



# ST. JAMES NEWS

SKYHAWKS

OCTOBER 2024

## Safe Arrival

To report your child absent please use one of the three methods listed below:

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 (blue logo) 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

1-844-287-6287

will allow you to report your child absent without creating an account.

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.

## Principal's Message

Dear St. James Families,

We congratulate our students on settling into new routines while learning many new concepts to kickstart our 2024-2025 school year. We encourage parent(s) to regularly dialogue with your child (ren) to see what he/she is learning at St. James.

On Friday September 27, 2024 St. James students sported Red and White attire in support of the National Terry Fox School Run. On September 28, 2024 as part of the action for Rowan's Law Day we wear purple to recognize the important of Concussion Safety. September 30, 2024 was National Truth and Reconciliation Day, students wore orange T-Shirts as an action statement for this day.

With the beginning of fall and the month of October, it is important that we make the time to stop, breathe and appreciate the changing surroundings at this time of year. As Thanksgiving approaches, we are thankful for the time we spend together to grow and learn as a Catholic School Community.

Thank you, our parent community, for your support of St. James Catholic School Staff. We are honoured and privileged to have your children under our care. St. James staff are to be commended for their daily dedication and commitment to our students. Together with the students these teachers and support staff are responsible for the outstanding spirit of our school.

## Halloween at St. James

We are happy to let you know that Thursday October 31, 2023 will be an out of dress code day. The students are welcome to **wear costumes** if they have them or **orange** and black in the spirit of Halloween. Masks that cover student faces are not permitted to be worn during the school day.

As has been the case every year, costumes that are intended to scare or have blood or weapons are not permitted. Please ensure the costume is appropriate for the school environment.

There will be no sharing of snacks, treats or non-food items. Please do not send your child with any items for sharing with students and/or staff as they will not be permitted to distribute them.

## Supervision

Parents/Guardians please **do not drop your child off before 9:05 a.m.** Students should not be left unsupervised in the school yard prior to 8:50 a.m.

## Reporting Dates 2024-2025

Progress Reports—Week of November 18, 2024

Term One Reports—Week of February 10, 2025

Term Two Reports—Week of June 23, 2025

### **Cell Phone use for Students Provincial Policy Memorandum 128**

If you are providing your child(ren) with a cell phone as part of their communication and safety tools as they transit from home to school and back, be advised that all cellphones must be placed in their backpack for the instructional day. If you are texting your child during the day—please expect them, to only get the message at dismissal time (3:25 p.m.). **ALL communication must go through the main office.**

If students are using their cell phones as a personal device for research, teacher will direct them to access their cell phones. Please be advised that students have access to a school Chromebooks everyday. Therefore, it should not be necessary to use a cellphone for research purposes.

### **MEDICATION**

For safety reasons, no child is to bring any form of medication to the school. If medication is necessary there is a form that must be filled out by your Doctor to indicate dosage, instructions, etc., and the prescription container clearly labelled with the names (child, parent, doctor), phone numbers and must be left at the office. Please contact the school to address individual student needs in this regard.



School Apparel - Gradhoodies

### **St. James School Spirit Wear**

<https://www.bigbearspritwear.com/>  
[St-james-skyhawks](https://www.st-james-skyhawks.com/)

### **Catholic School Council**

Our first Council Meeting will be held on September 30, 2024. Thank you to all those who were able to attend the meeting. The agenda and meeting minutes will be available on the school website.

### **Eco - Hawks News!**

Did you know that October is Walk to School Month? By walking to school, we can help reduce air pollution and traffic congestion. If you can, please consider walking to and from school a little more often. We will be taking surveys and hope to see an increase in the number of students who walk to and from school, as well as an increase in the number of days we walk. Thank you for your support.

### **Open House Night**

Thank you to all the families that were able to visit us on our open house night. The St. James Staff very much appreciate the positive working relationships that further support student achievement for our St. James Student Body.

### **Newsletter**

Again this year, St. James' families are invited to access the Newsletter and Calendar online through the Niagara Catholic District School Board's website at [www.niagaracatholic.ca](http://www.niagaracatholic.ca). They will also be emailed through our School Messenger System.

### **School Cash Online**

To login to SchoolCash Online to make payments or complete various forms go to:

<https://ncdsb.schoolcashionline.com>

If you setup an account in the previous school year that account will work for the new school year. The document called Become a SCO Member will give instructions to create a new SchoolCash Online account and information about that account.

### **Anaphylaxis Awareness and Action Plans**

All classroom at St. James are **peanut, tree nut and egg safe classrooms.** ***NO peanuts, peanut products, tree nuts or raw/cooked eggs, avocado, pineapple, sesame, seafood are allowed at any time.*** We have many students with life threatening allergies to peanuts, peanut products and/or eggs. Please ensure that your child has thoroughly washed their hands after eating peanuts, peanut products or eggs for breakfast/lunch at home.

We must make every effort to ensure we do not contaminate our learning environment for these students. Please respect the safety of all students. Remember how you would want your child protected by their school community if your child had a fatal allergy.

### **Kiss 'N' Ride**

We ask drivers to please "kiss and drive" straight through the outside lane of our school lot to avoid blocking the arriving and departing busses.

If you are using the "Kiss 'N' Ride" drop off lane **Do Not exit your vehicle.** This is strictly meant to pull up so that your child (ren) can exit the vehicle and you can drive off thereby ensuring a continuous flow of traffic.

If you need to assist you child(ren) out of the car, please park your vehicle in a parking spot and walk them across the parking lot.

When entering the parking lot, please Reduce speed. Remember to keep children close to you when walking in the parking lot. It is very busy and we want to make sure everyone is safe.

Last year we had a designated cross area painted in front of the school. Staff monitor this designated crossing so please utilize this crossing rather than walking between parked and moving cars in the designated drop off lanes.

Everyone's safety of utmost important. Crossing moving traffic between cars poses a safety risk to all.

### **Reusable Water Bottle**



In an effort to promote and teach students about sustainability, we ask students to avoid bringing disposable plastic water bottles to school. Thank you for your concern and cooperation for the environment.

## SPORTS UPDATE



### Soccer

Intermediate Boys Tournament on Tuesday October 1, 2024 at Youngs Sportsplex  
Intermediate Girls Tournament on Wednesday October 2, 2024 at Youngs Sportsplex

Junior Girls Tournament on Wednesday October 9, 2024 at Cambria Park  
Junior Boys Tournament on Thursday October 10, 2024 at Cambria Park



### Cross Country

Tuesday October 8, 2024 Race at Southward Park Grimsby  
Tuesday October 22, 2024 NCAA at Fireman's Park Niagara Falls



## OCTOBER FOOD DAYS

Thursday October 3, 2024  
Thursday October 10, 2024  
Thursday October 17, 2024  
Friday October 18, 2024  
Thursday October 24, 2024  
Thursday October 31, 2024

Mandarin Lunch Day  
Wrap Lunch Day  
Pizza Lunch Day  
Hot Dog Lunch Day  
Sub Lunch Day  
Pizza Lunch Day

Toonie Tuesday All Month

IWalk  
Month

LET'S  
WALK!  
CELEBRATE  
IWALK Month



October is International  
Walk to School (IWALK) Month.

Students around the world are walking and  
wheeling to school.

Join the global movement!



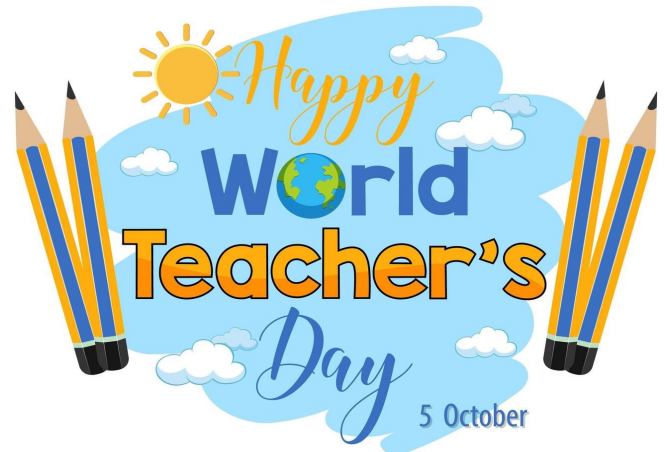
@GreenCommunitiesCan



@OntarioAST



[www.ontarioactiveschooltravel.ca](http://www.ontarioactiveschooltravel.ca)



PD Day  
Friday October 11, 2024

Picture Day  
Tuesday October 29, 2024



## 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.

## 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.