



Mary Ward Catholic School

March 2025

School Information

Principal: Mr. A. Cardamone **Superintendent of Education:** Mr. D. Massi

Parish: Our Lady of the Scapular Church

Pastor: Fr. Gregory Schmidt **Associate Pastor:** Fr. Ronnie Tagnines

Website: <https://schools.niagaracatholic.ca/maryward/>

Location: 2999 Dorchester Road Niagara Falls, ON L2J 2Z9

Phone: 905-354-9221

Principal's Message

Throughout the season of Lent, we reflect on the immense sacrifice of Jesus' death on the cross. These forty days challenge us to deepen our relationship with God, express gratitude for His sacrifices, and prepare to celebrate Jesus' Resurrection on Easter Sunday.

How do we prepare ourselves? We use this time to pray more, fast, and practice almsgiving.

Prayer is a fundamental part of Christian life. In our busy days, it's crucial to find time to pray as a family. Continue to pray with your children as we prepare for Easter and seek peace around the world.

Fasting is another practice we can embrace during Lent. As Pope Francis encourages, let us:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.

- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.

Mr. A. Cardamone
Principal

Monthly Reflection

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?

Our Lady of the Scapular Parish News

Mary Ward Family Mass

Join us for our monthly mass at Our Lady of the Scapular Parish. Each month, two classes and our Faith In Action Team are invited to mass to deepen our faith and strengthen our triad connection - school, parish and home. This month, Mrs. Wojtasik and Mrs. Giorgi's classes and our FIAT team are hosting the mass on Sunday, March 23 , 2025 at 9:30 a.m. A reminder that attending mass is a fundamental aspect of Catholic life and as Catholics, we are asked to attend mass weekly and on holidays.



Our Lady of the Scapular Roman Catholic Church **LENT 2025**

Deepen your experience of Lent by considering these suggestions.



Ash Wednesday

March 5 8:30 a.m. & 7:00 p.m.

Sunday Eucharistic Celebrations

Saturday Vigil 5 p.m.,

Sunday 8:00 a.m., 9:30 a.m. & 11:00 a.m.

Weekday Mass

Monday, Wednesday, Thursday,
Friday, Saturday 9:00 a.m.

Tuesday Evening Mass 7:00 p.m.

New! During Lent - Friday Evening 7:00 p.m.

March 7, 14, 21, 28, April 4 & 11



Stations of the Cross

Fridays in Lent @

9:30 a.m. & 6:30 p.m.

March 7, 14, 21, 28, April 4, 11

Good Friday April 18

@ 7:00 p.m.

Day of Reconciliation & Adoration

in every parish in the diocese

Saturday, April 5
10 a.m.—2 p.m.

at every parish in the diocese a priest will be available to celebrate the sacrament of reconciliation (confession)

Parish Reconciliation Service

Wednesday, April 9 @ 7:00 p.m.

followed by individual confessions



Blessing of Easter Baskets & Food

Saturday April 19 @ 12:00 p.m.



scapular.ca

Confessions

Monday 8:30—8:45 a.m.

Tuesday 6:15-6:45 p.m.

Wednesday 8:30—8:45 a.m.

Thursday 8:30—8:45 a.m.

Friday 8:30—8:45 a.m. (except Good Friday)

Saturday 8:30—8:45 a.m. (except April 19)

Saturday 9:30-10:00 a.m. (except April 19)

Saturday 4:30 to 4:45 p.m. (except April 19)



Holy Thursday April 17 8:30 p.m.—9:30 p.m.

Good Friday April 18 10:00 a.m.—11:00 a.m.

Saturday April 19 9:00 a.m.—10:00 a.m.



Palm Sunday

Saturday April 17 @ 5:00 p.m.

Sunday April 18 @

8:00 a.m., 9:30 a.m. & 11 a.m.

Holy Thursday

Thursday April 17 @ 7:00 p.m.

Good Friday

Friday April 18 @ 3:00 p.m.

Easter Vigil

Saturday April 19 @ 8:00 p.m.



Easter Sunday

Sunday April 20 @

8:00 a.m.

9:30 a.m.

11:00 a.m.

Shrove Tuesday

Shrove Tuesday takes place on March 4, 2025. It is the day before Ash Wednesday, observed in many Christian countries through participating in confession as well as eating pancakes and other sweets.

Thank you to our CSC for organizing this event and to the many parents who have volunteered to assist.

Students will have the opportunity to enjoy pancakes on this day. If you are interested in accessing an ingredient label, please contact the office.



Lenten Food Drive

In the spirit of Lent, and in keeping with one of the pillars of Lent, Almsgiving, the Society of St. Vincent de Paul (SSVP) at Our Lady of the Scapular Parish, is accepting food donations for a Lenten Food Drive. The proceeds of this food drive will be donated to Our Lady of the Scapular Church. From there, these donations will be placed in the Society of St. Vincent de Paul Food Pantry and distributed to those in need. The food drive will run from March 17th thru to April 14th.

We are asking families to donate a variety of breakfast items such as peanut butter/wow butter, nutella, fruit cups, nutrition bars, cereal, cereal bars, canned fruits, oatmeal, fruit snacks, go go squeeze apple snacks, pop tarts, pancake mix, rice, and granola bars. These donations will provide the church with multiple food options for families in need.

Your continued generosity is both valued and appreciated.

World Down Syndrome Day - Rock Your Socks!

World Down Syndrome Day will take place on Friday, March 21st. Mary Ward Catholic Elementary is inviting all staff and students to wear colourful socks to raise awareness about Down Syndrome and how people with Down Syndrome play a vital role in our lives and our school communities.



Rock Your Socks!

Kids Helping Kids Fundraiser / Niagara Nutrition Dance Fundraiser

Our Kids Helping Kids fundraiser took place February 10 - 21, 2025. This year marked the 27th year elementary and secondary schools in the Niagara Catholic District School Board have participated in this fundraiser to support Niagara Children's Centre and Niagara Foundation for Catholic Education.

We are proud to say that Mary Ward Catholic students participated in many of the exciting activities. Thank you to our families who made donations through School Cash Online and raised \$891.00 for the Niagara Children's Center and the Niagara Foundation for Catholic Education.

As well, our Niagara Nutrition Dance Fundraiser raised \$989.00.

Many thanks to our Tiger Community.

Alternate Lunch Days/Milk Program

Alternate lunch days and the milk program will continue in March!
Milk will be available on every Tuesday and Thursday.

There will be 2 alternate lunch days in March.

- ☒ March 6 - Swiss Chalet Day
- ☒ March 25 - Pizza Day from Carmine's Pizzeria



You can participate and place your orders using School Cash Online.

Eco-School News

March is Nutrition Month

Your future is healthy! This March, dietitians across Canada are coming together to share how they can support you and make your future a healthier one. From food security to food literacy and food sovereignty, to sustainable food choices, and nutrition care and prevention, dietitians from across Canada are unlocking the potential of food and doing their part to create a healthier tomorrow. So, this Nutrition Month, let's learn how the actions dietitians are taking today lead to a healthier

tomorrow for individuals, communities, and the planet! For more information visit:

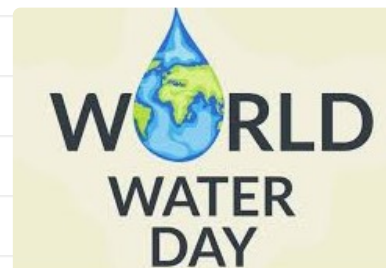
<https://www.unlockfood.ca/en/nutritionmonth>.

The Great Big Crunch: March 3rd

The Great Big Crunch is a time dedicated to celebrating healthy food at school and highlighting the need for a universal, healthy school food program for Canada. All students and staff at Mary Ward are encouraged to bring an apple on March 3rd to participate in a Canada-wide Great Big Crunch. At 10:00 am on this day all students are invited to take a bite out of their apple.

World Water Day: March 21st

World Water Day is an opportunity to learn more about water related issues, be inspired to tell others and take action to make a difference. The theme of World Water Day 2025 is 'Glacier Preservation'. Glaciers are critical to life – their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems. In honor of this day, on Friday March 21st, we are inviting all students to participate in The Great Gulp. Each class will take a synchronized gulp of water to raise awareness about drinking water and the importance of single use plastics.



Earth Hour: March 21st

As part of our GREEN Niagara Catholic eco-program, Mary Ward School once again will participate in the Global EARTH HOUR event on Friday, March 21st between 12:45 and 1:45 p.m. to demonstrate how we continue to be good stewards of the earth. During this period our school will turn off lights where it is safe to do so and where it will not adversely disrupt normal classroom teaching. Each class will be participating in an Earth related lesson. We are also encouraging all Mary Ward families to participate in the Global EARTH HOUR planned for Saturday, March 22nd, between 8:30 and 9:30 p.m.



Spirit Wear Wednesdays

Wednesday's are spirit wear days at Mary Ward Catholic School. To order spirit wear please go to Maddalena's website <https://www.maddalena-uniforms.com/> Winter toques are available at this time as well!

Niagara Region Public Health

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

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](#)



Mr. A. Cardamone

Principal

