



ST. JAMES NEWS

SKYHAWKS

JANUARY 2024

Safe Arrival

To report your child absent please use one of the three methods listed below:

1. Use the SafeArrival website,

<https://go.schoolmessenger.ca>

The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.

2. Using your mobile device, download and install the SchoolMessenger App (blue logo) from the Apple App Store or the Google Play Store (or from the links at

<https://go.schoolmessenger.ca>

Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3. The toll-free number

1-844-287-6287

will allow you to report your child absent without creating an account.

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.

Principal's Message

Happy New Year everyone and welcome to our first newsletter of the 2024 year! We hope that you had a revitalizing holiday, and that you rejoiced with the birth of Jesus. With the start of the 2024 year presents a chance for new beginnings and to make resolutions to be better versions of ourselves.

2024 is a fresh canvas upon which we can paint the story of our lives. It is a time when we reflect on the past, learn from our experiences, and look forward to the future with optimism.

Bell Let's Talk Day is January 24, 2024. Let's kick-off a year of action for mental health!

Family Literacy and Numeracy Day of January 27 helps to remind everyone to continue to read to and with your child(ren) and engage in fun literacy and numeracy activities to strengthen reading and math skills. Please go to abclifelifiteracy.ca for suggested resources and activities.

I pray that 2024 will be an amazing year for all the staff and students of the St. James Community.

Yours in Catholic Education,
Mr. K. Lococo, Principal

A New Year's Prayer

Dear God,

As we begin this new year, we pray for an abundance of love and compassion to flow through our lives. Help us to love one another deeply, to understand the struggles of those around us, and to offer kindness without reservation.

Let our hearts be open to receiving and giving love, as it is through love that we find true self fulfillment. With gratitude for Your Boundless love.

Amen

Construction Update

The new Kindergarten Playground surface has been completed as well as some of the structures. Work will continue on the area intermittently over the next few weeks. We thank you for the adjustments made in the drop-off and pick-up of our kindergarten students.

Kindergarten Open House

The Kindergarten Open House for **NEW Students** entering St. James for the 2024-2025 School Year will be held on Wednesday February 7, 2024 until 6:00 p.m.

Christmas Basket Raffle

Congratulations to all the winners of our Christmas Raffle Prize winners.

SPORTS UPDATE

Junior Volleyball

St. James hosted the junior volleyball tournament on November 30th for the boys and December 1st for the girls. Congratulations to both teams on a successful tournament.

The Junior Boys Team was successful in placing first overall in the division beating St. Theresa in the finals.

Intermediate Basketball

Intermediate Basketball Tryouts will begin in January.

Catholic School Council

Our next Catholic School Council meeting will take place on Monday January 15, 2024.

Kindergarten Open House

The Kindergarten Open House will take place on Wednesday February 7, 2024 from 9:30 a.m. to 6:00 p.m. This is for students new to the school for 2024-2025.

Kiss 'N' Ride

We ask drivers to please "kiss and drive" straight through the outside lane of our school lot to avoid blocking the arriving and departing busses.

If you are using the "Kiss 'N' Ride" drop off lane **Do Not exit your vehicle.** This is strictly meant to pull up so that your child (ren) can exit the vehicle and you can drive off thereby ensuring a continuous flow of traffic.

If you need to assist you child(ren) out of the car, please park your vehicle in a parking spot and walk them across the parking lot.

When entering the parking lot, please Reduce speed. Remember to keep children close to you when walking in the parking lot. It is very busy and we want to make sure everyone is safe.

Last year we had a designated cross area painted in front of the school. Staff monitor this designated crossing so please utilize this crossing rather than walking between parked and moving cars in the designated drop off lanes.

Everyone's safety of utmost important. Crossing moving traffic between cars poses a safety risk to all.

If you have another family member picking up or dropping off please ensure they are aware of the School Procedure.

Do No Get Out of Vehicle - Park

School Cash Online

To login to SchoolCash Online to make payments or complete various forms go to:

<https://ncdsb.schoolcashionline.com>

St. James Christmas Choirfest

On Wednesday December 13th the St. James Choir travelled to the Pen Centre to perform at the Niagara Catholic District School Board Choirfest.

Mrs. Wilson and Mrs. O'Shea would like to recognize Emma W., Giselle, Jasmin, Avery, Emmet, Hunter, Maite, Livia, Ella, Morgan, Taio, Knox, Emma M., Scarlet, Clyde, Hannah, Emilie, Lyrika, Ella, Celine, Daria, Madeline, Arya, Isla G., Bennett, Rory, Okwari, Matteo, Cecilia, Isla C, Anna, Jessica, Zoe, Zena, Alyssa, Emma B., Charlotte, Aurora, Karan and Levi!

St. James staff and students thank Miss S., Mrs. O'Shea and Ms. Wilson for all your support to the choir and representing St. James at Choirfest.!

Indoor/Outdoor Footwear

Parents are reminded to send a pair of indoor shoes with their child to the school starting January 8th. This will allow for cleanliness in our school and fore caretaking staff to focus on sanitization of surfaces. We thank everyone for thir cooperation with this matter.

School Fundraisers

Throughout the month of December St. James hosted hot dog day, Henry of Pelham Wine Fundraiser and the Christmas Basket Draw. On behalf of the St. James Staff we thank you for your contributions as the funds raised allowed us to support families of the St. James Community for the Holidays.

January Food Days

Thursday 11th — Pizza Day
Thursday 18th — Mexican Lunch Day
Thursday 25th — Chicken Finger Day

Toonie Tuesday Starts January 9th

Water Bottle

Please remember to send your child with a refillable water bottle. We do not have plastic cups in the school.

Cold Weather

Cold weather is on the way. Please ensure that your child(ren) come to school prepared to participate in all activities, especially outdoor recess. All children need hats, scarves, gloves, warm coats and boots, labeled with their names.

On extremely cold days, we limit the amount of time that students spend outdoors. We obtain our weather information from the Environment Canadian Weather Information Line and follow Niagara Catholic District School Board guidelines.

St. James School Spirit Wear

[https://www.bigbearspiritwear.com/
St-james-skyhawks](https://www.bigbearspiritwear.com/St-james-skyhawks)



School Apparel - Gradhoodies

AUDITION NOTICE

LINUS HAND PRODUCTIONS YOUNG COMPANY PRESENTS



The logo for Disney High School Musical 2. The word "Disney" is in its signature script at the top. Below it, "HIGH SCHOOL MUSICAL" is written in large, bold, gold, 3D block letters with a sparkling texture. The number "2" is to the right, also in large, bold, 3D block letters, but with a blue, sparkling texture.

PERFORMANCES WILL TAKE PLACE **JUNE 2024** AT THE **GREG FREWIN THEATRE**

All roles will be performed by students between 5–18 years of age. For the audition please prepare a song (preferably musical theatre). The song can be performed acapella or with accompanying music.

If you have a child who is interested in auditioning please contact:
289-213-8001 or **handlinus@gmail.com**

Other
Productions
include



For Registration or More Information

289-213-8001 • **handlinus@gmail.com**

linushandproductions.com

4536 Potr tage Road, Niagara Falls, ON

Niagara Region Public Health School Health Newsletter

January 2024

Grade 7 Vaccines Catch Up

Niagara Region Public Health has completed all fall school-based immunization clinics for the following publicly funded [routine school vaccinations](#):

- Meningococcal
- Hepatitis B
- Human Papillomavirus (HPV)

Grade 7 students who missed their school immunization clinic can receive these vaccines through the following options:

- **Niagara Region Public Health vaccination clinics** – book an appointment at a community clinic by calling the Vaccine Preventable Disease Program at 905-688-8248 ext. 7425
- **Family doctor or Nurse Practitioner**– Contact your health care provider to discuss vaccine availability. If you do not have one, you can check with a local walk-in clinic.



Wintertime Well-Being

As the weather changes and days get shorter, many people, including children and youth, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your child's mood.

- [8 feel good tips to boost your mood](#)
- [100 Fun Activities to Boost Your Mood](#)
- [Stress relief activities for kids](#)

Help Keep the Classroom Germ Free – Stay Home When Sick

Respiratory viruses like the flu and COVID-19 are spreading in our community. Since these viruses can have similar symptoms, it can be hard to tell what you are infected with based on just symptoms alone.

If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don't develop any new symptoms

By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.



Snow Safety for Kids

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your child is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make the most of winter adventures:

1. **Gear Up:** Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. **Choose Safe Hills:** Opt for designated tobogganing hills that are free from obstacles like trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.
3. **Follow Etiquette:** Be mindful of others on the hill. Encourage your child to wait their turn and choose a clear path to avoid collisions. Respect the space and safety of fellow tobogganers.
4. **Think Safety:** Help your child to sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride.
5. **Stay Visible:** If tobogganing in the evening, ensure visibility. Wear bright colours and consider adding reflective elements to clothing.

Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your child and friends in the winter wonderland!

Visit [Niagara Families](#) for places your child can toboggan.



Educational Resources

Mindfulness Awareness Stabilization Training



As teachers wrap up their final lessons amidst the excitement of the holiday season, holiday preparation becomes a hectic task. In the midst of this hustle, focusing on the present moment can be challenging. Unity Health Toronto presents [Mindful Awareness Stabilization Training \(MAST\)](#), a program designed to teach emotion regulation skills through psychoeducation and mindfulness practices. With easily accessible handouts and a collection of brief audio tracks, MAST aims to enhance mindfulness not only in individual educators but also within the classroom environment.

Jack.org's Mental Health Promotion

Introduce Mental Health Promotion to the Classroom with [Jack.org's Educator Hub \(edHUB\)](#) resource. This comprehensive and free resource library equips educators with teaching materials to integrate mental health promotion programming into their classrooms. Featuring curriculum-aligned activities, lessons, and a unit plan, this program supports educators by offering safe, youth-friendly, and evidence-informed mental health resources. It empowers educators to enhance their students' mental health literacy within a learning environment that fosters growth and well-being.

