



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD
The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.

JUNE 2024



Called by Name: You Are Mine

Dear Saints Families:

As our school year comes to a close and we reflect on our journey over the past months together, the St. Elizabeth staff would like to acknowledge and celebrate the many wonderful learning experiences and friendships that have been formed. Thank you to all parents and guardians for your ongoing support throughout this year. We could not offer such an enriching faith-based education to our students without the continuing effort and support that you give.

Through our Catholic values and ministry we embrace our passion in nurturing a learning community in which our children can thrive and flourish as living witnesses of Jesus Christ. We believe that Christ is our model for prayer, service, and building positive and loving relationships that will last a lifetime. Together, let's continue to demonstrate and model our hope and faith, by putting ourselves into the hands of the Lord, and pray that God will bless us and our families.

As our Grade 8 students begin a new chapter in their Catholic educational journey, I would like to remind them of the three "S's" of Success: "Smiling, Searching, and Striving." This is the model for school life at St. Elizabeth, and will continue with you at Lakeshore Catholic High School, as you officially become Gators! Motivation, determination, and commitment will be paramount in fulfilling your goals as Catholic Secondary School students. Always remember, the highest reward for a person's work is not what they get for it, but what they become of it. Your years at St. Elizabeth have brought many memorable moments that will last a lifetime. You have left a plethora of memories that will remain in the hallways of St. Elizabeth forever! So always remember, "Yesterday is history, Tomorrow a mystery and Today a Gift!" Best wishes to all of you!

As the 2023-2024 school year concludes, and the summer months approach us, let us take time to recognize God's continued presence and appreciate the gifts He has given to us. May your summer be filled with outdoor play, and lots of fun and laughter. Enjoy a safe and relaxing summer!

God Bless,
Mrs. J. Mangiacasale

PRAYER TO END A SCHOOL YEAR

God of Wisdom

Thank you for the gifts you have given us throughout this school year.

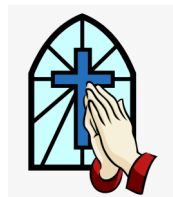
We praise you for giving us life, for saving us in Christ and for choosing us to be your people.

As we come to the end of this school year, we voice our gratitude for the good things you have done for us and we praise you for all who have shared in the work of this school.

We ask you to bless them in your love and give them refreshment and peace.

We praise you, God, through Jesus Christ, our Lord, who lives and reigns forever and ever.

Amen



NATIONAL INDIGENOUS HISTORY MONTH

June is National Indigenous History Month. This is a time to recognize and honour the heritage, cultures and valuable contributions to society by First Nations, Inuit and Métis. **Each year in Canada on June 21st, National Indigenous Peoples Day is celebrated.** The date was chosen for its important symbolism to many Indigenous people as the summer solstice (the longest day of the year).



School resumes on Tuesday, September 3, 2024

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



St. Elizabeth NEWS

BALANCED SCHOOL DAY

As we continue to work together as a Catholic community of learners, please be advised that **all Niagara Catholic elementary schools will be on a Balanced School Day schedule effective–September 3, 2024.** A Balanced School Day is a modified elementary school schedule designed to enhance learning, foster healthy habits, and encourage daily physical activity.

The schedule comprises of three instructional blocks interspersed with two nutritional breaks of approximately 40 minutes, allowing 20 minutes for a nourishing lunch and an additional 20 minutes for indoor and/or outdoor physical activity.

Tips for Parents: How to Plan and Prepare for Nutritional Breaks Packing a nutritious meal for the Balanced School Day can be both enjoyable and straightforward. Here are some suggestions to help you plan a healthy lunch for your child:

- Divide a single lunch into two portions to ensure adequacy for each nutritional break.
- Wrap sandwiches individually or cut them in half.
- Separate fruits, vegetables, crackers, and cheese into labeled bags for each break.
- Consider providing two healthy drinks for each break.
- Avoid packing foods containing nuts or nut products to support our peanut-safe schools.
- Involve your child in planning and preparing their nutritional breaks.
- Ensure your child includes a balanced selection of healthy foods if they are responsible for packing their lunch.
- Aim to include items from three of the five food groups outlined in Canada’s Food Guide to Healthy Eating for each break.

P.A. DAY

There will be a P.A. Day on **Friday, June 7th.** There is no school for students on this day.



GRADE 8 GRADUATION



This year our grade 8 graduation will take place on **Friday, June 21st** at Lakeshore Catholic High School. The evening will begin with a liturgy at 5:00 pm, followed by an awards ceremony and dinner. Students will then enjoy an evening of celebration from 8:00 - 10:30 pm in the school gymnasium. We want to congratulate all our graduates and wish them luck in their future endeavors. We will miss you!



THANK YOU!!!

Special thanks to **Father Stanley** for his continued spiritual leadership throughout the school year. We are truly grateful for the preparation of sacraments, for our weekly masses, and for sharing God’s words that help guide us to our purpose. We are very blessed to call Father our “Shepherd” as he leads us, his “Flock” through prayer and building our relationship with God.

To the **Catholic School Council:** On a daily basis, we have so many reason to say thank you! We are so fortunate to have such a wonderful group of parent volunteers. It is a true blessing to collaborate alongside our Council, who take time to discern the needs of all our students and who are truly committed in assisting to ensure the success of all our students, in a caring and nurturing manner.

SPRING THEMED BASKETS

Thank you to everyone who donated to our Spring Baskets. The draw was held on May 31st. Below are the names of the winners!! Congratulations!!!

- Arts & Crafts/Gardening: Maude Schwartz**
- Beach: Randi Williams**
- Camping: The Fowlers**
- Movies: Weston B.**
- Sports: The Price Family**

REPORT CARDS



Parents/Guardians will have access to the electronic versions of Kindergarten Communication of Learning Observations Reports and the Grade 1 - 8 Report Cards for their child(ren) in the **Parent Portal on Monday June 24th after 12:30 pm.**

SPORTS NEWS

This month the 3-Pitch team will be travelling to the Vale Centre in Port Colborne on June 18th. Good luck!! We know you will represent St. Elizabeth well.



GO SAINTS!!

PLAY DAY - JUNE 24th



Students will be participating in a fun-filled morning with organized games. Please ensure your child dresses for the weather - gym attire recommended, hat, sunscreen, sunglasses if needed and extra hydration (ensure refillable bottle is sent to school). These games are student-led and will be supervised by staff. Pizza and freezies will be available for students and is subsidized by the Catholic School Council. Thank you to all who participated in organizing this day!

NEW SCHOOL CONSTRUCTION UPDATE



Niagara Region Public Health School Health Newsletter
June 2024

Check your Immunization Records and Travel Health Notice

If you are planning to travel, add these actions to your planning checklist to help make your trip a healthy one.

1. **Make sure you and your children are up-to-date with vaccinations.** Staying up-to-date with vaccinations is important all year round. It is especially important before travelling.

- When travelling, you may be at risk for vaccine preventable illnesses. [Check your immunization records](#) or talk to your health care provider.
- Learn more about [where to get vaccinated](#). Remember to report vaccinations to Public Health for children 0 – 17 years of age. Report [online](#) or call 905-688-8248 or 1-888-505-6074 ext. 7425



2. **Review the Public Health Agency of Canada's [travel health notices](#).** These notices outline potential health risks to Canadian travelers and ways to help reduce them. Stay informed as you plan your travel.

Ticks

Ticks, mosquitos and rabid animals can be a risk as the weather warms up.

- Mosquitoes transmit the [West Nile virus](#) to humans after becoming infected by feeding on the blood of birds, which carry the virus. To learn how to protect your family, visit [Reduce the Risk of West Nile Virus - Niagara Region](#).
- The black- legged (deer) tick transmits [Lyme disease](#) to humans after becoming infected by feeding on the blood of small animals which carry the disease. To learn how to protect you and your pets, visit [Protect and Prevent Ticks - Niagara Region](#).
- [Rabies](#) is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity or eyes.



For more information and [tick identification](#), individuals can contact a Duty Officer directly at 905-688-8248 ext. 7590. General tick information can be found on our [Niagara Region Public Health website](#).

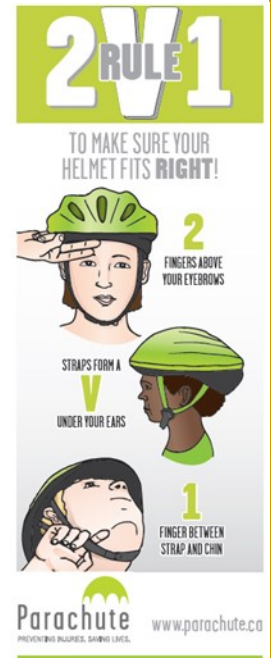
Niagara Region Public Health School Health Newsletter
June 2024 (cont'd)

Head safety – for bikes and other wheels

With warmer weather and summer break just around the corner, more kids will be outdoors taking part in activities, such as biking, skate boarding or roller blading. A [properly fitted and correct helmet](#) can cut the risk of a serious head injury by up to 85%. This means four out of five brain injuries could be prevented if every cyclist wore a helmet.

- Bike [helmets](#) should be replaced after five years or a crash where the cyclist has hit their head
- It's not safe to use a [second-hand helmet](#)
- Baseball hats, big hair clips and headphones should never be worn under a helmet

The human skull is just approximately one centimeter thick, so it is important to remind children to always protect their head when being active. To make sure a helmet fits right, follow the 2V1 Rule (image courtesy of [Parachute Canada](#))



Food Literacy

Want to get your kids excited about food? Food literacy is more than just what's on your plate. It's about loving everything to do with food! Picture your child confidently picking out fresh veggies, cooking healthy meals, and knowing how to keep food safe and budget-friendly.

Food isn't just about eating—it's about enjoying different kinds of food, tasting delicious flavors, and making special memories with family.

Here are some fun things you can do with your kids this summer to help them learn more about food:

- **Kitchen Adventures:** Cook together, try new recipes, and let your kids help with chopping, stirring, and tasting.
- **Grocery Store Scavenger Hunt:** Turn a trip to the grocery store into a game where you look for foods from different groups or colors.
- **Grow Your Own Garden:** Start a small garden and teach your kids about planting, taking care of plants, and harvesting their own veggies.
- **Food Tasting Party:** Have a party where your kids can try new fruits, veggies, cheeses, and talk about how they taste and feel.
- **Cultural Food Tours:** Explore foods from around the world through virtual or real tours, learning about new flavors and cooking styles.
- **Visit a Local Market:** Take a trip to a farmers' market, where your kids can meet the vendors and learn about where food comes from.

These activities not only teach kids about food but also make them love cooking, eating, and discovering new foods!