



NIAGARA CATHOLIC  
DISTRICT SCHOOL BOARD



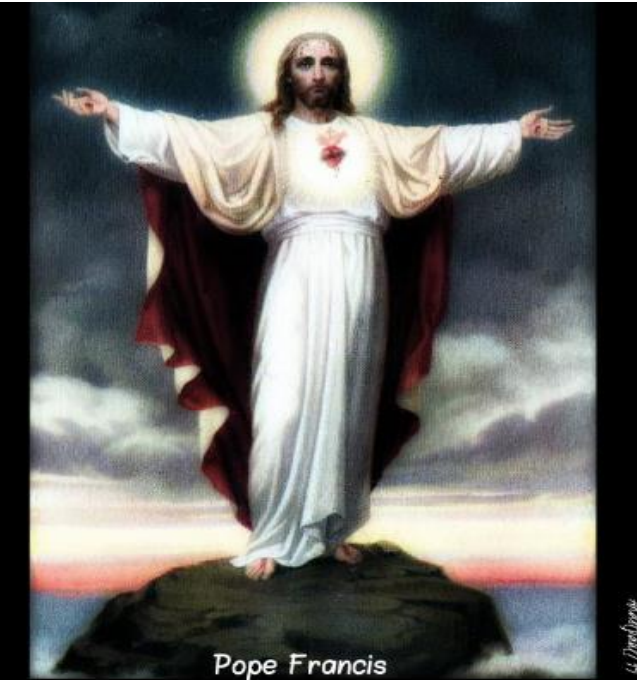
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June 2024

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### PRINCIPAL'S MESSAGE



Pope Francis

The month of June is traditionally dedicated to the Sacred Heart of Jesus, the highest human expression of divine love. The Heart of Jesus is the ultimate symbol of God's mercy – but it is not an imaginary symbol, it is a real symbol, which represents the centre, the source from which, salvation for all humanity gushed forth.



Niagara Region Public Health School Health Newsletter June 2024 Sun Safety When enjoying the outdoors and getting some natural Vitamin D, Public Health would like to remind kids and adults to use proper protection from the sun. • Slap on a hat • Slop on sunscreen • Slide on sunglasses • Slip on protective clothing Check out The Canadian Cancer Society's Enjoying the Sun for sun safety tips and information on protecting toddlers and children. For additional information, visit Niagara Region Public Health's website.

#### Ticks

Ticks, mosquitos and rabid animals can be a risk as the weather warms up. • Mosquitoes transmit the West Nile virus to humans after becoming infected by feeding on the blood of birds, which carry the virus. • The black- legged (deer) tick transmits Lyme disease to humans after becoming infected by feeding on the blood of small animals which carry the disease. • Rabies is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity or eyes. For more information and tick identification, individuals can contact a Duty Officer directly at 905-688-8248 ext. 7590. General tick information can be found on our Niagara Region Public Health website.

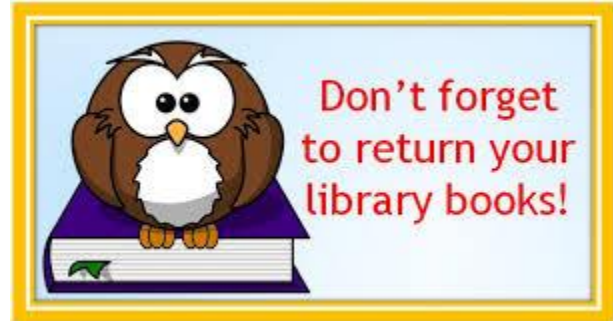
Screen Time As we prepare to head into summer vacation and more time at home, we encourage families to take the opportunity to review recreational screen time and online safety. Over the

# JUNE

*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”*

## PLEASE RETURN LIBRARY BOOKS

Reminder to return library books for June 12<sup>th</sup>!



summer break, there may be an increase in children using screens for recreational purposes. Here are a list of tips to help limit screen time: 1. Start a Conversation: Try to understand what family members like and don't like about using screens. 2. Model Healthy Habits: Pay attention to your own screen use, and think about what messages you're sending. You can also develop a family screen plan to show that managing screen time is important for everyone, not just kids. 3. Establish Screen Free Time: Consider setting limits around screen time and establishing certain times and places as no-screen zones. It may be helpful to keep screens out of bedrooms and away from the dinner table. Turning screens off an hour before bedtime is part of a healthy sleep routine and no screens at the table may encourage more quality conversation. 4. Encourage screen-less activities: Finding creative ways to keep off screens can be hard when so much entertainment can be found on screens. Discuss as a family how each member can reduce recreational screen time. What screen-less activity can you enjoy as a family? It can be hard to break screen habits, keep each other engaged and accountable!

## NO SCHOOL

Friday June 7, 2024 is a PD Day!



## HOT LUNCHES IN JUNE



Thursday June 6<sup>th</sup> — Chicken Lunch  
Thursday June 20<sup>th</sup> - Waffle Day  
Thursday June 27<sup>th</sup> - Pizza Day



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