



# St. Andrew Catholic School

February 2024



## School Information

Mrs. M. Ruggi Dietsch - Principal

Website: <https://schools.niagaracatholic.ca/standrew/>

Location: 16 St. Andrew Street Welland L3B 1E1

Phone: 905-732-5663

## Principal's Message

As we prepare ourselves for the coming Lenten Season, we begin with Ash Wednesday, an outward symbol of our Faith. The cross of ashes tells our friends and neighbours that we know we are not perfect. We sometimes break the law of God. We hurt other people. We act selfishly. Lent is our time to tell God and each other that we are sorry. With the help of God during Lent, we will try to do better.

Fast from criticism ....

Fast from resentment ....

Fast from fear ....

Ash Wednesday dates back to early Christian times. It reminds us that we are connected to a larger Christian community beyond ourselves. It also reminds us that if we want to rise to eternal life, as Jesus did, we must let our broken heart show its sorrow, so that it may be healed.

Mrs. M. Ruggi Dietsch

## Black History Month

Every February, we participate in Black History Month festivities and events that honour the legacy of Black Canadians, past and present. The Theme this year is Black Excellence: A Heritage to Celebrate; A Future to Build.

Throughout the month students will participate in a number of activities that will be showcased on our Instagram Account @standrewjags16.

The Government of Canada website contains resources for Black History Month, including how Black history came to be recognized in Canada and information about Black history organizations and educational resources. Please visit the link for more information:

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>



## Important Dates

Please note the following dates:

- Guest Speaker- Janet Madume- Black Resistance- Wednesday, February 7th
- Kindergarten Open House - Thursday, February 8th - 9:00 am - 6:00 pm
- Report Cards - Posted to the Parent Portal - Week of February 12th
- IEPs and Alternative Reports - Sent home - Monday, February 12th
- P. A. Day (no school for students) - Friday, February 16th
- Familv Dav (no school) - Mondav. February 19th



- Shrove Tuesday (pancake snack for all students in am) - Tuesday, February 13th
- Notre Dame College Hockey Game for Grade 6-8 (**wear green**) - Tuesday, February 13th
- Valentine's Day Celebrations (**wear red, white and pink**)- Thursday, February 15th
- Ash Wednesday - Wednesday, February 14th
- Dental Screening- Monday, February 26th & Tuesday, February 27th
- Pink Shirt Day - Wednesday, February 28th



## French Immersion

The Niagara Catholic District School Board is proud to offer parents and students the opportunity to enroll in a French Immersion (FI) Program. The French Immersion Program is designed specifically for students whose first language is not French. French Immersion in the Niagara Catholic District School Board is an optional program. The entry point for September 2024 is either Kindergarten Year 1 or Grade 1, depending on the school site offering the program.

Listed below are the designated elementary schools that provide the French Immersion Program:

- **Notre Dame Catholic Elementary, Niagara Falls – Begins in Kindergarten**
- **Our Lady of Mount Carmel Catholic Elementary, Niagara Falls - Begins in Kindergarten**
- **Our Lady of Fatima Catholic Elementary, St. Catharines - Begins in Kindergarten**
- **Alexander Kuska Catholic Elementary, Welland – Begins in Kindergarten**
- **St. John Catholic Elementary, Beamsville – Begins Kindergarten**

## Transportation

All students enrolled in the French Immersion Program will be provided with transportation to their local Family of Schools designated French Immersion School site in accordance with the Board's Transportation of Student Policy #500.2. Designated Family of Schools French Immersion schools can be located at the following link [www.niagaracatholic.ca](http://www.niagaracatholic.ca).

## French Immersion On-line Open Pre-Registration

- On-line open pre-registration window for students new to French Immersion in September 2024: Monday, January 15th, 2024 at 7:30 a.m. through to Friday, February 2nd, 2024 at 4:00 p.m.

Pre-registrations outside of this window will not be considered.

- There are a limited number of spots available for students wishing to enter the French Immersion Program.
- An account must be created first through Edsembli to access pre-registration forms.
- Pre-registrations are on a first come, first serve basis. Each pre-registration will receive a time-stamp.
- Please visit [www.niagaracatholic.ca](http://www.niagaracatholic.ca) and click the Register Now Banner

OR

- click the French Immersion tab for information about the program.

Additional pre-registration details will be posted on this site as they become available. Please check the site before the pre-registration window opens.

### Selection Process

In accordance with the Board's Admission of Elementary and Secondary Students Policy #301.1, there are a limited number of spots available for students entering the program. Eligible spots will be

determined on a first come, first serve basis for each elementary French Immersion school site.

Applicants will receive notification by **Monday, March 4th, 2024** to inform them if their children have

been placed in the French Immersion program **OR** if their children have been placed on the school's waitlist. Applicants who have not received notification by **March 4th, 2024** are to contact the elementary French Immersion school site directly.

# KIDS HELPING KIDS

## February 12-23, 2024

Support Kids Helping Kids. Please make your donation through the Kids Helping Kids Link at School Cash Online.



Niagara Catholic's 25th 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 creative hat day, fashionable hat day, and more.

for more information.

Donations to the Kids Helping Kids fundraiser can be made in School Cash Online. 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](mailto:jim.marino@nfce.org).

To find more about the Niagara Children's Centre, please visit their website: Niagara Children's Centre

# Kids Helping Kids Fundraiser

St. Andrew Catholic School

February 12- February 16, 2024

Monday, 12th	Fashionable Hat Day
Tuesday 13th	Green Day to CHEER on Notre Dame Hockey Team Shrove Tuesday
Wednesday, 14th	Ash Wednesday
Thursday, 15th	Red, Pink and White Day
Friday, 16th	PA Day

## February 19- February 23, 2024

Monday, 19th	FAMILY DAY
Tuesday 20th	Creative Hair Day
Wednesday, 21st	Colour Wars- Each Class will will choose the colour they want to wear!
Thursday, 22nd	Basket Raffle Draw to support Niagara Children's Centre and Niagara Catholic Foundation for Catholic Education
Friday, 23rd	My Future is so BRIGHT I gotta wear SHADES! Wear Neon or Bright colours and sunglasses!

### Dental Screening

Niagara Region Public Health Dental Program will be at our school to provide FREE dental screenings to **ALL** students on February 26 & 27, 2024 The screening may allow your child to qualify for [Healthy Smiles Ontario](#) and/or [preventive services](#).

Dental screenings consist of a quick look in the mouth using a sterilized dental mirror for each child.

- This screening does not replace your child's regular visits with a dental professional
- You will be notified by letter of the screening results

**IMPORTANT:** Please contact us **EACH school year** if you **DO NOT** want your child(ren) to participate in the dental screening by completing our [online School Dental Screening Opt-Out Form](#).

To speak to a public health dental professional, call 905-688-8248 or 1-888-505-6074 ext. 7962 or [live chat](#) with the Dental Team.

NIAGARA FOUNDATION FOR CATHOLIC EDUCATION

ANNUAL BENEFIT

# Gala

WITH HONOURARY GUEST  
MOST REVEREND GERARD BERGIE, D.D.

and presentation of the  
**Niagara Catholic Education  
AWARD OF DISTINCTION**

SUPPORTING STUDENTS IN NEED AND PROVIDING SCHOLARSHIPS

**\$100 Per Person · Thursday March 21, 2024 · 6:00 PM**  
**Club Romà Event & Conference Centre**

Payment can be made [online here](#) or by cheque using the form below.  
Cheques payable to Niagara Foundation for Catholic Education (NFCE)  
Payment must be received by March 13, 2024  
• \$30 tax receipt available upon request •

Name _____	#Attending _____	Payment \$ _____
Email _____	Phone _____	
Dietary Requests _____		
Table Assignment Request - Please list the names or groups _____		
Please send cheque and form to: Anna Pisano, Niagara Catholic District School Board, 427 Rice Rd., Welland, ON L3C 7C1		



For further information  
call 905.734.0240 ext. 214  
or email [linda.marconi@ncdsb.com](mailto:linda.marconi@ncdsb.com)

## School Dental Screenings

Every school year, Niagara Region Public Health's Dental Program conducts dental screenings for elementary students across Niagara. Dental screenings are provided to students in accordance with the Health Protection and Promotion Act.

**Dental screenings** consist of a quick look in the child's mouth using a sterilized dental mirror to help identify any urgent dental needs.

Parents/Guardians are able to opt out of the screening by:

- Calling 905-688-8248 or 1-888-505-6074 ext. 7399
- Completing the online [School Dental Screening Non-Participation Form](#)

If parents/guardians do not want their child(ren) to participate in the dental screening, they have to notify Public Health **each year**. If you have received any indication from parents/guardians that they do not want their child(ren) to participate in the screening, please notify the registered dental hygienist at your school as soon as possible.

# Did You Know?



Public Health screens approximately  
**30,000**  
students each school year

Routine dental care is not covered under Ontario Health Insurance Plan (OHIP)



Niagara does not add fluoride to the drinking water.

Everyone in Niagara can benefit from fluoride.



**49%**  
of grade 2 students in Niagara had cavities within the 2021–2022 school year

ON AVERAGE,  
**36%**  
of all elementary students in Niagara have dental decay (cavities)

## Resources for Teachers

Our dental staff can provide oral health presentations for your students. Our presentations will teach oral health, as it links oral health education and resources to learning blocks and strands found in the Ontario Curriculum, grades 1-8. Teachers can request an oral health presentation by [completing the online form](#).

## Available Dental Services for Children

Niagara Region Public Health offers **FREE** preventive dental services (screenings, cleanings, fluoride varnish, dental sealants) for children and youth 17 and under. Services are available at [all public health dental clinics](#).

Our Dental Team can also help enrol eligible children to a free dental program through [Healthy Smiles Ontario](#).

If you know of any students or families that may benefit from dental services, they can contact the Dental Program by phone 905-688-8248 or 1-888-505-6074 ext. 7399, [email](#) or [live chat](#).

[niagararegion.ca/health](http://niagararegion.ca/health)

Niagara Region

niagara  
parents

# Niagara's Mobile Dental Clinic

On the road for healthy smiles



Niagara Region

Healthy smiles Ontario

## Niagara's Mobile Dental Clinic

Niagara's Mobile Dental Clinic is a 33 foot RV with a dental clinic on board. The primary use of the mobile dental clinic is to travel throughout the Niagara region visiting schools and community organizations so that children and youth (up until their 18th birthday) can receive free preventive dental services by a registered dental hygienist and certified dental assistant from Public Health.



St. Andrew was selected to partner with Niagara's Mobile Dental Clinic. The Mobile Dental Clinic will be at our school on March 19, 20 & 21.

**Services include:** dental screening, cleaning, fluoride treatment, sealants and education (proper brushing and flossing). The goal of the mobile dental clinic is to provide these dental services to children and youth without the parent/guardian having to take time off work or find transportation.

## Niagara Region Public Health School Health Newsletter

### Welcome to Kindergarten!

Do you have a little one starting Kindergarten?

Parents and caregivers may have inquiries about what to anticipate as their children embark on their school journey. Working collaboratively with teachers, support staff, students, and parents, your School Health Nurse strives to create a healthier school community.

Check out our Welcome to Kindergarten video that reviews a few helpful reminders from Public Health!

- English: <https://youtu.be/mkJcbqXwzzk>
- French: <https://youtu.be/eu20sVNoTOU>

### 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](#)

### Pink Shirt Day

Pink Shirt Day, also known as Anti-Bullying Day, is on February 28, 2023. Throughout February and the year, [CKNW Kids' Fund's Pink Shirt Day](#) raises awareness and funds for programs promoting children's self-esteem. Wear a pink shirt on this day to stand against bullying and contribute to creating a kinder, more inclusive world. Let victims know they're not alone; help and support are available.

For more ways to get involved visit <https://www.pinkshirtday.ca/get-involved>.



### Winter Walk Day

On Wednesday February 7th join schools across Ontario to celebrate [Winter Walk Day](#). While the cold air and snow might tempt you to drive, walking in winter can be enjoyable with some extra precautions. Here are tips for a safe and comfortable winter walk:

- Keep hands, head, and ears covered. Be sure hats and scarves do not block hearing or vision.
- Wear mittens, they keep hands warmer than gloves.
- Wear warm, waterproof boots with good treads for better traction on snow and ice.
- Wear wool or insulating clothing to help retain body heat.
- Beware if the temperature falls below -25 °C or if the wind chill is -28 °C or colder. This is when exposed skin freezes in only a few minutes.
- Change wet clothes as soon as possible - tuck extra socks and mitts into backpacks.
- Keep wearing sunscreen - yes, you can still get a sun burn in winter.
- Add reflective tape or tags on coats and backpacks.



Source: Green Communities Active & Safe Routes to School, Way to Go! School Program and Go for Green.

Check out Ontario Active School Travels [Winter Walk Day](#) webpage for promotional materials, resources, and activities below to help you celebrate WWD in your community! We're looking forward to seeing everyone in their cozy winter wear!

## Snow Safety At St. Andrew

As we enter into the winter season, we all know that the snow will be on its way. We would like your help with a few things.

- 1) Please remind your child(ren) about snow safety while at school. Snow is to stay on the ground and never thrown. If there is ice or students are playing on snow hills, students need to have boots and snow pants.
- 2) If you are unsure about the weather and if the school is open or if transportation may be cancelled, please tune in to a local radio station, or check the website [niagaracatholic.ca](http://niagaracatholic.ca)
- 3) More details will be coming out later this month regarding school closures due to weather.
- 4) If you need assistance in providing your child with warm winter gear, please contact the school and we will do what we can to be of assistance.

## Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

**2023-2024 Called by Name: Hear My Voice**

2024-2025 Called by Name: Follow Me

2025-2026 Called by Name: Go and Make Disciples



"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.

## ECO News

Our ECO Team wants to help better the environment and try to reduce waste and single-use plastic. Each Wednesday we are encouraging our St. Andrew community to pack a waste free lunch! This may include a reusable water bottle, packing snacks in containers or using reusable cutlery. These small initiatives can help protect our Environment! Thank you, from the ECO Team.



### Easy Litterless Meal Ideas

1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.



# Niagara Nutrition Partners

## Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At St. Andrew School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

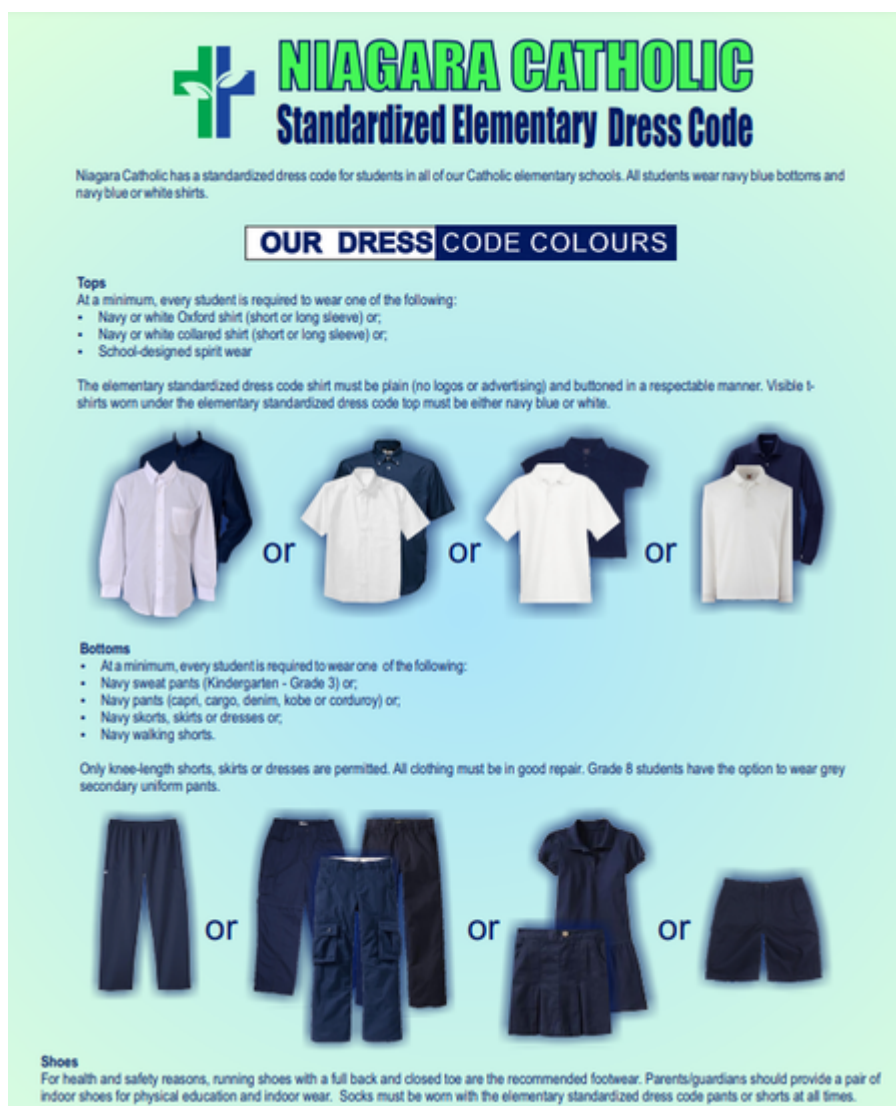
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

## Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



**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 skirts, 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.

## Indoor Shoes

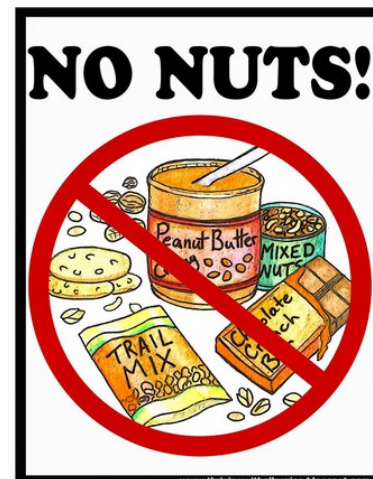
Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

## Student Supervision

Students are able to come into the school at 9:00 am. Please note that supervision is not provided prior to this time.

## Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible. Please remember that St. Andrew Catholic School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



## STUDENT ATTENDANCE and SAFE ARRIVAL

St. Andrew Catholic School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 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 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 844-287-6287 will allow you to report your child absent without creating an account.

## REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



## School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters

happy  
valentine's  
day

