



MAY 2025



Called by Name: Come Follow Me

May, the Month of Mary. This is the month that is especially dedicated to Our Blessed Mother. During this month, we as a Catholic Faith Community offer up to Mary our hearts through prayer.

As we look to the past and learn from history, Pope Leo XIII reminded us that the soul of the Church and all of the activity and service of the members of the Church, begin with the supreme participation of the Blessed Mother.

Thus, it is no surprise that we celebrate and recognize motherhood during the month of May. The celebration of Mother's Day is important in our culture, as it is our faith. As a Catholic family, we recognize the importance of putting our faith into action. This can take the shape of doing something charitable for your mother or a mother in the community, to recognize and thank God for the gift of life and to speak with the Blessed Virgin Mother.

As we continue through the month of May, let us not forget that we continue to prepare for Pentecost Sunday. This is when we celebrate the descent of the Holy Spirit upon the Apostles and the Virgin Mary.

We are reminded every day of our spiritual connection to the Holy Spirit and the Blessed Mother Mary, in all that we do and say, in both our daily work and play. As we pray together faithfully, let us remember our grateful love to Mary and our acceptance of Christ.

Happy Mother's Day!

God Bless!
Mrs. J. Mangiacasale

MOTHER'S DAY PRAYER

*Lord, thank you for all mothers.
For the new ones, who endure sleepless
nights with infants in arms.*

*For the busy ones, who juggle the pressures
of home and family life. For the steadfast
ones, who nurture and care for our special
vulnerable children.*

*For the patient ones, who always seek to
forgive and engage with their pre-teens.*

*For the persistent ones, who cleverly find new
ways to connect with their mini-adults.*

*For the mother aunts, who step in to cradle
and care for nieces and nephews. For all
grandmas, who love and support their
precious grandchildren.*

*For the foster mums that are called to
gather and cover the fragile ones.*

*For the Sunday mums who care for our
children and lead them in faith. For the mums
who give far beyond their own resources,
who overcome disability to cherish and love.*

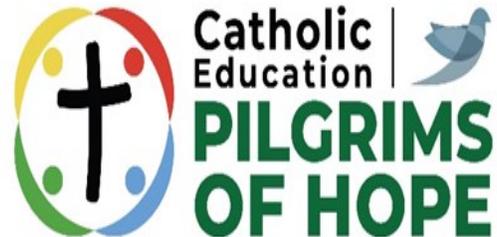
*Thank you Lord for all our beautiful
mothers. Help us to support them and keep
them in our prayers. May you bless them now
on this their special day.*

Amen

CATHOLIC EDUCATION WEEK/ MENTAL HEALTH WEEK 2025

Niagara Catholic elementary and secondary schools will be celebrating Catholic Education Week (CEW) with the theme "Pilgrims of Hope", in conjunction with Mental Health Week (MHW), from **Sunday, May 4, to Friday, May 9, 2025**. This is an opportunity to highlight the strong connection between our Catholic faith and mental health and well-being in Niagara Catholic schools.

See the attached insert for more details.



St. Elizabeth NEWS



CATCH THE SPIRIT AWARD



The Niagara Catholic “Catch the Spirit Student Award of Excellence” has been established to honour representatives of this leadership within our student population as we continue to work together to “nurture souls and build minds” throughout Niagara Catholic.

The student representative will show and demonstrate outstanding qualities in the following areas:

1. Catholic Leadership Qualities
2. Catholic Faith and Catholic School Philosophy
3. Family Commitment
4. School Community Relations (rapport with teachers and other students)
5. Involvement in School Affairs and Activities
6. Involvement in Community Activities
7. Commitment to a Difficult Situation or Task
8. High Degree of Academic Excellence

On behalf of the St. Elizabeth staff, I am pleased to announce that Dylan V. is this year’s Catch the Spirit recipient! Dylan will be recognized at the Celebrating Excellence Awards Ceremony held on Tuesday, May 6th at the Central Niagara Community Centre at 7:00 pm.

Congratulations Dylan!!



EQAO

This Spring, students in grades 3 and 6 will participate in the Ministry of Education’s EQAO assessment (Education Quality and Accountability Office) beginning **Tuesday, May 20th**. Prompt and consistent daily attendance during the assessment period is important.

Be sure to provide a nutritious breakfast and lunch for your child and ensure your child is well rested.

KINDERGARTEN ORIENTATION FOR NEW REGISTRANTS - SEPTEMBER 2025

To welcome our new families registered for the upcoming 2025-2026 school year, St. Elizabeth School will be holding a **Welcome to Kindergarten Family Orientation evening on Tuesday, May 27th, from 5:30 - 6:30 pm.**

We look forward to welcoming our future St. Elizabeth Saints students!

GRADE 8 GRADUATION

This year the grade 8 graduation will take place on **Thursday, June 19th**. Stay tuned for more information.



THANK YOU! so much to Marshville Chocolates for donating part of the proceeds from their chocolate bunny raffle, your generous donation of \$300 will be put toward our Nutrition Program which is provided to our students on a daily basis. Your donation truly means a great deal to us and will go a long way! We are incredibly grateful for your kindness

STUDENT SENATE



Our grades 6 and 7 students participated in the St. Elizabeth **Student Senate Elections on April 14th**.

There were 4 candidates vying for 1 position on

the 2025-2026 Senate. The criteria students were looking for in a candidate were:

- Someone who is responsible, trustworthy and organized
- Someone who is seen as a role model to all students
- Someone who is willing to give their time to help others
- Someone who is creative and who wants to
- make St. Elizabeth and our world a better place

Congratulations goes to Ciara W., who will be new to the role and **Oliver S.,** who will continue on as a Senator next year.

All Student Senators will travel to Club Roma on May 7th, to participate in the Niagara Catholic Student Leadership Symposium. The Symposium is a chance for our student leaders to learn about leadership ideas and concepts, to understand the function of the Student Senate, and to participate in the Family of Schools Student Senate elections.



A MESSAGE FROM YOUR ECO TEAM

During this year's Earth Month activities, students were encouraged to reflect on water's crucial role in Indigenous ways of knowing. Water is more than just a resource; it is one of the four elements deeply intertwined with Indigenous cultures and traditions. For Indigenous peoples globally, water signifies life, healing, and connection to the land. Recognizing this profound relationship honours wisdom and offers insights into sustainable coexistence with nature that is embedded in our Dish with One Spoon and Two Row Wampum treaties. This Earth Day, we were asked to commit to allying with Indigenous Water Protectors, and foster a deeper understanding of the importance of water ensuring respect, preservation, and equitable drinking water for generations to come.

A faded background image of a school building with a sign that says "SAINT ELIZABETH".

St. Elizabeth Catholic School Open House Thursday, May 1st 4-7pm

Please Join Us!

As we move forward, we carry with us the values and traditions from our old school while embracing the opportunities that the new school offers. It's an exciting time for both students and staff.

A faded background image of a church building with a large cross on the roof and a sign that says "ST. ELIZABETH".

Together, we'll continue to build upon our rich history and create a future full of promise and potential for every student.



Catholic Education: *Pilgrims of Hope*

This year's Catholic Education Week theme is, "*Pilgrims of Hope.*"

The theme for Catholic Education Week 2025 was inspired by the following considerations:

In February of 2022, Pope Francis announced that the theme for the upcoming 2025 holy year would be "Pilgrims of Hope." "We must fan the flame of hope that has been given to us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. (from Vatican News, a short video on the history of the Jubilee/Holy Year: <https://x.com/VaticanNews/status/1783768498885275868>)

The Holy Father asks us to focus prayerfully on the bonds that unite our whole human family, to reflect on the rampant poverty in our world, and to think about the plight of the many refugees forced to leave their homes. He also summons us, as stewards of Creation, "to contemplate the beauty of creation and care for our common home."

A pilgrimage is a spiritual journey of movement toward a goal, often lived together with others – and that certainly describes Catholic education. Hope – one of the three theological virtues – is grounded in our Easter faith in Jesus' resurrection and renewal; this is what enables us to be builders, dreamers and leaders in Jesus' name. Pope Francis invites us to keep moving ahead in faith, in joy, and in hope, as part of a pilgrim people. Even in challenging times, our eyes are focussed on the future.

There are five sub-themes for each day of Catholic Education Week:

- Day 1: By honoring human dignity / Honorent la dignité humaine
- Day 2: By caring for creation / Prennent soin de la création
- Day 3: By responding to the poverties in our world / Luttent contre les pauvretés
- Day 4: By serving in solidarity / Servent en solidarité
- Day 5: By living as peacemakers / Vivent en artisans de paix

Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources, as well as our own developed activities, we have prepared a series of activities, which will highlight how the students and staff at our school are being *Pilgrims of Hope* together.

We hope to see many of you during our school celebrations!

Niagara Region Public Health School Health Newsletter May 2025

Vision Health Month

Visual health is an important part of a child’s overall health and well-being. Proper vision is important for a child’s movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is FREE – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see ANY of these signs:

<ul style="list-style-type: none"> • Squinting or holding objects close to the eyes 	One eye that turns out or in
<ul style="list-style-type: none"> • Blinking often 	<ul style="list-style-type: none"> • Rubbing, tearing, itchy or burning eyes
<ul style="list-style-type: none"> • Turning or tilting the head to the side often 	<ul style="list-style-type: none"> • Reporting blurry or double vision
<ul style="list-style-type: none"> • Covering or closing one eye 	<ul style="list-style-type: none"> • Reporting headaches, nausea or eye strain

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?



Public Health works in partnership with teachers, support staff, students, and parents to build a healthier school community.

Check out our [School Health webpage](#) for some important links and supports:

- [Childhood illnesses and diseases of public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)
- [Dental screening](#)
- [School-aged vaccines](#)

Parents and legal guardians of junior and senior kindergarten registrants and students new to Ontario are asked to report their vaccinations to [Public Health](#).

Niagara Region Public Health School Health Newsletter May 2025

Head Lice



Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health's new webpage on head lice for more information:

[Head Lice - Niagara Region, Ontario](#)

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. For more information you can email youth.vast@camh.ca.

May is Rabies Awareness Month

During Spring, wildlife activity increases and so does the potential for rabies exposures. Rabies is a serious and fatal disease that affects the brain and spinal cord of mammals, including humans.

To prevent rabies, avoid any contact with wild animals, especially those that appear sick. Although they may seem cute, do not feed wild animals and most importantly, make sure to have your pets vaccinated.



For more information visit

https://www.niagararegion.ca/living/health_wellness/disease-prevent/rabies.aspx