



Alexander Kuska K.S.G. Catholic School

Alexander Kuska K.S.G. Catholic Elementary School
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C. Moscato - Principal F. Wood - Vice Principal
K. Kinney - Superintendent of Schools



Alexander Kuska K.S.G. Catholic School Mission Statement

As a community of faith, the mission of Alexander Kuska Catholic Elementary School is to work in partnership with the home and the parish to provide a Christ-centered learning environment which allows students to grow spiritually, to strive for academic excellence and to become responsible citizens with a love of learning.

NOVEMBER 2024

Prayer for November

Father, this month has several moments for us to pause and remember those who have gone ahead of us, who left behind a legacy of faith or of fighting for our freedom. Thank you for their bravery and for giving them the strength to endure hardship and persevere through trials. Help us to learn from their example and to look to You as our source of strength. Give us courage to shine brightly for You in the darkness of our world. In Jesus' name we pray, Amen.

Follow us on Social Media



@kuskaknights

"I have even called you by your name" (Isaiah 45:4)

Do you feel left out sometimes? Lonely or sad? That's ok, because God is always with you and He knows exactly what you are going through. No matter what challenges you face, or seemingly impossible situations you get into; God will never leave you. He will make everything good for you and you can soak in His divine light. God calls each one of you by name. Jesus knows you by name! What a privilege! And what a comfort to those of us who place our faith in Christ! God loves us more than we can imagine. He has sworn never to let us go. Do you hear Him calling you?

~~~ Niagara Catholic District School Board Mission Statement ~~~

We are a Christ-centered Catholic community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.



NOVEMBER 2024



HAPPENINGS

Progress Reports

Progress Reports will be available on **November 14th** in the Niagara Catholic Parent Portal.

This Progress Report will focus on the student's general progress towards the achievement of curriculum expectations, as well as on their skills in terms of responsibility, organization, independent work, collaboration, initiative and self-regulation.

Conferences will be held on **Thursday, November 21, 2024**. Our online scheduling system will open on **November 4th** to allow you to book an appointment to meet with your child(ren)'s teacher(s).

Parents will need to create an account at: <https://alexk.schoolappointments.com/> in order to make an appointment.

Once logged in, you will be able to add your child(ren) and schedule a 10 minute block of time that best suits your schedule.

Sacrament News

First Communion Rite Mass

Sunday, November 10th
10:00 am at St. Kevin's

Confirmation Parent's Meeting

Tuesday, November 12th
6:30 pm at St. Kevin's

Confirmation Rite Mass

Sunday, November 24th
10:00 am at St. Kevin's

St. Kevin's Mass Times

Saturday - 5:00 pm

Sunday - 8:30am, 10:00am, 11:30am



Daniel answered and said, "Blessed be the name of God forever and ever, to whom belong wisdom and might. He changes times and seasons; He removes kings and sets up kings; He gives wisdom to the wise and knowledge to those who have understanding; He reveals deep and hidden things; He knows what is in the darkness, and the light dwells with Him."

- Daniel 2: 20-22 -



NOVEMBER 2024



HAPPENINGS

Bullying Awareness & Prevention Week



November 18 - 22 is Bullying Awareness & Prevention week. This week focuses on the need for kindness and empathy to break down barriers and brighten the lives of those around us. Throughout this week, students will hear messages that focus on youth involvement and the key role that each child can play in challenging potential bystanders to speak up and not accept unkind behavior.

#ProjectPlaid - Mental Health Awareness

Pathstone's Mental Health campaign known as #ProjectPlaid began in 2019 to encourage open conversations about mental health and the importance of asking for help.



Students are invited to wear plaid on **Thursday, November 28** to promote awareness of mental health supports.

Remembrance Day

On Monday, November 11th, students will commemorate Remembrance Day with a school liturgy.

JK - 3 / 4 - 9:30 - 10:30

Gr. 4 / 5 - 8 - 12:15 - 1:15

We thank Mme Volante and her Grade 8 class for organizing these liturgies for our school community.

Students who participate in Cadets, Girl Guides or other Scouts Canada groups are invited to wear their uniforms as we commemorate this special day. We ask all other students to remain in proper dress code.



Advent Confessions

As we begin to prepare for the season of Advent, students in Grades 3-8 will have the opportunity to practice Confession on

Tuesday, November 26.



Treaties Recognition Week

In responding to the Truth & Reconciliation Calls to Action, beginning in 2016, the Ontario government designated the first full week of November as Treaties Recognition Week. Treaties Recognition Week is a time to recognize the importance of treaties as legal documents that are shared between sovereign nations. While we typically think of treaties as land claims between the Canadian government and Indigenous people, or between countries as a way of establishing peace, 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.



Treaties are not a thing of the past. Even today, there are ongoing treaties in the Niagara Region and Niagara Peninsula that impact our staff and students who are of Indigenous heritage.

Eco-Schools

Tip of the Month!

Give plastic containers a second life! Before tossing yogurt tubs, takeout boxes, or jars consider using them for storage or organizing small items. It's a simple way to reduce waste and keep things tidy at home.



Specialty Lunch Days



Wednesday, November 6



Wednesday, November 13



Wednesday, November 20

Catholic School Council Meeting

Our next Catholic School Council meeting will take place on Monday, November 4th at 6:00 pm. These meetings are open to any Kuska parent who would like to hear about school news or would like to help plan for future events and improvements.

Dress for the Weather

With the season of Fall upon us and Winter fast approaching, families are reminded to ensure their child(ren) are dressed for the colder days. Indoor shoes are also needed at this time of year to keep our school as clean as can be. To avoid a mid-day interruption at work, it is also a good idea to send in a spare set of clothes (including socks) in case of a mishap.



Reminders

- Picture Retake Day is Monday, November 18th
- There will be a P.A. Day on Friday, November 29th. There will be no school for students on this day.



NOVEMBER 2024



COMING SOON

Food Drive

Girard's NoFrills will be hosting their 3rd annual food and toy drive in the month of December.



In support of this drive, Santa and the Coca-Cola Christmas Truck will be at Girard's NoFrills (390 Lincoln St. E, Welland) on **December 4th** from **5:30pm - 7:30pm.**

Bring a non-perishable food item and come see Santa!



Kuska Christmas Musical

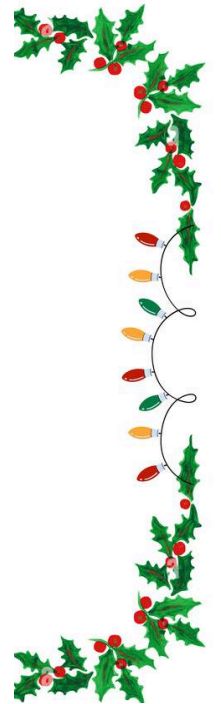
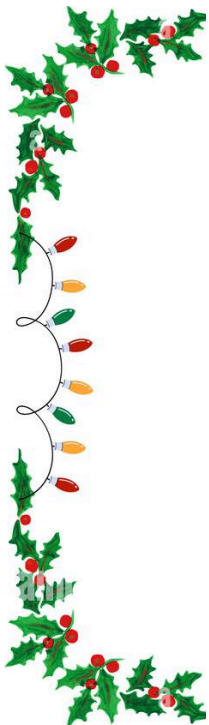
Save the Date!

December 17 @ 12 pm

December 18 @ 10 am

and 6 pm

**The Drowsy Shepherd
Christmas Musical**



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.



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

Niagara Region

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