



# St. Andrew Catholic School

October 2024

## School Information

**Principal:** Mrs. M. Ruggi Dietsch

**Superintendent of Education:** Mrs. K. Kinney

**Website:** <https://schools.niagaracatholic.ca/standrew/>

**Instagram:** @standrewjags16

**Location:** 16 St. Andrew Street Welland L3B 1E1

**Phone:** 905-732-5663



HAPPY  
*Thanksgiving*

On Thanksgiving Day we're thankful for  
Our blessings all year through.  
For family we dearly love,  
For good friends, old and new.  
For sun to light and warm our days,  
For stars that glow at night.  
For trees of green and skies of blue,  
And puffy clouds of white.  
We're grateful for our eyes that see  
This beauty all around.  
For arms to hug and legs to walk,  
And ears to hear each sound.  
The list of all we're grateful for  
Would fill a great big book.  
Our thankful hearts find new delights  
Everywhere we look.

AMEN

## Principal Message

As we enter the month of October, we're excited to share that we've had an amazing start to the school year! Our students have been actively engaged in a variety of wonderful activities such as Terry Fox Walk, Soccer, Cross Country and have participated in Mass and Orange Shirt Day. The energy around the school has been inspiring. We are so grateful for the continued support of our parents and families, as it plays a vital role in our success.

In October we will be participating in Holy Childhood Walk, Picture Day, Spirit Wear Days and hosting a Halloween Dance a Thon to mention a few! As Thanksgiving approaches, on behalf of the staff at St. Andrew Catholic Elementary School I want to take this opportunity to wish everyone a joyful and relaxing holiday. Let us give thanks to our Lord God for all He has given us. Thank you for being a part of our school community, and we look forward to all the exciting things the rest of the fall will bring!

Happy Thanksgiving!  
Mrs. Ruggi Dietsch

## Thanksgiving Food Drive

St. Andrew Elementary School

# THANKSGIVING Food Drive

SEPTEMBER 25TH-OCTOBER 9TH

We are excited to announce that our Thanksgiving Food Drive is just around the corner! From September 25 to October 9, we will be collecting non-perishable food items to support local families in need this holiday season.

We're looking for donations of items like canned vegetables, soups, pasta, rice, cereal, and other shelf-stable foods. Every item you donate will go directly to our community food bank to help families have a warm, comforting Thanksgiving meal.

Thank you for your support!

PICTURE DAY

# YOUR PHOTO DAY IS APPROACHING!

Wednesday, October 16, 2024



## Showcase Your Best Smile

- Students will be photographed at school.
- On photo day, no order form or payment is due.
- Review your images and purchase online with ease!



### DON'T FORGET

School photos are a Canadian tradition to capture the school year and preserve your continued growth.



### GET REMINDERS

Sign up for notifications at [edgeimaging.ca/photoday](https://edgeimaging.ca/photoday) to get real-time updates about your photo day and stay in the know with Edge.



1 (866) 707-3343

[edgeimaging.ca](https://edgeimaging.ca)

@edgeimaging

## First Communion Preparation Meeting

There will be a First Communion Preparation meeting at St. Andrew School in the Library on Monday, October 21st at 6:00 PM. Please attend this meeting if you wish to have your child participate in First Holy Communion.



## Holy Childhood Walk

On Friday, October 25th, the students and staff will be walking to support the Holy Childhood Association. The Holy Childhood Association is a mission for elementary school children. Its motto is Children Helping Children. The purpose of the association is to encourage children to help the less fortunate in other parts of the world and to develop a better understanding of each other. The Holy Childhood Association also raises awareness and the money collected is directed towards programs which include the building of schools, providing medical assistance, agricultural programs, and teaching resources.

We will be collecting donations through School Cash On-Line. Thank you for your support!

# Halloween & Dance a Thon



On October 31st our staff and students will be celebrating Halloween! Our students will be permitted to wear costumes. However, we ask that costumes are modest. Bulky and cumbersome costumes are discouraged. As well, costumes which reflect violence, excessive gore, or weapons are absolutely not permitted. If your child does not want to wear a costume they can

wear black and orange instead.

This year our St. Andrew Catholic School Council in partnership with our Student Council are planning a Halloween Dance a Thon. Each grade will be scheduled to go in the gym to dance and will have the opportunity to purchase Glow in the Dark Items and snacks.

Pledge Forms will be sent home before Thanksgiving. Donations of \$10.00 will receive a ballot for a chance to win a bike and helmet. Donations of \$20.00 will receive three ballots, \$30.00 will receive six ballots. Thank you to the Safety Village for the Donating the two bikes/helmets that will be raffled off.

More information will be sent home.

## Dental Screening

Niagara Region Public Health Dental Program will be offering dental screening to grades JK, SK, 2, 4 and 7 on October 30, 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.

## St. Andrew Catholic School Council

The St. Andrew Catholic School Council had their first meeting on Tuesday, September 24th at 6:00 pm in our school library. Our St. Andrew Catholic School Council Co-Chairs for the 2024 2025 school year are: Ashley Jones and Kelsie Pietz. Our OAPCE Rep is Giannina McAuley. Thank you to all the members of our Catholic School Council. Your support and dedication to our St. Andrew Family is appreciated. Our next meeting will be on Tuesday, November 26 at 6:00 pm.

## St. Andrew Balanced Day Schedule

9:05 am Supervision Begins

9:15 am Entry Bell

9:15 am-11:25 am Instructional Block 1

11:25 am -11:45 am Recess

11:45 am -12:05 Nutrition Break1

12:05 am- 1:25 pm Instructional Block 2

1:25 pm - 1:45 pm Recess

1:45 pm-2:05 pm Nutrition Break2

2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

## Respectful Interaction at St. Andrew

St. Andrew is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community. Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated. While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.

## Cell Phones at School



Earlier this spring, the Ministry of Education issued new requirements for school boards to follow to ensure the health, safety, and well-being of everyone in our schools. This involves the use of cell phones and vaping.

At St. Andrew, students from Kindergarten to Grade 6 will not be required to use cell phones for academic purposes. Therefore, there is no need for these students to bring a cell phone to school. Each classroom as well as the main office, has a telephone for issues that require a more immediate response.

Grade 7 & 8 students who bring their cell phones to school must have the phone stored out of view and turned off during the instructional day. They may only use it if their teacher permits it for learning.

Any student that requires a cell phone for health or medical purposes, or to support special education needs are permitted to use their cell phone as necessary with prior permission.

At St. Andrew, each Grade 7 & 8 teacher will have a place for students to store their phone for safe keeping during non-instructional times. If a teacher sees a cell phone that is not stored out of view, students will be required to hand in their device in for the instructional day. The cell phone will be placed, by the student, in a secure storage area designated by the principal.

If a student refuses to hand in their personal mobile device, the Ministry requires that the student be sent to the principal's office. Consequences for failing to hand in their phone is at the principal's discretion.

School boards are now required to disable access to social media platforms on school networks and board devices. This is intended to limit the number of interruptions in class and to benefit the mental health and well-being of students. Niagara Catholic already blocks access to some social media sites. Now all will be unavailable to students.

## Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

2023-2024 Called by Name: Hear My Voice

**2024-2025 Called by Name: Follow Me**

2025-2026 Called by Name: Go and Make Disciples

“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?



## Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic’s Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



# NIAGARA CATHOLIC

## Standardized Elementary Dress Code

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

### OUR DRESS CODE COLOURS

#### Tops

At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



#### Bottoms

At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



#### Shoes

For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

## Spirit Wear



# ST. ANDREW JAGUARS 2024-2025 SPIRITWEAR

## Cotton/Poly Jersey Style Polo Shirt

Embroidered with St. Andrew Jaguars Logo on Left Chest



White



Navy

Youth #8800B \$20.49  
Adult #8800 \$20.49

Available Colours: Navy & White

## Core 365 Dri-Fit 100% Polyester Polo Shirt

Youth #88181Y

Ladies' #78181

Adult #88181

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



White



Navy

\$29.95 Same Price for all Sizes

Available Colours: Navy & White

## 50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Printed with St. Andrew Jaguars Logo on Front



Navy



Dark Heather



Navy

Youth #18500B \$32.95  
Adult #18500 \$34.95

Available Colours: Navy & Dark Heather

## 50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



Dark Heather



Navy

Youth #18600B \$39.95  
Adult #18600 \$42.95

Available Colours: Navy & Dark Heather

Order On-Line at [www.bigbearspiritwear.com](http://www.bigbearspiritwear.com)

No Refunds or Exchanges on Decorated or Personalized Products

Sizing Charts available at each product online | Delivery to your School Option available



6182 Dixon Street  
Niagara Falls, ON, L2G 2L6  
Ph: 905-357-7132  
csr@bigbearspiritwear.com



School Apparel - Gradhoodies

Big Bear Spirit Wear, a board-approved supplier for spirit wear items will now supply St. Andrew School Spirit Wear. They offer a wide range of dress-code approved items through their online store at: <https://www.bigbearspiritwear.com> Students are allowed to wear the Jaguar hoodie to school and these are a worthwhile purchases for the cold weather months. **Please label all clothing**

items that come to school so that we can return all misplaced items to the correct person. Please note items may not yet be visible on the website.

## ECO Schools

### World Mental Health Day

October 10th is World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

### Waste Reduction Week October 21-27

Since 2001 the [Waste Reduction Week](#) in Canada campaign has engaged Canadians to better understand the issues of waste and the opportunities they have to accelerate our transition to a circular economy. Starting with a focus on recycling education and collection events, it has now expanded into a month-long celebration.

Now part of the larger month-long campaign, Waste Reduction Week continues to educate about the waste reduction component of a circular economy, focusing on major waste streams and topics. Please visit [Circular Economy Month](#).



### Take Me Outside Day

Take Me Outside Day helps to raise awareness about outdoor learning by encouraging parents and educators to take their children outside.

## Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that St. Andrew School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



## Nut Free School Lunches and Tips for Packing Lunches

The challenge for all parents is to send foods that are nutritious and nut free and that will keep our kids energized and alert at school all day. They also need to be tasty, so that our kids will actually want to eat them! Those can feel like competing goals at times. Here are tips for making school lunch easier:

1. Try to include a variety of colours and textures to make the food appealing to kids. You want them to actually eat what you've packed!
2. Use up those dinner remnants. Brown rice can be tossed with black beans and served at room temperature. Cooked pasta can be transformed into a pasta salad. Chicken can be sliced and

wrapped up in a tortilla with lettuce and veggies.

3. Include a sweet treat that is healthier than pre-packaged foods. Homemade granola bars, whole wheat muffins, or even homemade doughnuts are fun treats that are worlds better than anything you can buy at the store!
4. No matter what, always make sure lunch is balanced by including fruit, vegetable, protein, and carbohydrate!

## Student Attendance and Safe Arrival

St. Andrew School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 1) Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.
- 2) Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in

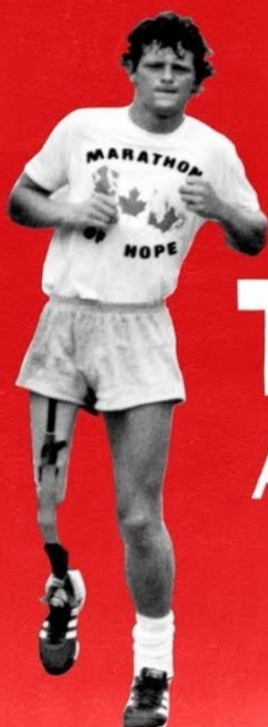
the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3) The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

**Please do not call the school to report your child's absence.**

## Terry Fox Walk

On Friday, September 27th all students at St. Andrew School participated in The Terry Fox School Day Walk. Our students dressed in red and white and walked through our yard and community. Together we raised \$665.00. Thank you for your support!



# Terry Fox

Anything's Possible

## Niagara Region Public Health School Health Newsletter

### 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.

## 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.

#### REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a **reusable water bottle** they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



## Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

## Before School Supervision

**Please be advised that before-school supervision does not begin until 9:05 am. Also note, if you are dropping off your child after 9:15 am they will need to go in the main entrance.**

## Parking Lot Procedures

- Parents dropping off children are to use the parking lot at the back of the church and walk their child to the gate.
- Parents are not to block buses.
- Please note that students must enter through their proper entrance at the back of the school unless they are arriving late (after 9:15 am).
- If you are walking your child to school please use the gate on the south side of the building (Baseball Diamond). Please do not walk between the buses and the school.



## School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)  
All lunch orders are to be ordered through School Cash Online.



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters