

Phone: 905.894.3670

June 2025

E-Mail: [Stgeorge@ncdsb.com](mailto:Stgeorge@ncdsb.com)

Follow us on Instagram: [@Stgeorgecatholic](https://www.instagram.com/Stgeorgecatholic)

## PRINCIPAL'S MESSAGE



Niagara Region Public Health School Health Newsletter June 2025 Sun Safety When enjoying the outdoors and getting some natural Vitamin D, Public Health would like to remind kids and adults to use proper protection from the sun. • Slap on a hat • Slop on sunscreen • Slide on sunglasses • Slip on protective clothing Check out The Canadian Cancer Society's Enjoying the Sun for sun safety tips and information on protecting toddlers and children. For additional information, visit Niagara Region Public Health's website.

### Ticks

Ticks, mosquitos and rabid animals can be a risk as the weather warms up. • Mosquitoes transmit the West Nile virus to humans after becoming infected by feeding on the blood of birds, which carry the virus. • The black- legged (deer) tick transmits Lyme disease to humans after becoming infected by feeding on the blood of small animals which carry the disease. • Rabies is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity or eyes. For more information and tick identification, individuals can contact a Duty Officer directly at 905-688-8248 ext. 7590. General tick information can be found on our Niagara Region Public Health website.

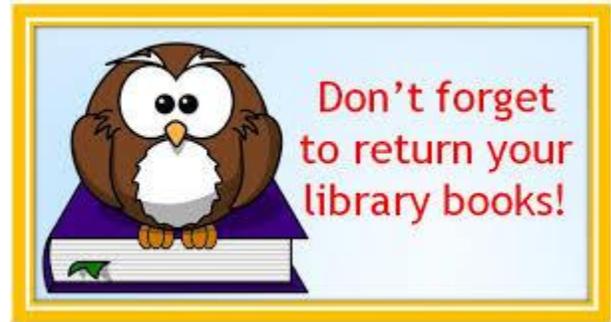
Screen Time As we prepare to head into summer vacation and more time at home, we encourage families to take the opportunity to review recreational screen time and online safety. Over the



JUNE

**PLEASE RETURN LIBRARY BOOKS**

**Reminder to return library books for June 2<sup>nd</sup>!**



summer break, there may be an increase in children using screens for recreational purposes. Here are a list of tips to help limit screen time: 1. Start a Conversation: Try to understand what family members like and don't like about using screens. 2. Model Healthy Habits: Pay attention to your own screen use, and think about what messages you're sending. You can also develop a family screen plan to show that managing screen time is important for everyone, not just kids. 3. Establish Screen Free Time: Consider setting limits around screen time and establishing certain times and places as no-screen zones. It may be helpful to keep screens out of bedrooms and away from the dinner table. Turning screens off an hour before bedtime is part of a healthy sleep routine and no screens at the table may encourage more quality conversation. 4. Encourage screen-less activities: Finding creative ways to keep off screens can be hard when so much entertainment can be found on screens. Discuss as a family how each member can reduce recreational screen time. What screen-less activity can you enjoy as a family? It can be hard to break screen habits, keep each other engaged and accountable!

**NO SCHOOL**

Friday June 6, 2025 is a PD Day!



**HOT LUNCHES IN JUNE**



Thursday June 5<sup>th</sup> — Chicken Lunch  
Thursday June 12<sup>th</sup> - Waffle Day  
Thursday June 19<sup>th</sup> - Sub Day  
Thursday June 26<sup>th</sup> - Pizza Day



*The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ”*

## Niagara Region Public Health School Health Newsletter June 2025

### Things that Bite!

Ticks, mosquitos, and rabid animals can be a greater risk as the weather warms up.



- Mosquitoes transmit the [West Nile virus](#) to humans after becoming infected by feeding on the blood of infected birds, which carry the virus. To learn how to protect your family, visit [Reduce the Risk of West Nile Virus - Niagara Region](#).
- The blacklegged (deer) tick can transmit [Lyme disease and other tickborne diseases](#) to humans after becoming infected by feeding on the blood of small animals which carry the disease. To learn how to protect you and your pets, visit [Protect and Prevent Ticks - Niagara Region](#).
- [Rabies](#) is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity, or eyes. To [reduce the risk of rabies](#), it's best to avoid contact with wild animals such as raccoons, skunks, and bats.

For more information and free tick identification, individuals can visit [e-tick](#). General tick information can be found on our [Niagara Region Public Health website](#) or by contacting a Duty Officer directly at 905-688-8248 ext. 7590.

### Head safety – for bikes and other wheels

With warmer weather and summer break just around the corner, more kids will be outdoors taking part in activities, such as biking, skate boarding or roller blading. A [properly fitted and correct helmet](#) can cut the risk of a serious head injury by up to 85%. This means four out of five brain injuries could be prevented if every cyclist wore a helmet.

- Bike [helmets](#) should be replaced after five years **or** a crash where the cyclist has hit their head
- It's not safe to use a [second-hand helmet](#)
- Baseball hats, big hair clips and headphones should never be worn under a helmet

The human skull is just approximately one centimeter thick, so it is important to remind children to always protect their head when being active. To make sure a helmet fits right, follow the 2V1 Rule (image courtesy of [Parachute Canada](#))



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