



ST. JAMES NEWS

SKYHAWKS

JUNE 2024

Safe Arrival

To report your child absent please use one of the three methods listed below:

1. Use the SafeArrival website,

<https://go.schoolmessenger.ca>

The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.

2. Using your mobile device, download and install the SchoolMessenger App (blue logo) from the Apple App Store or the Google Play Store (or from the links at

<https://go.schoolmessenger.ca>

Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3. The toll-free number

1-844-287-6287

will allow you to report your child absent without creating an account.

Principal's Message

As we approach the end of another wonderful academic year filled with achievements, growth, and blessings, we reflect on the journey we've shared together. June is a month of transition, as we bid farewell to some and eagerly anticipate new beginnings for others. Let's celebrate the achievements of our students and staff and look forward to the exciting events ahead.

June is a time to celebrate the many achievements of our students. From academic accomplishments to artistic endeavors and athletic triumphs, our students have demonstrated dedication, resilience, and talent throughout the year. We congratulate each and every one of you for your hard work and commitment.

Our 2023-2024 Graduation Ceremony will take place on Thursday June 20, 204 at Club Roma. It will be a time to reflect on the graduating classes journey at St. James and celebrate their accomplishments.

As we bid farewell to the 2023-2024 school year, we eagerly anticipate the opportunities and challenges that the future holds. We are committed to providing a nurturing and supportive environment where every student can thrive academically, spiritually, and emotionally.

Thank you to our dedicated staff, supportive parents, and talented students for another fantastic year at St. James Catholic Elementary School. Together, we have created a vibrant and caring community where faith, knowledge, and love intersect.

We will issue a year end brief school messenger message at the end of the school year.

Yours in Catholic Education,
Mr. K. Lococo, Principal

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 Food Days

Thursday 6th	Pizza Lunch Day
Thursday 13th	Mandarin Lunch Day
Thursday 20th	Mexican Lunch Day
Friday 21st	Hot Dog Day
Thursday 27th	Hot Dog Day



St. James Parent and Student Council have been diligently working on and preparing a yearbook for the end of the school year.

Yearbooks will be available for purchase through SchoolCashOnline for a cost of \$15.00. Get your orders in before we are sold out!

Limited number available!

Kindergarten Registrations

Registrations for September 2024 are ongoing. Students who have reached the age of four by December 31, 2024 are eligible for Junior Kindergarten. Students who have reached the age of five by December 31, 2024 are eligible for Senior Kindergarten. Please register online at: niagaracatholic.ca.

Intermediate Co-Ed Flag Football



Congratulations to our intermediate co-ed flag football team. With outstanding effort, hustle and team spirit, our Skyhawks advanced to the semi-finals at the board tournament. There were 32 teams at the event and it was an awesome day. Way to go representing St. James Skyhawks David, Sama, Ethan, Lauren, Sam, Sophia, Ziherre, Ruby, Mavric, Serafina, Matteo and Amelia!

Intermediate Soccer

Congratulations to the girls and boys intermediate soccer team on their incredible journey to the semi finals. You have all made our school proud with your determination and perseverance. Both teams played three amazing games to advance to the semi finals.

In the semi finals, the girls were down one goal and as a team, came back to tie it, going into overtime. Although the outcome was not what we hoped for, your hard work, dedication and team effort shone through in every aspect.

A big shout out to Julia, Sama, Adella, Chloe, Serafina, Ruby, Micaella, Olivia, Sophia, Amelia, Jessica and Charlotte.

The boys, finishing first in their division, advanced as well to the semi-finals. It was an exciting overtime match ending in a penalty shootout. While the shootout didn't go as intended, the team's dedication and hard work filled us all with pride. You are an inspiration to St. James and you should all be very proud of yourself.

Big shout out to Sam, Ethan, David, Zahirr, Dylan, Zaid, Matteo, Camillo, Jack, Ben, Jacob, Mavric and Kash. A special thank you to our international students, Veronica, Mariana, Mithias and Enrique for being a Skyhawk and being part of this enjoyable experience.

Great job to both the girls and boys teams! You made us all so proud!



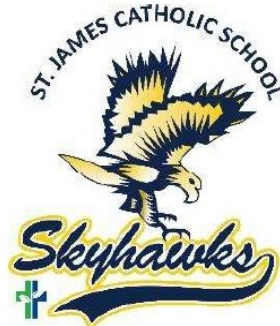
Congratulations to the Grade 4/5 Class for winning the Focus On Nature Free Workshop Persuasive Writing Contest!

Our grade 4 class participated in a persuasive letter writing contest to share why nature is so important for children and youth. We also were asked to share why our class should win the free outdoor nature photography workshop. Each student contributed amazing ideas to the letter and many classes across Southern Ontario entered the contest. We won!

The Focus on Nature workshop is a full-day experience with a focus on teaching visual design skills and nature appreciation in a dynamic format and is designed to align with the Ontario Arts Curriculum.

We start with an interactive talk covering the Elements of Design, composition ideas, and the basics of using a digital camera. Students are then given the opportunity to practice what they learn on a morning adventure walk to our school backyard area. Our program leader guides students in nature awareness and sensory activities.

In the afternoon, students are taught how to edit their photos and are engaged in creative outdoor activities, such as building nature sculptures. The students share their best shots with the class in an end-of-day slideshow! We leave each class with their Top Shots and a newfound appreciation for nature.



St. James Catholic Elementary

615 Geneva Street
St. Catharines, ON, L2N 2J3
(905) 934- 3112

Mr. Kenneth Lococo
Principal

Mrs. C. Dionne-Taylor
Administrative Assistant

Dear Parents/Guardian(s),

May 23rd, 2024

As we continue to work together as a Catholic community of learners, this letter is to notify you 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.

This schedule comprises 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.

A typical Monday to Friday Balanced School Day at St. James] would be:

- 09:15 – 11:15 a.m. – 120 instructional minutes
- 11:15-11:55 a.m. – 40 minutes nutrition/physical activity break
- 11:55-1:15 p.m. – 80 instructional minutes
- 1:15 – 1:55 p.m. – 40 minutes nutrition/physical activity break
- 1:55 – 3:15 p.m. – 80 instructional minutes

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.

To accommodate these changes, the school day will be extended by 10 minutes. As communicated by NSTS, our school day for September 2024 will begin at 9:05 and conclude at 3:25pm

Thank you for your attention to this matter.
Sincerely,

Mr. K. Lococo
Principal



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

WELCOMING FAMILIES

TO A FREE FUN-FILLED MORNING!



Child and Family Centre

FAM JAM

CATCH DAN the MUSIC MAN SHOW

MUSIC!!

STORYWALK



MOBILE CLOSET FREE SHOPPING!

FACE PAINTING

FREE BOOKS CHILDREN'S OUTDOOR PLAY PROGRAM

SATURDAY JUNE 22, 2024 • 9:30AM-NOON

MACBAIN COMMUNITY CENTRE

7150 MONTROSE RD, NIAGARA FALLS



CAMP ACORN

AT THE KRISTEN FRENCH CHILD ADVOCACY CENTRE

JULY 2 TO AUGUST 30

Niagara's Newest Day Camp Experience

Camp Acorn is for everyone! At Camp Acorn, we focus on helping children build trust and resilience, make connections, and reach their full potential, all while having fun!

Starting at
\$195

per week

(camp sold weekly)

LOCATIONS

NIAGARA FALLS **NEW!**

Niagara Falls Public Library
4848 Victoria Ave.
Weeks 4, 6, 7

ST. CATHARINES

Kristen French Child
Advocacy Centre
8 Forster St.
Weeks 1 to 9

WELLAND **NEW!**

Niagara Safety Village
100 Niagara College Blvd.
Weeks 1, 2, 8, 9



CAMP HOURS

Regular Camp Acorn hours are **8:30am to 4:30pm**, Monday to Friday (closed on holidays).

EXTENDED CARE

AM extended care **\$4/day**
• 7:30 to 8:00am
PM extended care **\$5/day**
• 5:00 to 6:00pm

FIELD TRIPS

Campers attend a weekly field trip all Summer long! **Transportation and t-shirt included.**

LUNCH OPTION

We can help with lunch! Purchase lunch for \$40 per week to save time!

Do you need help with the cost of camp? Camp Acorn offers a subsidy program. Contact us at 905-937-5435 EXT.7024 or email camp@kristenfrenchcacn.org

If your child has been through an investigation or interview with Family and Children's Services Niagara or the Niagara Regional Police Service, our programs may come at little to no cost to you and your family. Please contact us to continue registration.

K R I S T E N F R E N C H C A C N . O R G

REGISTER HERE!





SUMMER SCHOOL 2024
INTERNATIONAL AND
INDIGENIOUS LANGUAGES
ELEMENTARY ALL CLASSES IN PERSON

JULY 2-26
9:30AM - NOON



*Study language,
 cultural heritage, and traditions!*

<p>ST. CATHARINES HOLY CROSS Catholic Secondary School</p> <ul style="list-style-type: none"> • RUSSIAN • UKRANIAN (PM) • SPANISH • ARABIC • ITALIAN 	<p>GRIMSBY BLESSED TRINITY Catholic Secondary School</p> <ul style="list-style-type: none"> • SPANISH • POLISH 	<p>NIAGARA FALLS SAINT MICHAEL</p> <ul style="list-style-type: none"> • ARABIC • CHINESE • GUJARATI • HINDI (PM) • ITALIAN • JAPANESE • PUNJABI • SPANISH • URDU (PM)
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NOTES:

- IILE Program is only available to students who are currently enrolled in Grades JK-8
- Students must have an Ontario Education Number (OEN) to register for this program
- AM classes are filled on a "First Come" basis • PM classes for some languages "may" be formed if required



Register online at www.summerschoolniagara.ca

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](#).

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!



Educational Resources

Welcome to Kindergarten – Public Health Resources

When children are starting kindergarten it is important that that parents are aware of the following information regarding:

- Childhood [immunizations](#) and vaccines required for school
- [Oral health](#)
- [Vision health and eye exams](#)
- Hand hygiene
- Sleep
- Nutrition

This video is available with additional information for parents. [Welcome to Kindergarten video!](#)

Public Health Nurses are available to attend 'Welcome to Kindergarten' events, schools call 905-688-8248 ext. 7379 or email healthyschools@niagararegion.ca to schedule an nurse at an upcoming event.

OPHEA – Outdoor Education Toolkit

With the beautiful weather quickly approaching [Outdoor Education Toolkit](#) was developed to enrich and promote a culture of safety-mindedness, increase teacher awareness, confidence, and preparedness to teach outdoor education safety and risk management, and increase student awareness, confidence, and preparedness about outdoor education safety and risk management.

Blue the Butterfly Pedestrian Safety

Thinking about a walk to school event with the warmer weather? Consider using the Blue the Butterfly Pedestrian Safety video to support your event. [CLICK HERE](#)
Blue's tips include:

- Walking to school reduces cars on the street which is good for safety and the environment, and walking in groups can be fun.
- Before you start walking, check the weather and dress properly.



- Walk where motorists expect to see you, like on a sidewalk or pathway.
- Stay alert, pay attention and listen for traffic.
- Use your pointer finger to express your intention to cross a street to motorists and obey the traffic signals.
- Show everyone respect while walking, including to fellow pedestrians and property.

Remember, most students who travel to school on the bus are pedestrians on their journey to the bus stop and can benefit from watching this video too! Visit [Pedestrian Safety Program for Primary Grades \(nsts.ca\)](https://www.nsts.ca/PedestrianSafetyProgramforPrimaryGrades)

