



Alexander Kuska K.S.G. Catholic School

Alexander Kuska K.S.G. Catholic Elementary School
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C. Moscato - Principal F. Wood - Vice Principal
K. Kinney - Superintendent of Schools



Alexander Kuska K.S.G. Catholic School Mission Statement

As a community of faith, the mission of Alexander Kuska Catholic Elementary School is to work in partnership with the home and the parish to provide a Christ-centered learning environment which allows students to grow spiritually, to strive for academic excellence and to become responsible citizens with a love of learning.

MARCH 2025

Prayer for March

Father, the season of spring reminds us of Your promise to make all things new. Thank You for sending Jesus to restore our relationship with You. Help us to reflect on Your gift of restoration and renewal as we prepare for Easter - "Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!" (2 Corinthians 5:17). Amen.

**Follow us on
Social Media**



@kuskaknights

"Come, follow me!" These words of Jesus are an invitation for each and every one of us. How can each of us better follow Jesus right where we are today? How can we become missionaries encouraging each other to look up from the table, let go of our sins and see the finger of Jesus pointing at each of us personally beckoning us to hear the command call?: "Come, follow me!"

~~~ **Niagara Catholic District School Board Mission Statement** ~~~

*We are a Christ-centered Catholic community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.*



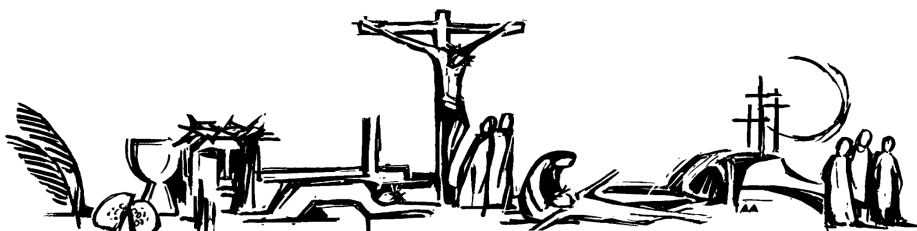
# march 2025



## HAPPENINGS

### Lent

Lent is a season where we turn to fasting, repentance, and almsgiving as tangible ways to take our eyes off of ourselves and turn our focus to Christ, repenting of our sins and turning from distractions as we return our attention and affections to our Heavenly Father.



Please keep in mind the following dates for the month of March as we begin the Lenten season:

#### **Shrove Tuesday (March 4th)**

Each student will receive two peanut safe pancakes made by our CSC volunteers. Thank you in advance to our wonderful CSC team! Classes will pray and eat together as a faith community, while learning about the reasons behind the sweet meal. If your child has a different food allergy, you are welcome to bring in pancakes made at home to ensure there is no cross contamination.

#### **Ash Wednesday (March 5th)**

We will mark the beginning of Lent with an Ash Wednesday liturgy at 10:00am in the gym for Grades 1-8. Our kindergarten students will have a liturgy and receive ashes in their classrooms.

#### **Lenten Confessions (March 19th)**

Students in Grade 3-8 will have the opportunity to practice Confession as part of the preparation for Easter.

### **Sacrament News**

On Monday, March 24th there will be a First Reconciliation and First Communion Retreat for students in Grade 2 and 3.

The retreat will run from 9:30am - 12:00pm at St. Kevin's Church.

### **St. Kevin's Mass Times**

**Saturday** - 5:00 pm

**Sunday** - 8:30am  
10:00am  
11:30am



*Let us know; let us press on to know the LORD; His going out is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth.*

*Hosea 6:3*



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## HAPPENINGS

### Social Justice Team

On February 22, members of our Social Justice Club took part in the Coldest Night of the Year walk in support of local charity, Open Arms Mission. Together all the teams participating across Welland raised \$116, 334 in support of homeless and low-income families.

A special thank you to Mme Fini for leading the group!



### Kids Helping Kids Update

February was full of fun with our four theme days for Kids Helping Kids! Be sure to check out our Instagram to see all the fun from comfy cozy day, red, white, and pink day, wavy Wednesday, and creative hat day. Between our theme days and the Kids Helping Kids canteen, we raised **\$1,080.45** for the Niagara Children's Centre and the Niagara Foundation for Catholic Education.

Thank you for your generous support of these great organizations!!



### Skating



On Wednesday, March 26, students in Grades 1 - 8 will again venture to the Meridian Community Centre to go skating.

**Please note: the snack bar is not open. There is no need to send money for the vending machines. We are there to skate and will eat prior to skating, as well as upon our return to the school.**

**All skaters must have a PROPERLY FITTING CSA approved hockey helmet with a strap. Students will not be permitted to skate with a bicycle helmet.**

### Specialty Lunch Days



Wednesday, March 5



Wednesday, March 19



Wednesday, March 26



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## HAPPENINGS

### Catholic School Council Meeting

The next Catholic School Council meeting will be on Monday, March 24 at 6:00 pm.

All are welcome to attend!



### World Down Syndrome Day

On Friday, March 21st we will be celebrating World Down Syndrome Day by participating in the #LotsOfSocks campaign! We invite all students and staff to wear colourful fun socks to raise awareness of Down syndrome, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and our communities.



### Spring Weather



As we approach spring weather, we can expect to see rain and mud! Families are reminded to ensure their child(ren) are dressed appropriately for daily outdoor play. If students are at school, then they are well enough to get some fresh air and go out for recess. If you feel that your child isn't well enough to be outside at recess, then please keep him/her home to rest and get better quickly.

To save yourself a midday interruption at work and to ensure the comfort of your child, please send a change of clothes and extra socks to school with your child.

### REMINDERS

- **March Break** - There will be no school for students March 10 - 14







# School Mental Health Ontario By Your Side

Parent/caregiver resources to support mental health learning and well-being for every family

The team at [School Mental Health Ontario](#) is excited to share that they have launched [By Your Side – parent/caregiver resources to support mental health learning and well-being for every family](#). We know that parents and caregivers want their children to be physically and mentally healthy, and already have many effective tools and strategies in place.

By Your Side recognizes the expertise of parents and caregivers and offers resources to support learning and strengthen mental health and well-being in every family.

By Your Side includes a new [dedicated parent/caregiver learning hub for families](#).

[Parent/ Caregiver Learning Hub](#), is an online resource centre designed to meet the diverse needs of Ontario's families. Resources and supports were created in collaboration with parents/caregivers, school mental health professionals from Ontario school boards and SMH-ON.

These resources have been made available in multiple formats—including web content, PDFs, videos and webinars (coming soon).

The [By Your Side Parent/Caregiver Learning Hub](#) ensures all families can access information and strategies that promote mental health and well-being at home.

**Key topics in the Parent/Caregiver Learning Hub include:**

- understanding mental health
- supporting mental health at school
- substance use prevention
- reaching out for help
- promoting mental health at home
- stress and anxiety management
- navigating digital technology use

These resources aim to support mental health and well-being by providing accessible, research-informed, culturally responsive supports tailored to a wide-range of learning preferences. Further resources will be added over time, in response to parent identified needs.

## 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](mailto:youth.vast@camh.ca) for more information.



## World Sleep Day – March 14<sup>th</sup>

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](http://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](http://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](#)