

# St Joseph Phoenix News

MARCH 2024

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## Our Lenten Prayer

*God, may Your light guide my day, and your spirit bring me peace... Amen*

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## Principal's Message

Dear Parents/Guardians:

Well, March is certainly coming in like a lamb but, let's hope it doesn't go out like a lion! Until then we will certainly continue to enjoy this Spring-like weather. As we look ahead to March's calendar, it is a busy one. I know everyone is looking forward to the March Break starting on the 11th. I hope everyone has a restful break. If you are travelling, I hope it is a safe and enjoyable journey. Our first week back from the March Break, we will have our Book Fair and our Lenten Reconciliation. This will then be followed by Holy Week. I look forward sharing this holy time with our St. Joseph family! Easter always seems to bring new life into our school. I pray everyone has wonderful month of March!

Yours in Catholic Education,

Tim Atkinson



## Kids Helping Kids Fundraising Campaign

We would like to thank all of you for your generous donations to support the Niagara Children's Centre. Together we have raised \$861.65! Well done Phoenix!

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## The Push-Up Challenge

The Push-Up Team concluded the mission of 30,000 push-ups in the Month of February. We actually reached **32,092!!** Many of our team members hit their personal goal of 2,000 push-ups, way to go Team! It was quite the accomplishment and I am very proud of all of them for their dedication to our cause. In doing so, we raised over **\$1,000** for the Candian Mental health Society. Thank you to all of you for your support!



## Earth Hour and World Water Day

On Friday, March 22, staff and students of St. Joseph school will participate in Earth Hour, and in recognition of World Water Day, we will also be taking part in 'The Great Gulp'. To recognize Earth Hour, we will '*Switch Off and Give an Hour for Earth*'. Each class will spend 60 minutes doing **anything** positive for the planet. During this hour we will also participate in The Great Gulp to demonstrate the importance of freshwater. All students are asked to bring a reusable water bottle to school to participate in The Great Gulp with our entire school community!

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## Public Health News

**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

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.
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- For more information, visit [caringforkids.ca - healthy sleep](http://caringforkids.ca - healthy sleep)
- *Source:* <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

**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.

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**BT 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 and 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 1 week away?! This year is flying by. Closer and closer to

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.



**Holly Humphreys**

Holly is using Smore to create beautiful newsletters

