



# Our Lady of Fatima Catholic Elementary School

Principal- Mrs. R. Araujo      Vice-Principal- Mrs. M. Kish

*Proud to be a part of the Blessed Trinity CSS Family of Schools*



## February, 2024 NEWSLETTER

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### Message from Mrs. Araujo and Mrs. Kish

Second term is officially underway. It has been a great year so far. Our teachers and staff continue to put a special focus on numeracy as well as building literacy skills. Please continue to support our Monthly Math contests! This month we celebrate Kids Helping Kids week with some fun theme days to support a very good cause. We look forward to many more events and opportunities for our students and we appreciate all your support to date. Wishing all of our families a wonderful February!!! Happy Valentine's Day to you all.

Yours in Catholic Education,

Mrs. R. Araujo- Principal

Mrs. M. Kish- Vice-Principal



### Faith Matters



"But Mary treasured all these words and pondered them in her heart." (Luke 2:19) Throughout her life, Mary reflected on the words of Jesus, pondering them in her heart. Mary's heart was and is full of love for Jesus. The words that He spoke to her were not passing things, quickly forgotten. They were opportunities for her to marvel at the Son of God. Mary's example invites us to make time to reflect on the words of Jesus. A simple way of doing this is by praying the rosary. In the rosary, Mary takes us by the hand and leads us closer to Jesus. We learn about the heart of Jesus through the heart of Mary, who pondered His words in her heart.

### **Prayer to St. Valentine**

O glorious advocate and protector, St. Valentine, look with pity upon our wants, hear our prayers, relieve by your intercession the miseries under which we labor, and obtain for us the divine blessing, that we may be found worthy to join you in praising the Almighty for all eternity: through the merits of Our Lord Jesus Christ. Amen.

### Valentine's Day Celebrations- Tuesday February 13, 2024

Since Valentine's Day falls on Ash Wednesday this year, we are going to be celebrating on

Tuesday February 13 instead so that we can remain reverent and solemn as we begin the season of Lent on Ash Wednesday.

**Parents are reminded to NOT send any consumable treats to school for Valentine’s Day celebrations.** Cards, pencils, erasers, etc. in pre-packaged bags are ideal and the easiest to distribute. We thank you for your support.

**Kids Helping Kids**

Niagara Catholic’s 26th Annual Kids Helping Kids fundraiser will take place from February 12-23, 2024. This year’s event will jointly support the Niagara Children’s Centre, as well as the Niagara Foundation for Catholic Education.

Kids Helping Kids is a fun, informal fundraiser, which supports these causes through paid participation in events such as Jersey Day, Hat Day and Creative Hair Day. Kids Helping Kids is open to students attending in-school and students in our virtual schools.

For further information about the Niagara Foundation for Catholic Education, please contact Jim Marino, at 905.735.0240 ext. 210 or jim.marino@nfce.org. To find more about the Niagara Children’s Centre, please visit their website: Niagara Children's Centre.

**We are donating \$2.00 per child on your behalf from our annual family donation fund.**

We are offering other donation options below as well. You can also choose to make a separate donation if you so choose.

**We will be collecting donations until Feb 23rd!**

Mon. Feb. 12	Creative Hair Day Tickets Sales
Tues. Feb. 13	Red, White, Pink Day Ticket Sales
Wed. Feb. 14	Jersey/Fav Band Day Ticket Sales

Thurs. Feb. 15	<p>Accessories Day</p> <p>Movie Day</p> <p>Raffle winner announced</p>

**PACKAGES AVAILABLE ON SCHOOL CASH**

**\$3.00** per student (includes participation in the theme days and movie day)

**\$10.00** per student (includes participation in the theme days and movie day, one raffle ticket, one candy gram and a bag of popcorn for movie day)

**\$20.00 FAMILY bundle-** (includes participation in the theme days and movie day, one raffle ticket per child, one candy gram per child and a bag of popcorn for movie day per child)

**\$2.00** additional candy gram purchases.

**Raffle tickets- enter for your chance to win Lunch with the Principal!! 😊**

ALL proceeds will go to the Kids Helping Kids fundraiser and the Niagara Peninsula Children’s Centre.

**Family Day Weekend**

Please be reminded that there is no school for students on Friday, February 16 and Monday, February 19, 2024. It is Family Day weekend. Enjoy!!



**Kindergarten Registration 2023-2024**

We will be holding our KINDER open house and registration for all new families on **Wednesday February 7 from 9-6 pm**. Come and visit our school for a tour and a welcome gift. If you have already registered your child for the 2024/2025 school year, you are still welcome to come to the open house. Registration for eligible children can take place anytime for the 2023-2024 school year by visiting our board website [www.niagaracatholic.ca](http://www.niagaracatholic.ca).

## TERM ONE REPORT CARDS

Term 1 Report Cards will be sent home on **Monday February 12** along with Term 1 Alternative IEPs and draft Term 2 IEPs..

Conferences will be scheduled by the classroom teacher on an as-needed basis.

If you would like to speak with your child's classroom teacher to discuss the report card, please contact the office or the classroom teacher directly. We thank you for your ongoing support of your child's education.

## PANCAKE SHROVE TUESDAY

On Tuesday February 13, we will be celebrating Pancake Shrove Tuesday by serving pancakes to all of our students. The pancakes are coming from McDonalds.

## WINTER FITNESS

Feeling the doldrums of winter! Get active and feel energized! Here are some ideas to stay active in winter:

- \* Go tobogganing
- \* Ice skating at indoor and outdoor rinks
- \* Snowshoeing – this is a great way to explore the
- \* trails that you enjoyed in the spring, summer and fall
- \* Cross-country and downhill skiing
- \* Making snowmen, snow angels, snow forts
- \* Pole walking
- \* Winter hikes
- \* Winter scavenger hunt



Snow creates a whole new world to explore. Remember to:

- \* Dress in layers, \* Wear a warm hat, \* Wear a helmet if you are skating, downhill skiing or,\* Tobogganing

## [Pink Shirt Day](#)

This year we are observing **Pink Shirt Day on Feb 28**. The 2024 Pink Shirt Day design was inspired by moments of kindness, empathy and understanding that can mean so much to children impacted by bullying. For bullied kids, it can be hard to know where to turn. But a helping and supportive hand can make a world of difference! Remember that whether it's sending a check-in text, calling out bullying behaviour when you see it, or simply offering your support, there are so many ways we can all help and connect with people being bullied. Let's Lift Each Other Up this Pink Shirt Day, and all year round!

## [Supports for Children and Youth with Autism Spectrum Disorder \(ASD\)](#)

The Ministry of Children, Community and Social Services has developed the Ontario Autism Program (OAP) to support children and youth who have a diagnosis of ASD confirmed by a qualified professional. Services available through the OAP include

- Funding to purchase approved goods and services
- Access to supports and programs for children and their families

Children and youth receive services and supports until the age of 18.

For further information, please visit the following website;

<https://www.ontario.ca/page/ontario-autism-program>. If you have any questions, please reach out to the Educational Resource Teacher at your child's school. Members of the Applied Behaviour Analysis Team from the Student Support Services Department are available to provide additional information.

## **Blessed Trinity High School Connect Corner**



Blessed Trinity has reached the halfway point of the year with our students' completing exams and getting ready for the beginning of Semester 2. During exam week we were very happy to host the Family of Schools Boys and Girls Basketball tournament. Congratulations to all the students who participated – we hope everyone had a great time.

We would like to thank all of the parents and future Thunder who came out to our very successful Open House on January 18<sup>th</sup>. It was very exciting to see a packed house and the energy of our incoming Class of 2029.

Throughout the rest of January and into early February a representative from our Student Services Department will be visiting each Grade 8 class to help the students make their course selections for next year. The deadline for selecting and submitting courses, returning Course Selection Sign-off sheet and payment of Grade 9 Registration Fee of \$55 is FRIDAY, FEBRUARY 9<sup>TH</sup>.

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.

### Niagara Region Public Health School Health Corner

#### 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 healthcare provider to discuss vaccine availability. If you do not have one, you can check with a local walk-in clinic.

#### Eating Disorders Awareness Week

From **February 1st to 7th 2024** join, National Eating Disorder Information Centre and, eating disorder groups nationwide come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising awareness of their impact, dispelling harmful stereotypes and myths, and highlighting available support for those living with or affected by these disorders.

Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre “Transform the Narrative” Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

#### 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.

