



Alexander Kuska K.S.G. Catholic School

Alexander Kuska K.S.G. Catholic Elementary School
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C. Moscato - Principal F. Wood - Vice Principal
K. Kinney - Superintendent of Schools



Alexander Kuska K.S.G. Catholic School Mission Statement

As a community of faith, the mission of Alexander Kuska Catholic Elementary School is to work in partnership with the home and the parish to provide a Christ-centered learning environment which allows students to grow spiritually, to strive for academic excellence and to become responsible citizens with a love of learning.

OCTOBER 2024

Prayer for October

Father, we are weak but You are strong. We struggle, doubt, get tired, and are distracted by many worldly things. You are steadfast and sure, unchanging, and always in control. Thank You for being the rock to which we cling, and the source of true rest. Help us to draw near to You, for it is in You that we find all that we need. In Jesus' name we pray, Amen.

**Follow us on
Social Media**



@kuskaknights

Let's focus on this thought - Jesus knows my name! And Jesus calls me by name. He doesn't just say, "Hey, you!" but He knows me. And He calls out to me by name. We aren't just faceless names in a crowd of humanity. Jesus recognizes each one of us and we are precious to Him. You matter so much to Jesus that He calls you by name, beckoning you to walk closer to Him, to come and follow Him. As we begin this school year may we reflect on what it means to be known by Jesus and answer His call to come follow Him!

~~~ **Niagara Catholic District School Board Mission Statement** ~~~

*We are a Christ-centered Catholic community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.*



# OCTOBER 2024



## HAPPENINGS

### Reminders

- Supervision begins at **8:55am**. Please do not drop your child(ren) off before this time, as they will be unsupervised.
- There is no school for students on Friday, October 11th or Monday, October 14th.

### Fall Festival

Join us from 4:30 - 6:30 pm on Tuesday, October 8th for our Kуска Fall Festival!

This event will be fun for the whole family and there will be fall activities and food trucks onsite.

We hope to see you there!



### First Communion



Each year, Grade 2 students learn and prepare for their First Communion, a ceremony which will take place in the Spring.

In preparation for this sacrament, a meeting for

**parents only** will be held on **Tuesday, October 22nd at 6:30pm** at St. Kevin's Church.

### School Mass

On Thursday, October 17th, Father Jinto will be coming to Alexander Kuska to celebrate Thanksgiving Mass with our students.

### St. Kevin's Mass Times

**Saturday** - 5:00 pm

**Sunday** - 8:30am, 10:00am, 11:30am

*The LORD is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults,  
and with my song I give thanks to Him.*

*- Psalm 28:7 -*



# OCTOBER 2024



## HAPPENINGS

### Safety Procedures - Drop Off & Pick Up

**Student safety is our first priority.** Please keep the following procedures in mind when picking up your children at the end of the day.

1. When dropping off children in the morning, please drop off at the **front side walk** and be on your way. Children are into a routine and know where to go. Please **DO NOT** gather at the fence by the bike racks. The group is getting larger and it again poses a risk to our students because we cannot see all who are gathered there. An unknown adult could be within the group and we wouldn't know.
2. Only park in the designated parking spaces in the parking lot. Please **DO NOT** park around the bend at the exit or on the side of the road. This makes it difficult for the buses to exit safely and it is also a risk to those getting in and out of the vehicles. Be patient.
3. Be mindful when crossing the bus lane. You may see the bus, but the driver can't always see you!
4. The sidewalk by the Kindergarten courtyard must remain clear. It makes for a faster Kinder dismissal and the path is clear for those coming to the buses. Please wait on the grass for your child to be dismissed to you.
5. Dogs are not permitted on school grounds.

**These procedures are in place for the safety of your children. We ask you again to be patient and to abide by these procedures.**

*The LORD is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults,  
and with my song I give thanks to Him.*

*- Psalm 28:7 -*

## Terry Fox

On Thursday, September 26, students and staff participated in our annual Terry Fox Walk! Together the Alexander Kuska Community raised **\$779**. Thank you to Mrs. Dyson and Mrs. Fabiano for organizing this event for our students, and to the many families who supported the Terry Fox campaign.



## Student Council

Congratulations to Sabrina who will be joining Emmanuel as Student Council Co-Chair this year!

Stay tuned for information about our upcoming events.



## Halloween

On Thursday, October 31st students will be celebrating Halloween. This day will be designated as an alternate dress day and students may dress in costume. Students are to arrive at school dressed in their costumes.

A Parade of Costumes will be at **10:00 am** beginning with our Kindergarten classes. All classes will walk around the school yard exiting out the Primary doors. Parents are invited to watch the parade from the back of the school.

Some notes for your consideration:

- All costumes should be "student-friendly" so students can independently change
- A change of clothes could be beneficial if students want to change out of their costume part way through the day
- As per the Nutrition and Anaphylaxis policies, parents are asked not to send any Halloween treats for the class, as they will not be shared with other students.



**Thank you for your cooperation and understanding.**

## SchoolCash Online

Reminder to sign up for SchoolCash Online! This system is used to purchase items such as food for speciality lunch days and to pay and grant permission for field trips.

To register, please go to: <https://ncdsb.schoolcashionline.com/>

### Reminders

- Payment for specialty lunch days is due by **Tuesday of the week prior** (eg. for October 9 pizza day, payment is due Tuesday, October 1st.)
- If you do not get an email receipt of the order, please call the school to confirm if the order went through.

## Specialty Lunch Days



Wednesday, October 9



Wednesday, October 16



Wednesday, October 23

# Niagara Region Public Health School Health Newsletter

## October 2024

### Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:

- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).



To learn more on how to keep your family's teeth healthy, visit [www.niagararegion.ca/dental](http://www.niagararegion.ca/dental).

### Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the 'unofficial' start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don't develop any new symptoms



Each year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone. For more information on, visit [Managing Illness - Exclusion periods](#) and our downloadable resource [Respiratory Illnesses: Protect Yourself and Others](#).

By keeping your child at home when they are feeling sick, you are actively helping to prevent the spread of infection and disease among the entire school community.

## WALKTOBER

As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.

Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.



This Walktober, enjoy **#ActiveSchoolTravel** and leave the car at home more often **@NiagaraParents @OntarioAST @NiagaraSTS**

## Mental Illness Awareness Week 2024

This year, [Mental Illness Awareness Week \(#MIAW\)](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

### Mental Illness and Stigma:

Stigma is when people think badly of someone because of a certain characteristic or trait they have, which is seen as negative. This often happens because people don't fully understand things like mental illness. Stigma can lead to unfair treatment, which can be on purpose or by accident.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you will never succeed at certain challenges or that you can't make things better for yourself

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

### Helpful Resources:

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)
- [Words Matter \(CAMH\)](#)

### Annual Memorial Forest Vigil:

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.