



# St Joseph Phoenix News

**MAY 2025**

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## Principal's Message

As we enter the beautiful month of May, we all feel rejuvenated here at St. Joseph. The warmer weather, the trees turning green, the flowers beginning to bloom, all breathe life into us. We start May with Catholic Education Week from May 4 - 10th. We have many fabulous events planned for this important week that celebrates the gift we have in Catholic education. The week kicks off with a mass here at the school on Monday, May 5 at 10:00 am. We would love to see you join us if possible! Niagara Catholic D.S.B. is having the annual Celebrating Excellence on Tuesday evening. As well as recognizing distinguished alumni, it also hands out the Catch The Spirit Awards to each school's winners. We are proud to announce that this year's winner here at St. Joseph is **Kaycee Hedley** in grade 8!

As the school year enters the final 2 months, we will continue to remain focused. There is still lots of work to do. Our grade 3's and 6's will begin the EQAO assessments at the end of the month and the beginning of June. I know they have been well prepared and they have worked hard. We wish them the best of luck!

God bless.

Mr. Tim Atkinson

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## Fun Fair is on June 11th!

We are in need of volunteers to help set up, run games, BBQ and our ever popular gift baskets and clean up. If you are available and would like to help, please email Kayla Walsh at

[kaylawalsh713@gmail.com](mailto:kaylawalsh713@gmail.com)



### Eco Team's Pollinator Garden

Last year as part of our Eco Schools and Student Council initiatives, we planted a pollinator garden at the entrance of our school property. This year we would like to add some plants to this garden and hope to create another in our prayer garden. We have some funds to purchase plants (raised through the 'Recycle for Education' initiative we hosted in February), but we'd like your help to plant more. We once again ask that you consider donating plants you split from your own gardens, especially plants that attract pollinators like **Milkweed, Black-eyed Susans, Purple coneflower (Echinacea), Phlox, Butterfly Weed, Aster, Bee Balm and/or Butterfly Bush**. We ask that you deliver any plant donations the week of May 26th with the goal to plant at the end of this week or early into the next. Thank you in advance for your support in encouraging pollinator populations.

### St. Joseph School Talent Show

On Thursday, June 27th, St. Joseph school will be hosting a talent show! Students from grades 4-8 are welcome to show off their talents. All interested students will be asked to sign up in early May to identify their talent and who is involved in the performance. In Early June we will host 'auditions' to make sure the performances are on the right track to perform. If your child has a special talent please encourage them to sign up!



#### Event Information

#### Blessed Trinity Special Education Expo

We invite you to join us at Blessed Trinity Secondary School in our school cafeteria on Thursday, June 5th, 2025 from 1:30-5:00pm. The Special Education Department at Blessed Trinity is hosting its first ever Transitions Expo. This is a vendor style event for families of current Special Education students at Blessed Trinity (grades nine to age twenty-one) as well as prospective Special Education students from our family of schools in grades five through eight. Students and



families will have an opportunity to meet, chat, network and gain information from local organizations that may be of benefit to them currently or in the future. Some organizations in attendance will be Niagara College, Mohawk College, Community Living Grimsby/Lincoln, Mainstream, Contact Niagara, Red Roof Retreat and more! Refreshments and snacks will be served, courtesy of the Blessed Trinity Culinary Program. If you have any questions please feel free to contact Dustin Wiley, Program Chair of Special Education at 905-945-6706 extension 3322 or at [dustin.wiley@ncdsb.com](mailto:dustin.wiley@ncdsb.com). We look forward to seeing you there!

Please note - there will be a therapy dog present on the day of the event.

When?

**Thursday, Jun 5, 2025, 01:30 PM**

Where?

**Blessed Trinity Secondary School, 145 Livingston Avenue, Grimsby, ON, Canada**



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## Niagara Region Public Health May Newsletter

### 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:

- Squinting or holding objects close to the eyes
- One eye that turns out or in
- Blinking often
- Rubbing, tearing, itchy or burning eyes
- Turning or tilting the head to the side often
- Reporting blurry or double vision
- Covering or closing one eye
- 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](#).

## **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](mailto: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](https://www.niagararegion.ca/living/health_wellness/disease-prevent/rabies.aspx)

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## May is Speech & Hearing Month

Throughout the day you talk to family, friends, and colleagues. You use your hearing and speech all the time. You probably take them for granted. Imagine not being able to communicate simple thoughts like "Thank you" or "Tell me a story." For many Canadians with speech and language disorders, this is reality. For them, words don't come easily. But when is the last time you really thought about it? **May is Speech and Hearing Month**, the perfect time to communicate some important information about hearing and speech.

One in 10 Canadians has a hearing, speech, or language problem, a condition that makes it difficult to communicate with others. Anyone, of any age, can have or develop an impairment of the ability to hear, speak, or understand effectively. At any time, illness or accidental injury can impair your ability to hear and talk. Treatment to eliminate or minimize communication problems is available. Speech, language, and hearing disorders are treatable and early detection is a major contributor to speedier recoveries, shortened treatment periods, and reduced costs for individuals and society alike. Early detection of communication disorders is vital! If you suspect a hearing, speech, or language problem, contact a communication specialist such as a Speech-Language Pathologist, Communication Disorders Assistants or Teacher of the Deaf and Hard of Hearing. A listing of Audiologists and Speech-Language Pathologists is available by contacting the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) at 1-800-993-9459 or visit [www.caslpo.com](http://www.caslpo.com). To learn more about the importance of early detection and intervention of communication disorders, and the role of speech-language pathologists, audiologists and communicative disorders assistants visit [www.asha.org/public](http://www.asha.org/public), Speech-Language & Audiology Canada (SAC) [www.maymonth.ca](http://www.maymonth.ca) or <https://identifythesigns.org>.



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## BT Corner

April was another very busy month at Blessed Trinity. Our winter sports came to an end and our spring sports started up. On any given day at BT, you can find some or all of the following sports practicing or beginning their spring seasons on our new turf field (for the first time in the spring season):

- Soccer
- Track and Field
- Boys and Girls Lacrosse
- Rugby
- Flag Football
- Girls Softball
- Boys Baseball

Other events that took place in April were the Junior Formal for our grade 9 and 10 students; the Waterloo Math Contest and all of our students took part in the Compass Survey created every year by the University of Waterloo.

Lastly, all of the Grade 8's who will be attending Blessed Trinity in September should have received Student and Course Verification forms to have one last look that they have chosen the appropriate courses for next year and that all of their biographic information is correct.

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.

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**Holly Humphreys**

Holly is using Smore to create beautiful newsletters