



St. Patrick Catholic School



NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD

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March 2024

Principal: Mrs. I. Ricci Superintendent: Mr. D. Massi
4653 Victoria Ave. Niagara Falls, Ontario L2E 4B8

"We are proud to be part of the St. Paul Catholic Family of Schools"

PRAYER for MARCH

Is hearing God's voice good enough? Or does God want more than for us to acknowledge that He speaks to us? God tells us to "be doers of the word, and not merely hearers who deceive themselves" (James 1:22). Listening to God is the first step. From God's word, we are called to move to action. Sometimes this can feel overwhelming. "You mean, God wants me to do His work? Isn't there someone more qualified?" The reality is, without God, no one is qualified. God gives us everything we need to hear and do what He calls us to. God, help me to be a doer of the word. When I am discouraged, help me to remember that "I can do all things through him who strengthens me" (Philippians 4:13).

Let us Pray:

Merciful Lord,

You call us to follow Your wonderful ways,
and to live in the light of Your peace.

May we always listen

for the sound of Your voice,

and pay attention to the love You give.

All that You make and do is good!

May we live according to the nature You gave us,
and do the good You intend us to do.

We ask this through Your Son, our Light and Peace,
Jesus Christ the Lord.

Amen

fundraiser we raised \$263.00. We are very appreciative of your generosity. Thankful to our Catholic School Council who organized and planned this initiative.

GRADE 8 CONFIRMATION and FIRST HOLY COMMUNION



Sacrament of Confirmation was celebrated on **Saturday, Feb. 10th, 2024**. First Holy Communion for our Grade 2 students will be held on **Sunday April 28th @ 1:30 p.m.** at St. Patrick Church.

Our Grade 2 students also have their Sacrament of Reconciliation on **Tuesday, March 5th** at 7 p.m. at St. Patrick Church. More information will follow.

THE PASSION OF CHRIST At St. Patrick

We cordially invite all parents to the Grade 8 Class dramatic production of "The Passion of Christ". This will be held in our school gym (church hall). There will be two presentations for parents and the community to view.

March 27th at 1 p.m. and March 28th at 1 p.m.
Hope to see you there.

We will be collecting donations for the Giving Bowl at this time if you would like to kindly donate.
www.givingbowl.org

KIDS HELPING KIDS CAMPAIGN UPDATE: NIAGARA CHILDREN'S CENTRE

During the week of **February 12th-Feb. 16th** our school participated in the Kids Helping Kids Campaign, we would like to thank everyone that donated towards this worthwhile cause! Way to go Shamrocks! Thank you so much! Thank you for supporting our Valentine Day Candy Gram

EQAO ASSESSMENT 2024

The Grade 3 and Grade 6 Assessment of Reading, Writing and Mathematics will be held this school year. The assessment will be completed on-line in the Month of May/June. More information will follow to specific classrooms.

ELECTRONICS POLICY

With the growing availability of electronic devices (cellphones, Ipads, laptops) it is necessary to remind students of their responsibilities while at school and on school property. Students are **not** permitted to use these electronic devices, nor transmit text messages, take pictures or access at anytime during the school day. Electronics can only be used under the **direct supervision** of our teaching staff. The school is not responsible for lost items.

Please visit the Niagara Catholic District School Board website policy section for further information.

MARCH BREAK 2024

March Break will fall on the week of March 11-15, 2024.
Enjoy the time off!

EASTER 2024

This year Good Friday is on March 29th and Easter Monday is April 1st. Please know that we do not have school on either of those days.

ATTENDANCE AND SCHOOL CALL OUT

This is a reminder that we continue to have many families not calling their child's absences in. We are mandated to continue to call you and your emergency contacts until we reach someone.

PLEASE if your child is absent for any reason call the Safe Arrival system or download the APP, it only takes seconds and is your responsibility.

This saves us so much time and worry.
Instructions:

<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.

Using your mobile device, download and install the School Messenger 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 that in the Settings area of the app.

The current toll-free number 1-844-287-6287 will still allow you to report your child absent.

TIPS—WINTER SAFETY

Wear the Gear!

- Proper helmets are required for snowboarding and skating and is recommended for tobogganing.

Snow Safety

- Children should not play on snow banks near the road.
- Snow plough drivers may not see them.
- Snow tunnels and forts can be dangerous—roof might collapse

Ice Safety

- Check with local weather authorities for information about ice thickness
- Ice should be at least 10cm thick (3.5 “)
- Avoid walking on ice near moving water such as rivers or creeks

Proper Indoor Clothing

- All students are asked to bring a pair of shoes or rubber soled slippers that will be used for indoor use only. Wet shoes and winter boots cannot be worn in the classroom and stocking feet are neither healthy nor safe. May we remind you that under fire and safety regulations, students are required to wear shoes indoors. We don't, as a rule, have fire drills during bad weather, but if the fire alarm goes off for any reason we must evacuate the building immediately.

We must then wait for the fire chief to let us back into the building. Thank you for assisting us in this matter.

CATHOLIC FAMILY LIFE EDUCATION

Catholic Family Life Education is closely associated with Religious Education. In Ontario Catholic schools, it accounts for 20% of the Religious Education program, and is usually taught once a week.

Family Life Education, as it is represented in *Fully Alive*, is intended to pass on a distinctively Catholic view of human life, sexuality, marriage, and family. Its goal is to complement the efforts of families and to support what parents are doing at home. The entire program, from Grade 1 through Grade 8 is designed to encourage children to become the people God wants them to be – to be fully alive.

The classroom teacher will send home a letter prior to teaching the theme "Created Sexual - Male and Female" Theme 3. The letter will provide parents/guardians with information on the topics covered in class. If you wish your child not to be part of the lessons outlined in the letter, please contact the teacher so that we can honour your request.

DRESS CODE REQUIRED FOR ALL STUDENTS

Niagara Catholic Elementary students wear a dress code. The details can be found at Niagara Catholic website under policies. Please make sure your child has a navy or white polo style shirt (must have a collar) and **navy bottoms; not black** (pants, skirt, dark jeans). Student can wear any type of shoes; we do recommend a second set of shoes/slippers for indoor use. If your child arrives to school out of dresscode - we may provide the student with items to wear for the school day. If you need assistance with dresscode items, please notify the school.

ECO SCHOOL NEWS

As part of our GREEN Niagara Catholic eco-program, the St. Patrick Earth Club has prepared some Eco-Initiatives and events for our school in the month of February. Waste Free Wednesday's continue... At St. Pat's students are encouraged to decrease the amount of garbage produced to help our earth. Students are encouraged to bring reusable containers in their lunch every Wednesday.

INTERNET SAFETY TIPS

Internet Safety Tips:

1. Don't give out personal information such as name, address, phone number.
2. Never agree to meet someone you met on the Internet.
3. Don't send anyone pictures of yourself.
4. Be aware of the dangers of a web cam. Webcams can be turned on remotely.
5. Don't respond to messages that make you feel uncomfortable.
6. Don't get hooked on the internet.

TELEPHONE CALLS AND CLASS INTERRUPTIONS

Please make sure that any special transportation/luncheon arrangements are discussed with your child before he/she leaves for school in the morning. We are trying to keep unnecessary and non-emergency calls home to a minimum. We strive to cut down on unnecessary class time interruptions.

SPECIAL LUNCHESES - If you are bringing in a special lunch for your children, please remind them to come to the office during the lunch interval, when the bell rings, to pick it up. This will also help with reducing calls to the classroom. Thank you for your cooperation.

Daylight Saving Time MARCH 2024

Daylight Savings Time is Sunday, March 10th, 2024. Don't forget to move your clocks **ahead** Saturday night before you go to bed.

GRADE 8 GRADUATION PICTURES AND GRADUATION

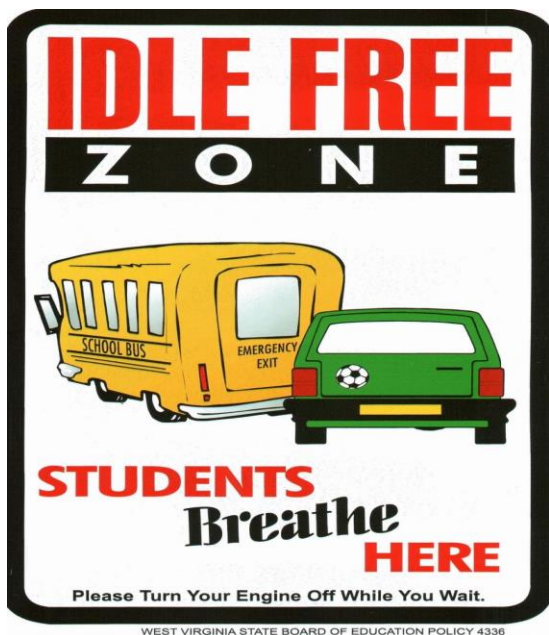
Grade 8 Graduation pictures will be taken on Monday March 4th in the morning in the school library.

The date for our Grade 8 Graduation is on Monday June 24, 2024 starting at 6:00 p.m. at St. Patrick Church.

We are in the midst of planning more for our Grade 8 students that evening as they graduate at St. Patrick Catholic School.

GOOS Paper bins

This month, the Earth Club promotes GOOS paper bins for all classrooms. GOOS stands for "Good On One Side". GOOS paper is paper that has been used on one side, but is still blank and usable on the other side. Using GOOS paper means ensuring both sides of a piece of paper are used before it is recycled. Classes participated in a fun activity GOOS bin challenge! The most creative GOOS bin award goes to Mr. Pascoe's class! Congrats!



PUBLIC HEALTH MARCH NEWS 2024
SCHOOL NURSE: Ms. Tesha Gault

Nutrition Month 2024

March is [Nutrition Month!](#) This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit [unlockfood.ca](#) for recipes, food allergies, [menu planners](#), and to also find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

World Sleep Day, Sleep is Essential for Health – March 15th

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.

How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a

bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca - healthy sleep](http://caringforkids.ca-healthy-sleep)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Niagara Parents

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health concerns, and provide connections to community supports through [Niagara Parents](#).



Individuals can connect with a Public Health Nurse at [Niagara Parents](#) **Monday – Friday, 8:30 a.m. - 4:15 p.m.:**

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

Active School Travel



Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.

Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a

destination near your home. You might surprise yourself with how fast you get there.

- More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.



THE PASSION

HOLY WEEK | MMXXIV

ST. PATRICK HALL