

St. Gabriel Lalemant Catholic

Home of the Guardians

A Member of the Saint Paul Family Of Schools

MAY- The Month of Mary

Month of Mary-May Devotions

"God wills that all his gifts should come to us through Mary" (St. Bernard) It was in Rome, towards the end of the eighteenth century, one fine evening in May. A child of the poor gathered his companions around him and led them to a statue of Mary, before which a lamp was burning, as is the custom in that holy city.

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A Mother's Day Prayer

All-loving God, we give you thanks and praise for mothers young and old.

We pray for young mothers, who give life and count toes and tend to our every need;

May they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us;

May they continue to guide us in strong and gentle ways.

We remember mothers who are separated from their children because of war, poverty, or conflict;

May they feel the loving embrace of our God who wipes every tear away.

We pray for women who are not mothers but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love.

Amen.



Delta Bingo

St. Gabriel Lalemant is blessed to earn funds raised from Delta Bingo each month. We have a wonderful group of parents who volunteer their time to represent St. Gabriel in the Bingo hall.

This is an easy way for our school to earn money that goes towards educational resources our students need.

If you are able and would like to volunteer to help raise funds, please contact the school.

Thank you again to the wonderful parents, grandparents, and relatives who volunteer! We see you and we appreciate you!



Guardian Parents' Night Out

-Proceeds to help fund new outside equipment-

Where: Delta Bingo & Gaming,
4735 Drummond Rd. Niagara Falls

When: 6:30pm Wednesday May 29th

What: Join us for a fun game of Bingo: Includes 3 Strip Book, dabber & a small bag of popcorn.* Family & friends welcome!

*Additional games can be purchased from Delta Bingo

How: Online RSVP is required. Visit:
<https://ncdsb.schoolcashionline.com>
to reserve your spot. RSVP is available
between May 1st - May 23rd

**Tickets \$25/each - cash only
at the door**



18+
Adult Only
Event



Kindergarten Orientation

On **May 27th**, we will be hosting our Kindergarten Orientation from **4pm-6pm**. We welcome "New Kindergarten students" and their families to attend and learn about the Kindergarten program. During



this time, representatives from our Catholic School Council will be onsite and available to answer any question pertaining to what it means to sit on council. For those of you interested in volunteering for Bingo, this would be a great opportunity to speak to a member on council and learn about this awesome opportunity to help our school.

A BIG THANK YOU!

The students of St. Gabriel Lalemant want to send a huge thank you to the school community for helping us purchase \$3500.00 worth of Outdoor/Indoor sports equipment and quiet activities for rainy days for the whole school. The students will get so much use out of all the items that were purchased. Thank you again for supporting our fundraisers.







A BIG RED THANK YOU!

Thank you to everyone that participated in our BIG RED FUNDRAISER this year! We had a fantastic response in orders again!

Also a huge thank you to BIG RED MARKETS for sharing your fundraising program with us!



Catch the Spirit Award Winner - Valerie Bonadie

The Niagara Catholic "Catch the Spirit Student Award of Excellence" has been established to honour representatives of this leadership within our student population as we continue to work together to "nurture souls and build minds" throughout Niagara Catholic.

Congratulations to Valerie on being the recipient of the St. Gabriel Lalemant Catch the Spirit Award!

You are an excellent student but more importantly, you are a wonderful role model!



Dance-a-Thon Fundraiser May 17th 2024

St. Gabriel Lalemant's Gr. 8 graduates are hosting a Dance-a-thon on May 17th for all the students!

They need help to raise funds to off set the cost of graduation.

The theme will be announced soon, so stay tuned for what wins the popular vote.

A \$5.00 donation is the suggested amount to be paid using School Cash Online which will include entry to the dance and one glow necklace. (No student will be left behind). Donations will begin May 3rd -16th using School Cash Online before midnight.

On the day of the dance-a-thon students can also purchase the following items by bringing in cash.

\$1.00 Large Sour key each

\$2.00 Bag of chips each

\$2.00 Glow in the dark glasses each - Limited Supply

\$1.00 for 2 Glow in the dark bracelets

GET YOUR DANCING SHOES READY ST. GABRIEL!!!



Pop Corn and Ice Cream Oh my!

The Gr. 8 St. Gabriel students will be selling Popcorn and Ice Cream on separate occasions.

POPCORN On Friday, May 24th and Ice Cream on Friday, May 31st for \$2.00 to help offset the cost of Graduation. Please have your child(ren) bring in \$2.00 if you wish to purchase on these days.

Coming soon Friday, June 14th we will also be selling Ice Cream.

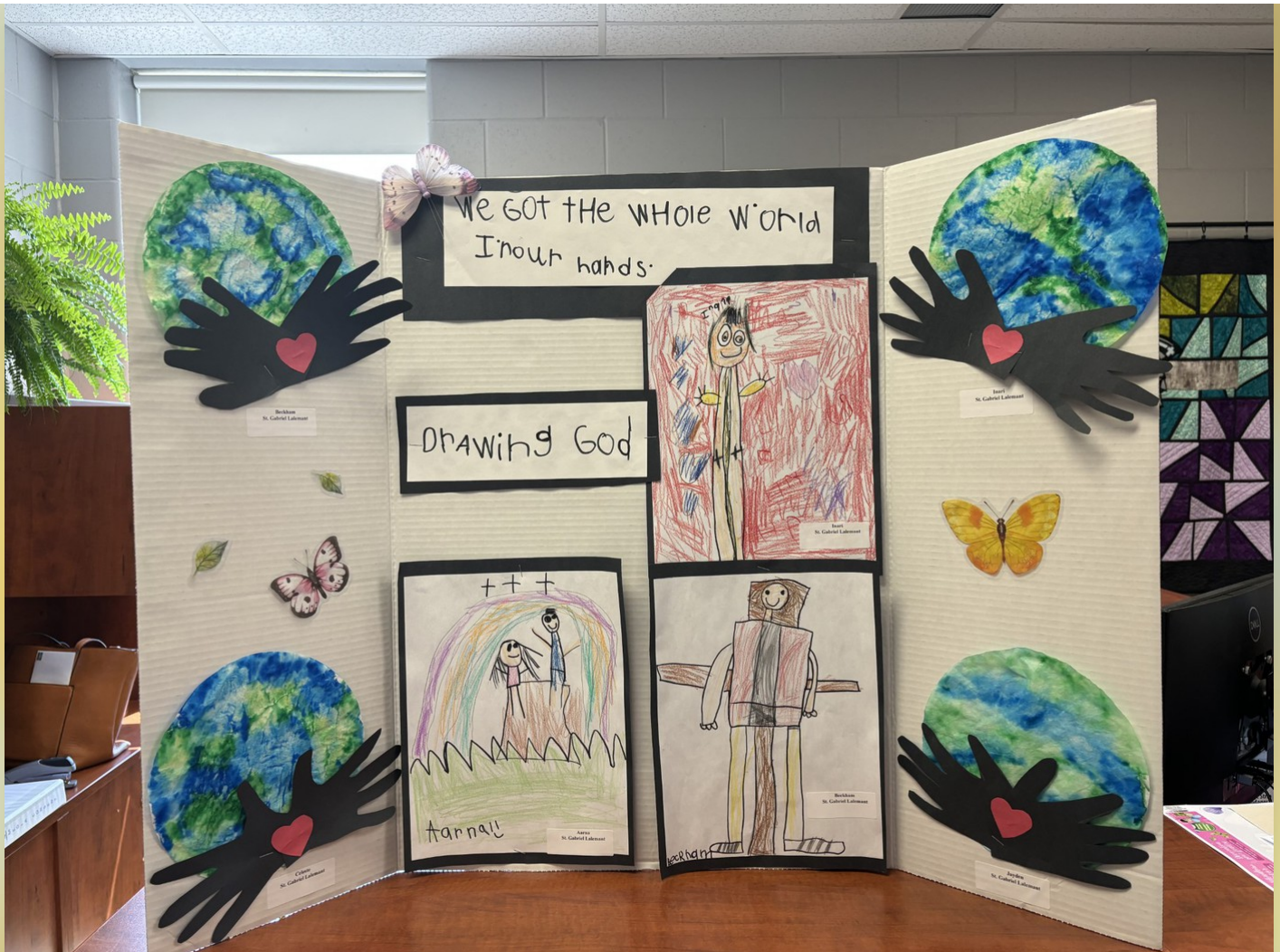
Thank you for your support.



Celebrating Kindergarten: Discovering the Joy and Wonder Through the Arts

On May 16th some of our Kindergartens Artwork was selected to be on display for the annual board-wide "Celebrating Kindergarten: Discovering the Joy and Wonder Through the Arts". Great Job!

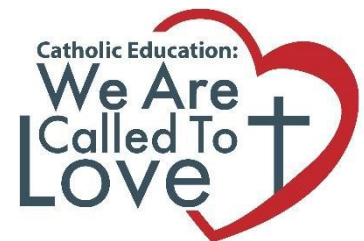




Niagara Catholic Celebrates Catholic Education Week

As a Catholic Community, we see the link between our faith and mental health. This year's Catholic Education Week and Mental Health Week theme is, *"We are called to love."*

During the week of May 6th to May 10th we will be having activities and discussions based on our theme for Catholic Education Week.



- Day 1: As people of hope
- Day 2: As people of faith
- Day 3: As people of mercy
- Day 4: As people of justice
- Day 5: As people of joy

MAY 2024

Niagara Region Public Health School Health Newsletter

May 2024

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 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. 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](https://www.healthcanada.ca/eng/113616330001/nicotine-pouches)

Educational Resources

ParticipACTION Community Challenge

Partake in [ParticipACTION Community Challenge June 1 – 30, 2024!](https://www.participaction.com/programs/community-challenge/) 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/>

Mental Wellness Teaching Tools

Maintaining positive relationships with students within a caring school community that is safe, welcoming and inclusive contributes to students' social-emotional wellness and readiness to learn.

Visit our [school health teaching tools page](#) and check out 'Supporting mental wellness' dropdown

These evidence-based resources focus on promoting positive mental health in classrooms by providing wellness tools that work to increase protective factors and resiliency.

May Calendar 2024.pdf

[Download](#)

822.8 KB



Tracy Lanteigne

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