



# CANADIAN MARTYRS NEWS

# NOVEMBER 2024

NIAGARA CATHOLIC DISTRICT SCHOOL BOARD



## PRINCIPAL'S MESSAGE

We have been so blessed to have been able to enjoy such a beautiful fall. There has been a great deal of learning in classrooms – inquiry projects, problem solving in math, speaking en francais, and so much more.

At the beginning of November, we remember all saints and all souls. All Saints' Day on November 1st is a feast day to remember all saints and martyrs, known and unknown, throughout Christian history. All Souls' Day is marked on November 2nd, directly following All Saints' Day, and is an opportunity for us to remember and pray for the faithful departed.

The first full week of November is designated as Treaties Recognition Week. Treaties have been a part of native culture for thousands of years and were legal agreements among the many Indigenous nations who shared this land long before European contact.

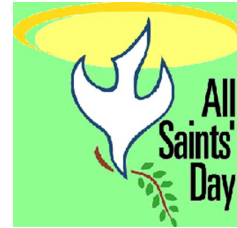
November is also a time set aside to remember those who fought for peace, and those who continue to work to keep our world at peace. We will honour Remembrance Day on November 11th with a prayer service for our students. The week of November 18th-22nd is Bullying Awareness and Prevention Week. As a school, we will help students to understand the difference between conflict and bullying and help them to realize that while conflict is normal, bullying is not.

Yours in Catholic Education,  
Mrs. L. Incaviglia, Principal  
Ms. W. Wilson, Vice Principal

## All Souls' Day

All Souls' Day is celebrated annually by the Roman Catholic Church on November 2nd. It is known as the *Commemoration of all the Faithful Departed*. On this very special day, we pray for all lost souls in purgatory so they can attain Heaven and achieve sainthood. We practice this ritual because in the Second Book of Maccabees, we learn that are connected with the lost souls in the '*Communion of Saints*', which is the spiritual union of the members of the Christian Church, both living and deceased, including those on Earth, in Heaven, and those awaiting purification from their sins.

## All Saints' Day



On this day, Catholics honour the Saints of the Catholic Church, that is those who have entered Heaven. **All Saints' Day**, also known as the Solemnity of **All Saints**, is celebrated every year on November 1st by the Roman Catholic Church as a day to commemorate those who lived as exceptional followers of Christ. These individuals continue to inspire us daily to be the hands and feet of Jesus on Earth as we strive to one day achieve sainthood ourselves.

## REMEMBRANCE DAY

On the eleventh hour, we will bow our heads for a moment of silent thought and prayer. We will pay tribute to those who fought for our freedom. We pray for peace in our troubled world. It remains important to show our veterans and peacekeepers our appreciation and gratitude. On behalf of the Royal Canadian Legion, poppies will be given to students and the school will make a donation to the veterans.



## Reflection #3

What does it mean when we “follow” someone on social media? When we do this we are saying we want to know more about them, to see how they live, how they act, what they say. But what we see on social media isn't always reality. It's often hidden behind filters, edits, and multiple takes. What if instead of “following” in this way, we choose to follow someone who only shows us what is real and what is true? Jesus is calling us to follow Him, to live our lives according to the Gospel and to share His love with those around us. So the question is, who will you choose to follow today?

*We are proud to be a part of the Holy Cross Family of Schools.*





## Parking Lot Procedures



**Accessible Parking** - The accessible parking spots in the school parking lot are intended only for those with a disabled parking permit. If you do not have a disabled parking permit, you are not to use the accessible parking spots for any reason. These spots cannot be used for dropping off students. These spots need to be open and available for those with a disabled parking permit.

**Kiss and Ride** – If you are dropping your child(ren) off at school in the morning, please use the Kiss and Ride lane. Please use the middle lane, drive to the far end and let your child(ren) out where staff are on duty. Do not let your child(ren) out of your vehicle until you are at the top of the lane where staff is present. It is very unsafe to have children weaving through the cars in the parking lot so please follow the Kiss and Ride procedures.

**Dismissal Procedures** - All students grades 1 to 8 will be dismissed at 2:45 p.m. from the east field at the front of the school next to the parking lot. Parents/guardians are asked to wait on the field to receive their child(ren). Teachers will only dismiss students from this area. Kindergarten students are to be picked up in the Kindergarten play area. When crossing with the crossing guards, please remind your child(ren) to remain between the lines of the crosswalk to ensure their safety.

We ask that parents/guardians and visitors exercise caution when driving in our very busy parking lot, as well as the church parking lots. Please ensure that everyone who drops-off/picks-up your child (for example, family member, friend, grandparent, etc.) is aware of these drop-off and pick-up procedures.

## Treaty Recognition Week

Treaties Recognition Week is November 3rd - 9th. The goal of this week is to promote public education and awareness about treaties and treaty relationships. In Ontario, both Indigenous and non –Indigenous students are enriched by learning about the histories, cultures, contributions and perspective of First nation, Metis and Inuit people in Canada.

### Eco-School News—Waste-Free Wednesday

Every Wednesday, Canadian Martyrs students and staff will be challenged to decrease the amount of garbage produced, in an effort to protect our earth, by bringing a waste-free lunch!



Waste-free lunches are packed with zero waste in mind, favoring reusable food and drink containers and washable cutlery over pre packaged foods, plastic bags, juice boxes and throwaway utensils.

#### Tips for Waste-Free Lunches

- ⇒ Involve children in the waste-free lunch goal
- ⇒ Bring a reusable lunch bag and reusable cutlery
- ⇒ Pack food and drinks in reusable containers
- ⇒ Buy in bulk instead of single serving containers

### Thanksgiving Food Drive

A great, big **THANK YOU** to all the families of Canadian Martyrs Catholic School for their support of such a successful Thanksgiving food drive. As always, the St. Vincent de Paul representatives were thankful for our generous collection of food. This donation has helped restock their shelves during this extremely busy season.



### Book Fair

Once again, with your help, our book fair was a huge success! It was a fun event, and because we sold \$7696.00 in Scholastic books and products, we are able to add over **\$3500.00** worth of new books to our library, for all students to enjoy.

A huge thank you to all who contributed to this endeavour. We couldn't have done it without you! Our school, and especially our library, is very fortunate to be part of such a supportive community!



### Literacy Corner

To help parents/guardians better understand literacy, the Language Curriculum, and support their children at home, here is some information about Literacy Vocabulary.

You may have students coming home using terminology that you are not used to hearing. Here are some definitions of literacy terms students are learning about from the new Language Curriculum:

- **Phoneme:** A phoneme is a sound in a language. In English, there are around 44 sounds or phonemes that make up our spoken language. We use these sounds when we speak.
- **Grapheme:** A grapheme is the letter or combination of letters that represent phonemes, or sounds. Some graphemes are single letters, like <t> or <p>, but some are combinations of more than one letter, like <sh> or <igh>.
- **Consonant digraph:** A consonant digraph is a group of 2 consonants that combine to represent one sound. For example, the word cash has the digraph <sh>. The letters <s> and <h> are combined to make one sound.
- **Consonant blend:** A consonant blend is a group of consonants where each consonant keeps its sound. For example, the word slip has the blend made of /s/ /l/. Blends can have more than 2 sounds (spring), and can be found at the beginning and end of words (clap, west).
- **Consonant and vowel notation:** As students are learning to read, we carefully sequence the types of words students practice reading. Sometimes you will see educators use C and V to describe word patterns. This notation is used to show how many sounds are in a word, and what types of sounds are in a word:
  - o **CV:** consonant-vowel, like me
  - o **VC:** vowel-consonant, like at
  - o **CVC:** consonant-vowel-consonant, like sit
  - o **CCVC:** consonant-consonant-vowel-consonant, like slip
  - o **CVCC:** consonant-vowel-consonant-consonant, like west



### Holy Cross Corner

It's been a busy but exciting start to the school year here at Holy Cross. Our varsity girls' flag football team and our junior boys' volleyball teams both enjoyed undefeated regular seasons. Our Robo-Raiders robotics team competed in their first tournament of the year, our Cooking Club had over 60 students join while grade 12 Aven McCarthy took her artistic talents to Poland as part of an international exhibition.

We also welcomed our grade 8's and future Raiders to the school to participate in our Pilgrimage walk for Haiti while also preparing our graduating class to apply to post-secondary opportunities starting in November. All in all, something for everyone at Holy Cross, aka *A Place Where Everyone Belongs*.

### Progress Reports

Progress Reports will be available on the Maplewood Parent Portal during the week of November 11th. The website is <https://niagaracatholic.ca/reportcards>. Progress Reports will also be printed and sent home with students. This report will focus on how your child is progressing in the various subject areas and learning skills. Please review the information on the report card with your child. Parent-Teacher Conferences will take place on November 21st from 4:00pm to 7:00pm. More information about booking a time to speak to your child's teacher will be sent to families.

### Cross Country

Our Canadian Martyrs Cross Country team was well represented at the meet at Burgoyne Woods on October 15th, having 43 runners participating. Special congratulations go out to Alana, Talia, Kyle G, Rylee, Nazret, Hayden, Madison, Abigail, Abby T, J.J., Genesis and Kyle who all finished in the top 10 of their respective races. These 12 runners then qualified for the NCAA board meet at Fireman's Park in Niagara Falls on October 22, where Alana, Hayden, Genesis and J.J all finished in the top 10 in their races. Congratulations goes to all of the runners who put in countless hours training.



### Cold Weather



Cold weather is on its way! Please ensure that your child comes to school prepared to participate in all activities, especially outdoor recess. All children need

hats, scarves, gloves, warm coats and boots, labeled with their names.

On extremely cold days, we limit the amount of time that students spend outdoors. We obtain our weather information from the Environment Canada Weather Information Line and follow Board guidelines.

### Dental Screening

Niagara Region Public Health Dental Program will be offering [dental screening](#) to grades JK, SK, 2, 4 and 7 on November 14<sup>th</sup> and 15<sup>th</sup>.

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](#).

### **#Project Plaid**

HOW IT BEGAN: #ProjectPlaid launched in 2019 after the tragic loss of Amelia Durocher to suicide. Taking quick action, with a resolve not to let this happen to other kids and families, Amelia's mom Shanta created #ProjectPlaid. It not only helped her cope, it quickly became a connection for those who were struggling and it has now become a mental health movement. Wear plaid on Thursday, November 28th to show support for #ProjectPlaid.



THE MOVEMENT— Plaid Friday, will be celebrated in Niagara Catholic schools on Thursday, November 28, 2024. On Thursday, November 28, we encourage you to:

- 1) Wear PLAID
- 2) TALK & SHARE about Mental Health, In-Person, Text/Email, or on Social.
- 3) DONATE to the campaign by ordering popcorn on School Cash Online. All proceeds will go to Project Plaid. More details to follow.

This year's campaign will stretch far and wide across Niagara, JOIN US! THE GOAL: To increase the conversation around mental health, combat suicide, reduce stigma, and raise funds to support mental health programs at Pathstone.

FOLLOW, LIKE, TAG & HASHTAG THE CAMPAIGN:

- Facebook: @PathstoneMentalHealth
- Twitter: @PathstoneMH
- Instagram: @Pathstonemh\_niagara

## **Canadian Martyrs Parent/Guardian Engagement Survey**

Your Canadian Martyrs Catholic School Council wants to hear from you!

We are looking to host a Parent/Guardian Engagement Event in the spring and we want to know what interests you.

Please take a moment to complete a brief, 2 question survey to let us know your topic preferences for the event and the nights of the week that work best for you. Your responses are completely anonymous.

The Canadian Martyrs Catholic School Council will review the results of the survey and begin planning for the spring. This survey closes on Friday, November 8th at noon.

Please copy and paste the link below into your browser to complete the survey:

<https://forms.gle/3K5mWSReh4eYqTr49>



Having disagreements with peers is a normal developmental task of childhood; bullying, while it may be a common childhood experience, should not be tolerated. Trying to discern between the two may be difficult as a parent. It may be helpful to assess if the action is **RIP: Repeated, Intentional, and involves a Power Imbalance**.

## BULLYING

### **R** EPEATED

The action of the bully is generally a repeated action, occurring time after time.

### **I** NTENTIONAL

The target does not knowingly provoke the bully and, as such, the bully is intentional with their behavior/actions.

### **P** OWER IMBALANCE

In bullying situations, there is a real or perceived power imbalance between the two parties. This imbalance can be physical strength, access to information, or even popularity.

## PEER CONFLICT

Peer conflicts differ from bullying situations in the following ways:

- The children involved are of equal power or are friends.
- The conflict that occurs is occasional or often accidental.
- There is an equal emotional reaction to the conflict in both children and power or control is not being sought.

**Peer conflict can be a good thing** for children to experience – helping them to learn how to resolve conflict, how to give and take, how to come to an agreement, and how to problem solve. Developing conflict resolution skills in children can teach how to listen to and work with others.