

St Augustine



Phone: 905 734 4659

February 2025

“We are proud to be part of the Notre Dame Catholic Family of Schools”

Principal: Mr. Paul Moccia

Superintendent: Mrs. Kim Kinney

PRINCIPAL’S MESSAGE

Liturgy of the Eucharist: The Last Supper

Jesus and his disciples ate a Passover meal together before His passion and death. The accounts of this meal, known as the Last Supper, provide the words and actions of Christ, when he instituted the Eucharist

offering His Body and Blood under the species of bread and wine. When Jesus offered this Gift to His Apostles to eat and drink, he also commanded them to “do this in memory of me.” Throughout the month of February, we will reflect on the words and actions of Jesus at the

Last Supper and His call to the Apostles, and in turn each one of us, to remember Him and His sacrifice every time we receive the Eucharist.

As the Principal of St. Augustine Catholic Elementary School perhaps what I am most proud of is our daily commitment to gospel values. Whether it is a moment when I see a student supporting a friend, or the many social justice and eco initiatives that we complete with such generous results, I am continuously filled with wonder and awe that Christ is alive and well in the hands, feet, actions, and hearts of the entire St. Augustine Catholic School Community. We are so blessed that we get to profess our faith and turn that faith into action that reflects in assisting so many people near and far that need our help. Our students and staff hear that call and respond with kind and generous hearts every time. We are so fortunate to have these gifts as part of our daily ministry to Catholic Education. Please accept my most sincere thanks and appreciation for your on-going support, advocacy and love of your children.

SAVING OUR EATH ONE NEWSLETTER AT TIME

Accessing Our Online School Newsletter and Calendar from the NCDSB website: www.niagaracatholic.ca

Click on:

**SCHOOLS
ELEMENTARY
ST AUGUSTINE
NEWSLETTER**

CATHOLIC SCHOOL COUNCIL MEETING

The next Catholic School Council meeting will be held on **TUESDAY, APRIL 15TH, at 3:30 p.m. in the library.** All parent(s), guardian(s) are welcome to attend

ST AUGUSTINE BOOK FAIR – FEB 10TH – 13

St. Augustine will be holding a book fair, Feb 10-13. Specific details closer to the date will be communicated.

SAFE ARRIVAL PROCEDURES

IF YOUR CHILD IS GOING TO BE ABSENT FROM SCHOOL FOR ANY REASON THE ABSENCE MUST BE REPORTED BY CALLING **1 844 287 6287** OR BY PHONE APP OR BY VISITING <https://go.schoolmessenger.ca>

We must account for every child. Please make every effort to remember to contact the school via one of the above methods when your child is absent. The phone line and web site are available 24 hours a day, 7 days a week.

INDIVIDUAL EDUCATION PLANS (IEPs) – Parent Involvement

IEPs are sent home at each reporting period. If your child has an Individual Education Plan, you can expect the Term 2 IEP to accompany the Term 1 Report Card that will be coming home in February. The Term 2 IEP is currently in the development stages. You are welcome to arrange a time to meet with your child's teacher to discuss their goals and learning expectations for the upcoming term.

IEP development is a collaborative process. Educational priorities that families feel are important to their child's learning experience are integral to the Individual Education Plan.

The parent's role in the IEP process is as follows:

- collaborate in the IEP process;
- advocate for their child's best interest;
- provide up-to-date medical information about their child;
- provide important information about their child's likes, dislikes, learning styles, interests, and reactions to situations, and about the talents and skills their child demonstrates in the home and community;
- reinforce and extend the educational efforts of the teacher by providing opportunities to practice and maintain skills in the home;
- provide feedback on the transfer of skills to the home and community environments; and
- maintain open communications with the school.

We look forward to working in collaboration with you through this IEP process.

If you have any specific questions, please ask your child's classroom teacher or Mrs. Ricci Perrotta, school Educational Resource Teacher.

ARRIVAL AND DISMISSAL ROUTINES

Please take note that all students who arrive at school after the 8:35 am bell are considered late and must report to the office to receive a late slip.

IMPORTANT!!!

Parents, it is imperative that you make "end of the day" arrangements prior to your child coming to school. We cannot guarantee that we are able to relay messages to your child. Should it be an emergency situation, we will do our best to relay the message.

PROVINCIAL REPORT CARDS PARENT/TEACHER INTERVIEWS

First Term report cards will be available via the parent portal the week of **February 10**. Once posted, I will let all of you know. If you have any questions or concerns, please do not hesitate to contact your child's teacher. If you would like to meet with your child's teacher, please call the school and set up an appointment. Parents and teachers are encouraged to communicate regularly, concerns should be addressed as they arise.

PUBLIC HEALTH CONNECTION

Mindful parenting, mindful kids Mindfulness involves being fully present and accepting of our moment-to-moment experiences, without becoming lost in thought about the past or future. Life as a parent is busy and as a result it's easy to operate on auto pilot. Being a mindful parent means taking the time to enjoy the everyday moments with your children. As parents, mindfulness is especially important because it allows you to **role model** mindfulness practice, allowing your entire family to reap the benefits.

Some examples of daily mindfulness activities you can do with your children include:

- 1) Going for a walk and giving everyone the task of finding 5 things that they hear, see or feel/touch during the walk and reporting back to the family upon return
- 2) Spending time unplugged and together as a family. Take turns sharing stories about your day and listen to each with kind attention.

Practicing daily mindfulness activities prepares you to respond thoughtfully to situations rather than react to them. For example, if your child is showing signs of anger, rather than reacting with discipline, take the time to think about why they are upset. Connecting in this way, with compassion can help defuse the situation.

Dan Siegel, best-selling author of several parenting books, co-director of the UCLA Mindful Awareness Research Center and executive director of the Mindsight Institute, offers a wonderful description of what it means to be a mindful parent in this short video clip:

<https://www.youtube.com/watch?v=FXrJEnlboM> Being a more attentive, mindful parent can help you feel more confident and content within your family!

ECO SCHOOL NEWS

Pack a Waste-Free Lunch on Wednesdays

A waste-free lunch means that you have no packaging to throw away when you're done - nothing other than apple cores, banana and orange peels, peach or cherry pits. The best way to reduce garbage is to not create it.

Five Simple Ways to Pack a Waste-Free Lunch

YES	NO
REUSABLE carrier (cloth bag, lunchbox)	NO throw-away bags
REUSABLE containers	NO plastic wrap, foil or styrofoam
THERMOS for drinks	NO single-use cartons or cans
CLOTH NAPKIN to wash and re-use	NO paper napkins
SILVERWARE to wash and re-use	NO plastic forks and spoons

ALUMINUM FOIL	More than 20 million Hershey's kisses are wrapped with 133 square miles of foil every day
ALUMINUM AND TIN CANS	In the time it takes you to read this sentence, more than 50,000 12-oz. aluminum cans were made
BANANA AND ORANGE PEELS	Food debris in a landfill decompose only 25% in the first 15 years (try composting or vermiculture!)
JUICE BOXES	Most inorganic trash retains its weight, volume, and form for at least four decades
PAPER BAGS AND NAPKINS	It is estimated that 17 trees are cut down for every ton of non-recycled paper
PLASTIC BOTTLES, FORKS, WRAP	U.S. citizens discard 2-1/2 million plastic bottles EVERY HOUR
STYROFOAM	U.S. citizens throw away 25 billion styrofoam cups EVERY YEAR

Try not to throw anything away! See if you can reduce the garbage during snack and lunch!

So make February and every month a WASTE-FREE LUNCH MONTH!

Thank you in advance for your participation in the Waste-Free Lunch Program.

DRESSING FOR WINTER WEATHER

With the arrival of February's chilly winds, parents are reminded to send their children to school dressed for the weather – hats, mittens, scarves, boots, heavy coats and snow pants are absolutely needed for the blustery winter days. Extra pairs of socks and pants tucked into backpacks also come in handy! Please ensure that your child has a pair of indoor shoes or slippers to wear inside the school.

UPCOMING PA DAY

There will be an upcoming PA Day, on **Friday, February 14**. Thus there will be no school for students on this day.

SCHOOL CASH ONLINE PAYMENTS

With school cash online, parents have the convenient and secure option of paying for school items online, 24/7. To access online payments, please register at <https://ncdsb.schoolcashionline.com> it takes less than 5 minutes. Registered parents can see their payment history, print receipts, and receive email notifications whenever new student fees are posted.

Step 1: Go to this

website <https://ncdsb.schoolcashionline.com>

Step 2: Register by selecting the "Get started Now" and following the steps

Step 3: After you receive the confirmation email, please select the "click here" option, sign in and add each of

your children to your household account

SNOWBALLS

Our school requests your support to prevent unnecessary injuries that result from the throwing of snow by students in the yard. Snow throwing/kicking in any form is not permitted. We ask for your support in reminding and reinforcing this concept with your child/ren.

2025 KIDS HELPING KIDS CAMPAIGN

Niagara Catholic's 27th Annual **Kids Helping Kids** fundraiser will take place from **February 10-21, 2025**.

This year's event will jointly support the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education.

Donations to the **Kids Helping Kids** fundraiser can be made in School Cash Online.

Anyone who wants to support the Foundation with a direct donation will receive a tax receipt for donations of \$20.00 or more. VISA and Mastercard are also accepted by calling the foundation office 905.735.0247 ext. 210. Donations may be made online at www.nfce.org.

DRESS CODE REVIEW

We would like to take this opportunity to thank all St. Augustine Catholic families for their continuous support with the Niagara Catholic's standardized dress code. Listed below are a few dress code reminders:

- Students may wear St. Augustine Spirit Wear
- Navy or white shirts must have a collar and are to be without any **logos**.
- Pants, skirts and shorts (knee length) need to be navy blue.
- Only students in grade three and under are permitted to wear navy track pants or tights.
- Only navy blue or white sweaters may be worn in the classroom. Sweaters must not include any **logos**. Additional dress code information can be found on the Niagara Catholic website under parent and community tab.

ST AUGUSTINE KIDS HELPING KIDS CAMPAIGN FEBRUARY 2025

Monday Feb 10	RED AND PINK DAY (OUT OF DRESS CODE)
Tuesday Feb 11	BOARD GAME/PUZZLES-PM
Wednesday Feb 12	CRAFT DAY
Thursday Feb 13	BRACELET MAKING
Friday Feb 14	P.A. Day: No School

By donating a toonie to the Niagara Children's Centre you can be a part of this exciting week. Thank you for your support.

How to Help Kids Handle Stress

How to Help Kids Handle Stress Here are some ways to build a less stressful home:

- Make sure your child gets exercise and time to play.
- Healthy food can help the body cope with stress more easily.
- Spend time with your children and ask them how they feel.
- Hugs and kisses show kids you love them and make them feel good.
- Bedtime routines help kids relax at the end of the day.
- Sleep is important. A tired child gets stressed more easily.
- Morning routines get the day off to a good start.
- Have fun together. A good laugh helps fight off stress.
- Learn to manage your stress.

**REGISTRATION EARLY LEARNING KINDERGARTEN
PROGRAM FOR SEPTEMBER 2025**

Registration for full day Kindergarten at St Augustine Catholic elementary School has begun and we will continue to take registrations as the year progresses. This is a blended program for 4-5 year olds. No appointment is necessary. Children must be 4 or 5 years old by December 31, 2024. Our next Kindergarten Open House will be on Wednesday, Feb 5th from 9-6pm. More details are forthcoming.

Please bring your child's:

1. Birth Certificate
2. Roman Catholic Baptismal Certificate
3. Proof of Address
4. Custody Documents if applicable.

MARCH BREAK

This year March Break runs from **Monday, March 10th to Friday, March 14th**. Enjoy the time off with your family and friends. The first day back from the March break will be **Monday, March 17**.

**NATIONAL SWEATER DAY
TUESDAY, FEBRUARY 4TH**

Beginning in the early 2000's, National Sweater Day has been a great tool to get people thinking and talking about climate change and energy conservation.

Our planet is getting hotter. We can help by turning down the heat on National Sweater Day. National Sweater Day reminds us that when we wear our sweaters, we can turn the thermostat down and save energy. If an entire nation just turned their thermostats down by 2 degrees, it would be the same as taking over 700,000 cars off the road!

On Tuesday, February 4th, 2025, St. Augustine's School will participate in National Sweater Day. Students are asked to wear a sweater to school that day, instead of a dress code shirt. Normal dress code pants are still required.

Please consider turning down your thermostats at home and wearing sweaters to stay warm not just on February 4th, but for the remainder of the winter.

Thanks for supporting this St. Augustine School Eco Team initiative

