

# St. Philomena **Catholic School** General School Information

## Learning & Growing Together - School Motto



St. Philomena https://schools.niagaracatholic .ca/stphilomena/



Niagara Catholic District **School Board** Home - Niagara Catholic **District School Board** 



Lakeshore Family of Schools https://www.lakeshorecatholic. ca/

### School information

Principal: Mrs. A Cybula. Secretary: Ms. J Smith Superintendent: Mr. J Zaroda School School Email: <u>st.philomena@ncdsb.com</u> Phone: 905-871-1842 Address: 1332 Philips Street, Fort Erie Google Maps: https://goo.gl/maps/jNYmwhF35EJo9Uw49



School Hours: 9:15 start, NB#1 - 11:30 eating, NB#2 1:50 eating, 3:35 dismissal (NB - nutrition break) 9:00 - 9:15 - Arrival time and staff on supervision to greet/supervise students. Please ensure we have the current address and contact information on file at the main office. All information is sent through email - school messenger - if you can your email address, we need to update it at the school as well so you can continue to receive this vital information.

## Registered families will receive regular updates



#### Be a St. Philomena Bulldog! - New Student Information

We welcome new registrations at any time! Join our St. Philomena Family! All registrations are done on line, contact 905-735-0240 over the summer months if you need assistance with registration.

New Kindergarten students must be turning age 4 as of December 31st, 2024, to register for the 2024 2025 school year.

https://niagaracatholic.ca/registration/

#### JOIN US!! - Niagara Catholic District School Board

JOIN US! Welcome A Catholic education will open the door to a world of possibilities for your child! Discover the benefits of a Catholic education by visiting our elementary or secondary sections. If you are a newcomer to Niagara, we encourage you to explore all we have to offer and look forward to your family [...]

I niagaracatholic.ca



#### What is my Eligibility?

#### Eligibility Finder

NSTS has an easy to use search function to determine transportation eligibility from a specific address to school. The results will indicate if your child is in the bus zone of the school, the walk zone of the school or outside of the school boundary.

☑ nsts.ca

#### St. Michael Catholic Church

St. Michael Roman Catholic Church Pastor: Fr. Patrick Gilmurry Email: mailto:stmichaels1@bellnet.ca Location: <u>310 Central Avenue, Fort Eris, ON</u> Phone: <u>905-358-3791</u> Facebook: <u>https://www.facebook.com/StMichaelRomanCatholicFortErie</u>

Sunday Mass @ 10 am



#### Balanced School Day 2024 - 2025

St. Philomena Catholic School Balanced Day Schedule for September 2024:

9:00 - 9:15 receive students, staff supervision 9:15 - morning bell 9:30 - 11:30 - Period 1,2,3 11:30 - Nutrition Break - inside eating, 11:50 - Nutrition Break - outside 12:10 - 1:30 Period 4,5 1:30 - Nutrition Break - students outside, 1:50 - Nutrition Break - students inside 2:10 - 3:30 - Period 6,7 3:35 - dismissal \*\* Kindergarten students dismiss to kiss n ride @ 3:20pm

#### 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. You can label if you wish into "1" and "2" to help younger students plan for eating
- Wrap sandwiches individually or cut them in half.
- Separate fruits, vegetables, crackers, and cheese into labeled bags for each break.
- Pack two sets of snacks for each nutritional break.
- Consider providing two healthy drinks for each break.
- Avoid packing foods containing nuts or nut products to support our nut-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.

### NSTS - Student Transportation.

Once registered and approved by the principal, it takes up to 1 week for bussing to be established if you are eligible. Please make alternate arrangements for the first week. Click on the link below for more information.

#### Home



🛙 nsts.ca

### **Cell phones in Niagara Catholic Elementary Schools**

As we continue to foster a safe and positive learning environment for all students, I would like to remind you of the new regulations regarding cell phone use that have been implemented in Ontario schools.

To minimize distractions and maximize learning, cell phones are only permitted during instructional time when they are being used for educational purposes as directed by the teacher. Outside of these times, students are expected to keep their phones turned off and stored away (locker/backpack, etc). unless needed for documented learning needs and/or health related requirements. We kindly ask for your support in reinforcing this policy with your children and encouraging them to focus on their studies during school hours.

Your cooperation is essential in helping us maintain a healthy and respectful school environment. If you have any questions or concerns regarding these rules, please do not hesitate to contact the school.

Thank you for your understanding and support.

### ALLERGY AWARE SCHOOL - NO NUT PRODUCTS PLEASE

Within our school community, there are several students who have a life-threatening allergy (anaphylaxis) to foods, predominantly to peanuts and tree nuts (e.g. almond, cashew, hazelnut, pistachio). We feel the best way to reduce the risk of accidental exposure to these students is to respectfully ask for the co-operation of the parents/guardians within this school community to avoid sending peanut butter or products with peanuts listed in the ingredients. There is a wide range of nutritious foods available to pack for your child. Visit <u>www.eatrightontario.ca</u> for suggestions. For more information on anaphylaxis, visit <u>www.anaphylaxis.ca</u> or <u>www.aaia.ca</u> We are working hard at preventing accidental exposure. It is also important that we have common routines throughout the entire school. <u>There are many shared areas (washrooms, fountains, gym, library, computers, etc.) students could come in contact with allergens.</u> The teachers will explain the importance of the following health and safety routines to the students in their classrooms: 1. Wash your hands with soap and water before and after eating.

- 2. Do not bring food that contains peanuts/tree nuts.
- 3. Do not accept food from other students especially if you have food allergies.

- 4. Snacks are not permitted outside in the schoolyard.
- 5. Dispose of all food waste properly.



### **OPTIONAL SPIRIT WEAR ITEMS**

Standardized Dress code (blue/white) are required daily and can be purchased at any store. Optional Spirit Wear Items through Big Bear Spirit Wear. These Spirit Wear items are optional (not mandatory) and can be worn daily at the school this year. Free delivery to the school as an option. Orders can take up to 3 weeks during busiest ordering times, as they are made to order.

www.bigbearspiritwear.com

## CALL FOR VOLUNTEERS

## St. Philomena



## Committee

## Be a part of our 2024/25 Bingo Committee!

PDF

**Recruitment Poster June 2024.pdf** 

Download

## Be a part of our 2024/25 Bingo Committee!

#### Volunteer to be a Bingo Committee Leader:

In September of 2024, we'll be electing members for the following positions to help facilitate the funds our volunteers earn for St. Philomena

- President (1-2hrs per month) Planning and Chairing Committee meetings, ensuring meeting minutes are recorded, maintained and published by the principal. Act as the liaison to the Fort Eric Community & Gaming Corporation AND Uncle Sam's/Golden Nugget and participate in informational and training sessions, while maintaining a school-wide focus on all budget allocations and expenditures in compliance with the Committee by-laws.
- Treasurer (2hrs per month) Responsible for supporting the above efforts (including summer months), reporting monthly financials, acting as a liaison to the Financial Institution selected by the Committee, keeping the President and Principal informed and up-to-date regarding all financials and may require training and information session attendance.
- Bingo Coordinator (1-2hrs per month)- Responsible for soliciting, coordinating, scheduling and supporting all St. Philomena School volunteers. This role requires preparation and reporting at St. Philomena Catholic School Council meetings, ensuring Volunteers are trained and in compliance, and keeping the President and Principal informed and up to date.

#### As a Bingo Volunteer:

We'll also be recruiting Bingo Hall volunteers in September, if you can spare 2 hours every other month, you can help us reach our fundraising goals and help fund much-needed resources and subsidies for our students

- Attend and participate in Bingo Committee meetings (4 per school year)
- Sign up and fill out a bingo volunteer slot to earn funds for the school.
- Does NOT have to be part of the Parent School Council
- New volunteers will attend training and information sessions as required (20-minute online training plus shadowing a veteran for one bingo session)
- Volunteer in compliance with the rules set forth by The Fort Erie Gaming and Development Corporation as well as our by-laws
- Volunteers must attend a minimum of ONE Bingo volunteer session per year
- Every volunteer receives their own St. Philomena golf shirt and name tag

### Volunteering just 2hrs of your time every other month can help us realize our funding potential of

\$26,030

Want to volunteer or have questions? reach out to our incumbent President Jen Crowley jenniferlhcrowley@gmail.com

**BINGO Parent Volunteer Group** 

Thank you to Mrs. Crowley for leading the Bingo group and for all of her efforts to ensure our students receive as much support as they can from Bingo!

If you have questions about Bingo - please contact Mrs. Crowley at <u>mailto:jenniferlhcrowley@gmail.com</u>





