




St. Mark Catholic

HOME OF THE MOUNTAIN LIONS

A member of the Blessed Trinity Family of Schools

November Newsletter



God of the past, we
remember with gratitude
all those who have gone
before us, living lives of
sacrifice and faith,
winning freedom for us
and pointing us to you.

REMEMBRANCE DAY



This year Remembrance Day falls on Monday, **November 11th**. We ask our families to observe a moment of silence to honour the courage, valour and sacrifice of the heroes who have served – and continue to serve – Canada during times of war and conflict.

To mark this day, students have the option of wearing a red top instead of white or blue. Navy bottoms are still required. Students who are involved in outside organizations such as Air Cadets,

Guides, Beavers, etc., are welcome to wear their uniforms during the day.

The Royal Canadian Legion has generously donated poppies for all students to wear that day. A poppy will be given to each student that morning in class (stickers for grades K-3 and poppy pins for grades 4-8). Donations to the Legion can be made online through School Cash. We thank you, on their behalf, for your generosity.



Daylight Savings Time Ends

Don't forget to turn you clocks back one hour on Saturday, November 2nd, as Daylight Savings time ends at 2:00 am, Sunday, November 3rd. This is also a great time to change the batteries in smoke detectors, and carbon monoxide detectors.

Student Masses at St. Helen Church

Each Tuesday and Wednesday in November our students will have the opportunity to attend Mass at St. Helen Church at 12:00 noon. Please see the calendar for when each class/grade will be attending.



October Happenings

Intermediate Girls and Boys Soccer Tournament

On October 3rd and 4th the Intermediate Girls and Boys soccer teams participated in the Niagara Catholic Soccer Tournament in Welland at the Young's Sportsplex. The Girl's finished first in their division and the Boy's finished 2nd in their division.

A big thank you to Mr. Costantini and Miss Sirianni for coaching our students for the tournament.



Terry Fox Walk

St Mark students participated in the Terry Fox Walk on September 27th.

We were able to raise \$579.50 for the Terry Fox Foundation as well as another \$579.50 for Holy Childhood.

Thank you to the St Mark community for participating and donating.



Congratulations Mountain Lions!

Congratulations to our cross-country student athletes who competed on October 22nd at the Niagara Catholic Athletic Board meet with 48 other schools. All of our athletes were strong competitors and were very successful. We would like to give special recognition to Mya and Sophia for receiving medals in their age groups. All of our students represented St. Mark well and with pride!

Thank you to Mrs. Melfi and Mrs. Ferrelli for coaching our students in Cross Country!

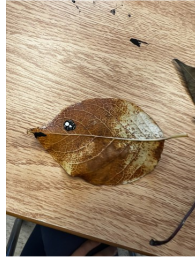


Art Club

The Grade 4 student's that are participating in the Art Club this month have been busy making art with nature 🍁🍂 Quirky Leaf Friends.

Thank you Madame Maddelena for organizing this club. Every month a different Grade will have the opportunity to sign up for Art Club and meet once a month to create a different themed piece of

art.



COLD OR FLU KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how, where they start and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD

You may feel chilly but fever is rare

Cough, chest discomfort (mild but may last a while)

Body aches & pains (mild)

Tiredness (you can still do your daily activities)

Headache (mild)

Sore throat

Stuffy, runny nose, sneezing



FLU

Fever

Cough, chest discomfort (dry cough can be severe)

Body aches & pains (can be severe)

Exhaustion (you may feel extremely exhausted)

Headache (can be severe)

Sore throat

Stuffy, runny nose



COMPLICATIONS CAN INCLUDE...

- Lung infections
- Throat infections
- Ear infections
- Sinus infections

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT CANADA.CA/FLU



COLD & FLU SEASON

As the weather cools, we usually see a rise in the incidents of students feeling unwell at school. We would ask you to be particularly vigilant in keeping your child home from school if they have any symptoms of illness. If your child is experiencing a fever, vomiting or diarrhea, they must be **symptom free for 48 hours before returning to school, as per Niagara Public Health guidelines**. We are trying to keep everyone as healthy as possible, and remaining isolated when ill is a great way to keep germs at bay.

ELEMENTARY PROGRESS REPORTS

The middle of November will mark the distribution of the Provincial Progress Reports.

This report will focus on your child's learning skills and work habits. These six areas and your child's achievement in them build the foundation for learning to take place. Please review the information on the Elementary Progress Report Card with your child.

Progress Reports will be available on the Parent Portal beginning November 13th. Parent/teacher conferences will be taking place in person on Wednesday, November 20, 2024. Scheduling an appointment will be done online. More information will be emailed to all families.



Niagara Regional Public Health Newsletter

NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER

November 2024

HEAD LICE



Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health's new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don't start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes



In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver *Let's Talk About Vaping* resource visit: www.notanexperiment.ca/parents

EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child's EpiPen® Auto-Injectors are up to date (not expired).



Check out [Food Allergy Canada - elementary school](#) for some great tips and [resources!](#)

PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON



Infections like COVID-19, flu and RSV increase in the fall and winter months.



While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on [our website](#) or [check out our downloadable resource](#).

NIAGARA PARENTS

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support
- Links to services within the community

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.



Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

niagararegion.ca/parents

905-684-7555
or 1-888-505-6074 ext. 7555

parents@niagararegion.ca

[Niagara Parents](#)

[niagaraparents](#)

Niagara Region

Advanced Placement (AP) Courses at Blessed Trinity

Advanced Placement gives students the chance to tackle university-level work while they're still in high school—whether they're learning online or in the classroom. And through taking AP Exams, students can earn university credit and placement. Blessed Trinity is now offering AP Prep courses starting in Grade 9.

For more information on AP courses offered at Blessed Trinity, visit:

<https://www.blessedtrinitycatholic.com/index.php/student-services/ap-advanced-placement>

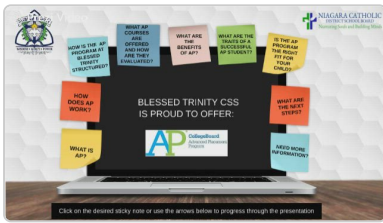
To further opportunities for students, BT has entered into a partnership with Niagara University. On **Tuesday, November 12th, 2024**, BT is holding an information night for families.

What: AP - Advanced Placement and NUSTEP - Niagara University Partnership

Where: Blessed Trinity Theatre

Time: 6:30 - 7:30 pm





VIDEO - AP PROGRAM AT BLESSED TRINITY CSS

VIDEO - AP PROGRAM AT BLESSED TRINITY CSS

prezi.com

BT CORNER

BT Corner – November

The month of October began with a bang. The Blessed Trinity community, and in particular our Junior Boys Football team, would like to thank the Grade 7 and 8 students and teachers from our Family of Schools for their incredible spirit and support during the October 9th game on our new turf field. It was a fun and exciting day as our future Thunder cheered our team to a victory over Notre Dame.

It was a very busy day as we also celebrated the blessing of our new turf field with special guests in attendance, including our Director and former Principals. The month started off with a Friday Night Lights White Out game on October 4th where over 1000 spectators watched our Sr. Boys Football team defeat St. Paul in a very exciting game.

The month of October ended with our annual Pilgrimage to raise money and awareness for the people of Las Pajas in the Dominican Republic. This took place on Sunday, October 27th. Grade 8's from our Family of Schools were invited to join the Blessed Trinity community in our annual Pilgrimage. A great example of our caring spirit at Blessed Trinity and our goal to always help those less fortunate.

October also saw representatives from our Student Services Department visit all of our grade 8's in their classrooms to introduce themselves and begin the process of transitioning our grade 8's to BT next September. We also brought back recent graduates from each elementary school to speak to the grade 8's about their experience at BT so far this year and lead a fun activity called Fears, Cheers and Unclears. This gave the grade 8's an opportunity to ask and talk about what they are nervous about, what they are looking forward to and what they are unsure of when it comes to starting high school next year. We had some great questions and discussions around what to expect in high school and our grade 9's had a blast visiting their old classrooms.

What to look for next month? On November 12th at 6:30 pm BT will be hosting an AP (Advanced Placement) Information Night for all parents.



Looking ahead to December

November 28th - Joy Day - Pajama Day - Dance-a-thon
 December 23rd to January 6th - Christmas Break

Joy Day - November 28th , 2024

On Thursday, November 28th, 2024 our Mountain Lion elves will be busy bringing Christmas to life in our school. Students from Kindergarten to Grade 8 will be busy decorating their doors and classrooms with Christmas themes while dressed in pajamas, and listening to Christmas carols. We will also be holding our annual Dance-a-thon in the gym throughout the day. More information will be sent home later this month regarding donations for our dance-a-thon.



St. Mark Catholic November 2024

A Member of the Blessed Trinity Family of Schools

						Day 1	1		2				
									Mass: St. Helen Church 5:00 p.m.				
	3	Day 2	4	Day 3	5	Day 4	6	Day 5	7	Day 1	8		9
	Mass: St. Helen Church 9:00 a.m.&11:00 a.m.			12pm Mass Grade 1 & 7	12pm Mass Split Classes								Mass: St. Helen Church 5:00 p.m.
	10	Day 2	11	Day 3	12	Day 4	13	Day 5	14	Day 1	15		16
	Mass: St. Helen Church 9:00 a.m.&11:00 a.m.	BULLYING PREVENTION WEEK											Mass: St. Helen Church 5:00 p.m.
		Red Shirt for Remembrance Day 		12pm Mass Grade 2 & 8 	Jr Girls Triple Ball Tournament– St.John Report Cards Go Live 12pm Mass Grade 3 	Jr Boys Triple Ball Tournament– St.John 				Pink Shirt Day for Anti-Bullying 			
	17	Day 2	18	Day 3	19	Day 4	20	Day 5	21	Day 1	22		23
	Mass: St. Helen Church 9:00 a.m.&11:00 a.m.			12pm Mass Grade 5 	12pm Mass Grade 4 Sr. Girls Volleyball @ Holy Rosary Parent Teacher Interviews Shawarma By:								Mass: St. Helen Church 5:00 p.m.
	24	Day 2	25	Day 3	26	Day 4	27	Day 5	28		29		30
	Mass: St. Helen Church 9:00 a.m.&11:00 a.m.	Sr. Boys Volleyball @ Holy Rosary 		12pm Mass Grade 6 				Joy Day Dance-a-thon PJ Day SNAP @ Brock 					Mass: St. Helen Church 5:00 p.m.



November 2024 Calendar.pdf

Download

1.5 MB



St. Mark Catholic Elementary

<https://schools.niagracatholic.ca/stmark/>



J. DeCoff
Principal

A. Vilella
Vice-Principal

