

# NOVEMBER 2024

## We are called by name to grow with God!


*November's Reflection: 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 war, 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?*

A heartfelt thank you to all of our families for their ongoing support. As a school community - home, school and parish - we nurture a positive mindset; students see change as a chance to do things differently, resulting in problem solving at its best. We show gratitude for our many blessings, we openly work through our disappointments and frustrations, and take every opportunity to celebrate the success of our students.

Families can also 'see' and take the opportunity to acknowledge student achievement through our virtual classrooms (NCVLE). Our virtual classrooms not only provide you with the ability to share in students' successes, they also allow parents to reinforce and support learning that has occurred.

When we look back and review our October days, the blessings were many. Your donations to the Holy Childhood Campaign - totalling \$120 dollars - is just one more example of our faith in action. Through our Catholic graduate expectations, our students are called and challenged to be believers, collaborative contributors and responsible citizens. Thank you for being role models for your children and our students!

There are so very many moments that occur throughout each day, that the staff and students take great pride in. Moments that make us smile, laugh, that celebrate our learning, our 'turn around' after a mistake is made, and most importantly that demonstrate who we are as St. Joseph Protectors. To share these moments in 'real time' Please follow us on  @stjosephprotectors

Once again, thank you for your continued partnership, for reaching out and for your support! *Mrs. S. Walsh ~ Principal*

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### Remembrance Day Prayer

Ever-living God, we remember those whom you have gathered from the storm of war into the peace of Your presence; may that same peace calm our fears, bring justice to all peoples and establish harmony among the nations through Jesus Christ our Lord. Amen.



# St. Joseph NEWS

*We are proud to be a part of the Lakeshore Catholic and St. Michael Family of Schools.*



## REMEMBRANCE LITURGY

St. Joseph school community will take part in a **Remembrance Day liturgy** on **Monday, November 11th at 10:45 am** led by our grade 1/2 class. We will remember the sacrifice of local Canadian soldiers during times of war. Students will be given a poppy, to show their gratitude and support.



## Cross Country

CONGRATULATIONS to **Samantha, Julia, Brayden McKenna, Juliana C, Ellis, Emmett, Molly, Pandora, Ethan M, Nicole, Emily R, Connor, Logan W, and Emeline** for earning the opportunity to represent St. Joseph CES at Niagara Catholic's Cross Country Board Meet. It was a beautiful day at Fireman's Park and we are extremely proud of all our athletes! Thank you to our families for helping with transportation!

## FOOD DAYS!

A friendly reminder, we do not have disposable cutlery. For food days (ie. Tuck shop pudding, mac and cheese day) that require a spoon or a fork, please remember to add cutlery to your child's lunch. Cutlery that stays in your child's lunch is a great idea!

## DRESSING FOR THE 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**. For rainy fall weather, students must wear outdoor shoes - rain boots /boots are ideal as students will be going outside as much as possible for fresh air. Puddles and a little mud will not deter us from going outside.

A reminder that indoors, students are required to wear standardized dress code items: navy or white collared shirts; navy pants and **navy/white sweaters**. **Coloured sweaters may be worn outdoors only.**

## PROGRESS REPORTS



Progress Reports will be available on the Maplewood Parent Portal the week of **November 11th (PM)**. Instructions on how to access, will be sent closer to the date. As well, parent teacher conferences will be scheduled for **Wednesday, November 20, 2024** from 4pm to 7pm. If you are unavailable to meet at that time, an alternate day/time will be booked.

## BULLYING AWARENESS & PREVENTION WEEK

**November 18 - 22, 2024** – is Bullying Awareness and Prevention Week (BAPW). During this week, students, school staff and parents/guardians are encouraged to learn more about bullying and its effect on student learning and well-being. Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Kindness has never been more important than right now. It's a time where kindness can break down barriers and brighten the lives of those around us!

## #PROJECTPLAID

Pathstone Mental Health has invited Niagara Catholic schools to participate in the **#ProjectPlaid** campaign on **November 28, 2024**. **#ProjectPlaid** launched in 2019 to increase the conversation around mental health, ultimately reducing stigma, and raise funds to support mental health programs at Pathstone.

This year, Plaid shirt day is on **Thursday, November 28, 2024**. Join the **#ProjectPlaid** movement at your school in any or all of the following ways:

1. Talk about Mental Health
2. Donate to the Campaign
3. Wear plaid on **November 28, 2024**





## Special Education Advisory Committee

Niagara Catholic's Special Education Advisory Committee (SEAC) is a group of representatives from community organizations, school board trustees and school board staff. The role of the SEAC is to collaborate on school board policies and programs related to special education. SEAC advocates on behalf of students with special education needs and their families. SEAC meets monthly. More information on how to join the livestream meeting can be found on the Niagara Catholic website. Over the next several months, a community agency represented on SEAC will be highlighted in the school newsletter and in The Chronicle. Stay tuned to be informed!

**Agency Highlight:** Down Syndrome Niagara

**Website:** <https://downsyndromeniagara.ca/>

**What they do:**

DSN raises awareness about the lives and experiences of individuals with Down syndrome. We offer many resources to families and host special events throughout the year and a lot of ways for the community to get involved including:

- Down Syndrome Niagara Annual Trivia Night
- Down Syndrome Niagara Annual Friendship Walk
- Down Syndrome Niagara Summer Picnic
- Down Syndrome Niagara Halloween Dance
- Down Syndrome Niagara Christmas Party
- DSN General Meetings
- Plasma Car Race - Team DSN
- World Down Syndrome Day: March 21
- Canadian World Down Syndrome Week: October 20 – 26, 2024



**Agency Highlight:** Community Living Port Colborne Wainfleet

**Website:** [portcolbornecommunityliving.com](http://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.



Thanks for a great FUTURE GATOR DAY!!! (held on October 8/24)

*Some quotes from students:*

*"It was really great; everything was clear and vivid. It was as if I were looking straight at my future."*

*"My experience at Lakeshore Catholic on Future Gator Day was very warm and welcoming. I loved what the school had to offer and I had a great time...Color WARS rocked"!*

## OPEN HOUSE February 13, 2025

If you have any additional questions, please contact our Student Services Department 905.834.2451 ext. 2307 or via email: [pina.griepsma@ncdsb.com](mailto:pina.griepsma@ncdsb.com) or [joanne.capretta@ncdsb.com](mailto:joanne.capretta@ncdsb.com)

## THANK YOU TSN!

A very special thank you to **TECH SERVICES NIAGARA** for their most generous donation to our school. They donated boxes and boxes of school and office supplies. Their kindness is a true gift to our school.

For any printing needs and promotional items, contact TSN!

## Public Health Dental Program

Niagara Region Public Health Dental Program will be offering [dental screening](#) to grades **JK, SK, 2, 4 and 7 on December 9, 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](#).



## From Public Health

### 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.

niagara 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:  
niagaregion.ca/parents  
905-694-7555  
or 1-888-505-6074 ext. 7555

parents@niagaregion.ca  
niagara parents  
niagaraparents

Niagara Region

### PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON



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

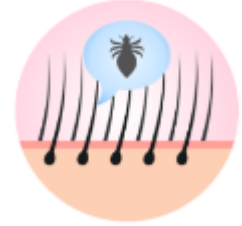
While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

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](#).

### 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](http://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!](#)