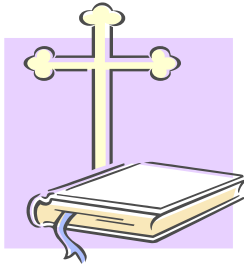


Part of the Lakeshore Catholic Family of Schools

Phone: 905.835.1930
October 2024

HAPPY THANKSGIVING



On Wednesday, October 9th, our St. John Bosco Catholic School will start weekly class masses.

Dates to Remember:

THANKSGIVING PRAYER

Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks.

Thank you for all the graces and blessings you have bestowed upon the St. George Catholic School Community.

AMEN

HOLY CHILDHOOD WALKATHON

In the pm and after Picture Day, all students will participate in our Holy Childhood Walkathon on Friday, October 25th, 2024

READING WITH YOUR CHILD(REN)

How can you support your child's literacy development? In the same way that parents encourage children as they learn to crawl, walk and talk, they can continue to be actively involved in and informed about their child's learning at school. Make a special time to read together every day. It should be a happy part of your day when you enjoy reading together. Depending on the familiarity of the book and its level of difficulty you can decide whether the book should be:

- ♥ Read to your child
 - ♥ Read with your child
 - ♥ Read by your child
- Reading aloud with your child builds confidence in reading books that may be too difficult to try alone. When the book is being read by your child, use the 3 P's— Pause, Prompt, Praise— to assist:
- ♥ Pause if the child is unsure; wait a moment. Let your child look at the pictures and words to work out the meaning.
 - ♥ Give a prompt or clue that encourages your child to look closer and have a go. Ask a question such as: What word might make sense? What would sound right? What does it start with?
 - ♥ Praise all efforts. If the child is still unsure after a try, tell them the word so they don't lose the meaning of the story.
 - ♥ Keep the Pause, Prompt, Praise process short so as not to interrupt the flow of the story. Enjoyment and understanding of the book is most important.

HALLOWEEN

On Tuesday, October 31st, all students will be taking part in a Halloween reverse parade...details to follow. We are asking that children not bring any sort of weapons (e.g. swords, spears, guns) or wear full face masks as their costume for safety reasons. Any students not wishing to wear a costume, are permitted to dress in orange and black or in their dress code clothes.



CATHOLIC SCHOOL COUNCIL

Our First St. John Bosco Catholic Council was held on Monday, September 30th at 6:30pm.

REPORT CARDS

REPORT CARDS & PARENT-TEACHER INTERVIEWS

The Progress Report Card (Mid November) will be available on-line with the purpose of showing the development of the learning skills and work habits along with progress in the achievement of the curriculum expectations in each subject from September-November. A parent-teacher conference may be requested, to discuss the achievement of your son/daughter. Parent-Teacher Conferences TBD and confirmed.

NUTRITION PROGRAM

The Breakfast Program has started. The food will be delivered to the classrooms for All to enjoy. Thank you to Niagara Nutrition Partners and all our volunteers!

PICTURE DAY

Picture Day is Friday, October 25th.

JUNIOR SOCCER

Congratulations to the boys and girls soccer teams who participated in the Lakeshore Family of Schools Tournament.

The boys placed 3rd and the girls placed 4th. We are proud of everyone!

A special shout out goes to the coaches Mrs. Jacobi and student coaches Maddi, Addi, Sophie and Emma. Your help and expertise was greatly appreciated. A job well done!

CROSS COUNTRY

Cross Country is Oct. 10th at the Vale Center. Details of times of races to follow

COMMUNITY MESSAGE

All Niagara Catholic schools are using the software program titled "Student Aware". This program enables us to monitor student internet traffic while using Board internet devices. The "Student Aware" program will be identifying and notifying school staff when students access online websites related to suicide, violence, abuse and/or other dangerous activities. When high-risk incidents are identified, school staff and administration will investigate the occurrence and respond accordingly to support student mental health and well-being.

SCHOOL MASSES

We invite you to join us, as a community, in celebration of our Catholic Faith by participating in our School Masses. Starting in October, our students will take turns attending Mass at St. John Bosco Parish.

SCHOOL CASH

Please ensure you are registered for school cash on-line. <https://ncdsb.schoolcashionline.com>

LUNCHES/ECO/STONE SOUP DAY

We are an eco-friendly school. Please encourage your children to bring litter less lunches. Students will not have access to a microwave or utensils. Students are encouraged to bring a soup bowl and spoon on October 8th for our Stone Soup Day.

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.

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.

Helpful Resources:

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)
- [Words Matter \(CAMH\)](#)

Annual Memorial Forest Vigil:

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.

Welcome Future Gators and Parents!

Upcoming Dates

Complete Google form for FUTURE Gator Day (Open from Thursday, Sept. 26-Wednesday, Oct 2nd).

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

Monday, October 21- Wednesday, October 23rd- Welcome Visits with Principal and Guidance/2025 T-shirts

Friday, October 25th- Gatorwalk Invitation

Thursday, November 21st-Gr 8 Open House @ 6pm

Tuesday Dec 3- Transitioning To High School Night (OSSD Requirements) & APP Information Lakeshore Catholic @ 6pm ALL GRADE 8 PARENTS WELCOME

Wednesday, Dec. 4- Friday Dec. 13th-Course Selections www.onmyblueprint.com Plan with your parents ahead of time.