



St. Andrew Catholic School

March 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

Throughout the season of Lent, we reflect on the immense sacrifice of Jesus' death on the cross. We use the forty days of Lent to challenge ourselves to reflect upon and improve our relationship with God, thank Him for His sacrifices and also prepare ourselves to celebrate Jesus' Resurrection on Easter Sunday. How do we prepare ourselves? We use the 40 days to Pray more, Fast and practice Almsgiving.

Dear God,

During these weeks of Lent, allow us to pay more attention to You and what you call us to do. Give us the strength to spend more time in worship, to succeed in our fasting, and to participate in Almsgiving. Please make our hearts ready for Easter.

Amen.

Mrs. M. Ruggi Dietsch

Important Dates

Please note the following dates:

- Spring Forward- change your clocks March 10
- March Break - March 11-15
- St. Patrick's Day - March 17
- Grade 8 Grad Photos - March 19
- St. Joseph's Day & First Day of Spring - March 19
- Reconciliation at St. Andrew School - March 19
- World Down Syndrome Day - Rock your Socks- Regular Dress Code - March 21
- The Great Gulp- March 22 - Bring in reusable water bottles
- Palm Sunday - March 24
- Epilepsy Awareness Day - Wear Purple- March 26
- Good Friday - March 29 - No school
- Easter Sunday - March 31
- Easter Monday - April 1 - No school
- P. A. Day (no school for students) - Monday, April 8



THANK YOU!!!

Kids Helping Kids

St. Andrew Catholic School along with all Elementary and Secondary Schools within Niagara Catholic participated in the 26th Annual Kids Helping Kids Fundraiser from February 12th until February 23rd, 2023. The funds raised throughout the Board will support Niagara Children's Centre and Niagara Foundation for Catholic Education. We are proud of our students who raised over \$1000.00 to support our Kids Helping Kids Campaign.

Thank you to all that donated!

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 Roma 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

Niagara Region Public Health School Health Newsletter

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

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.

ECO News



You are invited

to join students, educators, families, and workplaces across Canada to raise awareness about drinking water and reduced single-use plastic bottles.

In celebration of [World Water Day](#) (March 22), during the month of March, people across Canada are invited to take part in The Great Gulp by taking a drink of tap water from a reusable bottle, glass, or mug, in regions where safe and healthy tap water is accessible. If you live in a community where tap water is not safe to drink, please contact EcoSchools Canada so we can explore how to join advocacy efforts in your area.



The Great Gulp is inspired by the Region of Peel and Toronto and Region Conservation Authority.

Earth Hour

On Saturday, March 23rd at 8:30 pm, millions of people across the world will join in raising awareness of the nature crises facing our planet. Our school will be observing Earth Hour on Friday, March 22nd.

Earth Hour is not just a symbol of support – it's a catalyst for urgent change because Earth Hour is about more than 60 minutes. It's a movement for our future.

World Water Day

The theme of World Water Day 2024 is 'Water for Peace'.

When we cooperate on water, we create a positive ripple effect – fostering harmony, generating prosperity and building resilience to shared challenges.



We must act upon the realization that water is not only a resource to be used and competed over – it is a human right, intrinsic to every aspect of life.

This World Water Day, we all need to unite around water and use water for peace, laying the foundations of a more stable and prosperous tomorrow.



Niagara Nutrition Partners

The Branscombe Family Foundation

Thank you!

The staff and students of St. Andrew Catholic School would like to THANK Branscombe Family Foundation for their generous donation to our Nutrition Program.

Niagara Nutrition Partners

March is National Nutrition Month where everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. The theme this year is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices.



At St. Andrew School, we offer breakfast every morning and snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year! This month we will participate in the Great Big Crunch, where every student will be given an apple on March 5th.

Please 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.

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



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).

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

