two healthy drinks for each break.
- Avoid packing foods containing nuts or nut products to support our peanut-safe schools.
- Involve your child in planning and preparing their nutritional breaks.
- Ensure your child includes a balanced selection of healthy foods if they are responsible for packing their lunch.
- Aim to include items from three of the five food groups outlined in Canada's Food Guide to Healthy Eating for each break.



SUMMER SCHOOL 2024 INTERNATIONAL AND INDIGENIOUS LANGUAGES ELEMENTARY **ALL CLASSES IN PERSON**

**JULY 2-26
9:30AM - NOON**

*Study language,
cultural heritage, and traditions!*



ST. CATHARINES HOLY CROSS

Catholic Secondary School

- RUSSIAN
- SPANISH
- UKRANIAN
- ARABIC (PM)
- ITALIAN

GRIMSBY

BLESSED TRINITY

Catholic Secondary School

- SPANISH
- POLISH

NIAGARA FALLS

SAINT MICHAEL

- ARABIC
- JAPANESE
- CHINESE
- PUNJABI
- GUJARATI
- SPANISH
- HINDI (PM)
- URDU (PM)
- ITALIAN

NOTES:

- IILE Program is only available to students who are currently enrolled in Grades JK-8
- Students must have an Ontario Education Number (OEN) to register for this program
- AM classes are filled on a "First Come" basis • PM classes for some languages "may" be formed if required



Register online at www.summerschoolniagara.ca