



## Alexander Kuska K.S.G. Catholic School

Alexander Kuska K.S.G. Catholic Elementary School  
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C. Moscato - Principal      F. Wood - Vice Principal  
K. Kinney - Superintendent of Schools



### Alexander Kuska K.S.G. Catholic School Mission Statement

*As a community of faith, the mission of Alexander Kuska Catholic Elementary School is to work in partnership with the home and the parish to provide a Christ-centered learning environment which allows students to grow spiritually, to strive for academic excellence and to become responsible citizens with a love of learning.*



### Prayer for March

*Father, You are good, merciful, and holy. As we reflect on Christ's suffering and death, may it remind us of how deeply You love Your people and the great cost that You paid to redeem us. Convict us of our sins against You, and help us to keep You at the centre of our lives always. In Jesus' holy name we pray, Amen.*

### Follow us on Social Media



**kuskaknights**

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).

### ~~~ Niagara Catholic District School Board Mission Statement ~~~

*We are a Christ-centered Catholic community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.*



# MARCH 2024



## HAPPENINGS



Spring is coming!



- **March 10** - Time to spring forward and set your clocks ahead. Bring on the daylight!
- **March 19** - First day of Spring

Lent



Lent is a season where we turn to fasting, repentance, and almsgiving as tangible ways to take our eyes off of ourselves and turn our focus to Christ, repenting of sins and turning from distractions as we return our attention and affections to our Heavenly Father.

On Ash Wednesday, students participated in a liturgy with Father Sunil to begin the Lenten season and on March 19th, students in grades 4-8 will have the opportunity to practice confession.

### St. Kevin's Mass Times



**Palm Sunday - March 24th**  
8:00am, 10:00am, 12:00pm



**Easter Sunday - March 31st**  
8:00am, 10:00am, 12:00pm

### Sacrament News

On February 26th, the Grade 2 students attended a First Communion retreat at St. Kevin's. Father Sunil, together with members of the CWL, led the students through a variety of Bible stories and discussions that focused on understanding the importance of First Communion.

There will be a Reconciliation meeting for the families of the Grade 2 students at St. Kevin's Parish on Tuesday, March 5 at 6:30pm.

### Sacred Triduum

**Holy Thursday** – March 28th Mass of the Lord's Supper at 7:00pm Reception of Oils; Washing of Feet; Commissioning of Ministries Hours of Adoration to follow at 8:00pm

**Good Friday** – March 29th Celebration of the Lord's Passion at 12:00pm and 3:00pm Stations of the Cross at 7:00pm

**Holy Saturday** – March 30th Easter Vigil at 8:00pm Blessing of the New Fire and Paschal Candle Initiation of Catechumens/Candidates



*Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was pierced for our transgressions; He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His wounds we are healed.*

— Isaiah 53:4-5



# MARCH 2024



## HAPPENINGS



### Bonhomme Carnaval Play Day

On March 4th we will be having our winter Bonhomme Carnaval Play Day! This is an all day event where students will be organized into groups to participate in cooperative games and activities. Half the day will be spent inside and half outside, so come prepared for the weather! Students will also enjoy half a cinnamon-sugar BeaverTail.



*\*\*Please note that the BeaverTails pastry contains wheat, barley, and soy and is cooked in canola oil, and coated with cinnamon-sugar. More information can be found on the BeaverTails website.*



### Social Justice Team

On February 24th, 9 of our Grade 8 students participated in the Coldest Night of the Year walk in support of local charity, Start Me Up Niagara. Together they raised about \$200 in support of homeless and low-income families, with the total raised in Niagara being \$159,000!



### Kids Helping Kids Update

In the month of February we had four theme days as part of the Kids Helping Kids fundraiser. We so enjoyed seeing everyone's personality and creativity in their superhero, red & white, topsy turvy, and comfy outfits! Together we raised **\$633** for Niagara Children's Centre and the Niagara Foundation for Catholic Education

Thank you so much for your support!





# MARCH 2024



## HAPPENINGS

### Catholic School Council THANK YOU!



A big thank you to members of our CSC who cooked and delivered pancakes to our students and staff on Shrove Tuesday.

Thank you for your hard work and for making delicious pancakes for everyone to enjoy.

### Eco-Team

On Thursday, March 7, the Eco team will lead the Great Big Munch! This eco activity promotes inclusivity by celebrating cultures and countries where apples are not commonly eaten or grown. Students are invited to bring their own banana on this day. Bananas will also be available in class



We will be observing Earth Hour on Friday, March 22nd. The lights will be turned off for one hour to reduce electricity in support of the environment!



### Art Gallery

Students in Kindergarten - Grade 4 will participate in a guided drawing lesson at the end of March. Check the calendar to see which date your child's class will be enjoying this fun opportunity! We look forward to seeing their artistic talents shine.

### Student Council Update

Members of Student Council have been hard at work preparing a Civil Rights Virtual Museum as part of Black History Month. They will be making this presentation to students on Friday, March 1st. Student Council will be planning some events leading up to Easter so stay tuned!

### Specialty Lunch Days



Wednesday, March 6



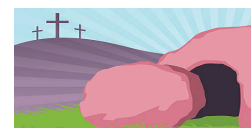
Wednesday, March 20



Wednesday, March 27

### REMINDERS

- **March Break** - No school the week of March 11-15
- **Easter Weekend** - No school on Good Friday (March 29th) or Easter Monday (April 1st)



# 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](http://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 15<sup>th</sup>

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](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.



## Educational Resources

### Transform Your Classroom with Conversation Cards

Ignite meaningful dialogue and create a supportive community with School Mental Health's new conversation starters! Designed to boost mental health self-care, social-emotional skills, and reduce stigma, these cards empower students to thrive.

Visit

<https://smho-smso.ca/online-resources/class-conversation-starters/>

and join School Mental Health Ontario in fostering wellness and equity in our classrooms!



### Nutrition Month

- OPHEA has partnered with *Growing Chefs! Ontario* to provide lesson plans related to Healthy Eating for grades one to eight – [Lesson Plans by Growing Chefs! Ontario](#)
- Teach youth [how to read a nutrition facts label](#). As part of the lesson, ask students to bring in nutrition labels from home. Spend some time with youth reading labels and comparing information.



### International Women Day – Inspire Inclusion



March 8th is [International Women's Day](#). This day is to recognize and celebrate women and girls' social, economic, cultural, and political achievements. There are many great ways to keep the conversation going within your class!

- [Women of Impact in Canada](#) – learn about the inspiring achievements of Canadian women in various fields such as politics, sciences, and the arts.
- Government of Canada's [Teacher Toolkit](#) – learn more about celebrating International Women's Day in the classroom!
  - [Engaged, Spark and Lead](#) – topics and activities suitable for grades four through 12.
- The [International Women's Day Toolkit](#) – resources to ensure International Women's Day is impactful and engaging.