



NOVEMBER 2024

Called by Name: "Come, Follow Me"



REMEMBRANCE DAY
Left We Forget

Dear Saints Families:

November, the month we Remember! November 11th holds a special spiritual significance as it is believed to be the number of spiritual awakenings and powerful new beginnings.

This is especially important to note, as November 11th marks a new beginning for the world. At 11 a.m., on the 11th day of November, 1918 a call for armistice (suspension of fighting) was made in order to secure a peace settlement. The moment when hostilities ceased, it became universally associated with the Remembrance of those who sacrificed their lives for our peace and freedom as we now know it.

As a St. Elizabeth family, we value a society of peace and justice. Everyone experiences difficulties, and as Christians we are not exempt. So it is our long-term goal to continue to instill human value and moral principles in our students. As in the words Our Lord Jesus Christ gave us, "*Peace I leave you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*" (John 14:27). The poppy is a symbol of the ultimate sacrifice made so that we may enjoy the peace and freedoms in Canada. Your children will be taught the reverence and significance of wearing a poppy, and the importance of Remembrance Day to demonstrate a united support for peace! We continue to sing every day of a Canada that is "glorious and free."

Yours in Catholic Education,
Mrs. J. Mangiacasale, Principal



"Come, follow me!" These words of Jesus are an invitation for each and every one of us. How can each of us better follow Jesus right where we are today? How can we become missionaries encouraging each other to look up from the table, let go of our sins and see the finger of Jesus pointing at each of us personally beckoning us to hear the command call?: "Come, follow me!"

IN FLANDERS FIELDS

In Flanders Fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The Larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
loved and were loved, and now we lie

In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die

We shall not sleep, though poppies grow
In Flanders Fields.



REMEMBRANCE DAY

We will hold a **Remembrance Day liturgy on Friday, November 10th @ 10:00 am** to 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 peace-keepers our appreciation and gratitude. On behalf of the Royal Canadian Legion, poppies will be given to all students. Donations will be allocated to the veterans.

TREATY RECOGNITION WEEK



In responding to the Truth & Reconciliation Calls to Action, beginning in 2016, the Ontario government has designated *the first full week of November as Treaty Recognition Week*. This year, Treaty Recognition Week falls within the week of **November 5th to 11th**. Treaty Recognition Week is a time to recognize the importance of treaties as legal documents shared between sovereign nations. It is important to note that Treaties are not something from the past. They continue to play an important part in all our lives today. Each morning, Niagara Catholic reads the Land Acknowledgement in all our schools. Within that Land Acknowledgement there is reference to the Dish With One Spoon wampum agreement, and the Upper Canada Treaties. Information about treaties can be found on the Government of Ontario website at [Treaties Recognition Week | ontario.ca](https://www.ontario.ca/treaties). **November 7th** is International Inuit Day to celebrate the culture and lives of circumpolar peoples. **November 8th** is recognized as National Aboriginal Veterans Day. Indigenous people from Turtle Island have assisted on the frontline of every major battle Canada has been involved in dating back more than 200 years; including the War of 1812. It is estimated that 12,000 First Nations, Métis and Inuit men and women served as part of Canada's military in World Wars I & II as well as the Korean War. This is a day to acknowledge the contribution of all the brave men and women who served to keep Canada and the world a safe place for us to enjoy today.



St. Elizabeth NEWS



PROGRESS REPORTS

Progress Reports will be available in the Parent Portal during **the week of Monday, November 11th**. 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 Interview Evening will be held on _____ day, November _____**. An Interview Request Form will be sent home for you to complete. Another form will be sent from your child's teacher to confirm the date and time of the interview.

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 should have 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. With the exception of these occasions, it is our expectation that all children go out for recess.



PROJECT PLAID

Pathstone Mental Health has invited Niagara Catholic schools to participate in the #ProjectPlaid campaign in schools on Thursday, November 28th. The goal is to increase the conversation around mental health, reduce stigma, and raise funds to support mental health programs at Pathstone. This day we encourage you to **1) Wear PLAID, 2) TALK & SHARE about Mental Health, 3) DONATE to the campaign**. For more information, purchase swag or to donate please visit: [Pathstone Foundation Shop | Shop](#)

INTERMEDIATE BOYS & GIRLS SOCCER NEWS

Congratulations to both intermediate girls and boys soccer teams. The boys came in 1st in an exciting championship match against St Theresa. The girls advanced to the semi finals which ended in a nail biting shootout. Peyton G. was unstoppable in net! Emma S. scored the winning goal pushing the team into the championship game. The girls played another tight game with no subs, making it to game 5 which resulted in a win of 2nd place!

Congratulations to both teams, what an awesome accomplishment for St. Elizabeth!!
Go Saints!!

Special thanks to Coach Habjan!



CATHOLIC SCHOOL COUNCIL NEWS



All parents/guardians are invited and encouraged to attend our CSC meetings. The next meeting is on **Tuesday, November 5th at 6:00 p.m.** This meeting will be held virtually. If you are interested in attending the meeting, please email Mrs.Mangiacasale (julie.Mangiacasale@ncdsb.com) so she can add you to the parent council email list.

Agency Highlight: Community Living Port Colborne Wainfleet

Website: portcolbornecommunityliving.com

What they do:

CLPCW offers advocacy, support programs and services for individuals with intellectual or developmental disabilities and their families living in Port Colborne and Wainfleet. Programs include residential services for adults, family and youth support including after school programs and tween/teen groups and partnerships with local schools. Check out the agency's website for more information on how to become involved.



FOOD DRIVE - THANK YOU!!



A great **BIG THANK YOU** to all the families of St. Elizabeth School for their support with our Fall Food Drive. As always, Port Cares representatives were thankful for our generous collection of food and toiletries. This donation will help restock their shelves, so they can continue to help those



SPORTS NEWS

Congratulations to the cross country team. Many students placed in the top 10 at the family of schools meet which qualified them to move forward to the Board cross country meet at Firemans park in Niagara Falls. All students did an amazing job!

Way to go St. Elizabeth Saints!

Thank you Coach Habjan for all your hard work!!

Our Saints volleyball teams will play in their first tournament this month at Lakeshore Catholic High School. The girls team plays on Nov. 9th, and the boys team plays on Nov. 10th. Good luck to both teams!! Go Saints!!!

GATOR CORNER

Attention Future Gators!! Lakeshore will be having an **Open House on Thursday, November 21st.** Stay tuned for more information. Stay up-to-date with everything Lakeshore Catholic High School has to offer by visiting



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/ // . 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:
 - **CV:** consonant-vowel, like me
 - **VC:** vowel-consonant, like at
 - **CVC:** consonant-vowel-consonant, like sit
 - **CCVC:** consonant-consonant-vowel-consonant, like slip
 - **CVCC:** consonant-vowel-consonant-consonant, like west

For more, check out ONlit's [glossary for parents and caregivers](#) .

DRESS CODE & SPIRITWEAR

In keeping with the Niagara Catholic District School Board Dress Code Policy, we ask that all parents please review the flyer below. Students are required to abide by the Dress Code policy and select items of clothing that meet the standard requirements. Other than the navy blue and white, students are welcome to also wear school spiritwear, which can be purchased through Big Bear Spiritwear. Hoodies and sweaters must also be navy blue, white or school spiritwear. The link to the spiritwear provider is included below. Thank you for your cooperation in this matter. [Big Bear Spiritwear Ordering Link](#).



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.

Nurturing **Souls** & Building **Minds**

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

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.



Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

 niagararegion.ca/parents
 905-684-7555
or 1-888-505-6074 ext. 7555

 parents@niagararegion.ca

 Niagara Parents

 [niagaraparents](#)