



# St Joseph Phoenix News

## March 2025

### Reflection for March

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?

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### Principal's Message

Dear Parents/Guardians,

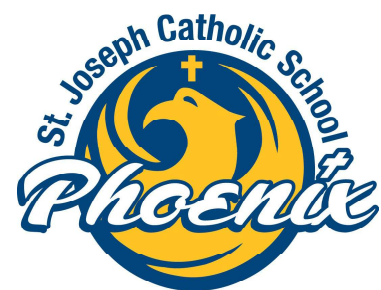
As we begin March, we enter one of the holiest times of the year, Lent. It is a very special time of year in a school, where many of our conversations are focused on preparing for the Lord. On Shrove Tuesday we celebrate as a St. Joseph family with pancakes prepared by our own wonderful staff! Then of course, we will head to church on Ash Wednesday to begin our Lenten journeys. May Jesus be with us all through these 40 days!

March Break is upon us and it always seems to be at the perfect time to give everyone a well deserved rest. I hope you all have a safe and enjoyable break whether you are traveling or staying home. Stay well and God bless.

Yours in Catholic Education,

*Mr. Tim Atkinson*

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## Feast of Saint Joseph

Saint Joseph's Day, also called the Feast of Saint Joseph or the Solemnity of Saint Joseph, is, in Western Christianity, the principal feast day of Saint Joseph, husband of the Virgin Mary and legal father of Jesus Christ, celebrated on March 19.



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## Kids Helping Kids Fundraiser

Thank you to all those who donated to our KHK Fundraiser. All of our frozen treat sales for the two weeks were also donated, as well as the funds raised by our stuffy raffle. In total we raised \$756! Way to go Phoenix!



## Scholastic Book Fair

After March Break we will be running our annual Scholastic Book Fair for the week of March 24th. A letter will be going home outlining the week's schedule and we ask that you return the bottom portion if your family will be taking part in our Grandparent's Tea.

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## Big Box of Cards Fundraiser

Back by popular demand is our Big Box Fundraiser. This fundraiser will run from Friday, February 28 to Friday, March 21, 2025. Please make all purchases on School Cash Online

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## ECO Team Update

The Eco Team wants to remind all families that St Joseph School continues to participate in weekly Wasteless Wednesdays. At this time, less than 50% of students bring a waste-free lunch on these days. We would like to see the number of students with waste-free lunches increase. We therefore encourage all families to try to send a waste-free lunch on Wednesdays to help reduce our waste and find more eco-friendly alternatives for school lunches.

# Waste Free Lunches!

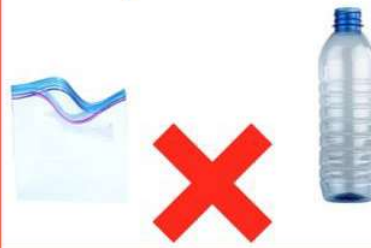
## Pack

- snacks and lunches in reusable containers
- drinks in reusable bottles
- reusable utensils
- a reusable lunchbox or bag



## Avoid

- lunches packed in plastic bags, cling wrap or foil
- disposable drink boxes, cans, cartons and bottles
- disposable forks and spoons



## Niagara Region Public Health School 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](mailto: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?

RECOMMENDED SLEEP by age:

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 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](#)

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**BT Corner**

Blessed Trinity has reached the halfway point of the year with our students' completing exams and getting ready for the beginning of Semester 2. We also welcome back our new Principal, Mrs.

Moscato, who was previously Vice-Principal a few years back.

February also saw the end of some of our Winter sports seasons.

Our Jr. Boys Basketball team had a very successful season falling just short of an NCAA



championship with a close loss to Denis Morris. Other teams like our wrestling team are continuing with play-offs with hopes of qualifying for SOSSA or even OFSAA championships. Our BT students also began the course selection process for next year as our Grade 8's were completing the process. By now all grade 8 students attending BT next year will have submitted their course selections and paid their registration fee. Someone from our Student Services Department will be back in the next few weeks with Verification forms so students can confirm their course selections or make any changes.

Please contact Blessed Trinity – Mr. John Cino – 905-945-6706 Ext. 2330 or Mrs. Rose Bianco Ext. 2312, if any Grade 8 parent has any questions.



**Holly Humphreys**

Holly is using Smore to create beautiful newsletters