



Firebird Free Press

September 30th-October 4th, 2024

Week at a Glance

Monday September 30th:

Intermediate Boy's Soccer Practice 3-4pm-Tham

Tuesday October 1st:

Science Experiment Visits: Gr. 4-7: Mrs. Bower

Practices for Cross Country members @ 8:10 am-Fortino, Nurton, Piscitelli

Intermediate Girl's Soccer Practice- 3-4pm-Tham

STEPS Program Begins: Korce and Hastings

Wednesday October 2nd:

CHANGE OF DATE: Lifetouch Fall Photos rescheduled to **Monday October 21st**

Journeys Gr. 8: Rescheduled from Sept 29th

Advanced Team Dance Practice - @ 7:50 am-Cuviello

Performance Dance Team Practice at first nutritional break: 10:50-11:30am

Practices for Cross Country members @ 8:10 am-Fortino, Nurton, Piscitelli

Intermediate Boy's Soccer Practice- 3-4pm-Tham

Thursday October 3rd:

Science Experiment Visits: Gr. 4-7: Mrs. Bower

Boy's Intermediate Soccer Tournament @ Young's Sportsplex-Tham and Quaranta

Intermediate girls soccer practice 3-4pm- Tham

Choir Practice @ 12:50pm in music portable-Pietrangelo

Practices for Cross Country members @ 8:10 am-Fortino, Nurton, Piscitelli

Friday October 4th:

Pizza Day

Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:

- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).

To learn more on how to keep your family's teeth healthy, visit www.niagararegion.ca/dental.

Terry Fox

On Friday September 27th, 2024, SJHN participated in a walk for the Terry Fox Foundation. SJHN was able to raise just over \$1200 for the foundation.

The students came ready to support Terry Fox in their red and white attire.

We would like to thank the Firebird community members that cheered us on and donated to this worthwhile cause. We appreciate your support.





Junior Girl's Soccer

A big congratulations to the SJHN Junior Girls' Soccer teams for their outstanding performance at the Family of Schools Soccer Tournament on September 25th! Both teams made it to the semi-finals, with Team B showing great effort in a hard-fought match, while Team A triumphed in their semi-final and advanced to the finals. Team A played with passion and determination, earning an impressive second-place finish. Both teams represented SJHN with pride and exemplary sportsmanship. Well done, girls—we are so proud of you all!

Congratulations to: Addi D, Bella D, Franki I, Madison M, Natalie M, Stephanie C, Leyla T, Alexa S, Jenna D, Ava C, Apoorva, Brooklyn P, Christina M, Rylee J, Kiera B, Amelia M, Charlotte M, Autumn L, Guiliana G, and Piper



Tuck Shop Tuesday

Every Tuesday beginning on October 9th, our grade 8s will be selling snacks during our nutrition breaks to offset the cost of their field trips and graduation. Items will range in price up to a maximum of \$2.00. We will be accepting cash for this initiative due to this being a weekly activity and the items fluctuating based on demand.



