



Our Lady of Fatima Catholic Elementary School

Principal- Mrs. R. Araujo Vice-Principal- Mrs. M. Kish

Proud to be a part of the Blessed Trinity CSS Family of Schools



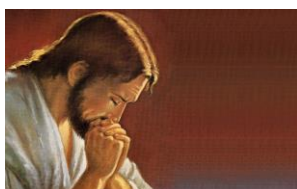
March, 2025 NEWSLETTER

Message from Mrs. Araujo and Mrs. Kish

Happy March everyone! As we prepare for our Lenten journey, we are reminded of the ultimate sacrifice Jesus made for us and the resurrection and rebirth at Easter time. Let God continue to guide us out of the darkness to the light of His love.

Be reminded that Jesus continues to walk with us. He will continue to be there for us in our darkest hour and let us not forget that if needed, He will carry us through these times. All we need is faith in the Lord.

Faith Matters-Called by Name: Come Follow Me



Speakers often ask, “Do you follow me?” to make sure you understand. You can hear someone speaking, but to truly understand them, you have to listen. We often hear the words of Jesus in the Bible, at school, and during Mass. But are we taking the time to really follow what Jesus is saying? Jesus calls each of us to follow Him. Part of following Jesus means listening to His words, understanding His message, and living it out each day. What’s one way you can follow Jesus more closely? How will you start building that habit today?





Shrove Tuesday

On Tuesday, March 4th, Our Lady of Fatima will be celebrating Shrove Tuesday, also known as Pancake Day, as a way to prepare for the start of Lent. Shrove Tuesday is traditionally a time for repentance, forgiveness, and reflection in the Catholic faith, and is marked by the consumption of pancakes made with rich ingredients like eggs, milk, and sugar.

By celebrating Shrove Tuesday, we help students understand the spiritual significance of the Lenten season and encourage them to reflect on their own faith and actions.

MARCH BREAK

Just a reminder that March Break will take place from Monday March 10 until Friday March 14. We look forward to seeing you all back Monday March 17, 2025.

Kids Helping Kids- UPDATE

Thanks to everyone for your donations to Kids Helping Kids. It was a great success and the profits generated will go to a wonderful cause.

To find more about the Niagara Children's Centre, visit their website at <https://niagarachildrenscentre.com/>.



Scholastic Book Fair

Mark your calendars! The fun and excitement of a Scholastic Book Fair is coming to our school! So save the date! Our Scholastic Book Fair will take place on **March 24 - March 27**.

Happy Reading!

BT Corner

Blessed Trinity has reached the halfway point of the year with our students' completing exams and getting ready for the beginning of Semester 2. We also welcome back our new Principal, Mrs. Moscato, who was previously Vice-Principal a few years back.

February also saw the end of some of our Winter sports seasons. Our Jr. Boys Basketball team had a very successful season falling just short of an NCAA championship with a close loss to Denis Morris. Other teams like our wrestling team are continuing with play-offs with hopes of qualifying for SOSSA or even OFSAA championships.

Our BT students also began the course selection process for next year as our Grade 8's were completing the process. By now all grade 8 students attending BT next year will have submitted their course selections and paid their registration fee. Someone from our Student Services Department will be back in the next few weeks with Verification forms so students can confirm their course selections or make any changes.

Please contact Blessed Trinity – Mr. John Cino – 905-945-6706 Ext. 2330 or Mrs. Rose Bianco Ext. 2312, if any Grade 8 parent has any questions.

Niagara Region Public Health School Health Newsletter March 2025

NEW Quit Vaping Program for Youth

The Center for Addiction and Mental Health (CAMH) is excited to launch **Youth-Vaping, Substance use, and Technology (VAST)**. Youth-VAST is a program for youth in Ontario who are using vaping, substances, or feel like technology is taking up too much of their time. This program brings together existing and new resources across CAMH to deliver virtual services directly to youth and their family.

- Program offered for youth ages 12-21 years.
- Appointments are offered virtually for youth all over Ontario
- Youth will be assigned a care coordinator to create a customized treatment plan
- Individuals can self-refer directly into this program, no physician referral required.



To refer, visit [Youth-VAST](#) to book an appointment or email youth.vast@camh.ca for more information.

World Sleep Day – March 14th

Sleep is important for physical and mental health, yet many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.



How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit caringforkids.ca - healthy sleep

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Nutrition Month 2025

March is [Nutrition Month](#)! This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that

healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.

- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit unlockfood.ca for recipes, food allergies, [menu planners](#), and to find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

