



Firebird Free Press

March 24th-28th, 2025.

Week at a Glance

Monday March 24th:

- *Mathletes @ St. Vincent de Paul Catholic from 10am-2pm: Tham
- *Chess Tournament at St. Mary's (NF) - Junior & Intermediate Teams: Reich
- *Performance Dance team @12:50pm: Gym: Mancuso

Tuesday March 25th:

- *Lego Club @ 10:50am Library: Olesen
- *Advanced Dance Team Practice in the gym @ 10:50 am: CuvIELlo
- *Lenten Mass @ 9:30am: Gym: All are welcome to attend

Wednesday March 26th:

- *Girls Junior Handball @ 10:50am - 11:30am: Avolio

Thursday March 27th:

- *Knitting Club @ 10:50am-11:10am - Resource Room: Olesen
- *Boys Handball @10:50: Gym: Fortino-Carter
- *Pickleball: Gr. 4-6 @ 10am-2pm: Gym: Spagnol
- *Pizza Day

Friday March 28th:

- *Last day for nutrition donations. Donations can be made on School Cash
- *Choir Practice @ 12:50pm in Music Portable: Pietrangelo and Olesen
- *Pokemon Club @ 10:50am: Olesen

*****UPCOMING: Scholastic Book Fair: April 28-May 2: Details to follow*****

Stuffy Fundraiser - Our Lady of the Scapular Youth Ministry - March Sale at OLOS

The OLOS Stuffy Fundraiser organized by our very own Avery Ross will be continuing next week at Our Lady of the Scapular Parish. She will be selling two exclusive animals: axolotls and bunnies – just in time for Easter!

They will be on sale on:

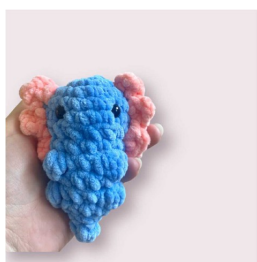
March 22nd after the 5 pm mass

and

March 23rd after the 8:00am, 9:30am and 11 am masses

The stuffies can be purchased for \$8 each. \$3 from each sale will be donated to the OLOS Youth Ministry to run youth-friendly events throughout the year. The remainder of the funds will cover the cost of producing the stuffies.

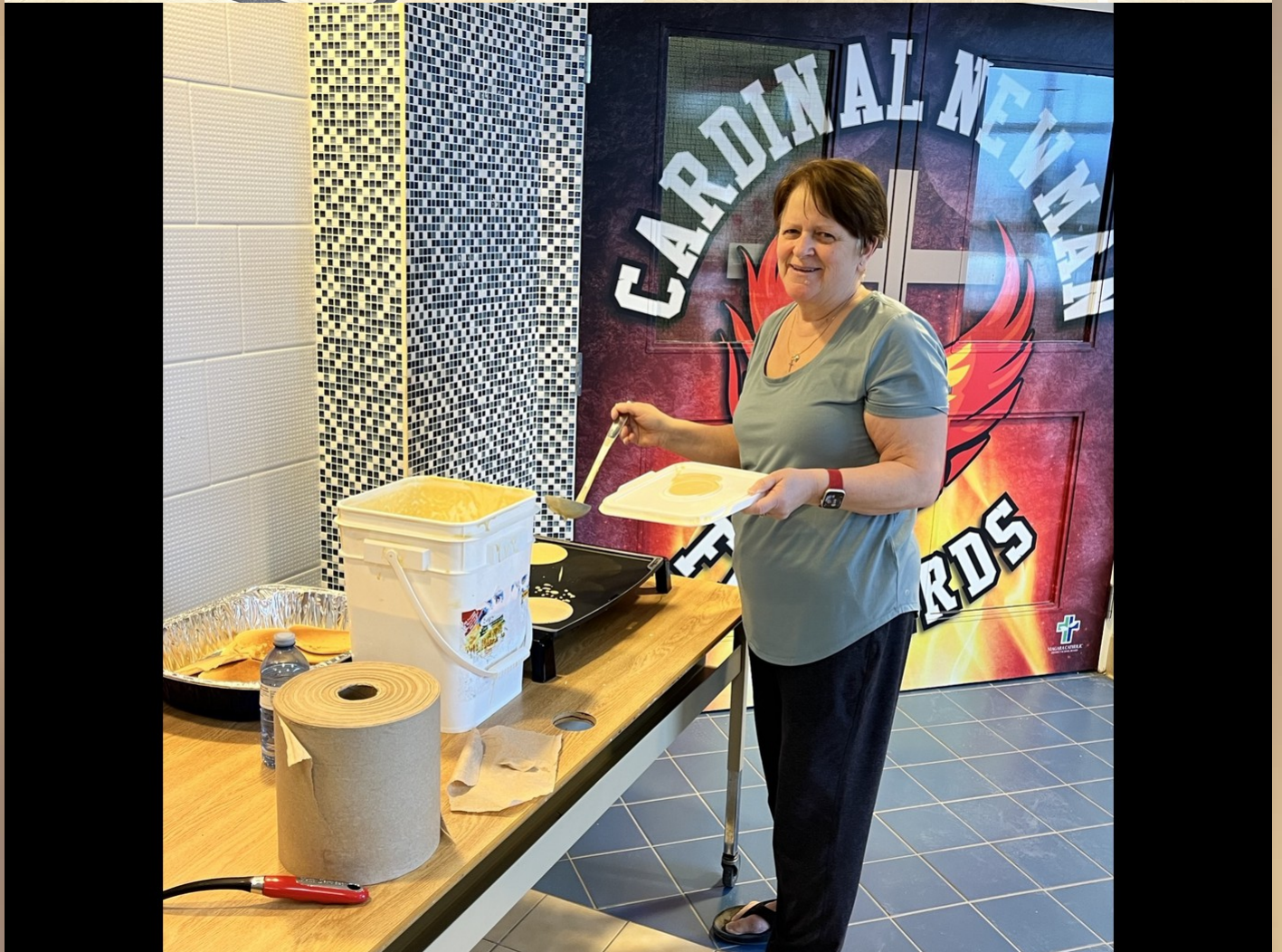
We hope to see the whole school community at masses next weekend to ring in Spring, celebrate mass with us and purchase a stuffy. Once sold out, orders will be taken during the same sale period and delivered to the church upon completion.



Shrove Tuesday

We would like to thank our Catholic School Council and Stacked Pancake and Breakfast House for supporting our Shrove Tuesday Pancake Breakfast. Our Catholic School Council members were out in full force and worked diligently to make sure that each one of our staff and students were well fed by making over 1000 pancakes. We would like to also like to thank Stacked Pancake and Breakfast House for donating all of the batter. This was extremely generous and very much appreciated. Please keep Stacked in mind the next time you are out for breakfast. They have two locations in Niagara Falls which are located at 7190 Morrison St. and 6840 McLeod Rd.











How much sleep do you need?

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?

Ages 3-5 (Preschoolers): 10-13 hours per day

Ages 6-12: 9-12 hours per day

Ages 13-18: 9-10 hours a night

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](https://caringforkids.ca/healthy-sleep)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>



chris spagnol

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