

St. Mark Catholic

Home of the Mountain Lions

*A Member of the Blessed Trinity Family of
Schools*

Mother

A mother is a priceless gift
God gives each family
To soothe the hurts and guide our paths
And love us tenderly.

A mother always knows what's best
The right thing we should do;
She's our teacher and best friend,
Her work is never through.

A mother's faith is steadfast
In us she'll ever trust
Though all others may turn away
She still believes in us.

A mother is a precious jewel
That we should ever treasure.
Tell her often that you love her
Her worth's beyond all measure.

Kay Hoffman



SALESIAN MISSIONS



Catholic Education Week - May 5-9, 2025



CATHOLIC EDUCATION: TOGETHER IN FAITH

CATHOLIC EDUCATION: PILGRIMS OF HOPE

L'éducation catholique: Pèlerins de l'espérance September 2024 Bulletin

As noted in the OCSTA Memorandum, May 24, 2024, celebrating Catholic Education will be a year long journey as we accompany each other on our Pilgrims of Hope theme. The Catholic Education Week Committee will be providing school boards with special prayers, events, and resources to support each other in our journey of hope.

Catholic Education Week Prayer

Hope is our calling, O Lord,
and the destination of our pilgrim journeys.
As we mark this Jubilee Year of hope,
keep our eyes focused on Jesus,
and on the hope he reveals to us.
All our hope is in you, O God, in the name of Jesus
our Lord and companion.
Amen.

L'espérance est notre vocation, Seigneur,
et la destination de notre parcours de pèlerin.
Alors que nous célébrons ce Jubilé de l'espérance,
garde nos yeux fixés sur Jésus,
et sur l'espérance qu'il nous révèle,
car notre espoir est en toi, ô Dieu.
Par Jésus, notre compagnon de route et notre ami.
Amen.



"We must fan the flame of hope that has been given to us."
(Letter on the Jubilee Year of Hope, February 11, 2022)

"Nous devons garder allumée la flamme de l'espérance qui nous a été donnée."
(Lettre sur le Jubilé de l'espérance; 11 février 2022)



CATHOLIC EDUCATION: TOGETHER IN FAITH

CATHOLIC EDUCATION: PILGRIMS OF HOPE

Catholic Education Week Logo



The basis and inspiration for the OCSTA Catholic Education Theme Logo for 2024-25 is the logo prepared for the global recognition and celebration of the Jubilee Year in 2025.

The logo chosen for the Holy Year “depicts four stylized figures, representing all of humanity, coming from the four corners of the earth. They embrace each other to indicate the solidarity and fraternity which should unite all peoples.”

The colours used in the Jubilee Year logo have distinctive meanings:

- Red symbolizes love, passion and self-sacrifice, Christ’s sacrifice and His boundless love for humanity;
- Orange expresses joy, vitality, and enthusiasm, the light that illuminates the path of faith;
- Green is universally recognized as the colour of hope, growth, and rebirth, and;
- Blue symbolizes faith, peace, and tranquility, evoking the sky and spirituality, and inviting contemplation and prayer.



Like the Jubilee logo, the OCSTA “Pilgrims of Hope” logo features 4 figures representing all of humanity and utilizes the Jubilee logo colours (and their associated meanings) to build on the sense of love, service, faith and hope that is ultimately the message of the cross located at the centre of the OCSTA logo. The blue dove which is part of the “Catholic Education Week” branding is the distinctive symbol we have come to use as a representation of Ontario’s Catholic Education system and our distinctive journey



CATHOLIC EDUCATION: TOGETHER IN FAITH

CATHOLIC EDUCATION: PILGRIMS OF HOPE



Pilgrims of Hope

This year's Catholic Education Week theme is Pilgrims of Hope – the theme Pope Francis has chosen to celebrate and honour the upcoming Jubilee Year which begins on Christmas Eve 2024 and continues until January 6, 2026.

In keeping with our promotion of Catholic identity in our 29 Catholic school boards, this is a special opportunity for OCSTA to place Jesus Christ and the teachings of the Catholic church at the centre of our Pilgrims of Hope journey.

Celebrating Catholic Education will be a year long journey as we accompany each other on our Pilgrims of Hope theme. To be pilgrims, represents our journey in this life as we connect to our faith and relationship with Christ. We are called to “pilgrim” with one another building relationships of love, peace, and our solidarity towards each other.

“When the Lord comes in glory, and all his angels with him, death will be no more and all things will be subject to him. But at the present time some of his disciples are pilgrims on earth. Others have died and are being purified, while still others are in glory, contemplating ‘in full light, God himself triune and one, exactly as he is’ (Catechism of the Catholic Church, 954)”

As we begin this new school year, we are invited to rediscover the theme of hope and the meaning of hope in our lives. In Scripture, hope is found through the actions of those who Pilgrim following Jesus' example. God's Pilgrims bring communities hope, peace and strengthened faith because of their trust in Jesus' teachings.



CATHOLIC EDUCATION: TOGETHER IN FAITH

Social Justice Initiative



St. Mark is assisting The Society of Saint Vincent de Paul, Diocese of St. Catharines
with their NORTH OF 60 PROJECT
SUPPORTING OUR NORTHERN NEIGHBOURS IN NEED

We are asking for donations of Campbell's Chicken Noodle Soup Cans
(284ml).



They will be shipped to Nauyasat (Repulse Bay), Nunavut
in September 2025 in a shipping container.



2024 - 2025 St. Mark School Yearbook



Advertising Space for Sale

To help offset the cost of our yearbook, we are offering advertising space for sale. There are 3 options available: 1/4 page, 1/2 page or full page. You can submit your advertising artwork to st.mark@ncdsb.com and we will upload it into our yearbook.

Order a Yearbook

It is with great pleasure that we present the 2024-2025 edition of our school yearbook celebrating our St. Mark Catholic school community. As you turn the pages of this book of memories, you will see the spirit of our community shining through our students, staff and parents. Staff have been working hard at

Ad space is available for purchase through School Cash Online until May 19th. All artwork should be submitted to the school by that date.

completing over 75 pages that capture another fantastic year at St. Mark! **Yearbook orders can be done through School Cash Online from May 1st to June 2nd.** All purchased yearbooks will be distributed the last week of school in June.

Welcome to Kindergarten Evening



The St. Mark Kindergarten Team is excited to invite new Kindergarten students for the **2025-2026** school year (and their parents) to our Welcome to Kindergarten orientation evening on Monday, **May 26th from 5:00-6:30 pm.** Come join us for a tour and meet the Kindergarten Team.

Registration is now open for the 2025-2026 school year. If you, or someone you know, have a child eligible for Kindergarten, please go to www.niagaracatholic.ca to register and join our family.

St. Mark Track & Field Information

On Tuesday, **May 27th** (rain date: May 30th) students in **Grades 4 – 8** will be participating in St. Mark's Track and Field. We will be running the track events in the park behind the school and the field events at the school. Students participating in track and field events will be allowed to come out of dress code and in proper gym attire. Please see below the list of events that students can choose from. Each student must select at least two events to participate in. Their classroom teachers will meet with students to ask which events they want to choose from and students will practice during their Phys-Ed classes. Students must be at school on Tuesday, May 27th to qualify for their events and possibly advance to the Blessed Trinity Family of Schools Track and Field Event. We have supports coming in from the board to help time track events and measure field events and they are not available on another day. Those students who qualify for events will be notified and then will move onto the Blessed Trinity Family of Schools Track and Field event on June 4th.

GRADE 4	TRACK EVENTS				FIELD EVENTS			
	50m	100m	200m	400m	BALL THROW	LONG JUMP		
GRADE 5	TRACK EVENTS				FIELD EVENTS			
	100m	200m	400m	800m	SHOT PUT	LONG JUMP		
GRADE 6	TRACK EVENTS				FIELD EVENTS			
	100m	200m	400m	800m	SHOT PUT	LONG JUMP		
GRADE 7	TRACK EVENTS				FIELD EVENTS			
	100m	200m	400m	800m	SHOT PUT	LONG JUMP		TRIPLE JUMP
GRADE 8	TRACK EVENTS				FIELD EVENTS			
	100m	200m	400m	800m	SHOT PUT	LONG JUMP	TRIPLE JUMP	

EQAO

Students in Grades 3 & 6 will participate in the Provincial Assessment, EQAO, beginning mid May to mid June, 2025. This annual testing provides the school board and school an overview of how students are mastering skills and understanding concepts in language and math. Specific dates will be communicated out once confirmed.

**Education Quality and
Accountability Office**



We continue to ask that you make every attempt to ensure that your child is at school on time, and that you do not schedule appointments or vacations during this time. A note will be going home to families of children in Grades 3 and 6 with more specific dates for when the students will be completing the assessment. Thank you for your support

Junior Handball Winners!



Junior Boys Handball

Congratulations to the Junior Boys Handball team. They competed in the Blessed Trinity Family of Schools Handball Tournament on Tuesday, April 29th at BT at



Junior Girls Handball

Congratulations to the Junior Girls Handball team. They competed in the Blessed Trinity Family of Schools Handball Tournament on Wednesday, April 30th at BT at

finished in first place! The team played with determination, fought hard, and ultimately emerged victorious.

finished in first place! They gave it their all, never backed down, and earned a well-deserved victory.

Ice Bucket Challenge for Pathstones Mental Health



On Tuesday, April 29th, Mrs. Moscato, Principal of Blessed Trinity High School participated in the Ice Bucket Challenge for Pathstones Mental Health. She challenged St. Mark to do the same. On Wednesday, April 30th, brave staff members took up the challenge and were doused with ice cold water by 9 very excited students. The staff members braved the chilling temperature outside and on their behalf, St. Mark School will be making a donation to Pathstones Mental Health in St. Catharines. We in turn have nominated Mr. Tolomeo at Our Lady of the Holy Rosary and Mr. Atkinson of St. Joseph School in Grimsby to do the challenge.



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 shorts, 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.

Nurturing **Souls** & Building **Minds**

A Message from Public Health

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:

- | | |
|--|---|
| • 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.

May is Rabies Awareness Month

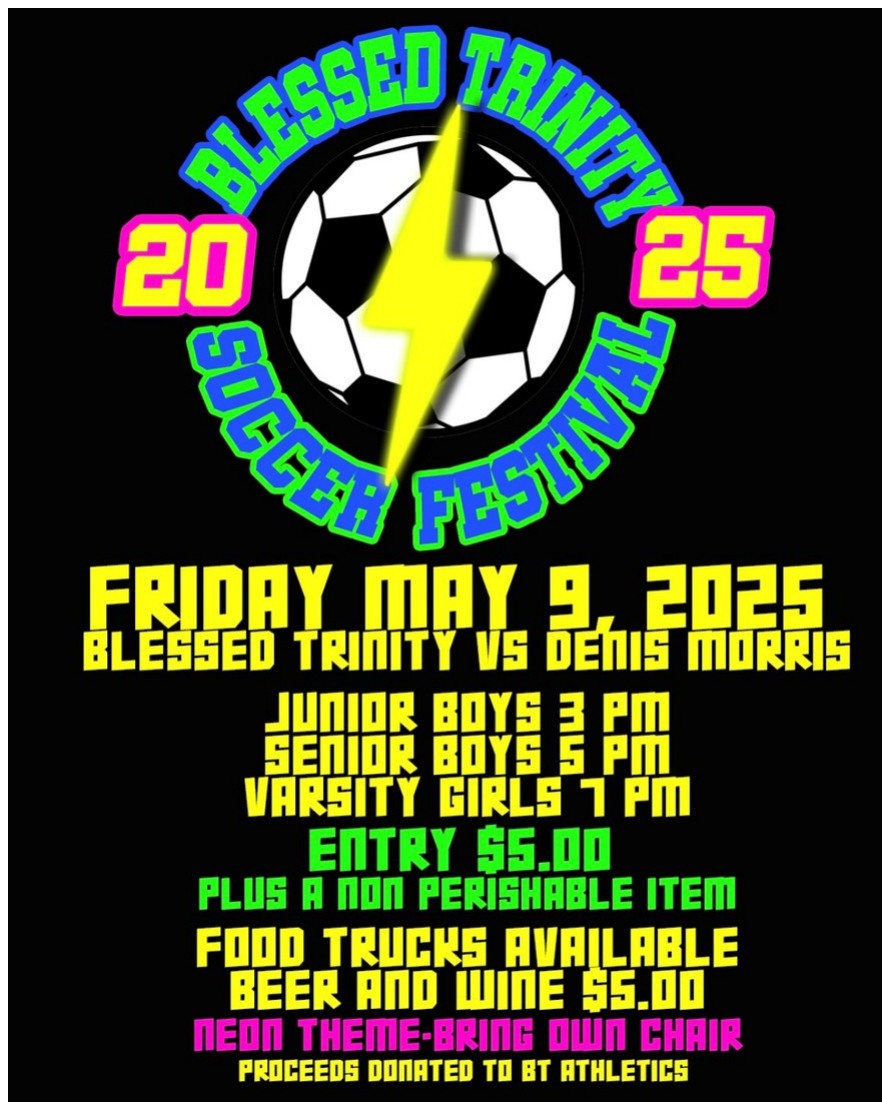
During Spring, wildlife activity increases and so does the potential for rabies exposures. Rabies is a serious and fatal disease that affects the brain and spinal cord of mammals, including humans.

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



BTCorner

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.



St. Mark Catholic

May 2025

A Member of the Blessed Trinity Family of Schools						
				Day 3 1	Day 4 2	3
				PIZZA		Mass: St. Helen Church 5:00 p.m. 5pm Confirmation
4	Day 5 5	Day 1 6	Day 2 7	Day 3 8	Day 4 9	10
Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	Catholic Education and Mental Health Week					Mass: St. Helen Church 5:00 p.m.
	Festival of Music @ Dennis Morris			PIZZA	Gr. 2 Culture Fest 1-2pm	
11	Day 5 12	Day 1 13	Day 2 14	Day 3 15	Day 4 16	17
Mass: St. Helen Church 9:00a.m. & 11:00a.m.	Grade 6 Trip to Zacada	Dental Bus @ St. Mark			Out of Dress Code Jersey Day	Mass: St. Helen Church 5:00 p.m.
				PIZZA		
18	19	Day 5 20	Day 1 21	Day 2 22	Day 3 23	24
Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	 No School Today!	Grade 5 @ Brock PALS	Shawarma by	PIZZA		Mass: St. Helen Church 5:00 p.m.
25	Day 4 26	Day 5 27	Day 1 28	Day 2 29	Day 3 30	31
Mass: St. Helen Church 9:00 a.m. & 11:00 a.m.	Welcome to Kindergarten @ 5-6:30pm	St. Mark Track & Field Day Gr. 4-8	GRADE 3 EQAO TESTING			Mass: St. Helen Church 5:00 p.m.
				PIZZA	Track & Field Rain Date	



May 2025 Calendar.pdf

Download

1.5 MB

St. Mark Catholic Elementary School

J. DeCoff
Principal

A. Villella
Vice Principal

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