



MAY 2024



Called by Name: You Are Mine

May, the Month of Mary. This is the month that is especially dedicated to Our Blessed Mother. During this month, we as a Catholic Faith Community offer up to Mary our hearts through prayer.

As we look to the past and learn from history, Pope Leo XIII reminded us that the soul of the Church and all of the activity and service of the members of the Church, begin with the supreme participation of the Blessed Mother.

Thus, it is no surprise that we celebrate and recognize motherhood during the month of May. The celebration of Mother's Day is important in our culture, as it is our faith. As a Catholic family, we recognize the importance of putting our faith into action. This can take the shape of doing something charitable for your mother or a mother in the community, to recognize and thank God for the gift of life and to speak with the Blessed Virgin Mother.

As we continue through the month of May, let us not forget that we continue to prepare for Pentecost Sunday. This is when we celebrate the descent of the Holy Spirit upon the Apostles and the Virgin Mary.

We are reminded every day of our spiritual connection to the Holy Spirit and the Blessed Mother Mary, in all that we do and say, in both our daily work and play. As we pray together faithfully, let us remember our grateful love to Mary and our acceptance of Christ.

Happy Mother's Day!

God Bless!

Mrs. J. Mangiacasale

MOTHER'S DAY PRAYER

*Lord, thank you for all mothers.
For the new ones, who endure sleepless
nights with infants in arms.*

*For the busy ones, who juggle the pressures
of home and family life. For the steadfast
ones, who nurture and care for our special
vulnerable children.*

*For the patient ones, who always seek to
forgive and engage with their pre-teens.*

*For the persistent ones, who cleverly find new
ways to connect with their mini-adults.*

*For the mother aunts, who step in to cradle
and care for nieces and nephews. For all
grandmas, who love and support their
precious grandchildren.*

*For the foster mums that are called to
gather and cover the fragile ones.*

*For the Sunday mums who care for our
children and lead them in faith. For the mums
who give far beyond their own resources,
who overcome disability to cherish and love.*

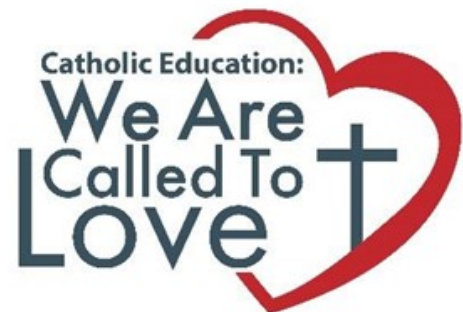
*Thank you Lord for all our beautiful
mothers. Help us to support them and keep
them in our prayers. May you bless them now
on this their special day.*

Amen

CATHOLIC EDUCATION WEEK/ MENTAL HEALTH WEEK 2024

Niagara Catholic elementary and secondary schools will be celebrating Catholic Education Week (CEW) with the theme "We Are Called to Love", in conjunction with Mental Health Week (MHW), from **Monday, May 6, to Friday, May 10, 2024**. This is an opportunity to highlight the strong connection between our Catholic faith and mental health and well-being in Niagara Catholic schools.

See the attached insert for more details.



St. Elizabeth NEWS





CATCH THE SPIRIT AWARD



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.

The student representative will show and demonstrate outstanding qualities in the following areas:

1. Catholic Leadership Qualities
2. Catholic Faith and Catholic School Philosophy
3. Family Commitment
4. School Community Relations (rapport with teachers and other students)
5. Involvement in School Affairs and Activities
6. Involvement in Community Activities
7. Commitment to a Difficult Situation or Task
8. High Degree of Academic Excellence

On behalf of the St. Elizabeth staff, I am pleased to announce that Peyten G. is this year’s Catch the Spirit recipient! Peyten will be recognized at the Celebrating Excellence Awards Ceremony held on Wednesday, May 8th at Brock University at 7:00 pm. Congratulations Peyten!!



EQAO

This Spring, students in grades 3 and 6 will participate in the Ministry of Education’s EQAO assessment (Education Quality and Accountability Office) beginning **Tuesday, May 21st**. Prompt and consistent daily attendance during the assessment period is important. Be sure to provide a nutritious breakfast and lunch for your child and ensure your child is well rested.

KINDERGARTEN ORIENTATION FOR NEW SEPTEMBER 2024/25 REGISTRANTS

To welcome our new families registered for the upcoming 2024-2025 school year, St. Elizabeth School will be holding a **Welcome to Kindergarten Family Orientation evening on Wednesday, May 22nd from 5:30 - 6:30 pm.**

There will also be a **Poppin’ into Kindergarten** - virtual board-wide event on **Wednesday, May 1st from 6:00 - 8:00 p.m.** for parents/caregivers to support their child’s transition to school in September.

We look forward to welcoming our future St. Elizabeth Saints students!

GRADE 8 GRADUATION



This year the grade 8 graduation will take place on **Friday, June 21st at Lakeshore Catholic High School.** Stay tuned for more information.

CATHOLIC SCHOOL COUNCIL NEWS

Our next **virtual CSC meeting** will be on **Tuesday, May 7th at 6:00 p.m.** Parents/Guardians are invited and encouraged to attend. If you are interested in joining the meeting, please email Mrs.Mangiacasale (Julie.Mangiacasale@ncdsb.com) so she can add you to the parent council email list and send you a link!



STUDENT SENATE

Our grades 6 and 7 students participated in the St. Elizabeth **Student Senate Elections on April 12th.** There were 4 candidates vying for the 2 positions on the 2023/2024 Senate. The criteria students were looking for in a candidate were:

- Someone who is responsible, trustworthy and organized
- Someone who is seen as a role model to all students
- Someone who is willing to give their time to help others
- Someone who is creative and who wants to make St. Elizabeth and our world a better place

Congratulations goes to Zoey S. and Oliver S. who will be our new Senators next year. All Student Senators travelled to Lakeshore on April 30th to participate in the Niagara Catholic Student Leadership Symposium. The Symposium is a chance for our student leaders to learn about leadership ideas and concepts, to understand the function of the Student Senate, and to participate in the Family of Schools Student Senate elections.



A MESSAGE FROM YOUR ECO TEAM

During this year's Earth Week activities, students were encouraged to reflect on water's crucial role in Indigenous ways of knowing. Water is more than just a resource; it is one of the four elements deeply intertwined with Indigenous cultures and traditions. For Indigenous peoples globally, water signifies life, healing, and connection to the land. Recognizing this profound relationship honours wisdom and offers insights into sustainable coexistence with nature that is embedded in our Dish with One Spoon and Two Row Wampum treaties. This Earth Day, we were asked to commit to allying with Indigenous Water Protectors, and foster a deeper understanding of the importance of water ensuring respect, preservation, and equitable drinking water for generations to come.

SPORTS NEWS



Our **St. Elizabeth Chess Team** participated in the NCDSB’s chess tournament on Wednesday, April 17th at St. Mary’s in Niagara Falls. It was a great day for the team! Congratulations to all members, and thank you to Mrs. Mangiacasale for accompanying the team. The **St. Elizabeth Badminton team** attended the Lakeshore Area Tournament on Thursday, April 18th. The teams exhibited excellent teamwork and dedication. Congratulations to William F. for placing 4th in boys’ singles and to Ezra S. & Abbey D. for placing 4th in mixed doubles. Congratulations to all players for their sportsmanship, and thank you to Ms. Habjan for coaching.



MAY SCHOOL NEWSLETTER
Catholic Education: *We are called to love*

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.*"

The theme for Catholic Education Week 2024 was inspired by the following considerations:

- With joyful anticipation of the Jubilee Year of 2025, we are inspired by Pope Francis announcing the theme of "*Pilgrims of Hope.*" With open hearts of love, we can continue to "*fan the flame of hope*" for a bright future.
- On the fifth anniversary of Renewing the Promise, we celebrate that Catholic Education is centred on our Christian call to love. This love permeates how we live in the world and as we act with love, we build a better future. As Pope Francis stated in 2023, "*He wants us to be artisans of a new history, weavers of hope, builders of the future, peacemakers.*"
- The theme of the synod, "*Enlarge the Space of Your Tent,*" invites us to listen in love, to be a healing presence to one another and to strengthen relationships.
- In his visit to Canada last summer, Pope Francis gave us hope for our continued work for Truth and Reconciliation. Through prayer and a commitment to love, stronger bonds are forming and a new way forward is emerging.
- Catholic Education Week comes at the same time as Mental Health Awareness Week. Through love and compassion, we continue to support each other's wellbeing. God is love and we are always called to live out this love.
- In our continued work for Equity and Inclusion in Catholic schools, a focus on love reminds us that all God's children are loved unconditionally.

There are five sub-themes for each day of Catholic Education Week and Mental Health Week:

Day 1:	As people of hope / Dans l'espérance
Day 2:	As people of faith / Dans la foi
Day 3:	As people of mercy / Avec compassion
Day 4:	As people of justice / Dans la justice
Day 5:	As people of joy / Dans la joie

Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources, as well as School Mental Health Ontario's website and resources, we have prepared a series of activities, which will highlight how the students and staff at our school are being *Called to love* together.

We hope to see many of you during our school celebrations!



**CALL FOR NOMINATIONS
 NIAGARA CATHOLIC PARENT INVOLVEMENT COMMITTEE (NCPIC)
 MEMBERSHIP 2024-2025**



The Niagara Catholic Parent Involvement Committee (NCPIC) supports the Mission of Catholic education and the Mission, Vision and Values of the Niagara Catholic District School Board by providing a communication link to parents/guardians, Catholic School Councils, the Diocese, the Director of Education, and the Board. The NCPIC promotes active parent/guardian engagement within all schools for the improvement of student achievement and well-being of all students in the Niagara Catholic District School Board.

The NCPIC membership is made up of parents/guardians, community and student representatives, the Bishop of the Diocese of St. Catharines or his appointed representative, principals, teachers, support staff, the Director of Education or designate, the appointed Superintendent of Education and Trustees. The Niagara Catholic Parent Involvement Committee meets the on first Thursday of the month on a bi-monthly basis (or as noted) at the Catholic Education Centre from 6:30 p.m. to 8:30 p.m. Meetings are open to the public and are livestreamed.

COMMUNITY REPRESENTATIVES

The Niagara Catholic District School Board is seeking to appoint up to three (3) community representatives for the 2024-2025 school year to the Niagara Catholic Parent Involvement Committee. Interested parties are to complete and submit the Community Representative Form, along with a letter of recommendation supporting the nomination from the community agency, association, or organization addressed to **Danny Di Lorenzo, Chair of the Board no later than 4:00 p.m., on Wednesday, May 1, 2024.**

PARENT/GUARDIAN REPRESENTATIVES

To be eligible for election/appointment as a parent/guardian representative to the Niagara Catholic Parent Involvement Committee, a person:

- must be a parent/guardian of a student enrolled in a school of the Niagara Catholic District School Board;
- must reside within the jurisdiction of the Board;
- must support the Mission, Vision and Values of the Niagara Catholic District School Board; and
- must fully participate in the annual Commissioning Ceremony of NCPIC members.

Available parent/guardian positions for the 2024-2025 Niagara Catholic Parent Involvement Committee Membership are as follows:

Fort Erie/Port Colborne/Wainfleet	2 positions	Parent/Guardian Representatives
Grimsby/Lincoln/West Lincoln	2 positions	Parent/Guardian Representatives
Thorold/Merritton	2 positions	Parent/Guardian Representative
Niagara Falls	4 positions	Parent/Guardian Representatives
St. Catharines/Niagara-on-the-Lake	3 positions	Parent/Guardian Representatives
Welland/Pelham	2 positions	Parent/Guardian Representative

Interested parents/guardians are to complete and submit the parent/guardian nomination form **no later than 4:00 p.m., on Wednesday, May 1, 2024.** Nomination forms are available at the school and on the Board website.

Please click on the link: [Niagara Catholic Parent Involvement Committee.](#)

Please send nomination forms to:

Catholic Education Centre
 427 Rice Road
 Welland, ON L3C 7C1
 Attention: Yvonne Anderson
 or by email to: yvonne.anderson@ncdsb.com

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.](#)

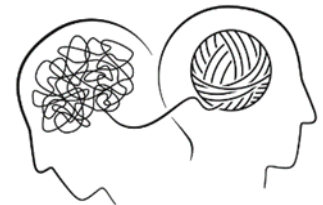
Also, contact an eye doctor if you see **ANY** of these signs:

• 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 focused 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

Niagara Region Public Health School Health Newsletter
May 2024 (cont'd)

**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](https://www.canada.ca/en/health-canada/services/nicotine-pouches.html)