



# ***Firebird Free Press***

April 14th-18th, 2025

## **Week at a Glance**

### **Monday April 14th:**

- \*Catholic School Council Meeting @ SJHN: 6pm
- \*Performance Dance Team Practice: Gym @ 10:50am: Mancuso
- \*Choir Practice @12:50pm in Music Portable: Pietrangelo and Olesen
- \*Boys Handball Practice @ 12:50pm: Gym: Fortino-Carter
- \*Intermediate Boys Pickleball Practice @ 12:50pm-1:30pm: Gym: Tham
- \*Intermediate Girls Pickleball Practice @ 3:00pm-4:00pm: Gym: Tham

### **Tuesday April 15th:**

- \*Intermediate Girls Pickleball Practice @ 12:50pm-1:30pm: Gym: Tham
- \*Intermediate Boys Pickleball Practice @ 3:00pm-4:00pm: Gym: Tham

### **Wednesday April 16th:**

- \*Junior Girls Handball Practice @ 10:50am -11:30am: Gym: Avolio
- \*Lego Club: Library: Grades 1, 2, 3 @ 10:50am-11:10am: Mancuso
- \*Art Club: Grade 7 & 8: @ 12:50pm: Resource Room: Korce

### **Thursday April 17th:**

- \*Stations of the Cross: K-3: 9:45am, Gr. 4-8: 11:40am: ALL ARE WELCOME TO ATTEND: CuvIELLO and Tham
- \*Pizza Day

### **Friday April 18th:**

- \*Good Friday: NO SCHOOL

## **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:

## 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](#).

## 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](#).

## School Visit From Jasmine Jasudavicius

We would like to thank UFC fighter Jasmine Jasudavicius for visiting SJHN. Jasmine gave some great advice on the dedication level that it takes to be a professional fighter and shared some stories of her fighting career. We would like to wish Jasmine the best of luck in her upcoming fight at UFC 315 which is held at the Bell Centre in Montreal on May 10th. SJHN would like to thank Mr. Redmond for organizing this special event.

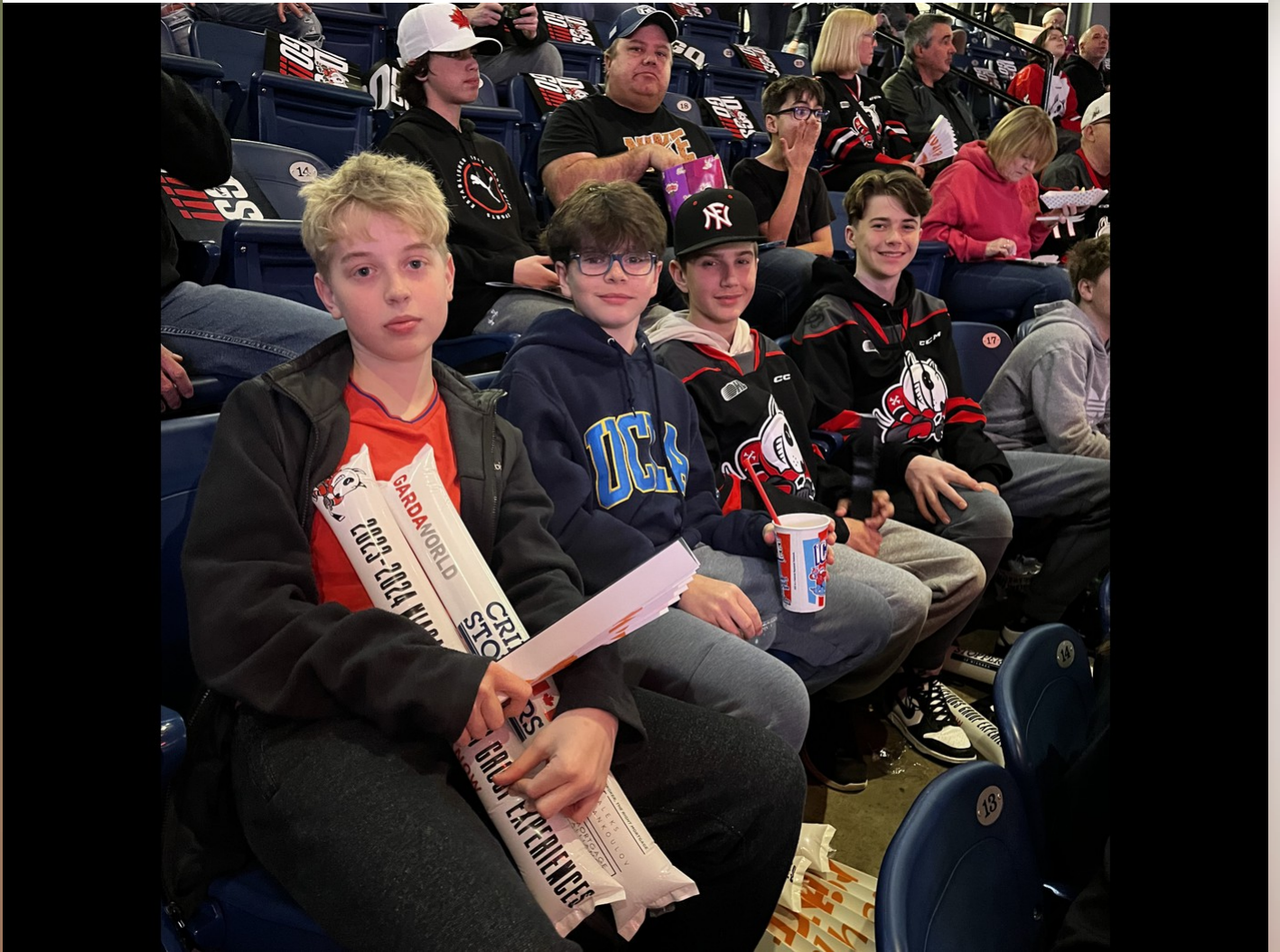




## SJHN Night at the Niagara Ice Dogs

As part of our family engagement events, SJHN families attended the Niagara Ice Dogs Playoff game on Thursday April 3rd against the Barrie Colts. The Ice Dogs took it to Barrie but unfortunately suffered a defeat. We would like to thank all of the families that came out and to all of the singers from our choir that sang the national anthem before the game. A special thanks to Mrs. Pietrangelo for organizing this fun outing.







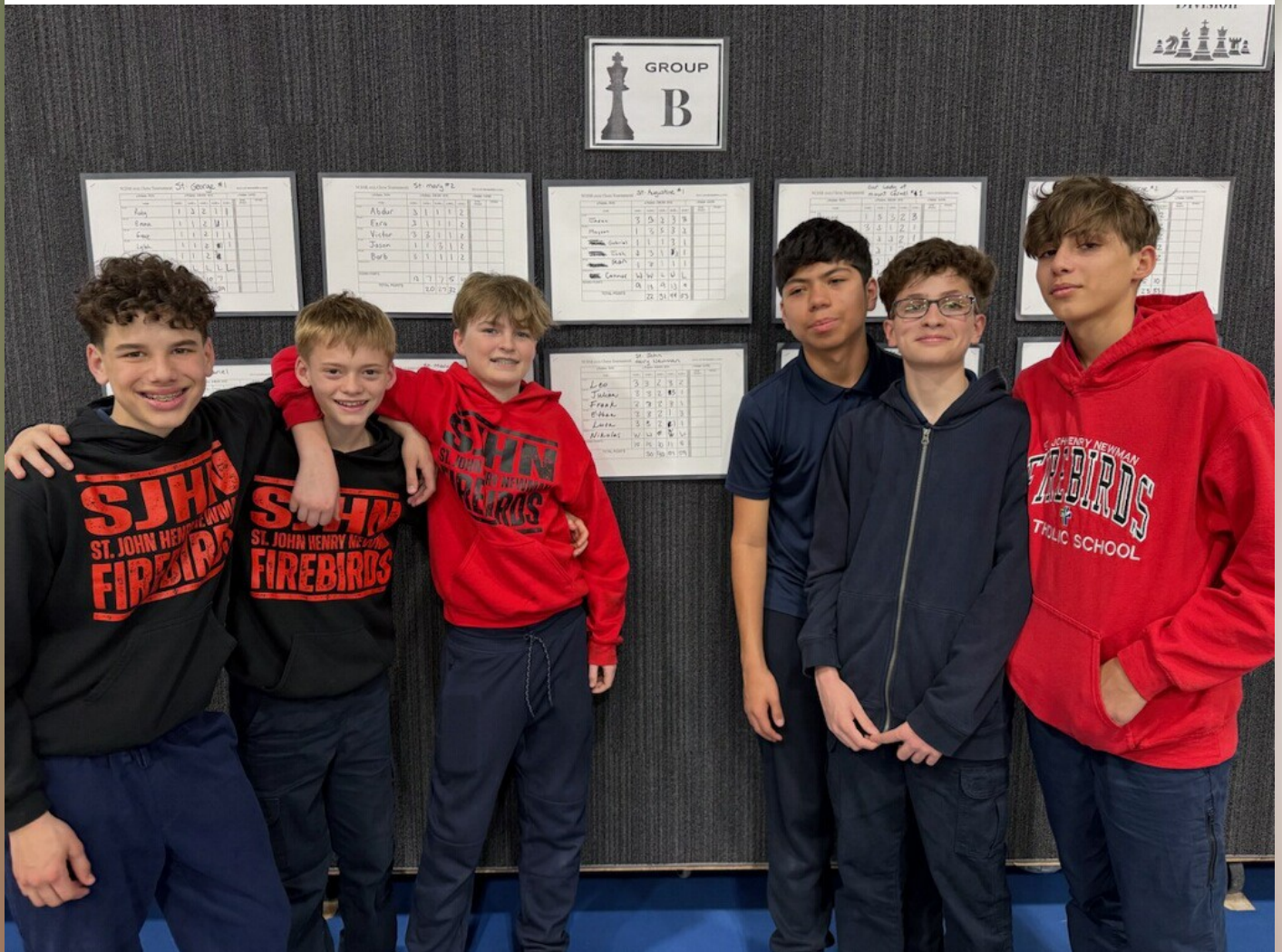




## Chess Team

Congratulations to our Junior & Intermediate Chess Teams for their competitive play at this year's Chess Tournament!

Our Junior Team came in 3rd place -Bronze medalists!! A big thank you goes out to Mr. Reich for organizing the chess club and for preparing the team for their annual tournament.





## Junior Students to Participate in Parish Mass – All Families Welcome!

We're excited to invite our Junior Division students (Grades 4–6) to take part in the **Saturday evening Mass at Our Lady of the Scapular Parish on May 3, 2025, at 5:00 p.m.** Students will have the opportunity to serve in meaningful roles such as proclaiming the Readings, leading the Prayers of the Faithful, and presenting the gifts.

This is a beautiful way for our students to grow in faith and strengthen their connection to our parish community. We warmly welcome **all families** to attend and support our young leaders as they take an active role in the liturgy.

If your child is interested in volunteering, please encourage them to speak with Mr. Reich. We hope to see many of you there as we come together in faith and fellowship!



**chris spagnol**

chris is using Smore to create beautiful newsletters