

# St. Nicholas Catholic

MARCH 2025

**Please arrive on time. School starts at 8:35 a.m.**

## **St. Nicholas Catholic Elementary School**

Home of the Tigers

**Mission Statement:** To educate each student to his/her full potential in a community formed and guided by Catholic beliefs and traditions.

**Motto:** "Journey Together On The Road To Discovery"

St. Nicholas Catholic is proud to be a part of the Denis Morris Catholic High School Family of Schools.

*Go Tigers Go!*

**Principal:** Mrs. Jackie Watson

**Secretary:** Mrs. Kim Winstanley

**Catholic School Council Chair:** Ms. Paprzycki

**Superintendent:** Mrs. Forsyth-Sells

**Parish:** Cathedral of St. Catherine of Alexandria, Father Benjamin Weber, Father Paul Mc Donald

**Email:** [st.nicholas@ncsb.com](mailto:st.nicholas@ncsb.com)

**Location:** [149 Church St, St. Catharines, ON, Canada](#)

**Phone:** [905-685-7764](tel:905-685-7764)



## Called By Name - Come Follow Me: Reflection #7

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?



### School, Home, Parish

St. Nicholas Catholic Elementary Schools is associated with the Cathedral of St. Catherine of Alexandria. Parish Priests are Father Ben Weber and Father Paul McDonald.

Weather pending, we walk to church once a month for mass, usually the third Thursday of the month for a 10:00 a.m. start. Each class is responsible for the readings and for celebrating mass along side Father.

Our current masses are as follows:



March 5th (Ash Wednesday) Thank you to our Student Council who will be celebrating this mass with Father. Mass will take place at 1:00 p.m. in our school gym. Ashes will be distributed at this time.

March 20th, April 17th, May 15th and June 19th.

We will also host in-school liturgies for Advent and Catholic Education Week. These dates and times will be posted on the monthly calendars.

All are always welcome to join in our celebrations, both at church and the school.

School-wide Sacrament of Reconciliation was on December 13th and will happen again on March/April. This will be held at school for students only who have already received.

Grade 8 Confirmation will be held on Pentecost, Sunday, June 8th at the 11:30 a.m. mass.

Grade 2 Sacrament of Reconciliation will be explained by Father directly and is to be received prior to the Sacrament of First Holy Communion.

Grade 2 Sacrament of First Holy Communion will be on a Saturday mass at 4:30 p.m., either May 10th or May 17th.

Grade 2 and 8 parent information regarding the Sacraments is released directly from the church.

Grade 8 Graduation - Wednesday, June 18, 2025 at Club Roma. Information to follow later.

Please understand that dates may change due to unforeseen circumstances. If this happens, the St. Nicholas Family community will be notified whenever possible.

### To Report Your Child Absent, Please Do Not Call The School

#### SafeArrival:

To report your child absent prior to the start of the school day (before 8:25 a.m. of the day being called in for), please use one of the 3 methods listed below:

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 (blue logo) 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.

## Not Feeling The Greatest?

Flu and cold season is upon us and many of our students are already feeling a little under the weather. If your children are not feeling well, it may be a good idea to keep them home. This way they can rest, get better faster and rejoin their classmates and friends.

Thank you for keeping everyone healthy, happy and illness-free.



## Immunization Records Update: Public Health Order of Suspensions Sent to Families Last Week of February

Message from Public Health:

At this stage, the most impactful way you can help is by reassuring students and their families that there is still time to update immunization records or file a valid exemption with Public Health.

**Receiving an Order for Suspension does not mean immediate suspension. Families have until April 22, 2025, to update their immunization record prior to the suspension period.**

Here are a few ways to assist:

- Please visit Public Health's webpages for information on [where to get vaccinated](#) and how to [report vaccines](#) to Public Health. [Provide reassurance to families that they can avoid suspension.](#)
- If families do not wish to vaccinate, please review the NRPH website to find out [how to complete the exemption process](#) for a school aged child.

## Kindergarten Second Fluoride Application

Parents/Guardians,

Niagara Region Public Health Dental Program will be visiting our school on May 2, 2025 to provide FREE fluoride varnish to JK/SK students. This service is recommended to keep teeth healthy and help prevent cavities. Your child may be eligible for dental services through [Healthy Smiles Ontario](#).



Did you know Niagara's drinking water does not have fluoride added? To learn more about the importance of fluoride, review the attached documents or visit the [Fluoride Varnish Program](#) webpage.



To provide consent for your child to receive a dental screening and fluoride varnish, please complete the online [Dental Program Medical History and Consent Form](#) by April 25, 2025. Choose "School (JK or SK Dental Screening and Fluoride Varnish)" when asked where your child is receiving dental services.

To speak to a public health dental professional, call 905-688-8248 ext. 7399 or [live chat](#) with the Dental Team. Translation services available.

To help us improve our services, please complete our 3 minute online [Fluoride Varnish Survey](#).



**Dental Parent Letter JK and SK (1).pdf**

[Download](#)

717.0 KB



**The Facts on Fluoride Varnish (2).pdf**

[Download](#)

1.1 MB

## St. Catharines Public Library Visits

As in the past few years, Public Library visits will begin in the month of March and will continue until the end of June. These visits will not only lead us into summer vacation, but will also lead us into the summer book clubs that will be open for all students during the summer vacation.

Thank you to the Library for once again inviting us into their home.



**St. Catharines  
Public Library**



**ST. CATHARINES  
PUBLIC LIBRARY**

The St. Catharines Public Library anticipate some of your children will be interested in requesting library cards! They have two options available - students' caregivers can complete [this online form](#) (click link to access) to receive a card or a printable PDF can be requested and sent home. If you wish a printable form, please ask for a copy from your child's classroom teacher. If caregivers are completing the printed form, please make sure to include the grade and the teacher's name so that we can make sure we have the card ready for their specific visit day. As well, this form needs to be returned to school at least one week prior to the class visit.

For our Library visits, we will be leaving the school shortly after 10:30 a.m. and will be returning shortly after noon. The schedule is as follows:

March 4th and May 6th – K-Green and Gd 7/8–Ruberto

March 18th and May 20th– K-Doherty and Gd 6/7-McGowan

April 1st and June 3rd– Gd 1-Grant and Gd 4/5-Marotta

April 15th and June 17th – Gd 2-Diemer, 2/3-Yungblut,  $\frac{3}{4}$ -Carbonara

## Hot Lunches

We have three hot lunches for the month of March:

Pizza Day is Friday, March 7th;

last day to order pizza will be Tuesday, March 4th.

Hot dog day will be Friday, March 21st;  
last day to order hot dogs will be Tuesday, March 18th.  
Meatball Sub Day is Friday, March 28th;  
last day to order meatball subs will be Tuesday, March 25th.



Please understand that all hot lunches need to be ordered ahead of time through school cash on-line. We cannot accept cash the day of.

Hot lunches from April to June will be posted on school cash on-line after March Break.

### **Ice Cream Days - Friday, April 4th to Friday, June 20th**

Every Friday at lunch, the Grade 8s will be selling ice-cream for \$2.00. All ice cream sold will be peanut free.  
All proceeds will be directed into the Grade 8 Graduation fund.  
Thank you in advance from all of the Grade 8s.



Block three will be open on school cash on-line after March Break:  
April 4th - June 20th: 12 weeks = \$24.00

We will also still be accepting cash on the Fridays.

### **Shrove Tuesday: Tuesday, March 4th**

Shrove Tuesday is the day before Lent which starts on Ash Wednesday. The name Shrove comes from the old middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things I've done. Since Lent always starts on a Wednesday, people would go to confession the day before. This day became known as Shriven Tuesday and then Shrove Tuesday. Other names for this day include Mardi Gras, Fat Tuesday or Pancake Tuesday. In preparation of Lent, a time in which people were to fast or eat simply, it was the custom to use up all of the fattening ingredients within the household. These fattening ingredients would include grease, eggs and milk. A very simple recipe to use up these ingredients included the addition of flour to make pancakes.



On Tuesday, March 4th, after first recess and for first morning snack (at approximately 10:15 a.m.), the staff and students of St. Nicholas Catholic will be served two pancakes in recognition of Shrove Tuesday. Please note that this is only a snack and that a lunch is still required.

This year, a big thank you goes out to the Mayor's office for helping by not only making the pancakes, but also by buying all of the supplies. Thank you to Mayor Siscoe, Ms. Whitty, Chief of Staff and Councillor McPherson.

### **St. Patrick's Day: Monday, March 17th**

It is not very often that we are at school on March 17th to celebrate St. Patrick's Day. This year is an exception.

#### **Who is St. Patrick?**

St. Patrick is the patron saint of Ireland however he was born in Britain in the fourth century and didn't arrive in Ireland until he was





16 years old, when he was sent to work in the country.

After he arrived, St. Patrick became interested in Christianity and started teaching others about the religion. He was the first bishop of Armagh and Primate of Ireland and is said to have converted many of the country's residents to Christians.

One of the qualities that St. Patrick was most known for was his courage. He took whatever risks he believed God was calling him to take in order to help people. Patrick boldly discussed faith with everyone he met, and he didn't compromise his convictions even under intense pressure.

St. Patrick used a clover to explain the Holy Trinity of Christianity, which is God the Father, God the Son and God the Holy Spirit. He said the three leaves stand for the three beings of God, and the stem shows how they are united into one.

St. Patrick's Day is celebrated on the day that we believe St. Patrick died.

### **Why Do We Wear Green?**

Well, in actuality St. Patrick's Day started off as blue. However, in the 18th century the shamrock became the national symbol of Ireland. Due to this and the beautiful green landscape of Ireland, green became the official colour of St. Patrick's Day.

Risk getting pinched if you are not wearing green! A fun little folklore states that leprechauns love to pinch people they see every March 17th. However, they cannot see anyone who wears green. So let us all wear green on Monday, March 17th. And NO, we are not pinching those who are not in green. Only leprechauns can pinch; we cannot!

### **The Great Gulp: Friday, March 21st**

In celebration of [World Water Day](#), between March 18-March 22, schools across Canada are invited to take part in The Great Gulp during the month of March. The whole school comes together to take a 'great gulp' of tap water from a reusable bottle, glass, or mug, in regions where tap water is safe and accessible.



Simple daily actions, such as using a reusable water bottle, can have a big impact on the environment. This is a new initiative that we will be involved in through the ECO club. On Friday, March 21 our St. Nicholas will be participating in The Great Gulp, by taking a drink of tap water from a reusable bottle, glass, or mug. Through this simple action we hope to raise awareness about drinking water, access to safe and healthy tap water, and the importance of reducing single-use plastic waste in Canada.

### **World Down Syndrome Day: Friday, March 21st (Wear Colourful Socks Day)**

Believe it or not, socks get people talking!

On 21 March, choose some socks that are going to get noticed!

They might be mismatched socks or your boldest and most colourful socks, whatever takes your fancy!

The idea is to start a conversation, so when people ask you about your socks, you can tell them, "I'm wearing them to raise awareness of Down syndrome".

Then, you can tell them everything you want them to know about Down syndrome.

Down syndrome is a genetic condition where a person is born with an extra copy of chromosome 21. This means that they have a total of 47 chromosomes instead of 46. This can affect how their

brain and body develop. People diagnosed with Down syndrome have happy and healthy lives with supportive care.

## Chess: Tuesday, March 25th

Our Chess Club is up and running and has been meeting during lunch for the past few weeks. What better way to spend a lunch than to be with our friends, sharing our strategic abilities over a chess board. Thank you goes out to Mr. Lamothe who is our Chess Club lead and who has been supervising our students during lunch. Tournament play for the top winners of our Chess Club is scheduled to take place March 25th at St. Mary Catholic in Niagara Falls.



Good Luck to our Chess Team.

## Sports Corner

What a wonderful showing we had with all of our basketball teams. Boys' and Girls' Junior and Boys' and Girls' Intermediate - way to go!

Junior handball tryouts will take place after March Break. Thank you to Mr. McGowan and Miss Grant for coaching these teams.



## Public Health Newsletter for Parents

March's Newsletter



**Elementary Newsletter.pdf**

[Download](#)  
177.0 KB

## Kiss And Ride: Please Park Only In A Designated Parking Spot

Please remember that you are asked not to park or get out of your car when in the Kiss 'n Ride line up. The Kiss 'n Ride is exactly that - a quick kiss as your child(ren) quickly get out of the family car. Or the quick ability for your child(ren) to get into the car and do up their own seatbelts. Please ensure that you have pulled up to the front of the line prior to your child(ren) getting out of the car. After school, staff will support students by getting them to their car safely. If you need to help your child(ren) get in and out of the car, or to assist with the seatbelt, or to help with the putting on or

taking off of backpacks, we kindly ask that you park your car in a designated parking spot - away from the flow of traffic.

Our parking lot is small, however the traffic is able to flow well when expectations are followed. We thank everyone for their cooperation when it comes to the safety of our students and staff when in the parking lot and in the Kiss 'n Ride.

## PPM 218 Cell Phone Use In Schools

Elementary Schools:

Dear Parent/Guardian(s),

As we continue to foster a safe and positive learning environment for all students, I would like to remind you of the new regulations regarding cell phone use that have been implemented in Ontario schools.

To minimize distractions and maximize learning, cell phones are only permitted during instructional time when they are being used for educational purposes as directed by the teacher. Outside of these times, students are expected to keep their phones turned off and stored away unless needed for documented learning needs and/or health related requirements. We kindly ask for your support in reinforcing this policy with your children and encouraging them to focus on their studies during school hours.

Your cooperation is essential in helping us maintain a healthy and respectful school environment. If you have any questions or concerns regarding these rules, please do not hesitate to contact the school.

Please note that all cell phones need to remain in backpacks or lockers. If your child does have a locker, it is suggested that s/he bring a lock. Cell phones are not to be kept in back pockets, in the pouch of hoodies, in desks, or anywhere visible.

If a child does have his/her cell phone out, they will be directed by the classroom teacher to go to the office where the phone will be locked in the safe. The cell phone will either be returned at the end of the day, or will be returned to the parent/guardian when they come to pick it up.

Thank you for your understanding and support.

## Elementary Dress Code

NCDSB has a dress code of navy and white for all Elementary schools and their students within. Below is an excerpt from the Elementary Standardized Dress-Code Policy 302.6.10:



1.1 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue sweat pants for students in Kindergarten to Grade 3; ☐ Navy Blue Pants (Cargo, Corduroy, Denim, Dress, Kobe styles permitted); ☐ Navy Blue Dresses or Skorts; or ☐ Navy Blue Capris or Walking Shorts. ☐ Grade 8 students have the option to wear grey secondary uniform pants purchased through Board uniform suppliers. Pants, skirt or dress length must be appropriate and modest. Only knee length capris or shorts are permitted. All clothing must be in good repair.

1.2 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue or White Oxford shirt (short or long sleeve); ☐ Navy Blue or White Polo shirt (short or long sleeve); or ☐



School designed spirit wear polo shirt. The elementary standardized dress code shirts, either polo or oxford must be buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white. In addition, approved sweaters and hoodies embroidered and/or screened with the school logo are permitted to be worn as part of the elementary standardized dress code.

Please see below the policy attached in its entirety.



### 302.6.10 - Elementary Standardized Dress Code Policy.pdf

Download

227.6 KB

## Big Bear Spiritwear

St. Nicholas Spiritwear is now being offered through Big Bear Spiritwear. Please click onto

<https://www.bigbearspiritwear.com/st-nicholas/> to see the options

available for purchase. All St. Nicholas Spiritwear can be worn throughout the year as it is an extension of the school dress code.

Orders placed through Big Bear Spiritwear can either be picked up at their Niagara Falls store or can be delivered to the school for a \$3.00 charge. Items delivered to the school will be sent home with the student in his/her backpack.



## Anaphylaxis Awareness

All schools within Niagara Catholic are peanut and tree nut free.

At St. Nicholas Catholic, we have students with life threatening allergies (anaphylaxis) to peanut and/or tree nut products. We ask that you please read labels carefully ensuring that all lunch products are peanut and tree nut free. That includes products that

'may contain' or are packaged in a facility that uses peanuts and/or tree nuts. For more information on anaphylaxis, visit [www.anaphylaxis.ca](http://www.anaphylaxis.ca).

We work very hard at preventing accidental exposure. We ask that you please ensure that your child has thoroughly washed his or her hands after eating peanuts or peanut products for breakfast/lunch while at home. It is also very important that we have common rules throughout the school. The teachers will explain the importance of the following health and safety routines to the students in their classrooms:

- 1) Wash hands with soap and water/hand sanitizer before and after eating,
- 2) Do not bring in food that contains, or possibly contains peanuts/tree nuts
- 3) Do not share food with other students
- 4) Do not accept food from other students, especially if you have an allergy
- 5) Dispose of all food waste properly

If your child has an allergy or is anaphylactic, please ensure that the office is aware and that the proper medical forms have been completed. All medication signed off on by a doctor will be housed safely at the school during the duration of the school year. Please check the expiration date of all medication prior to bringing in.

## Allergy Aware School



## Ensuring Asthma Friendly Schools

Ryan's Law (Ensuring Asthma Friendly Schools) 2015 is an important step to support the health and well-being of students diagnosed with asthma in Ontario schools.



**If your son/daughter has been diagnosed with asthma, please contact the office to provide information about your son/daughter's asthma medication.**

**You will be required to complete and submit the Niagara Catholic Student Asthma Management Plan for your student.**

Any student under the age of 16 years will be permitted to carry and administer his/her asthma medication at school with your consent. A student 16 years or older is not required to have his or her parent's or guardian's permission to carry his or her asthma medication.

The Ministry of Education website has resources on asthma that can be found at <http://www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html>.

## Please Keep Us Updated

Communication thru emails:

A reminder that information and updates will be regularly sent out via email. Please ensure that your current email address is on file at the office. Likewise, monthly calendars, newsletters and on-line paraphernalia such as class trip information can be found on our school's website.



**\*Please understand that if we do not have your current email address, you will not receive information, you will not be able to access information such as report cards, through the parent portal, nor will you be able to access school cash on-line.**

**Always keep us apprised of email changes.**

**Thank you**

## Respectful Interaction Framework

St. Nicholas Catholic 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.

**Thank you**

## March Break

Monday, March 10th to Friday, March 14th. There is no school this week.

Stay safe and enjoy the week off.





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**Jacqueline Watson**

Jacqueline is using Smore to create beautiful newsletters