

# St. Andrew Catholic School

April 2025

## School Information

**Principal:** Mrs. M. Ruggi Dietsch

**Superintendent of Education:** Mrs. K. Kinney

**Website:** <https://schools.niagaracatholic.ca/standrew/>

**Instagram:** @standrewjags16

**Location:** 16 St. Andrew Street Welland L3B 1E1

**Phone:** 905-732-5663

## Principal's Message

As we step into April, I am filled with a sense of renewal and hope, much like the season of spring that surrounds us. This month, we have several important events and observances that bring our Catholic community together in reflection and celebration.

We are in the final weeks of Lent, a period of reflection, penance, and preparation. Lent is a significant time for us, offering an opportunity to grow spiritually and strengthen our faith. It is a time to practice self-discipline, engage in acts of kindness, and reflect on the sacrifices made for us. These last weeks are particularly meaningful as they lead us to Holy Week.

Holy Week is a profound time of observance, marking the final days of Lent and leading up to Easter Sunday. It begins with Palm Sunday, commemorating Jesus' triumphant entry into Jerusalem. This is followed by Holy Thursday, which honours the Last Supper and Jesus' act of washing the disciples' feet, symbolizing humility and service. Good Friday is a solemn day, reflecting on Jesus' crucifixion and the ultimate sacrifice made for humanity. Holy Saturday is a day of quiet reflection and anticipation, leading to the joyous celebration of Easter Sunday. Join us at Saint Andrew The Apostle Roman Catholic Church during Holy Week, the schedule can be found below.

I encourage all of you to take this time to reflect on the values of compassion, forgiveness, and renewal. Let us support one another in our Faith journey.

God Bless.

Mrs. M. Ruggi Dietsch

## Mass Schedule for Holy Week- St. Andrew The Apostle Roman Catholic Church

Palm Sunday April 13th - 9am & 10:40am

Chrism Mass - St. Catherine of Alexandria Cathedral Tuesday April 15th 7:30pm

Daily Mass - Monday - Wednesday 9:00am

Holy Thursday - April 17th - 7:00pm; Adoration to 12:00am

Good Friday Service - April 18th - 3:00pm, Stations of the Cross - 6:30 pm

Holy Saturday Easter Vigil - April 19th - 8:15pm

Easter Sunday of the Resurrection of the Lord April 20th - 9:00am & 11:00 am

## Important Dates

Please note the following dates:

- Reconciliation - Grade 2-8 April 1st
- World Autism Day- April 2nd - Wear Blue
- Pizza Day - **Thursday**, April 3rd
- PA Day - April 4th
- Grade 8 Confirmation- April 6th 11:00 am Mass
- Kinder Fluoride - Monday April 14th
- Grad Photos - Tuesday, April 15th
- Rosary Apostolate - April 16th
- Palm Sunday - April 13th
- Good Friday- April 18th- no school
- Easter Sunday- April 20th
- Easter Monday- April 21st - no school
- CSC Meeting - April 22nd - 6:00 pm
- Whole School Mass- April 24th 9:45 am
- Pasta Day - April 25th
- Book Fair- April 28th - May 2nd
- May 1 - Grade 7 Vaccines
- May 4th- Grade 2 First Communion



## THANK YOU! BIG BOX CARD FUNDRAISER



Thank you to everyone who purchased Big Box Cards! We sold a total of 109 boxes and made \$1199.00. Mrs. Lesco & Mrs. Holton's Kindergarten class sold the most boxes (27) and will celebrate with a Pizza Party!

# MILESTONE PHOTOS

Tuesday, April 15, 2025



**Capture the magic and showcase your best smile!**



**Take the next step of your journey in style.**

- Opt for a timeless look with a white collared shirt and a tie or choose an outfit that best represents your unique style and charm, whatever makes you feel your best!
- Your photographer will capture 4 photos, a selection of over 200 backgrounds will be available to you once proofs arrive!
- Anticipate the arrival of your smile! Your proof should arrive approximately two weeks after your shoot. Please place your order online at [edgeimaging.ca/order](https://edgeimaging.ca/order)



1 (866) 707-3343

[edgeimaging.ca](https://edgeimaging.ca)

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## Niagara Region Public Health School Health Newsletter

### Happy Oral Health Month!

The Niagara Region Public Health Dental Program offers FREE dental clinics for children and youth 17 and under throughout Niagara.

Appointments are available at the following locations:

Appointments are available at the following locations:

Office Location	Day and Time
Niagara Falls Public Health Office 7835 McLeod Rd	Mondays 11:30 a.m. – 6:30 p.m. Tuesdays 9:00 a.m. – 4:00 p.m.
Niagara Region Headquarters 1815 Sir Isaac Brock Way	Wednesdays 9:00 a.m. – 4:00 p.m.
Welland Public Health Office 200 Division Street	Thursdays 9:00 a.m. – 4:00 p.m.



[Niagara's Mobile Dental Clinic](#) also travels around Niagara to various locations throughout the week.

All of our dental clinics offer free dental assessments, cleanings, fluoride and sealants. To book an appointment [contact the Dental Program](#) or [book a dental assessment online](#).

## Let's Talk Vaping

Even for elementary students, there's a good chance that kids have been exposed to vaping—whether at school, through friends, on social media, or in movies and TV shows. From one parent to another, learn the basics about vaping in just 12 minutes.

<https://www.notanexperiment.ca/parents/>

## Be Safe for Niagara

It can be overwhelming to try to navigate mental health supports in Niagara. With the [Be Safe app](#), you can get the help you need, when you need it most. Be Safe is a free mobile app that offers information and links to mental health, addiction and suicide prevention resources in Niagara. It helps support you through the process of reaching out when life feels overwhelming.

The Be Safe App in Niagara:

- Allows users to create a digital safety plan
- Informs users about mental health and addiction resources in Niagara
- Helps you be prepared if you find yourself in a crisis

For more information, please visit <https://besafeapp.ca/>

You can download the app on the [App Store](#) or [Google play](#).



## Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

2023-2024 Called by Name: Hear My Voice

**2024-2025 Called by Name: Follow Me**

2025-2026 Called by Name: Go and Make Disciples

In Mark's Gospel, we read about Jesus and the rich man, who asked what he had to do to inherit eternal life. The rich man explained that he had kept all the commandments, but "Jesus, looking at him, loved him and said, 'You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me'" (Mark 10:21). The rich man chose not to follow Jesus because he loved his many possessions. Our hearts were made for God. In order to follow Jesus, we need to set aside the things that take His place in our hearts. Jesus wants to be the King of our whole heart, not just part of it. Like his call to the rich man, Jesus asks each of us to let go of everything that gets in the way of us following Him. Take a moment today to pray and ask Jesus to reveal any areas of your heart that need His healing touch and to help you fully entrust them to Him. By identifying and surrendering these parts of our hearts, we allow Jesus to transform us from within.



## St. Andrew Balanced Day Schedule

9:05 am Supervision Begins

9:15 am Entry Bell

9:15 am-11:25 am Instructional Block 1

11:25 am -11:45 am Recess  
11:45 am -12:05 Nutrition Break1  
12:05 am- 1:25 pm Instructional Block 2  
1:25 pm - 1:45 pm Recess  
1:45 pm-2:05 pm Nutrition Break2  
2:05 pm - 3:25 pm Instructional Block 3  
3:35 pm Dismissal

## Respectful Interaction at St. Andrew

St. Andrew 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.

## Cell Phones at School



Earlier this spring, the Ministry of Education issued new requirements for school boards to follow to ensure the health, safety, and well-being of everyone in our schools. This involves the use of cell phones and vaping. At St. Andrew, students from Kindergarten to Grade 6 will not be required to use cell phones for academic purposes. Therefore, there is no need for these students to bring a cell phone to school. Each classroom as well as the main office, has a telephone for issues that require a more immediate response. Grade 7 & 8 students who bring their cell

phones to school must have the phone stored out of view and turned off during the instructional day. They may only use it if their teacher permits it for learning.

Any student that requires a cell phone for health or medical purposes, or to support special education needs are permitted to use their cell phone as necessary with prior permission. At St. Andrew, each Grade 7 & 8 teacher will have a place for students to store their phone for safe keeping during non-instructional times. If a teacher sees a cell phone that is not stored out of view, students will be required to hand in their device in for the instructional day. The cell phone will be placed, by the student, in a secure storage area designated by the principal. If a student refuses to hand in their personal mobile device, the Ministry requires that the student be sent to the principal's office. Consequences for failing to hand in their phone is at the principal's discretion. School boards are now required to disable access to social media platforms on school networks and board devices. This is intended to limit the number of interruptions in class and to benefit the mental health and well-being of students. Niagara Catholic already blocks access to some social media sites. Now all will be unavailable to students.

## ECO News

Our ECO Team wants to help better the environment and try to reduce waste and single-use plastic. Each Wednesday we are encouraging our St. Andrew community to pack a waste free lunch! This

may include a reusable water bottle, packing snacks in containers or using reusable cutlery. These small initiatives can help protect our Environment! Thank you, from the ECO Team.

### Easy Litterless Meal Ideas

1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.



### National GOOS Paper Day - April 3rd

What is GOOS paper?

**GOOS** stands for **Good On One Side**. GOOS paper is paper that has been used on one side, but is still blank and usable on the other side. Using GOOS paper means ensuring both sides of a piece of paper are used before it is recycled.

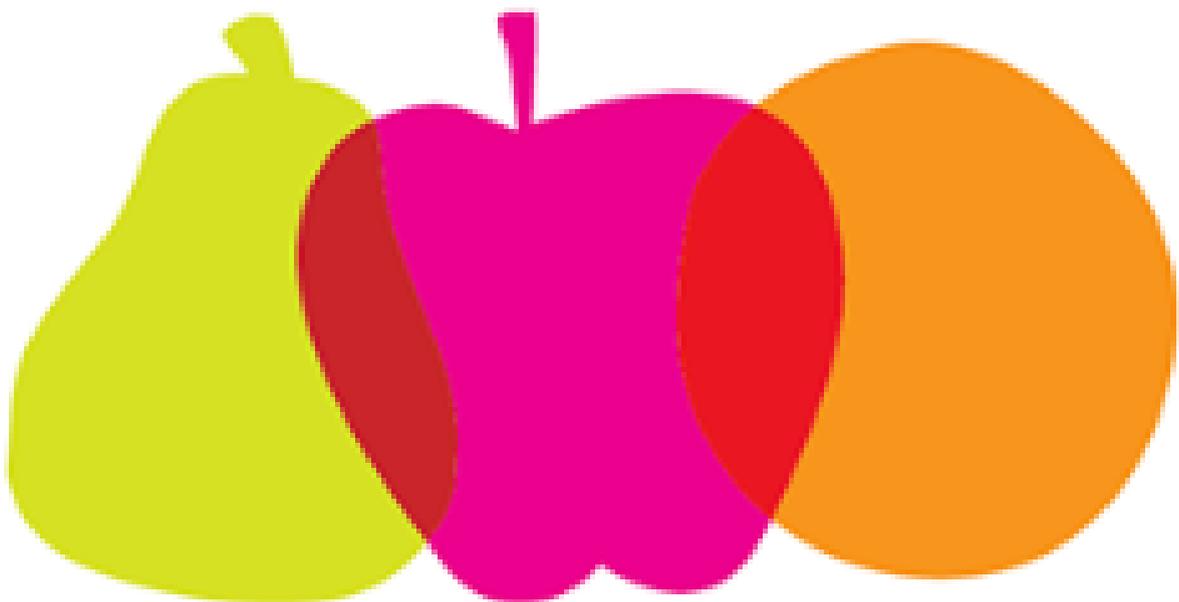
A **GOOS paper bin** collects and stores your GOOS paper in a convenient and accessible place to help ensure it can be used easily. Get creative and decorate your GOOS bins with a "goose" theme or other eye-catching styles.

[National #GOOSPaperDay Contest](#)

Showcase the GOOS paper bins at your home, school, or workplace for the chance to win some great prizes!

### Earth Day: April 22nd

April is Earth Month, the perfect time for us to inspire students with hands-on environmental initiatives! Whether you're just beginning your sustainability journey or looking to deepen our school's impact, EcoSchools Canada offers a wide range of free [action cards, challenges, and resources](#) to help bring environmental learning to life.



# Niagara Nutrition Partners

Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At St. Andrew School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

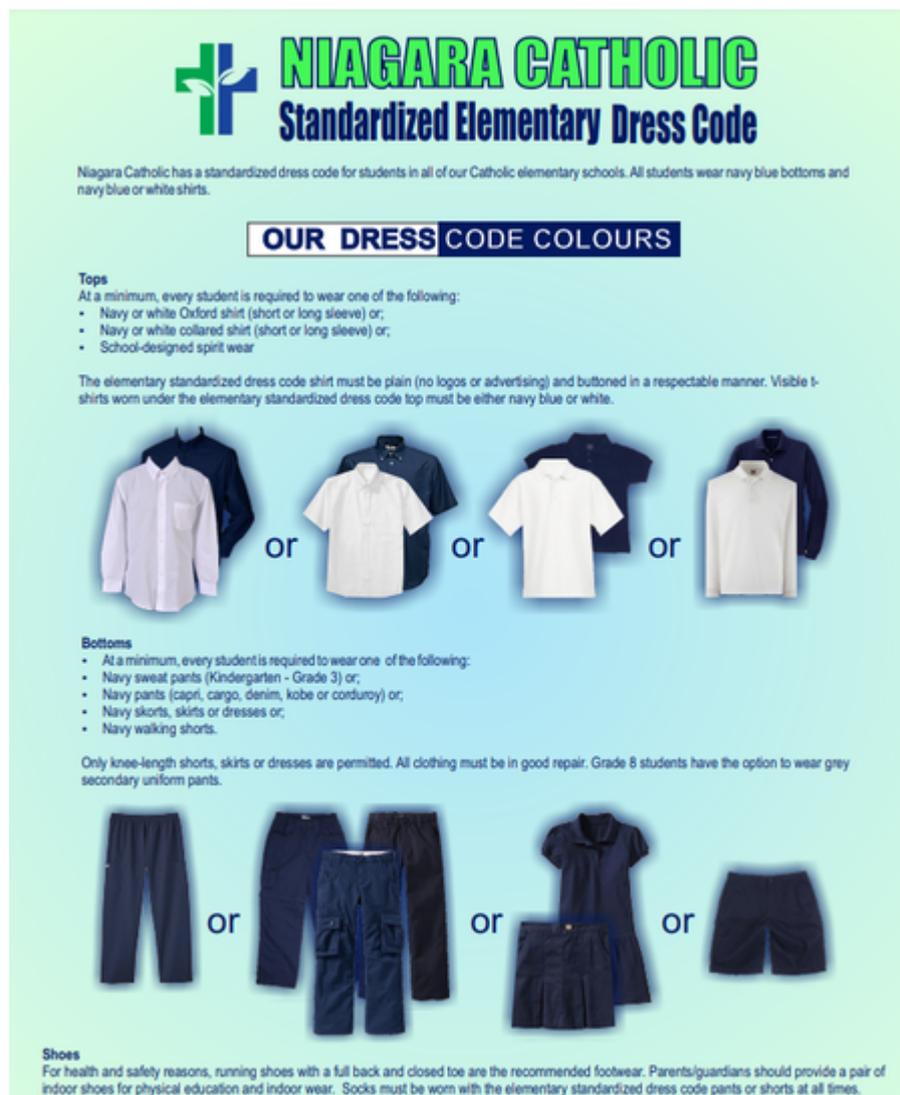
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

## Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



**NIAGARA CATHOLIC**  
**Standardized Elementary Dress Code**

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

**OUR DRESS CODE COLOURS**

**Tops**  
At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



**Bottoms**  
At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



**Shoes**  
For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

# ST. ANDREW JAGUARS 2024-2025 SPIRITWEAR

## Cotton/Poly Jersey Style Polo Shirt

Embroidered with St. Andrew Jaguars Logo on Left Chest



White



Navy

Youth #8800B \$20.49  
Adult #8800 \$20.49

Available Colours: Navy & White

## Core 365 Dri-Fit 100% Polyester Polo Shirt

Youth #88181Y

Ladies' #78181

Adult #88181

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



White



Navy

\$29.95  
Same Price for all Sizes

Available Colours: Navy & White

## 50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Printed with St. Andrew Jaguars Logo on Front



Navy



Dark Heather



Navy

Youth #18500B \$32.95  
Adult #18500 \$34.95

Available Colours: Navy & Dark Heather

## 50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.

Embroidered with St. Andrew Jaguars Logo on Left Chest



Navy



Dark Heather



Navy

Youth #18600B \$39.95  
Adult #18600 \$42.95

Available Colours: Navy & Dark Heather

Order On-Line at [www.bigbearspiritwear.com](http://www.bigbearspiritwear.com)  
No Refunds or Exchanges on Decorated or Personalized Products  
Sizing Charts available at each product online | Delivery to your School Option available



6182 Dixon Street  
Niagara Falls, ON, L2G 2L6  
Ph: 905-357-7132  
csr@bigbearspiritwear.com



School Apparel - Gradhoodies

Big Bear Spirit Wear, a board-approved supplier for spirit wear items will now supply St. Andrew School Spirit Wear. They offer a wide range of dress-code approved items through their online store at: <https://www.bigbearspiritwear.com> Students are allowed to wear the Jaguar hoodie to school and these are a worthwhile purchases for the cold weather months. Please label all clothing

items that come to school so that we can return all misplaced items to the correct person. Please note items may not yet be visible on the website.

## Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

## Student Supervision

Students are able to come into the school at 9:00 am. Please note that supervision is not provided prior to this time.

## Safety - Drop Off & Pick U

**Morning Drop-Off:** Please be advised that parents are not to use the front driveway for drop-off until after 9:20 AM. This restriction is necessary to avoid congestion and ensure the safety of our students and staff, as it allows our buses to operate without obstruction. Additionally, students should not be using the front door in the morning; they are to go to their assigned doors for entry until 9:20 AM.

**Afternoon Pick-Up:** If you need to pick up your child between 2:45 PM and 3:30 PM, kindly park on the road. This will enable our special education buses to maneuver in and out of the driveway without any issues.

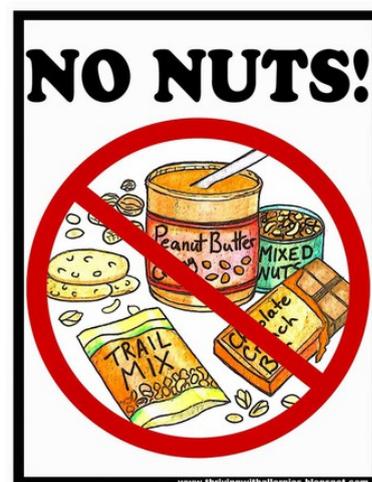
Your cooperation in following these guidelines is greatly appreciated and will contribute to a safer environment for everyone.

Thank you for your understanding and support.

## Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that St. Andrew Catholic School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



## Nut Free School Lunches and Tips for Packing Lunches



The challenge for all parents is to send foods that are nutritious and nut free and that will keep our kids energized and alert at school all day. They also need to be tasty, so that our kids will actually want to eat them! Those can feel like competing goals at times. Here are tips for making school lunch easier:

1. Try to include a variety of colours and textures to make the food appealing to kids. You want them to actually eat what you've packed!
2. Use up those dinner remnants. Brown rice can be tossed with black beans and served at room temperature. Cooked pasta can be transformed into a pasta salad. Chicken can be sliced and wrapped up in a tortilla with lettuce and veggies.

3. Include a sweet treat that is healthier than pre-packaged foods. Homemade granola bars, whole wheat muns, or even homemade doughnuts are fun treats that are worlds better than anything you can buy at the store!

4. No matter what, always make sure lunch is balanced by including fruit, vegetable, protein, and carbohydrate!

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## STUDENT ATTENDANCE and SAFE ARRIVAL

St. Andrew Catholic School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 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 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.

## REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



## School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters

