

St. Martin Catholic Elementary

MARCH 2024



School Information

Mr. J. Tornabuono - Principal

Mr. Y. Leheta - Vice Principal

Website: <https://schools.niagaracatholic.ca/stmartin/>

Location: 18 Streamside Drive Smithville, ON L0R 2A0

Phone: 905-957-3032

Follow us on Twitter [@MustangsMartin](https://twitter.com/MustangsMartin)

Principal's Message

The greatest season of the year is upon us. We remember what Jesus the Lord had done for us – His infinite love – His commitment to righteousness – His mercy – His willingness to suffer pain and death. This He did in order to share with us the truth that we are precious and that therefore we will treat each other as precious. During this month of March we continue our journey through lent. This forty day period between Ash Wednesday and Easter Sunday is a time in which the church invites us to grow in self-awareness. It is a time for us to look at our lives and reflect on our weaknesses. It is a time of almsgiving, works of mercy and sacrifice. It is a time to grow in love, a time to resolve to build a positive relationship with God and our community.

In addition, I would like to thank staff, students, parents, guardians and families for contributing to the remarkable community of St. Martin Catholic School. Each month, we are continually reminded of how special this school remains and what a blessing it is to be part of this tremendous community.

J. Tornabuono



March Break

March break begins on Monday, March 11th to Friday, March 15th, 2024 inclusive. Students return to school on Monday, March 18th, 2024



Important Dates

Please note the following dates:

- Grade 8 Graduation Photos - March 5
- March Break - March 11-15
- St. Patrick's Day - March 17
- St. Joseph's Day - March 19
- Lenten Reconciliation at St. Martin Gr. 3-8 - March 19
- First Day of Spring - March 19
- World Down Syndrome Day - March 21
- Kindergarten Field Trip - Mar. 21 & 22
- Earth Hour - March 22
- Holy Week Begins - March 24
- Palm Sunday - March 24

- Good Friday - March 29
- Easter - March 31

The Importance of Easter

Easter is the greatest celebration in the Catholic church because it is the completion of the Holy week that ends with the resurrection of Jesus. Easter celebrates the beginning and foundation of Christianity. On Easter, Jesus was raised from the dead, and ascended into heaven. The Roman Catholic Church always marks Easter on the first Sunday that follows the first full moon of the Spring Equinox. The date therefore changes each year and falls on any day between March 22 and April 25. Easter Sunday starts the Easter season, marks the end of Lent and is the last day of the Holy Week which is also known as the Easter Triduum (Holy Thursday, Good Friday and Easter Sunday).



World Down Syndrome Day

On Thursday March 21st we will be recognizing World Down Syndrome Day (WDSB). World Down Syndrome Day (WDSB), is a global awareness day that has been officially observed by the United Nations since 2012. At St. Martin, we will participate in a "Rock Your Socks" event on Thursday March 21st. This will help raise awareness of what Down Syndrome is, what it means to have Down Syndrome, and how people with Down Syndrome play a vital role in our lives and our communities. All St. Martin students and staff are encouraged to wear their most colourful socks.



Catholic School Council Meeting

Our next CSC meeting is scheduled for Tuesday April 9th at 6 pm. All St. Martin parent(s) are welcome to attend. A special thank you goes to all of our parent volunteers that helped make our Shrove Tuesday, and Glow Party such great events. The students and staff appreciate everything that you do for our school.

Eco Schools March

Every year and everywhere, at 8:30 pm on the last Saturday of March, millions of people across the world join in raising awareness of the nature crises facing our planet. This year Earth Hour is on Saturday, March 30th. 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.



Library News

Boost Your Mood: Studies show that people who read for enjoyment are more likely to feel happy and confident.



Relax: Reading slows your heartbeat and relaxes your muscles. No wonder we fall asleep when we read before bed!

Discuss: Talking with peers about books you've read or are looking forward to reading creates a reading community.

Connect: Studies have found that reading fiction improves our capacity to understand what others are thinking and feeling, and supports our understanding those are who different from ourselves.

St. Martin is proud to foster a love of reading with weekly library visits, daily book exchange opportunities and our library reading club.

Niagara Public Health - March



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?

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



Blessed Trinity Corner

February may be the shortest month of the year but it has been another very eventful and successful month for Blessed Trinity. Students started Semester 2 but many of our sports teams ended their Winter seasons with exciting championship performances. Our Junior Girls Volleyball and our Junior Boys Basketball teams both captured NCAA championships and will be competing at SOSSA. Both of these teams are made up of many grade 9's from our Family of Schools. An excellent reminder to our Grade 8's to

come out and try out for our teams and clubs. Our wrestling, boys and girls' hockey teams and swimmers all had great results this season and some are looking forward to competing at OFSSA. February also included our Senior Winter Formal and a special Valentine's Day dance for our Special Education students.

Can you believe March Break is only 2 weeks away?! This year is flying by. Closer and closer to Blessed Trinity welcoming our newest graduating class. February was a busy and eventful month for the Grade 8's from our Family of Schools as they finalized their course selection for Grade 9 at Blessed Trinity in September.

A representative from Blessed Trinity will be visiting Grade 8 classrooms in the next few weeks to take students through the verification process of their course selection. At this time students will be able to make any changes to the courses they chose for September.

Please contact Blessed Trinity – Mr. John Cino – 905-945-6706 Ext. 2330 or Mrs. Rose Bianco Ext. 2312, if any Grade 8 parent has any questions.

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

Standardized Dress Code

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.



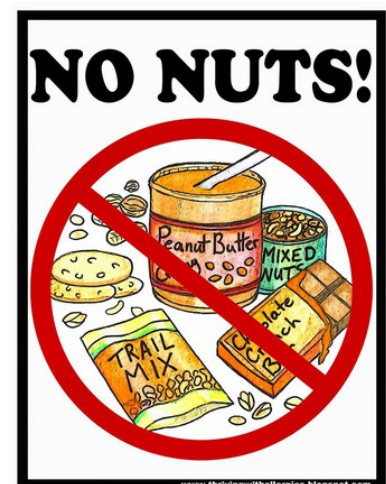
Shoes

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.

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. Martin 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. Martin 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

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.



Maria Ruggi Dietsch

Maria is using Smore to create beautiful newsletters

