



# **Firebird Free Press**

February 3rd-7th, 2025

## **Week at a Glance**

### **Monday February 3rd:**

- \*Black History Month: Olesen
- \*Primary Chess Team @ 10:50am-11:30am in the resource room-Piro
- \*Intermediate Boys Basketball Team 1 and 2 @ 3pm-4pm -Tham and Redmond

### **Tuesday February 4th:**

- \*Kindergarten Open House from 9am-6pm. Families are welcome to tour the Kindergarten Classrooms
- \*Performance Dance Team Practice @12:50pm in the gym-Mancuso
- \*Intermediate Boys Basketball Team 1 and 2 @ 10-50am-11:30am-Tham and Redmond

### **Wednesday February 5th:**

- \*Junior Chess Club at 12:50pm - 1:30pm (Library)-Reich
- \*Choir Practice @ 12:50pm in Music Portable-Pietrangelo and Olesen
- \*Grade 8 Toronto Trip: Lion King Musical and Toronto Raptors-Tham, Quaranta and Capitano

### **Thursday February 6th:**

- \*Intermediate Chess Club @ 12:50pm - 1:30pm (Library)-Reich
- \*Wasteless Wednesday-ECO Team,. Thompson and DeCicco
- \*National Sweater Day: Students can wear their favourite sweater to school
- \*SNAP Program-Reich

### **Friday February 7th:**

- \*Lights Out Friday: Eco Team, Thompson and DeCicco
- \*Budding Biologists: Grade 1 @ 1:30pm: Mrs. Minervini (Mrs. Sacco)
- \*Bright Lights, Big Science: Grade 4 @ 11:30am: Mrs. Fortino-Carter
- \*Lego Club Friday: 10:50am-11:10am for Grade 1, 2 and 3: Mancuso
- \*Pizza Day

## **Kids Helping Kids Feb 10th-21st**

Our annual Kids Helping Kids Campaign returns February 10th-21st, supporting the vital work of Niagara Children's Centre. This two-week initiative features dress down days and special activities to raise funds for the centre, which enables children and youth with physical, developmental, and communicative challenges to reach their full potential. Students can participate in all campaign events with a minimum donation of \$2, easily processed through School Cash Online. Your support helps create meaningful change in the lives of children in our community. The dress down days are as follows:

**February 10th-** 100th day of school celebration

Kinder-3- dress as if you were 100 years old

Grade 4-8- Showcase 100 of your favourite things with a playful, fashion-forward twist.

**February 11th-** Teacher/Student Swap Day- students and teachers will switch roles! Teachers will dress like students, and students will dress like teachers.

**February 12th-** Game On Jersey Day

**February 13th-** Valentine's Vibes Day- Today we celebrate Valentine's Day and dress in red, pink and white. We will also have our Valentine's Dance today and students will receive their cookie if purchased through School Cash.

**February 18th-** Timeless Trends- A Journey Through Generations- On this fun day, you'll dress up in clothes from different times – like the groovy '70s, the cool '80s, or the funky '90s. It's all about showing how fashion has changed and having fun with it! Whether you're rocking neon colors, big hair, or cool running shoes, come and show off your favourite style from the past!

**February 19th-** Colour Me Crazy- Pick your favourite colour and wear it from head to toe!

**February 20th-** Wild and Wacky Hair Day

**February 21st-** Pyjama Day- A read aloud by Mr. Spagnol and Mrs. Hastings will take place for Kinder to grade 3. We will also have our Cereal Box Domino Challenge!

As a way to give back, during the 2 weeks, we are asking families if they would consider donating 1 box of cereal. The cereal boxes will be donated to Project Share as well as to our school's nutrition program. On Friday, February 21st, we are hoping to line our hallways with all the boxes of cereal to complete the viral Cereal Box Domino Challenge! Please help us to achieve our goal in giving back to our community 😊

## Valentine's Day Cookies

In celebration of Valentine's Day, we're offering a sweet treat for our students! Valentine sprinkle cookies are now available for purchase on School Cash Online for \$2. Cookies will be distributed to students to enjoy on Thursday, February 13th. These cookies are peanut-free and individually wrapped to ensure that they are safe and enjoyable for everyone.

This is a fun way to spread some love and sweetness during the school day!

Thank you for helping make this Valentine's Day extra special!

Happy Valentine's Day! 💕

## Eating Disorders Awareness Week

From February 1st to 7th 2025 join, National Eating Disorder Information Centre (NEDIC) and eating disorder groups nationwide that come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising

awareness of their impact, dispelling harmful stereotypes and myths, and highlighting available support for those living with or affected by these disorders.

Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre “Transform the Narrative” Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

## **Knights of Columbus Free Throw Competition**

The Annual Knights of Columbus Three Throw Competition took place recently and SJHN was well represented.

The following SJHN students placed in the top two of their age group and will be moving on to the next round of the competition.

Lauren T.

Maya G

Joelle A.

Ethan T.

Nate J.

We would like to wish the students the very best of luck in the next round of the competition. Go! Firebirds Go!





## **Nutrition Program Donations**

We are inviting all families that are able to, to please donate any amount to the Nutrition Program we have here at our school. Every dollar you donate will go right into our school program. Even a toonie can help! Our Nutrition Program serves a grab and go breakfast every morning and snack bins in each classroom.

Thank you for help fueling our school.

[www.schoolcashionline.com](http://www.schoolcashionline.com)

## **SJHN Kindergarten Open House**

### **REMINDER:**

**Our Kindergarten Open House will take place at SJHN on Tuesday, February 4th, from 9:00am-6:00 pm.**

**Come for a tour, check out the classroom and see what a typical day in Kindergarten looks like!**

**We encourage you to register online at [niagaracatholic.ca](http://niagaracatholic.ca) and click Register!**

## **Paleotales**

Recently, we welcomed Kara Bartley to SJHN. Kara is an author and the owner of Paleotales. Kara brought her unique presentation to the students of SJHN and her presentation include actual dinosaur fossils. Let's just say that Kara left a lasting impression on our students. We would like to thank Mrs. hunt for organizing this worthwhile presentation.

## Kara Bartley Background

Kara Bartley grew up in Niagara Falls, Ontario. Her love of animals and life long fascination with bones led her into the field of paleontology. In 2002, while excavating fossils in Kansas, the writer in her was unearthed. There, she began penning her first novel, *The Siamese Mummy*.

In 2005, she graduated from the University of Buffalo with a master's degree in Vertebrate Paleontology. From there, she embraced the world of fiction, writing everything from humour, mystery and time travelling adventure to horror.

Kara is the author of *The Siamese Mummy*, *Call of Adhara*, *The Moon in Habock's Mirror*, 34 and *Rise of the Sandshadow*-the second installment in the *Mummy* series.





**chris spagnol**

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