



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

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.

March 2024

Called by Name: You Are Mine



St. Elizabeth NEWS

Dear St. Elizabeth Families,

Farewell to our original St. Elizabeth Catholic School building. We are grateful for all of the learning, friendships, and spiritual growth that we have experienced under this roof. We look forward to continuing our journey together at William E. Brown P.S., during our relocation, and as we prepare to transition to our brand new school.

With this new beginning, we are also preparing for the feast of Easter. During Lent, we as Catholics, prepare ourselves by sacrificing or by doing good deeds. As a staff, we will be working to reinforce the meaning of Lent at the school. As a family, challenge yourself to pray together so that the Lenten Season is as meaningful as possible. You can help your child by encouraging them to demonstrate gratitude, patience, forgiveness and compassion for others by performing acts of kindness.

As parents, please continue to support your children in their academic and spiritual progress. May your Lenten preparations go well as we all prepare for the Feast of Easter and may everyone have a safe and restful March Break.

Mrs. J. Mangiacasale
Principal



[St. Elizabeth Catholic Elementary School](#)



Lenten Prayer

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share in
His Resurrection.
We ask this through our Lord Jesus Christ,
Your Son

Amen



THANK YOU FOR THE MEMORIES

Our "A Walk Down Memory Lane" School Open House was a great success. We had over 300 former staff and Alumni stop by to reminisce in the halls of St. Elizabeth School. See the photos on the attached page.



We are proud to be a part of the Lakeshore Catholic Family of Schools.



1st HOLY COMMUNION



Preparation has begun for the grade 2 students to receive their **First Holy Communion** on **Sunday, May 5th at the 10:00 a.m. Mass.** A special thank you to **Father Stanley and Mrs. Rossi** for preparing the students for this very special sacrament.

ROCK YOUR SOCKS!



World Down Syndrome Day will take place around the world on **Thursday, March 21st.** St. Elizabeth Catholic Elementary School is inviting all staff and students to wear colourful socks on March 21st to raise awareness about Down syndrome, and how people with Down syndrome play a vital role in our lives and our school communities. **Rock Your Socks!**

MARCH BREAK

March Break is from March 11th to March 15th. Students return to school on Monday, March 18th. All students are asked to clean out their lockers and bring home any clothing or footwear. Reminder to clean out lockers and bring home all clothing and footwear. Have a fun and safe week!



TOTAL SOLAR ECLIPSE



On Monday, April 8th, 2024, residents and visitors to Niagara Region will be able to witness a **total solar eclipse.** In this celestial event, the moon will completely cover the sun for a duration of almost four minutes, starting at approximately 3:18pm, however start times vary slightly depending on geographical areas in Niagara. The total eclipse duration is approximately 2 ½ hours which will begin approximately at 2:04pm until approximately 4:32pm.

Looking directly at the sun during the eclipse can result in damage to a person's retina and eyesight impairment due to solar radiation. Viewing the eclipse safely requires international standard (ISO) certified eye protection glasses with special filters.

The following resource from the Niagara Region will be helpful as you prepare for the solar eclipse:

<https://www.niagararegion.ca/solar-eclipse/safety.aspx>

Please Note: Monday, April 8th is a PA Day for all NCDSB students

CATHOLIC SCHOOL COUNCIL NEWS



All parents/guardians are invited and encouraged to attend our CSC meetings. The next meeting is on **Tuesday, March 5th at 6:00 p.m.** **This meeting will be Virtual.** If you are interested in attending the meeting, please email Mrs.Mangiacasale (Julie.Mangiacasale@ncdsb.com) so she can add you to the parent council email list. Thank you to council for all their ongoing support and continued efforts for our school.

Congratulations to the Sardella Family for winning the Family Fun Pack!!



SPORTS NEWS



Congratulations to the intermediate boys and girls basketball teams for representing St. Elizabeth at the Lakeshore Family of Schools tournament on February 7th and 8th. Our students were very competitive displaying excellent passing and team play. All team members exhibited great sportsmanship and represented our school well! The team is to be congratulated on a great overall performance. Way to Go Team!! Thank you to Ms. Habjan and Mr. Parisi for their excellent coaching.

We look forward to the junior basketball tournament coming up this month on March 6th.

ECO NEWS



Friday, March 22nd is World Water Day. Students and staff at St. Elizabeth will participate in **The Great Gulp Eco-Schools** by taking a synchronized drink of tap water from a reusable bottle, glass, or mug to raise awareness about drinking water, access to safe and healthy tap water in Canada, and the importance of reducing single-use plastic waste.

We will also observe Earth Hour on Friday, March 22nd. From changing individual behaviour to legislation, **Earth Hour** has achieved massive environmental impact – but as accelerating climate change and staggering biodiversity loss threaten our planet, we need to spark never-before-had conversations on the loss of nature and the urgent need to protect it. On **Friday, March 22nd** St. Elizabeth will set aside an hour to switch off our lights and electronics in support of the Earth Hour movement.

A WALK DOWN MEMORY LANE



NEW SCHOOL CONSTRUCTION UPDATE



Niagara Region Public Health School Health Newsletter March 2024

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](#)

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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.



Niagara Region Public Health School Health Newsletter
March 2024

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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](https://caringforkids.ca/healthy-sleep)

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