



# St. Joseph NEWS

*We are proud to be a part of the Lakeshore Catholic and St. Michael Family of Schools.*

# MARCH 2025

## We are all called by name to grow with God!



### March 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 on way you can follow Jesus more closely? How will you start building that habit today?

What a month February was! It may have been a short month but it was truly filled with many smiles and laughter. Once again it was a testament of our call to think of others and support those in need. THANK you for all your donations and for your support with our spirit days. The Kids Helping Kids Campaign was a meaningful way to help us look ahead to the liturgical season of Lent.

Throughout Lent we reflect on our relationship with God. We can listen to God’s words in the Holy Bible. We can speak to Him through our prayers and in the quiet of our hearts. We come closer to God as often as we choose in the sacraments, especially the Eucharist and the Sacrament of Reconciliation.

Lent is a time for us to experience the endless generosity of God’s love and mercy, which in turn will inspire and strengthen us to do for others. We do not walk our journey through Lent alone, but with each other. During Lent we are called to be more conscious of those around us. What we do for others, how we treat others and how we deepen our faith is our Lenten journey. Lent allows us to strengthen our friendship with God through prayer, showing kindness to others through almsgiving, and making a conscious effort through sacrifice to remember Jesus’ gift to all of us - his life. *May we be in one another’s prayers this Lenten season!*

*Mrs. Walsh, Principal*



*Dear Father, thank you for Your continual renewal, refreshing, and restoration.*

*WE pray that this season will be one of growth in our lives. Allow us to grow,*

*Just as You grow the flowers, vegetables and fruits of this season.*

*In Jesus’ Holy name I pray, Amen*





## A LENTEN REFLECTION

### *The Legend of the Pretzel*

Popular legend states that a long time ago, there was a kind Italian monk. He knew the importance of prayer. He created a very special treat for the children who remembered their prayers. The monk cut soft bread dough into long strips and then folded them into a special shape before baking them. The unique shape of the pretzel is like a child with folded arms. Just like the children in the story, we are rewarded when we fold our arms and bow our heads to pray to our Father in Heaven. We are rewarded with love, peace, comfort, guidance, strength and forgiveness.



*Heavenly Father,*

*Thank you for your generous, kind heart, and for the  
oh so many gifts you have given to us.*

*We are sorry that we are not always generous with others.*

*Please help us this Lenten season to turn to You through prayer so  
that we may be kind, we may do our very best, and we may be  
generous when we are helping others. Amen*

## Shrove Tuesday

On Tuesday, March 4, students will come right into the school when they arrive to enjoy a breakfast of pancakes with fruit and syrup. Thank you to the staff of St. Joseph for taking the time to prepare this tasty treat for our students as we being our Lenten season. Why do you eat pancakes on Shrove Tuesday? Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat (some Christians continue to do so, in fact.) Shrove Tuesday was the last chance to eat them, and what better way to do so than with a delicious pancake!

## Ash Wednesday

Please join us for our Ash Wednesday Liturgy  
on **Wednesday, March 5th at 12:30 pm** in the library.

## Stations of the Cross

Please join us for Stations of the Cross  
on **Friday March 28th at 10:00 am** in the library.



## The Prayer of St. Patrick

The strength of God pilot us,  
the wisdom of God instruct us,  
the hand of God protect us,  
the word of God direct us.

## Kids Helping Kids

Our students also participated in many activities during our yearly Kids Helping Kids Campaign. The total money raised for KHK \$294.00!

Winners: Giant Stuffey - Oliver R.

Principal for the Day - Ethan P.

IceDogs Tickets - Emily Z.

Special Days of Choice - Reuben and Grayson

## ECO NEWS

### Earth Hour 2025 theme: **BIGGEST HOUR FOR EARTH**

Earth Hour is a global grass-roots movement encouraging individuals, businesses and governments around the world to take positive actions for the environment, and celebrating their commitment to the planet by switching off their lights for one designated hour.



## Get Your Glow On Dance Party Fundraiser Friday, April 25, 2025

It is that time when we are getting ready for our biggest fundraiser of the year! Our Dance-a-thon! We are starting to collect incentive prizes for this very anticipated day of dancing with DJ Jordan. If you have any, slightly used but in new condition, items that you would like to donate as one of our incentive prizes, please drop them off to the office at any time. We will be announcing our **BIG** incentive prizes soon for students and for family and friends that donate! It is never too early to start collecting pledges. School-Cash Online will open on **April 1, 2025** to start putting in your pledges. **NO CASH** will be taken in the school, all pledges must go through SchoolCash Online. Let's Get Ready for lots of FUN!!

### Rock Your Socks

On **Friday, March 21** we will be rocking our socks for World Down Syndrome Day. Wear your most colourful, bright socks with your dress code uniform in support of World Down Syndrome Day!



### EXTRA CLOTHES

It is our goal to have students get as much fresh air as possible! Please send your child with appropriate footwear to keep your child's feet dry, snow pants or thinner slush pants, extra waterproof mitts. We do keep students off the field when conditions are extreme. The students and staff much prefer an outdoor recess! They are learning to take ownership of the choices they are faced with when outside "Do I run through the puddle or run around?" Our students continue to impress us daily with their personal growth!



## LAKESHORE CATHOLIC OPEN HOUSE



On February 13<sup>th</sup>, Lakeshore Catholic High School held their annual Open House. It was a packed house of Future Gators. Feedback and participation far exceeded our expectations as the weather forecast was challenging. We appreciate your commitment to be part of our family.





## From Public Health

### 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 - healthy sleep](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 behavior 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](#)



### 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.