

St Joseph Phoenix

NOVEMBER 2024

Principal's Message

What a great October we had at St. Joseph School! The weather has been fantastic, and our school year is off to an equally fantastic start! We had so many wonderful events this month ranging from sporting events, Pumpkin Patch trips, B.T. football game for the grade 7 & 8s, and of course our Halloween Dance-a-Thon. The most giving event we had was the "We Scare Hunger Food Drive." We have such a generous community and together you have donated 396 pounds of food.

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me," (Matthew 25:35-36).

November has a lot of great things going on as well. I'm sure it too will fly by and we will be in the Advent Season. I pray all of us can stay well and healthy as we move through the cold and flu season. I look forward to seeing many of you at our upcoming Parent/Teacher interviews. God Bless.

Mr. Tim Atkinson, Principal



Picture Retake Day - Wednesday, November 6, 2024

Halloween Dance-A-Thon update

The Halloween Dance-A-Thon was a hit...as usual! The students had so much fun showing off their costumes and their dance moves! Thank you to our generous community for your donations to the Dance-A-Thon - we are so grateful. Together, you raised a total of \$4,644.25! Way to go Phoenix! A big congratulations to Roman M. in Mrs. Baldasaro's 4/5 class for winning the Chromebook.



Cross Country Meet

On October 12th, our St. Joseph's team competed in the Blessed Trinity Family of Schools Cross Country Meet at Southward Park. All of the runners demonstrated sportsmanship and perseverance to finish their individual races. Five of our students had top ten finishes and qualified to move on to the Niagara Catholic Cross Country Meet on October 22nd at Fireman's Park in Niagara Falls. Those students were Ava DiGiacinto, Victoria Bellhouse, Cameron Nixon, Harlan Boreyko and Carson Boreyko. They should be congratulated on competing well against students from almost 50 elementary schools across the region. Way to go Phoenix!



Public Health School Newsletter

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.

Treaties Recognition Week



Treaties Recognition Week helps us learn about treaties from diverse Indigenous perspectives and encourages a greater understanding of the importance of treaties in Ontario. Treaties negotiated in Ontario over the past 250 years are the foundation of the relationship between governments and Indigenous peoples. They represent a mutual commitment to building a prosperous future for everyone. Historical treaties are important to the ongoing relationship between the Crown and First Nations and are still relevant today.

Indigenous Days of Significance in November:

November 7 - International Inuit Day

November 8 - Indigenous Veterans Day

November 16 - Louis Riel Day (Ontario)

BT Corner

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 will end with our annual Pilgrimage to raise money and awareness for the people of Las Pajas in the Dominican Republic. This will take place on Sunday, October 27th. Grade 8's from our Family of Schools have been 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.



Holly Humphreys

Holly is using Smore to create beautiful newsletters