

OCTOBER 2024

Called by Name: You Are Mine



Dear St. Elizabeth Families,

As Thanksgiving approaches, this is a time for us to reflect and celebrate not only the harvest, but other blessings of the past year. It is a time for us as a Catholic School Community to gather as One family to share our traditions, values and customs that we hold most precious. It is a time that we prepare our hearts in gratitude, by giving thanks and extending ourselves to give to others less fortunate.

We are thankful for the hard work of the staff of St. Elizabeth. We give thanks for the spiritual leadership provided to our community through Father Stanley. We give thanks for the dedication and hard work of our Catholic School Council members for all that they continue to do to enrich the life of our school community.

On behalf of the staff at St. Elizabeth School, we wish you and your family all the blessings God has to offer at this time of Thanksgiving, as gratitude is the heart's memory. Have a blessed Thanksgiving.

Yours in Catholic Education,

Mrs. J. Mangiacasale, Principal

Thanksgiving Prayer

Heavenly Father,

On Thanksgiving Day,

We bow our hearts to You and pray.

We give You thanks for all You've done,

Especially for the gift of Jesus, Your Son.

For beauty in nature, Your glory we see,

For joy and health, friends, and family.

For daily provision, Your mercy and care,

These are the blessings You graciously share.

So today we offer this response of praise

With a promise to follow You all of our days.

Amen.



ST. ELIZABETH CHURCH CORNER



Weekly masses are on Wednesdays at 9:30am. Please refer to school calendar for classes that are attending.



Let's focus on this thought - Jesus knows my name!

And Jesus calls me by name. He doesn't just say, "Hey, you!" but He knows me. And He calls out to me by name. We aren't just faceless names in a crowd of humanity. Jesus recognizes each one of us and we are precious to Him. You matter so much to Jesus that He calls you by name, beckoning you to walk closer to Him, to come and follow Him. As we begin this school year may we reflect on what it means to be known by Jesus and answer His call to come follow Him!

LEARNING DISABILITIES AWARENESS MONTH

October is Learning Disabilities Awareness Month, and throughout the month, the Learning Disabilities Associations of Ontario will be raising awareness to reduce stigma to allow people to get the supports they need to reach their full potential. Students with LDs make up the largest group within special education, at approximately 40% of students identified as exceptional by an IPRC. With the right supports, these students CAN learn, and can achieve great success at school and beyond.

For additional support and resources, parents can visit the Learning Disabilities Association of Ontario website at <https://www.ldao.ca/>

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



St. Elizabeth News

Junior Boy's & Girl's Soccer

On September 24th and 25th, the junior boy's and girl's soccer teams travelled to the Vale Centre in Port Colborne. Both teams participated in our family of schools tournament where they displayed great sportsmanship, determination and enthusiasm. Way to go Saints!
Big thanks to Mr. Parisi and Mrs. Dayboll for coaching.

HOLY CHILDHOOD WALK

The Holy Childhood Association raises funds through projects like ours to provide relief aid to victims of floods and other natural disasters, medical assistance, education programs, agricultural programs, immediate relief to refugees, assist victims of war torn countries, assist orphans. **St. Elizabeth School will be conducting a prayer service and walk on Friday, October 25th.** More information, including how to donate, will be sent out via SchoolMessenger.

FALL FOOD DRIVE

The staff and students of St. Elizabeth will be running a **Food Drive from October 15th to October 30th** to offer help to those less fortunate. All items collected will be donated to Port Cares. Thank you in advance for your contributions.



GATOR CORNER

Attention Future Gators!!

Stay up-to-date with everything Lakeshore Catholic High School has to offer by visiting <https://www.lakeshorecatholic.ca/>

CATHOLIC SCHOOL COUNCIL NEWS



We would like to introduce our 2024-2025 Catholic School Council Chair; Jessica Duliban, and our Co-Chair Bree Proulx. Thank you for volunteering your time. The next meeting is on **Tuesday, October 1st at 6:00 p.m.** The meeting will be held virtually.

MITCHELL'S SOUP FALL FUNDRAISER



As a fundraiser for the fall, we have partnered with Mitchell's Soup Company, it will run from **October 1– October 31, 2024** for all the soup lovers out there. Tell your friends, family and neighbours!!
**Delivery date to be determined.

A MESSAGE FROM YOUR ECO TEAM



In an effort to engage students in small environmental initiatives that can have a big impact, **St. Elizabeth is participating in a week-long, Trash-free Lunch Challenge the week of Oct. 21st - Oct. 25th.** Please help your child pack a trash-free lunch for this event and on every Tuesday for the remainder of the school year.

AVOID:
Cling wrap
Single use items
Snap lock bags
Snack Wrappers

Ways to pack a trash-free lunch:

- Reusable containers or compartmental lunchboxes
- Reusable utensils when needed
- Fresh fruit and vegetables
- Unwrapped sandwiches and wraps
- Purchase larger bags of snacks and share into lunchbox containers

Last year our school's Eco Team was awarded **GOLD CERTIFICATION** by Eco Schools Ontario. This is an amazing accomplishment!! Congratulations to all our students and a huge thank you to Mr. Parisi for leading our students in this initiative. Let's keep up the great work this year!



SPOOKTACULAR!!

Once again, St. Elizabeth School Council, along with the Grade 7/8 class will be hosting a **SPOOKTACULAR EVENT**. This event is a fun-filled evening for families to come out and enjoy some Halloween festivities. It will take place on **Wednesday, October 23rd, from 5:30 - 7:30 pm**. There will be lots of activities for the whole family! Watch for a letter coming home in a couple of weeks.



NIAGARA NUTRITION PARTNERS

Help support our school's nutrition program. Each day we serve a healthy meal (a fruit/veggie, grains, and protein) to students at St. Elizabeth School. All students have access to any food provided. This program is very beneficial to the growing minds and bodies of our students, and it provides such a positive start to their day. Thank you for your support! **Donations can be made on SchoolCash Online** and will remain available all year. Support provided directly to the school is not eligible for charitable tax receipt for income tax purposes. **A charitable tax receipt can only be issued if you donate through the Niagara Nutrition Partner's official website.**

<https://www.niagananutritionpartners.ca/give-to-grow>.



HALLOWEEN



On **Thursday, October 31st**, students and staff will be participating in Halloween festivities and educational activities. Students are permitted to wear a costume or orange and black. **Families are asked to please refrain from sending in snacks or treats for their children's class to share.** More detailed information will follow.

VOLUNTEERING

If you are interested in volunteering in school activities, you are **required to apply for a Vulnerable Sector Check**. The Vulnerable Sector Check is **valid for five years**. Those who already submitted a VBS last year, will only be required to complete an Offence Declaration. These will be sent out soon, along with a Volunteer Application Form. If you will be applying for a new Vulnerable Sector Check, you can do so on the NRPS website. You will also require a letter from the school. Please send your request for a letter to Mrs. Mangiacasale at Julie.mangiacasale@ncdsb.com

FALL FAIR PARADE

A special THANK YOU goes out to all our parent volunteers, teachers and students who organized, decorated, and showed tremendous school spirit. Our float was truly phenomenal. St. Elizabeth should be very proud of their wonderful artwork and enthusiasm. A special thank you to the Lusk Family for providing the tractor and wagon and for giving their time to drive us through the parade route and keeping our students safe.



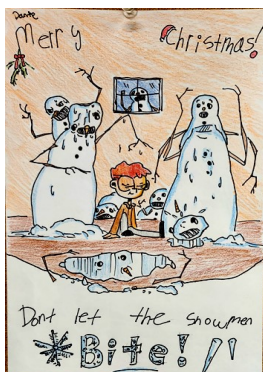
FALL FAIR CONTEST WINNERS

Thank you to all students who participated at St Elizabeth in the Fall Fair Poster Contest, the winners were as follows; K - grade 4 -1st place Annabelle, Gr. 4, 2nd place Vincent, Gr. 4) Grade 5-8—1st place Emma, Gr. 7, 2nd place Emily Gr. 8, 3rd place Paige Gr. 6.



MAYOR'S GREETING CARD CONTEST WINNERS

Congratulations also to Dante and Paige in Gr. 6 who entered the Mayor's greeting card contest! Dante won 2nd and Paige won 3rd.



Niagara Region Public Health Dental Program will be offering [dental screening](#) to grades JK, SK, 2, 4, and 7, on October 25, 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](#).



Student Picture Day

Thursday, October 24

SPIRIT WEAR & GRAD HOODIES

All spirit wear can be order through Big Bear <https://www.bigbearspiritwear.com/saint-elizabeth-saints/>





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.

Niagara Region Public Health School Health Team



Connect with us about:

- In-class skill building activities and resources to support health-focused curriculum
- OPHEA designation or creating a healthy schools committee
- Mental Health and Physical Activity programming and initiatives
- Connections to dental, vaccine, infection prevention and other Public Health services
- Referrals to other community services

Scan to connect to health support for schools.



niagararegion.ca/health/schools

healthyschools@niagararegion.ca



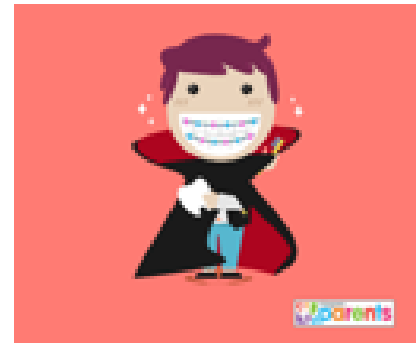
Niagara Region Public Health School Health Newsletter October 2024

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 905-888-8248 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



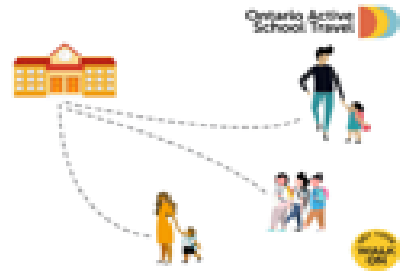
Each year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone. For more information on, visit [Managing Illness - Exclusion periods](#) and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