



# St. Joseph NEWS

*We are proud to be a part of the Lakeshore Catholic and St. Michael Family of Schools.*

# MARCH 2024

## We are all called by name to grow with God!



### March Reflection:

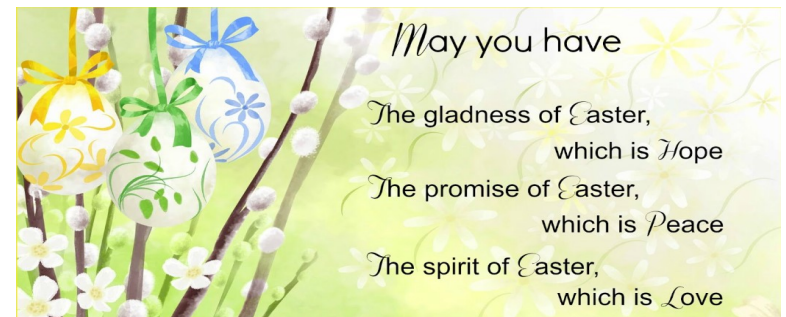
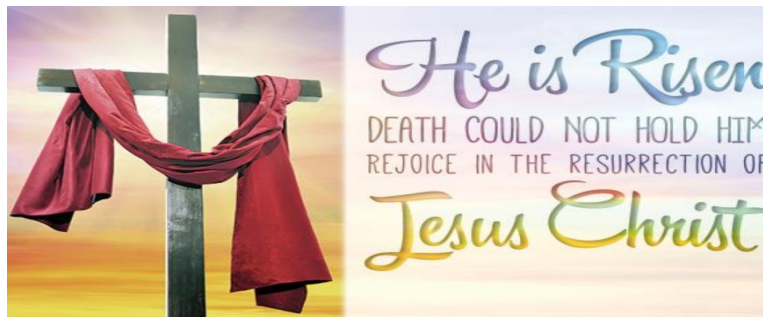
Is hearing God's voice good enough? Or does God want more than for us to acknowledge that He speaks to us? God tells us to "be doers of the word, and not merely hearers who deceive themselves: (James 1:22). Listening to God is the first step. From God's word, we are called to move to action. Sometimes 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.

What a month February was! It may have been a short month but it was truly filled with many smiles and laughter. Once again it was a testament of our call to think of others and support those in need. THANK you for all your donations and for your support with our spirit days. The Kids Helping Kids Campaign was a meaningful way to help us look ahead to the liturgical season of Lent.

Throughout Lent we reflect on our relationship with God. We can listen to God's words in the Holy Bible. We can speak to Him through our prayers and in the quiet of our hearts. We come closer to God as often as we choose in the sacraments, especially the Eucharist and the Sacrament of Reconciliation.

Lent is a time for us to experience the endless generosity of God's love and mercy, which in turn will inspire and strengthen us to do for others. We do not walk our journey through Lent alone, but with each other. During Lent we are called to be more conscious of those around us. What we do for others, how we treat others and how we deepen our faith is our Lenten journey. Lent allows us to strengthen our friendship with God through prayer, showing kindness to others through almsgiving, and making a conscious effort through sacrifice to remember Jesus' gift to all of us - his life. *May we be in one another's prayers this Lenten season!*

*Mrs. Walsh, Principal*





## A LENTEN REFLECTION

### *The Legend of the Pretzel*

Popular legend states that a long time ago, there was a kind Italian monk. He knew the importance of prayer. He created a very special treat for the children who remembered their prayers. The monk cut soft bread dough into long strips and then folded them into a special shape before baking them. The unique shape of the pretzel is like a child with folded arms. Just like the children in the story, we are rewarded when we fold our arms and bow our heads to pray to our Father in Heaven. We are rewarded with love, peace, comfort, guidance, strength and forgiveness.



*Heavenly Father,*

*Thank you for your generous, kind heart, and for the  
oh so many gifts you have given to us.*

*We are sorry that we are not always generous with others.*

*Please help us this Lenten season to turn to You through prayer so  
that we may be kind, we may do our very best, and we may be  
generous when we are helping others. Amen*

### **The Prayer of St. Patrick**

The strength of God pilot us,  
the wisdom of God instruct us,  
the hand of God protect us,  
the word of God direct us.



## Kids Helping Kids

Our students also participated in many activities during our yearly Kids Helping Kids Campaign. *What is Your Best Guest?* Winners are: Jar 1: March Lunches - Luke, Jar 2: Treats and Free Lunch - Audrey P. and George, Jar 3: Treats and Free Lunch - Wesley, Jar 4: Free Lunch - Mila, Emma, Marissa, Dallas, Hunter, Jar 5: Gym time - Madison, Kai, Conall, Violet, Audrey C., Emeline, Kage, Carter, and Isla. The total money raised for KHK and the Niagara Foundation for Catholic Education is \$634.00!

## ECO NEWS

### **Earth Hour 2024 theme: INVEST IN OUR PLANET**

Earth Hour is a global grass-roots movement encouraging individuals, businesses and governments around the world to take positive actions for the environment, and celebrating their commitment to the planet by switching off their lights for one designated hour.

## MORNING SHOW ANNOUNCEMENTS

A HUGE shout out to our Gr 5/6 class for bringing us ECO facts during our St. Joseph morning show. The focus has been building our ECO awareness in the things we do everyday and how to reduce our carbon footprint.

## EXTRA CLOTHES

It is our goal to have students get as much fresh air as possible! Please send your child with appropriate footwear to keep your child's feet dry, snow pants or thinner slush pants, extra waterproof mitts. We do keep students in when field conditions are extreme. The students and staff much prefer an outdoor recess! They are learning to take ownership of the choices they are faced with when outside "Do I run through the puddle or run around?" Our students continue to impress us daily with their personal growth!



## From Public Health

Growing with God! Growing with God! Growing with God! Growing with God!

### 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](#)

### 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.

### 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 - healthy sleep](#)

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

### 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.