

St. Andrew Catholic School

March 2025

School Information

Principal: Mrs. M. Ruggi Dietsch

Superintendent of Education: Mrs. K. Kinney

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

Instagram: @standrewjags16

Location: 16 St. Andrew Street Welland L3B 1E1

Phone: 905-732-5663

Principal's Message

Throughout the season of Lent, we reflect on the immense sacrifice of Jesus' death on the cross. We use the forty days of Lent to challenge ourselves to reflect upon and improve our relationship with God, thank Him for His sacrifices and also prepare ourselves to celebrate Jesus' Resurrection on Easter Sunday. How do we prepare ourselves? We use the 40 days to Pray more, Fast and practice Almsgiving.



Dear God,

During these weeks of Lent, allow us to pay more attention to You and what you call us to do. Give us the strength to spend more time in worship, to succeed in our fasting, and to participate in Almsgiving. Please make our hearts ready for Easter.

Amen.

Mrs. M. Ruggi Dietsch

Important Dates

Please note the following dates:

- Shrove Tuesday - March 4th
- Ash Wednesday - March 5th - Mass at 9:45 am
- Pizza Day - **Thursday**, March 6th
- World Day of Prayer - March 7th
- Spring Forward your Clocks - March 9th
- March Break - March 10th - 14th
- St. Patrick's Day - March 17th - WEAR GREEN
- Grad Photos - Tuesday, March 18th
- Kinder Fluoride - March 20th
- Earth Hour - March 22nd
- World Down Syndrome Day - March 22nd Wear fun socks- with dress code
- Epilepsy Awareness Day - March 26th Wear Purple
- Out of Dress Code - Thursday, March 27th
- Pasta Day - Friday, March 28th
- National Indigenous Languages Day - March 31st
- PA Day - April 4th



THANK YOU! KIDS HELPING KIDS

St. Andrew Catholic School along with all Elementary and Secondary Schools within Niagara Catholic participated in the 27th Annual Kids Helping Kids Fundraiser from February 10th until February 21st, 2024. The funds raised throughout the Board will support Niagara Children's Centre and Niagara Foundation for Catholic Education. We are proud of our students who raised \$340.00 to support our Kids Helping Kids Campaign. Thank you to all that donated!

Shrove Tuesday



Mark your calendars for Shrove Tuesday on March 4th! Shrove Tuesday, also known as Pancake Day, is the day before Ash Wednesday, which marks the beginning of Lent in the Christian calendar. Traditionally, it is a day of feasting and celebration before the 40-day period of fasting and reflection. Pancakes are often eaten on this day because they use up rich ingredients like eggs, milk, and sugar, which were typically given up during Lent. We look forward to enjoying this tasty tradition

together!

To celebrate this special day, all students will be treated to delicious pancakes as a snack. Thank you to Ms. Teresa, Ms. Corinthos and Mr. Schaefer for volunteering to cook for us! Please note that this is just a snack, so students are still expected to bring their regular lunch.

Niagara Region Public Health School Health Newsletter

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](#)

Snow Safety At St. Andrew

Please remind your child(ren) about snow safety while at school.

- 1) Snow is to stay on the ground and never to be thrown.
- 2) Students are not permitted to play on the ice.
- 3) Snow structures are to be no taller than the child's waist.
- 4) If you are unsure about the weather and if the school is open or if transportation may be cancelled, please tune in to a local radio station, or check the website niagaracatholic.ca
- 5) If you need assistance in providing your child with warm winter gear, please contact the school and we will do what we can to be of assistance.

Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

2023-2024 Called by Name: Hear My Voice

2024-2025 Called by Name: Follow Me

2025-2026 Called by Name: Go and Make Disciples

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?



St. Andrew Balanced Day Schedule

9:05 am Supervision Begins

9:15 am Entry Bell

9:15 am-11:25 am Instructional Block 1

11:25 am -11:45 am Recess

11:45 am -12:05 Nutrition Break1

12:05 am- 1:25 pm Instructional Block 2

1:25 pm - 1:45 pm Recess

1:45 pm-2:05 pm Nutrition Break²

2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

Respectful Interaction at St. Andrew

St. Andrew is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community. Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated. While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.

Cell Phones at School



Earlier this spring, the Ministry of Education issued new requirements for school boards to follow to ensure the health, safety, and well-being of everyone in our schools. This involves the use of cell phones and vaping. At St. Andrew, students from Kindergarten to Grade 6 will not be required to use cell phones for academic purposes. Therefore, there is no need for these students to bring a cell phone to school. Each classroom as well as the main office, has a telephone for issues that require a more immediate response. Grade 7 & 8 students who bring their cell

phones to school must have the phone stored out of view and turned off during the instructional day. They may only use it if their teacher permits it for learning.

Any student that requires a cell phone for health or medical purposes, or to support special education needs are permitted to use their cell phone as necessary with prior permission. At St. Andrew, each Grade 7 & 8 teacher will have a place for students to store their phone for safe keeping during non-instructional times. If a teacher sees a cell phone that is not stored out of view, students will be required to hand in their device in for the instructional day. The cell phone will be placed, by the student, in a secure storage area designated by the principal. If a student refuses to hand in their personal mobile device, the Ministry requires that the student be sent to the principal's office. Consequences for failing to hand in their phone is at the principal's discretion. School boards are now required to disable access to social media platforms on school networks and board devices. This is intended to limit the number of interruptions in class and to benefit the mental health and well-being of students. Niagara Catholic already blocks access to some social media sites. Now all will be unavailable to students.

ECO News

Our ECO Team wants to help better the environment and try to reduce waste and single-use plastic. Each Wednesday we are encouraging our St. Andrew community to pack a waste free lunch! This may include a reusable water bottle, packing snacks in containers or using reusable cutlery. These small initiatives can help protect our Environment! Thank you, from the ECO Team.

Easy Litterless Meal Ideas

1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.



The Great Gulp Challenge

Join students, educators, families, and workplaces across Canada to raise awareness about drinking water and reduced single-use plastic bottles.

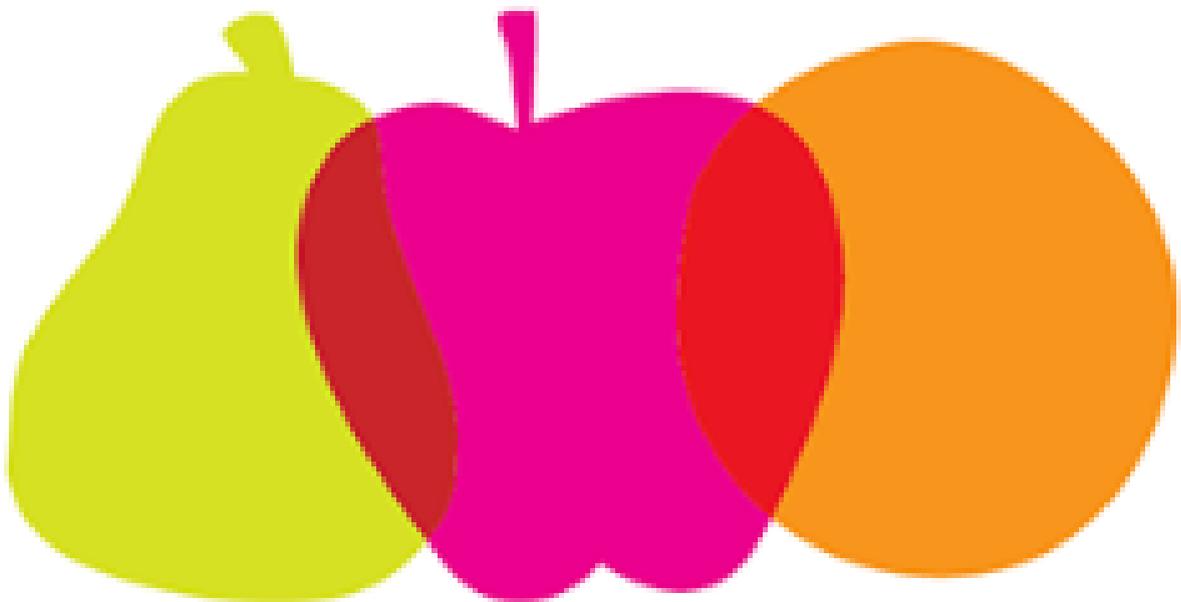
In celebration of World Water Day (March 22), during the month of March, people across Canada are invited to take part in The Great Gulp by taking a drink of water from a reusable bottle, glass, or mug.

At St. Andrew we will be having our Great Gulp Challenge on Tuesday, March 25th. Please ensure your child has a reusable bottle with them!

Great Big Crunch

Our students will participate in the "GREAT BIG CRUNCH" on March 6th.

Get your apples, bananas, and vegetables ready and come crunch or munch with folks coast-to-coast-to coast to show your support for healthy food at schools.



Niagara Nutrition Partners

Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At St. Andrew School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

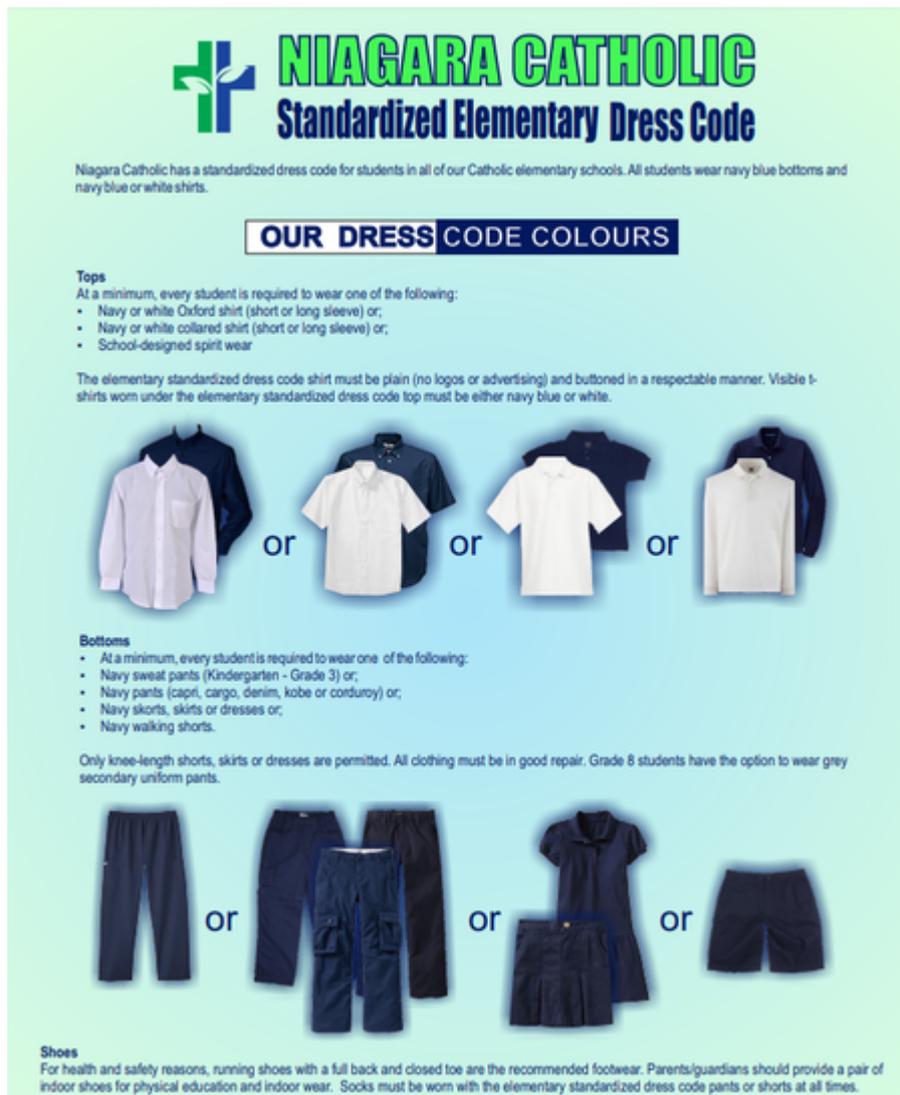
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



NIAGARA CATHOLIC
Standardized Elementary Dress Code

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

OUR DRESS CODE COLOURS

Tops
At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



Bottoms
At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skorts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



Shoes
For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

ST. ANDREW JAGUARS 2024-2025 SPIRITWEAR

Cotton/Poly Jersey Style Polo Shirt

Embroidered with St. Andrew Jaguars Logo on Left Chest



White



Navy

Youth #8800B \$20.49
Adult #8800 \$20.49

Available Colours: Navy & White

Core 365 Dri-Fit 100% Polyester Polo Shirt

Youth #88181Y Ladies' #78181 Adult #88181

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



White



Navy

\$29.95 Same Price for all Sizes

Available Colours: Navy & White

50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Printed with St. Andrew Jaguars Logo on Front



Navy



Dark Heather



Navy

Youth #18500B \$32.95
Adult #18500 \$34.95

Available Colours: Navy & Dark Heather

50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



Dark Heather



Navy

Youth #18600B \$39.95
Adult #18600 \$42.95

Available Colours: Navy & Dark Heather

Order On-Line at www.bigbearspiritwear.com

No Refunds or Exchanges on Decorated or Personalized Products
Sizing Charts available at each product online | Delivery to your School Option available



6182 Dixon Street
Niagara Falls, ON, L2G 2L6
Ph: 905-357-7132
csr@bigbearspiritwear.com



School Apparel - Gradhoodies

Big Bear Spirit Wear, a board-approved supplier for spirit wear items will now supply St. Andrew School Spirit Wear. They offer a wide range of dress-code approved items through their online store at: <https://www.bigbearspiritwear.com> Students are allowed to wear the Jaguar hoodie to school and these are a worthwhile purchases for the cold weather months. Please label all clothing

items that come to school so that we can return all misplaced items to the correct person. Please note items may not yet be visible on the website.

Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

Student Supervision

Students are able to come into the school at 9:00 am. Please note that supervision is not provided prior to this time.

Safety - Drop Off & Pick U

Morning Drop-Off: Please be advised that parents are not to use the front driveway for drop-off until after 9:20 AM. This restriction is necessary to avoid congestion and ensure the safety of our students and staff, as it allows our buses to operate without obstruction. Additionally, students should not be using the front door in the morning; they are to go to their assigned doors for entry until 9:20 AM.

Afternoon Pick-Up: If you need to pick up your child between 2:45 PM and 3:30 PM, kindly park on the road. This will enable our special education buses to maneuver in and out of the driveway without any issues.

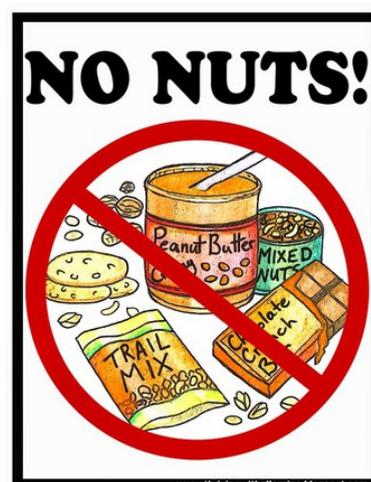
Your cooperation in following these guidelines is greatly appreciated and will contribute to a safer environment for everyone.

Thank you for your understanding and support.

Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that St. Andrew Catholic School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



Nut Free School Lunches and Tips for Packing Lunches



The challenge for all parents is to send foods that are nutritious and nut free and that will keep our kids energized and alert at school all day. They also need to be tasty, so that our kids will actually want to eat them! Those can feel like competing goals at times. Here are tips for making school lunch easier:

1. Try to include a variety of colours and textures to make the food appealing to kids. You want them to actually eat what you've packed!

2. Use up those dinner remnants. Brown rice can be tossed with black beans and served at room temperature. Cooked pasta can be transformed into a pasta salad. Chicken can be sliced and wrapped up in a tortilla with lettuce and veggies.

3. Include a sweet treat that is healthier than pre-packaged foods. Homemade granola bars, whole wheat muns, or even homemade doughnuts are fun treats that are worlds better than anything you can buy at the store!

4. No matter what, always make sure lunch is balanced by including fruit, vegetable, protein, and carbohydrate!

STUDENT ATTENDANCE and SAFE ARRIVAL

St. Andrew Catholic School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 1) Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.
- 2) Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.
- 3) The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



Maria Ruggi Dietsch

Maria is using Smore to create beautiful newsletters

