



St. Joseph NEWS

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

May 2024

We are all called by name to grow with God!



May Reflection:

God loves to involve us in His plans to lead people to heaven. He often uses the weakest to lead the strong. Sometimes God speaks to us through other people. But, have you considered that God could use you to bring His message to others? What have you done today to share the love of God with those around you? Spend some time with God today asking Him to help you share His love to those in most need of it.

In the month of May, we focus on worshiping God through prayer to Mary, the Mother of God. No one knows a child more deeply than one's mother, and it is no different for Mary and her son, Jesus. It is for this reason that the Church honors Mary in a special way this month. If we want to know how to honour and worship Jesus with our lives we simply need to ask His mother.

One way we can worship with Mary is by praying the Rosary. Comprised primarily of a series of Our Father's and Hail Mary's, the rosary is a simple and beautiful way to pray together with Mary. Our prayers carry within them our beliefs as Catholics, about our God and His relationship with each and every one of us. As we continue to grow in His love through prayer this month, may we take time to reflect upon the blessings we have, the needs that we hold, and the prayers we say.

As well, as we celebrate and highlight Catholic Education in May, let us take a moment to be thankful for the daily opportunity to have our faith guide us in our spiritual and academic growth. Our focus during this exciting week will be to further nurture our relationship with God, and with one another. The week will be a celebration of the gift of our faith lived daily! **THANK YOU for your continued support of our students, our families and staff, and the entire St. Joseph Community.**

Mrs. Walsh



Dear Lord,

Please watch over and support all mothers on earth and in heaven and all those who take on the roles of mothers... help them to know how much they are loved and appreciated on Mother's Day and Everyday! Amen

OUR CATHOLIC EDUCATION WEEK 2024



This year's Catholic Education Week theme is,
"We are called to Love."

St. Joseph Catholic will celebrate **Catholic Education and Mental Health Week 2024**, "We are called to Love" from May 6 - May 10 and invites you to participate in the opening prayer service on Monday May 6th at 9:30am.

This week draws attention to the special role that Catholic schools have as faith communities. All community members – parents, students, teachers, administrative and support staff, pastors and parish staff – have been called by name through their Baptism to grow and walk joyfully in our faith that is nurtured by the local parish, the home and the school.

There are five sub-themes for each day of **Catholic Education Week**. The five sub-themes for Catholic Education Week illuminate the path to being called to love.

Monday: **A People of Hope**

Creating a Quilted Heart Woven Together in Faith

Tuesday: **As People of Faith**

Visually Represent Faith (School wide)

Wednesday: **As People of Mercy**

Spreading Smiles Sparks the Soul ~ Donating Toothbrushes

Thursday: **As People of Justice**

Medicine Wheel Presentations with Mika Wooley

Creating Bracelets

Friday: **As People of Joy**

Joyful Moments with Student Mentors



NIAGARA CATHOLIC

Mental Health & Catholic Education Week Student Contest

THEME:

WE ARE CALLED TO LOVE

Submit a video, short story, painting, poem, song, drawing, graphic design, or photo by Friday, May 31, 2024 for the following topic:

"How do you show love to others?"

Include name, grade, and school in your submission.
Submissions can be sent to mentalhealth@niagaracatholic.ca
OR the Catholic Education Centre, Attn: Andrea Bozza.





DANCE - A - THON

This year's Dance –A-Thon was a great success. First and foremost thank you to Mrs. MacLean who welcomed our St. Joseph Family to Danceworks dance studio. The personalized signs and balloons were the 'icing on the cake!' Thank you to Miss Kylie, Miss Emily, Miss Tatum & Miss Claire for teaching our students Hip Hop, Safe Acro and Conditioning. Thank you to DJ Jordan for being so awesome and getting us in the spirit for our dance–a-thon. He led us not only with his music but his dance moves as well. Thank you to the Zaleski family and to all staff who donated incentive prizes.

Congratulations to Mr. Aaron P who was the winner of the TV and to Marrissa L. who won the TV for raising the most money -\$415! She has decided that she would like to be Miss Perry for a day. She was also the winner of the grand incentive prize, the Stand-Up Paddle Board Package. Congratulations to all who were lucky enough to have their names drawn for incentive prizes. Over half of our St. Joseph families took home prizes. Thank you to all our families for your continued support. Our total profit was \$4381.74.



2023 - 2024 YEARBOOKS

As this school year comes to an end, the memories created throughout the year will be celebrated and remembered in our St. Joseph CES yearbook. This wonderful keepsake, is available to all students to pre-order and purchase.

This year's yearbook, with coloured photos, will showcase the students and staff participating in the many fun-filled activities that have occurred throughout the school year. In order to include all the events of the entire year, including those that occur in June, the yearbook will be delivered to students in September 2024.



The cost of the yearbook is \$25.

All yearbook orders and payments are due by June 10, 2024.

Thank you for your continued support!



From Public Health

Vision Health Month

Visual health is an important part of a child's overall health and well-being. Proper vision is important for a child's movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see **ANY** of these signs:

- | | |
|--|---|
| • Squinting or holding objects close to the eyes | • One eye that turns out or in |
| • Blinking often | • Rubbing, tearing, itchy or burning eyes |
| • Turning or tilting the head to the side often | • Reporting blurry or double vision |
| • Covering or closing one eye | • Reporting headaches, nausea or eye strain |

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

Mental Health Week 2024: A Call to be Kind

Showing compassion toward others can have a huge impact on someone's life. Mental Health Week in Canada runs from May 6 to 12, and this year's theme is focussed on the healing power of compassion. One of the most important ways that we can demonstrate compassion is through active listening without judgment. Actively listening can create a safe space for people to share their thoughts and feelings. You can do this by avoiding interrupting or dismissing their experiences.



Let's all learn to be more present, attentive, and empathetic.

- [Explore how compassion connects us all](#)
- [Learn to safely support someone struggling with their mental health](#)

#CompassionConnects #MentalHealthWeek

Dangerous Nicotine Product Accessible to Children and Youth: Nicotine Pouches

Local health experts are warning of the dangers posed to young people about new flavoured nicotine pouches. There are multiple brands (Zonnic, Zyn etc.) and concentrations of nicotine pouches currently available for purchase in Canada.

Although this product is not intended for those under 18, youth are becoming their main market. These products come in flavours such as berry frost and tropical breeze. Health Canada approved Zonnic last as a quit smoking aid under the country's natural health product regulations, with no restrictions on how it's advertised, where it's sold, or at what age someone can buy it. This means that these products are being sold in local convenience stores and gas stations to youth without any age verification and are found to be stored next to candy and gum.

What's the danger?

Nicotine is a highly toxic and powerfully addictive substance. Children and teenagers are at a higher risk due to the addictive properties of nicotine as brain develops into adulthood. Even using small amounts of nicotine may increase the risk of developing a dependence on nicotine in the future.



Please talk to your children about nicotine pouches and other nicotine products to discuss the risks associated with their use.

For more information about these products, visit: [Dangers of Nicotine Pouches - Canada.ca](#)

ParticipACTION Community Challenge

Partake in [ParticipACTION Community Challenge June 1 – 30, 2024!](#)

Participate in the challenge this June to get moving, connect with others and help students within the Niagara community get crowned Canada's Most Active Community!

What is the Community Challenge?

The ParticipACTION Community Challenge is a national [physical activity](#) and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

For more information visit <https://www.participaction.com/programs/community-challenge/>



Community CHALLENGE

