



St. Joseph NEWS

We are proud to be a part of the Lakeshore Catholic and St. Michael Family of Schools.

OCTOBER 2024

We are called by name to grow with God!

October's Faith Reflection: "I have even called you by your name" (Isaiah 45:4)

Do you feel left out sometimes? Lonely or sad? That's ok, because God is always with you and He knows exactly what you are going through. No matter what challenges you face, or seemingly impossible situations you get into; God will never leave you. He will make everything good for you and you can soak in His divine light. God calls each one of you by name. Jesus knows you by name! What a privilege! And what a comfort to those of us who place our faith in Christ! God loves us more than we can imagine. He has sworn never to let us go. Do you hear Him calling you?

September has ended with many positive memories created! The students have adjusted extremely well to being back to school and it truly is a testament to their resiliency. One of the highlights of the month, was the election of our St. Joseph Student Council. During the first weeks of September, our Grade 7/8 students had the opportunity to run for a position on the Student Council. Students were asked to prepare and present a brief speech on why they would like to be a leader in our school community. They did not disappoint! It is with great pride that I announce this year's student council members : Frank, JP, Julianna, Addy, Marissa and Isla. Congratulations council members! I have no doubt that they will work together to create many more meaningful experiences for our school family!

As a Catholic school family we have so much to be thankful for. Gratitude is being aware of and thankful for the good things, our daily blessings that happen in our lives. Gratitude is pausing and taking the time to express appreciation and return kindness. Being grateful and nurturing it in the world around us, is more than saying thank you. When we choose to express our gratitude, it can create a stronger sense of well-being. These expressions, no matter how big or how small, make a difference.

As we gather with family and friends this Thanksgiving, our prayers of gratitude will be heartfelt. I feel blessed to be able to thank God for the gift of St. Joseph- the students, their families and every member of our school community. For it is together, that we successfully protect, inspire, challenge and guide one another to reach our full potential. **Mrs. S. Walsh** Principal



IT IS NOT TOO LATE!

Did you miss out on ordering a yearbook last year? Do you want to have a book of memories to cherish? There are still some yearbooks available for purchase. Please speak with Mrs. Walsh to get yours before they are gone! The cost of the yearbook is \$25. If you would like to preview last years' yearbook, please contact the school.

Tuck Shop Fridays!

This year, our Grade 7/8 students will be organizing and running the St. Joseph Tuck Shop. Each month a variety of delicious treat items will be available for students to purchase and enjoy on select Fridays during our second nutrition break. All proceeds from the St. Joseph Tuck Shop will be used to offset the cost of the Grade 7/8 Year End Trip. Tuck shop items can be purchased using the School Cash Online System. Our first Tuck Shop Friday is **Friday, October 25, 2024.**



Terry Fox Walk

On Friday, September 27th our school participated in our annual Terry Fox walk. It was wonderful to see students wear their red and white as we continued Terry Fox's dream. We walked around our school field to remember and honour a Canadian hero who exemplified our Catholic virtues. The students' excitement and energy did not diminish this year! Thank you to families for their donations. Thank you Mr. Vukovic for your leadership and organization!

Picture Day



On Tuesday, October 29th, a representative from Lifetouch will be in the school to take our Fall pictures.

Wear your best smile!

Free Hot Turkey Lunch

Wednesday, October 9th, all students will enjoy a free hot turkey sandwich luncheon as we continue to thank God for all of our blessings! Our CSC members' helping hands are hard at work, seeking turkey donations and organizing this day that is rooted in a long time tradition at St. Joseph CES. **If you are able and willing to donate a turkey, please reach out to the school.**



HALLOWEEN

Students are encouraged and are invited to wear their costumes to school in the morning and are welcome to wear their costumes all day. Kindly label all costume parts with the student's name, and send a bag to carry the costume home in for those that choose to remove their costumes before the end of the day. **Parade is at 9:30 am.**

We ask that you do not send ANY edible treats to school (including goody and treat bags). No edible treats will be handed out and will be returned accordingly.

Catholic School Council

On September 17th, we had our first Catholic School Council meeting. As a school family, you should be so very proud of all that you have accomplished. We thank past members for their helping hands, as without them, so much would not be possible. We show our appreciation to Mrs. Kranidis who is our returning CSC Chair and Mrs. Pyley, our returning CSC Vice-Chair. They are surrounded by a group of individuals who are ready to make a difference. If you did not attend but would like to, our next CSC meeting is **Tuesday, November 12th at 6:00 pm in the school library.** To attend, simply email st.joseph.fe@ncdsb.com.

HOLY CHILDHOOD WALK



On Friday, October 25th, St. Joseph School will participate in its annual Holy Childhood Walk. Donations go to the Holy Childhood Association. The classroom teachers will then lead the vigil walk around the school where the students will stop at various prayer stations. Parents are welcome to join us in prayer!



Welcome Future Gators and Parents!

Tuesday October 8th: FUTURE Gator Day 10 to 1:30pm

October 21st to 23rd :Welcome Visits with Principal and Guidance and... DELIVERY OF 2025 T-Shirts

October 25th: All Are Welcome to our Gator Walk

November 21st: Grade 8 Open House at 6pm

December 3rd: Transitioning to High School / APP Information

Dec 4th to 13th: Course Selection



Growing with God! Growing with God! Growing with God! Growing with God! Growing with God!

Giving to Others with the Lord

Through our Catholic faith, we learn that all people are entitled to the dignity of food, shelter and clothing. It is the St. Joseph school communities Thanksgiving 2024 mission to provide food items for families in our community that may go without. At this time, we would also like to express our gratitude for the generosity that is regularly shown by the members of our community.

Thank you in advance for participating in our Food Drive.

Wednesday, October 2nd -Wednesday, October 9th.

For this year's challenge, we will be collecting pasta and pasta sauce. Our goal is to collect 365 bags of pasta and 365 jars/cans of sauce! The class that collects the most pasta (average per student) will win an ice cream treat and the class that collects the most pasta sauce (average per student) will win a pizza luncheon! **worthy cause. Blessings to you and your Families,**

Junior Soccer



On September 24th St. Joseph's Junior Girls and Boys Soccer teams competed in the Lakeshore Family of Schools Tournament. Players on both teams displayed tremendous talent, effort and sportsmanship and represented St. Joseph with true Protector pride. The boys team played 3 hard fought round robin games and advanced to the championship final. After an exciting final match in the rain against St. Patrick the boys came home wearing silver second place medals. A huge congratulations to the boys team members: Logan, Brayden, Wesley, Colton, Ethan, Nate, Ryder, Michael, Zamin Ellis and Grayson. The girls team were undefeated in their round robin lay thanks to their amazing goal scoring and goal stopping abilities. The girls advanced to the championship final game where they won the tournament and were awarded their gold, first place medals. A giant congratulations to the girls team members: Nicole, Juliana, Elise, Emily Z. Molly, Samantha, Julia, Veyda, Violet, Tea, Dani, Harlee and Emily R. Way to go Protectors. THANK you Ms. Hay for your dedication to getting our athletes ready, and Mrs. Belcamino for supervising.

Outdoor Learning Challenge

Take Me Outside Day helps to raise awareness about outdoor learning by encouraging educators to take their learners outside. We are a nation known for outdoor pursuits and having one of the best backyards in the world. However, the reality is we are spending less and less time outside, which is taking a toll on our health and well-being. Take Me Outside Day is a reminder of the power of time outdoors. It's an invitation for schools to extend the classroom beyond four walls and a desk and engage with school grounds and natural areas. Take Me Outside Day is a one-day, annual event that promotes the significance of outdoor activity within three broad themes: Indigenous knowledge and perspectives, health and well-being, and environmental and climate change education. Your Take Me Outside Day action may inspire regular, day-to-day outdoor learning



Public Health Dental Program

Niagara Region Public Health Dental Program will be offering [dental screening](#) to grades **JK, SK, 2, 4 and 7 on December 9, 2024**

A registered dental hygienist will take a quick look in the child's mouth using a sterilized dental mirror and light.

The [Healthy Smiles Ontario](#) program may financially assist children who do not have access to dental care.

If you do not want your child(ren) to take part in the dental screening, you **MUST** complete the online [School Dental Screening Opt-Out Form](#) or call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 each school year.

If your child(ren) is not in one of the grades listed above, they may have the opportunity to participate in the dental screening. If you would like your child to be screened, please complete the [School Dental Opt-In Form](#).



From Public Health

Growing with God! Growing with God! Growing with God! Growing with God!

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.

Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the 'unofficial' start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don't develop any new symptoms



Each year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone. For more information on, visit [Managing Illness - Exclusion periods](#) and our downloadable resource [Respiratory Illnesses: Protect Yourself and Others](#).

By keeping your child at home when they are feeling sick, you are actively helping to prevent the spread of infection and disease among the entire school community.

WALKTOBER

As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.

Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.



This Walktober, enjoy **#ActiveSchoolTravel** and leave the car at home more often **@NiagaraParents @OntarioAST @NiagaraSTS**

Mental Illness Awareness Week 2024

This year, [Mental Illness Awareness Week \(#MIAW\)](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Mental Illness and Stigma:

Stigma is when people think badly of someone because of a certain characteristic or trait they have, which is seen as negative. This often happens because people don't fully understand things like mental illness. Stigma can lead to unfair treatment, which can be on purpose or by accident.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you will never succeed at certain challenges or that you can't make things better for yourself

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.