



SACRED HEART SPECTATOR

Sacred Heart Catholic Elementary
Proud Member of the Saint Michael Catholic High School Family of Schools



Principal: Mr. J. Romeo
Superintendent: Mr. D. Massi

School Secretary: Mrs. D. Pyley
Parish Priest: Fr. Stuart MacDonald

ISSUE #3 – NOVEMBER 2024

REMEMBRANCE DAY

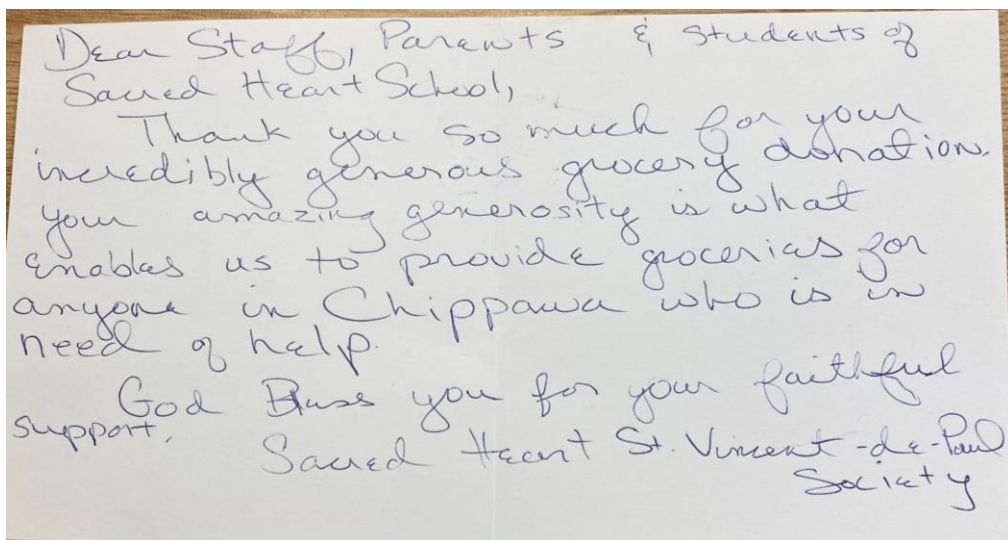


The other common name for this day is Armistice Day which marks the date and time when armies stopped fighting World War I. on November 11th at 11am in 1918 (the eleventh hour of the eleventh day of the eleventh month). Some 100,000 Canadian soldiers died in the First and Second World Wars.

All government buildings fly the Canadian flag this day and people remember those who fought for Canada during a moment of silence at 11am. Many people wear poppies before and on Remembrance Day to show their respect and support for Canadian troops. Poppies are generally handed out free but often a voluntary donation is given in exchange. Sacred Heart will have a Remembrance Day Prayer service on November 11th in the morning in the school gymnasium.



FOOD DRIVE THANK YOU!!!



PICTURE RE-TAKE DAY

Those parents who wish to have their child(ren)'s school picture re-taken can request one through contacting their child(ren)'s teacher. Please note the date for re-takes is Thursday November 14, 2024.



PROVINCIAL PROGRESS REPORTS



It is time for Provincial Progress Reports. As outlined on our calendar, Provincial Progress Reports will be sent home the week of November 11.



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NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD

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PARENT-TEACHER CONFERENCE

Meetings will be held on Thursday November 21, 2024 from 3:30 pm – 6:30 pm. We will attempt to accommodate everyone's appointment request and they will be granted on a first come basis. A reminder that each appointment will be scheduled for 10 minutes. Should you require additional time, kindly arrange a mutually convenient appointment with the respective teacher(s). **Communication will be sent home within the week of November 4th about scheduling an interview.** More details to follow.



PURSE BINGO FUNDRAISER

A note from our Catholic School Council.....

- Our Purse Bingo fundraiser is going to happen Friday, November 29, 2024. There are some tickets left but we don't expect them to last much longer. If you are interested, please contact the school!!



PA DAY – Friday November 29, 2024

Friday November 29, 2024 is a professional activity day. There is no school for students on this date.



CATHOLIC SCHOOL COUNCIL (PARENT COUNCIL) CORNER

The next meeting will be held on Tuesday, November 26th at



6:00 p.m.

The meetings for the Catholic School Council will be noted on the calendar.

HOT LUNCHES & MILK PROGRAM



Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday Nov 7, 2024 (orders are due Nov 4)

Sub Day – Thursday Nov 21, 2024 (orders are due Nov 18)

CELL PHONE USE IN SCHOOL & SOCIAL MEDIA ACCESS

To minimize distractions, students who bring their cell phones to school must have the phone stored out of view and turned off or onto silent mode during the instructional day. They may only use it if their teacher permits it for learning, for health or medical purposes, or to support special education needs. Outside of these times, students are expected to keep their phones turned off or on silent and have them stored away.

Social media platforms on school networks and board devices will be disabled. 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 on the board network during the school day.

CIGARETTES, VAPING, OR NICOTINE, CANNABIS, OR ALCOHOL USE AT SCHOOL

To protect the health and well-being of students, the NCDSB will be installing sensors to detect vaping in schools. The Smoke-Free Ontario Act bans the use of any tobacco, nicotine, or e-cigarette (vape) on school property. Anyone under the age of 19 is prohibited from buying or possessing alcohol or cannabis. These substances, and any illegal drug, are prohibited on school property.



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COMMUNICATION BETWEEN HOME & SCHOOL—QUESTIONS, CONCERNS OR COMPLAINTS

The Ministry of Education has given school boards new requirements on how to communicate with parents who have questions, concerns, or complaints. This information will also be shared on the Parents section of the Board website and school websites in time for the start of the new school year. The process is outlined below:

- Parents/guardians should expect a response to a concern within **two business days**.
- If parents have a question about a classroom-related matter, such as curriculum, homework, classroom behavior, or specific incidents, please contact the child's teacher.
- If the parent cannot resolve the issue at the classroom level and/or have a question about school procedures, extracurricular activities, or safety concerns, please contact the school Principal.
- For issues unresolved at the school level or issues related to Niagara Catholic policies, procedures, resource allocation, or other concerns, please contact the Superintendent of Education assigned to Sacred Heart Catholic Elementary School.

PAYING FOR ALL SCHOOL ACTIVITIES

School Cash Online is an online parent portal that offers the safest, fastest and most convenient way to pay for activities at school. It is a safe and easy way to pay for things like school trips and hot lunch days. Online payment will be the only way to pay for school activities this year.

You can register @ <https://ncdsb.schoolcashionline.com>. If you have questions or concerns, you are asked to please give us a call at the school.

ELEMENTARY STANDARDIZED DRESS CODE



As you are aware, Niagara Catholic has an Elementary Dress Code for students. Details regarding the Dress Code can be found on the Board's website.

Highlights include the following:

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3 or;
- Navy Blue Pants (Dress, Cargo, Denim, Kobe, Corduroy style permitted) or;
- Navy Blue Skorts or Dresses or
- Navy Blue Walking Shorts or Capris or;
- Grade 8 students have the option to wear grey secondary uniform pants. At a minimum, every student is required to wear one (1) of the following items;
- Navy Blue or White Oxford shirt (short or long sleeve) or;
- Navy Blue or White Polo shirt (short or long sleeve) or;
- School designed spirit wear.

Running shoes are the recommended footwear and socks must be worn.



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NEW SPIRITWEAR PROVIDER!!



Please note that Bigbear Spiritwear will now be supplying Spirit wear and dress code items that will be available for sale via their website.

The direct link to our online page on BigBear's website is:
<https://www.bigbearspiritwear.com/sacred-heart-stars/>

Niagara Region Public Health School Health Newsletter November 2024

HEAD LICE

Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health's new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don't start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes

In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver *Let's Talk About Vaping* resource visit: www.notanexperiment.ca/parents



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EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child's EpiPen® Auto-Injectors are up to date (not expired).

Check out [Food Allergy Canada - elementary school](#) for some great tips and [resources](#)!

PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON

Infections like COVID-19, flu and RSV increase in the fall and winter months.

While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on [our website](#) or [check out our downloadable resource](#).

NIAGARA PARENTS

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support
- Links to services within the community

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.