



Assumption Catholic Elementary School

March Newsletter



Assumption Catholic Elementary School is proud to be part of the Holy Cross Family of Schools- Go Raiders!



Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting.



Daylight Savings Time begins on Sunday, March 9th, 2025. Don't forget to change your clocks ahead on Saturday March 8th night before you go to bed.

MARCH BREAK

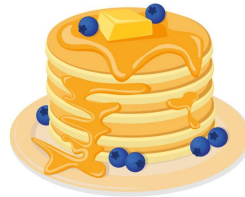
March Break is from March 10th to March 14th. Students return to school on Monday, March 17th. Please remind your students to bring home everything from their lockers including all clothing and footwear. Emergency clothes can stay in lockers.



Hot Lunch



- March 4th—Shrove Tuesday, 2 pancakes per student
- March 6th—Submission Sub
- March 7th— Pie Guys Pizza
- March 20th—Valentino's Pasta
- March 21st—Pie Guys Pizza
- March 28th—Mandarin



**Wear Green for
St. Patrick's Day
Monday March 17th**



Kids Helping Kids Fundraiser!

We held our Annual Kids helping Kids Fundraiser February 10th—13th with fun our of dress code days! Assumption raised \$235.00 to support the Niagara Children's Centre and Niagara Foundation for Catholic Education.

Thank you Thunderhawk Families!





Niagara Region Public Health School Health Newsletter

March 2025

NEW Quit Vaping Program for Youth

The Centre 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](https://www.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](#)