



# St. Mark Catholic

Home of the Mountain Lions

**A Member of the Blessed Trinity Family  
of Schools**

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I'm thankful, Lord - so thankful  
You've blessed me day by day.  
Food, shelter, friends and family  
You've given when I pray.

And though I am quite grateful  
for these things I hold so dear;  
what I really cherish most of all  
is Your presence ever near.

I may be full or empty.  
I may be glad or sad.  
But You're the constant in my life,  
the best blessing I could have!

Thank you, Lord.  
I love you.



## Thanksgiving Food Drive 🍂

A very big thank you to Mrs. Ferrelli's class for taking the lead on our Thanksgiving food drive. Mrs. Ferrelli's class will be collecting and organizing food for our Thanksgiving food drive from October 1st to October 15th. We ask that students bring in the donated

items to their classroom to be tallied, because the classroom that collects the most donations will receive a pizza lunch to enjoy! All donations are being brought to Community Care of West Niagara in Beamsville and the Grimsby Benevolent Food Bank.

Thank you for your support!



Dear St. Mark Families:

Thanksgiving is a time of celebration yet also a time of reflection. As Thanksgiving approaches, it is time to reflect with gratitude on the many blessings we have received. While making your holiday plans and reflecting on all you have to be thankful for, it is also a good time to think about those who are less fortunate and consider whether you can be of assistance to those who are in need.

Starting October 1st through October 15th, students and staff of St. Mark Catholic Elementary School are going to be having a Food Drive. We are going to be collecting canned items and dry goods. All items collected will be donated to Community Care of West Niagara in Beamsville and the Grimsby Benevolent Food Bank.

Items which are always in short supply and much appreciated are:

- |                   |               |
|-------------------|---------------|
| Cereal            | Rice          |
| Pasta             | Tuna          |
| Sugar             | Flour         |
| Juice             | Canned fruit  |
| Canned vegetables | Peanut Butter |
| Canned meat       | Mouthwash     |
| Toothpaste        | Soap          |

Thank you in advance for your support!!!

**NON-FOOD TREAT IDEAS**

TREATS YOU DON'T EAT ARE FUN AND SAFE FOR ALL KIDS!

- GLOW STICKS
- FINGER PUPPETS
- STENCILS
- BUBBLES
- COINS
- SPIDER RINGS
- PLAYING CARDS
- STICKERS
- VAMPIRE FANGS
- WHISTLES
- KAZOOS
- PINNEELS
- SILLY GLASSES
- COMIC BOOKS
- CRAZY STRAWS
- MINI NOTEPADS
- STICKERS
- PENCILS

#TEALPUMPKINPROJECT TEALPUMPKINPROJECT.ORG

**Halloween Fun - October 31st**

This school year students are welcome to wear their costumes or orange and black in the spirit of Halloween on Thursday, October 31st. Please remember costumes that are intended to scare, have blood, or weapons are not allowed. Halloween at school is for fun, and scary costumes are not fun for some of our younger students or students with special needs. Halloween activities will be taking place in each classroom throughout the day. Please remember that we have many students with food sensitivities and allergies,

including life threatening anaphylaxis, so we ask that NO food items are sent into school. Thank you for your understanding.

**Parking Lot Spot Raffle!**

**Would you like to have your own designated parking spot  
in our St. Mark parking lot?**

**We are raffling off 2 designated parking spots to parents for the 2024-2025 school year.  
We will have the winning names put on plaques and installed in our lot.**

**Tickets are \$10 each or 3 for \$20.**

**Ticket sales will be in person at our Welcome Back BBQ Friday, Sept. 29th (Cash sales  
only at the BBQ) and online through School Cash Online. The number of tickets is  
unlimited, so if you wish to purchase more than 3, you can add the item to your online  
cart as many times as you wish.**

***We will draw our 2 winners on Tuesday, October 15, 2024.***



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### **Catholic School Council Update**

On Wednesday, September 25th the inaugural meeting of the St. Mark Catholic School Council was held. Congratulations to Lauren Oliveira who were elected as chair of this year's council. We would like to recognize and thank Mychalyna Olwage and Monica Giammarco for all they have done for our community over the past two years as our CSC Co-Chairs. Their dedication to our students and family was very much appreciated. Our next CSC meeting will be held in early November. Please check the calendar in November for the exact date and time.

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### **St. Mark Evening at the Ice Dogs**

On Friday, October 11th, at 7:00 pm St. Mark will be taking over the Meridian Centre as the Niagara IceDogs play the Owen Sound Attack. Come and join us as our Choir will be singing both O'Canada and the American National Anthem. A special group rate has been given to St. Mark for \$17.00 a person. Tickets are available from School Cash Online until October 7th.



A special thank you to Mrs. Dionne for leading Choir and making arrangements for a great night with the IceDogs!

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## Milk Bag Weaving - Request for Milk Bags!

We are proud to announce that St. Mark Catholic Student Council will once again be leading our Milk Bag Weaving Campaign to help the homeless in the Niagara region. Student council is requesting milk bags from our parent community. The milk bags will be re-purposed and weaved into a milk mat and sent to local organizations that will give them to people in need.

Thank you for your support with this!



Stage One



Stage Two



All done 😊



## 2024-2025 School Yearbook

Once again will be creating a yearbook for families to purchase. All classes from kindergarten to grade 8 will be showcased in the yearbook. Each class will have 2 pages dedicated to them, and many pages will showcase special days and celebrations throughout the year for all students. **If you do not want your child in the yearbook, please contact your classroom teacher directly.** Information on ordering copies of the yearbook and opportunities for purchasing advertisement space will be communicated at a later date.

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## Niagara Region Public Health School Health Newsletter

### October 2024

#### 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](http://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.

## BT Corner

It has been a great start to the year here at Blessed Trinity for all of our students as many sports, clubs and extra-curricular activities are already in full swing. Our Grade 9 students have already been, or will be, involved in a number of activities to ensure their transition to high school is a successful one. Before school even started our Grade 11 and Grade 12 Thunderstruck – Link Crew members hosted an Orientation Day on Wednesday, August 28th. Over 95% of our incoming grade 9 students attended and enjoyed a morning of fun activities, tour of the school, practiced opening locks and a delicious pizza lunch. They were also able to meet many of their new classmates with whom they will be spending the next 4 exciting years together here at BT.



September 26th will be a busy day at Blessed Trinity. All of our Grade 9 students will be participating in a Terry Fox walk to raise awareness and money for cancer research. Our Link Crew leaders have been encouraging all of our grade 9's to solicit donations to help us reach our goal of raising \$2000. On the same day we will be hosting our Grade 9 Curriculum Night for all of the Grade 9 students and their parents.

Lastly, we will be celebrating Orange Shirt Day as part of Truth and Reconciliation week to remember all of those impacted by Residential schools at the end of the month.

October is already shaping up to be another busy month, in particular, we will be focusing on the current grade 8's and starting a number of visits and interactions throughout the year to get our grade 8's excited about coming to Blessed Trinity. It all starts with an opportunity to watch our Jr Football team play on our new turf field on October 9th!  
We look forward to meeting all the prospective Thunder over the next few weeks and working with them to make the transition as seamless as possible.

Rose Bianco  
Program Chair of Student Services  
Blessed Trinity Catholic Secondary School  
905-945-6706  
Ext. 2312

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#### Event Information

### St. Mark at the Ice Dogs Game

Come support our St. Mark Choir as they open the Ice Dogs game with O'Canada and the American National Anthem. Enjoy the game after as the Ice Dogs take on the Owen Sound Attack.

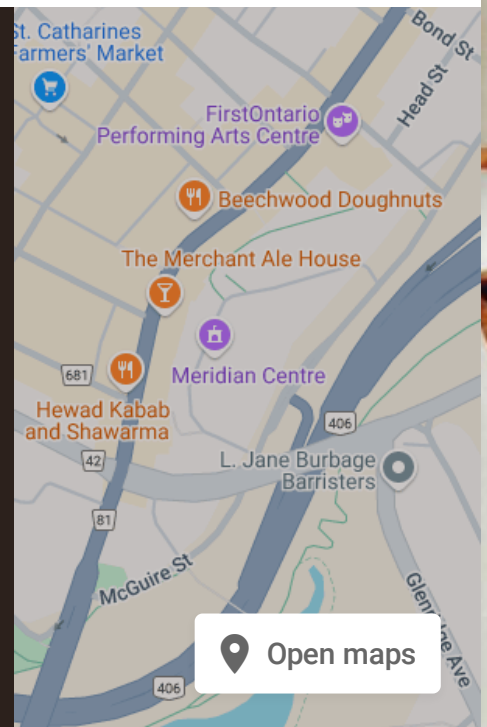
Tickets are on sale through School Cash Online until October 7th.

When?

**Friday, Oct 11, 2024, 07:00 PM**

Where?

**Meridian Centre, David S. Howes Way, St. Catharines, ON, Canada**





# St. Mark Catholic

October 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Day 5 1	Day 1 2	Day 2 3	Day 3 4	5
		SUBWAY milk	PASTA	Int Boys Soccer - Youngs Sportsplex Welland Welcome Back BBQ 5-7 pm PIZZA milk	Intermediate Girls Soccer - Youngs Sportsplex Welland Ice Cream	Mass St. Helen Church 5:00 p.m.
6 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	Day 4 7	Day 5 8	Day 1 9	Day 2 10	11	12
		BT FOS Cross Country - Southward Park FIREHOUSE SUBS milk	Gr 7 & 8 going to BT Football Game	Ice Cream PIZZA milk	PA Day Ice Dogs Game 7pm TOYS	Mass St. Helen Church 5:00 p.m.
13 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	14	Day 3 15	Day 4 16	Day 5 17	Day 1 18	19
	HAPPY Thanksgiving	SUBWAY milk	Shawarma's by SHELBY'S	PIZZA milk	Ice Cream	Mass: St. Helen Church 5:00 p.m.
20 Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	Day 2 21	Day 3 22	Day 4 23	Day 4 24	Day 5 25	26
		NCDSB Board Cross Country Meet - Fireman's Park Niagara Falls FIREHOUSE SUBS milk		PIZZA milk	Bus safety Presentations Ice Cream	Mass: St. Helen Church 5:00 p.m.
27 Mass: St. Helen Church 9:00 am & 11:00 am	Day 1 28	Day 2 29	Day 3 30	Day 4 31		
		SUBWAY milk		Out of Dress Code HALLOWEEN PIZZA milk		



October 2024 Calendar.pdf

Download

1.1 MB



St. Mark Catholic Elementary School

905-563-9191



Mrs. J. DeCoff - Principal

Ms. A. Villella - Vice Principal