



Loretto Catholic Elementary School

November 2024



School Information

Ms. L. Spadafora - Principal

Mrs. M. Kelly - Vice Principal

Website: [https://schools.niagaracatholic/](https://schools.niagaracatholic.ca/lorettocatholic/)

Location: [6855 Kalar Road, Niagara Falls, ON, Canada](#)

Phone: 905 356 4175

Instagram: [lorettocatholicnf](#)

Principal's Message

During November, we also take time to offer our prayers, remembering those brave men and woman who have fought for the freedom we enjoy today in Canada. We keep in our prayers their souls and the safety of our present-day Peace Keeping troops.

*The **November calendar** is located below at the end of the newsletter.*



Remembrance Day

In addition, we will also be stressing the fact that the most important aspect of our activities at this time of year is the celebration of two great Feast Days. **November 1st we honour All Saints in our church, and we are encouraged to pray that we might emulate their example in our daily lives. On the following day,**

November 2nd, we will remember all those who have gone before us in faith and celebrate the Feast of All Souls.

Again, we are reminded that while those who have died are out of sight, they are not out of mind or beyond our prayers.

Our Lady of Loretto pray for us.

For All Saints Day we will have a " Book of Remembrance" in which our students will write the names of their loved ones to be prayed for during the month of November. Our Book of Remembrance will be placed at the feet of Mary.

Communication

Loretto Catholic is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community.

Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated. While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.

Progress Reports

Progress Reports will be available through the Parent Portal the week of **November 11th**. This report will indicate your child's progress during the first few months of school. It is important to review this report and discuss it with your child.

Parent/Teachers Conferences will be held on:

Wednesday, November 21st from 3:30pm - 6:30 pm.

Gymnasium - Grades Kinder - 8 teachers, French Teachers & Mrs. Shellhome (ERT) & PTM

School Appointments online

We will be using **School Appointments - Online** this school year again to book our Parent/Teacher Interview time. You will need to re-register and set up your child's account. We will open the registration portal from **November 14th to 20th**. A school messenger email will be sent home as a reminder and a how to register. The link below will direct you straight to the website to register.

<http://lorettocatholic.schoolappointments.com>

Project Plaid

Welcome #ProjectPlaid the 2024 Campaign! This year's campaign will stretch far and wide across Niagara, JOIN US! THE GOAL: To increase the conversation around mental health, combat suicide, reduce stigma, and raise funds to support mental health programs at Pathstone. This year, we aim to raise \$150K! THE MOVEMENT: Plaid Friday will be marked on Friday, on November 29th, 2024 and celebrated in schools on **Thursday, November 28th**. That day we encourage you to;

- 1) Wear PLAID (you are gonna look so good)
- 2) TALK & SHARE about Mental Health, In-Person, Text/Email, or on Social.
- 3) DONATE to the campaign, through School Cash online - available from November 19th- Dec 2nd

Playground safety

Parents, we have noticed lots of excessive physical play during our outdoor and after school times. Often, it is a simple misunderstanding or because feelings were hurt. Students are saying very unkind words over a loss of a game or showing poor sportsmanship. We are asking for your

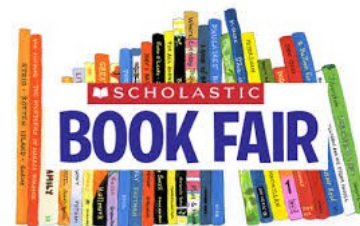


support as we continue to work with our students on being kind to each other, walking away, going to a teacher for help, asking the other student to stop. These are some of strategies we are using. Our students can communicate their feelings afterward and are always remorseful and willing to work through to a solution and restore the relationship. We will continue to develop and work on students regulating their emotions with the Zones of Regulations.

We thank you in advance for addressing this at home as a family as well.

Loretto Catholic Book Fair

Loretto Catholic school is hosting an in-person Scholastic Book Fair for the benefit our students and school library. Our school receives 50% of every dollar spent. The funds raised from our Book Fair will go towards the purchasing of new books for our library.



There will be a large selection of books to choose from along with fun school supplies too. The Book Fair starts on **November 18th** and runs until **November 22nd**. Sales begin on the 18th. The Book Fair is open from 9:00 a.m. – 10:55 a.m. and from 11:45 a.m. – 4:00 p.m. On November 21st until 6:30 p.m.

We are looking for parent volunteers to help out during the day and evening of Parent Teacher interviews.

Please contact the office and leave your name and number and we will get in touch with you to discuss time and day that works best for you.

Thank you in advance for your assistance.

Darla O'Rourke- Library Technician

P.S. Please don't forget to fill out the Family Draw ballot located on the front or back of your child's Book Fair Flyer. Your child and his/her teacher have the opportunity to win \$25.00 in books for the home library and classroom library.

Anti- Bullying Week

During the month of November we come together and celebrate Anti-Bully awareness week which is **November 18th-22nd**. Students will be learning about resiliency, the types of bullying which include verbal, cyber bullying and physical bullying. They will continue to learn what to do when faced with a situation where bullying is a problem. Students will learn how and where to reach out for help if they are being bullied or someone they know is being bullied. During November students will participate in lessons and activities with their classes on how each of them as an individual can help!!!

We as a school community will come together to help put a STOP TO BULLYING!!!

Morning Entry - Class entrances through specific school doors

Front Kinder Play area - Kinders only in gated area- escorted to class by staff at the bell

Front doors- late students after the bell only

Side front doors- Gr 1 and GR 1/2 students

Primary doors in back of school- Grade 2 to Gr 6/7

Portables - Gr 7FS and Gr 7C

Portable with ramp - Gr 8Min and Gr 8Mik

Balanced Day - new this year

A Balanced School Day is a modified elementary school schedule designed to enhance learning, foster healthy habits, and encourage daily physical activity.

A typical Monday to Friday Balanced School Day at Loretto Catholic would be:

- **845- 8:55 a.m. -Bell rings/Announcements & Attendance**
- **8:55–10:55 a.m. – 120 instructional minutes**
- **10:55-11:35 a.m. – 40 minutes nutrition break (20 mins eating/20 mins physical activity break)**
- **11:35-12:55 p.m. – 80 instructional minutes**
- **12:55–1:35 p.m. – 40 minutes nutrition/physical activity break**
- **1:35–2:55 p.m. – 80 instructional minutes**
- **2:55-3:05 p.m. - Prayers/Announcements & Dismissal**

Thank you for your attention to this matter.

Parent volunteer/Chaperones

Parents/Guardians interested in volunteering to chaperone (be responsible to supervise children) on school trips/excursions are asked to have an up-to-date (within the last 5 years) vulnerable sector check through Niagara Regional Police. The original must come to school and we will make a copy to place in our files. If you submitted a check last year , you do not need to re submit.

Anaphylaxis

At Loretto Catholic, we continue to have several students with Anaphylaxis - a severe life threatening condition caused by an allergic reaction to certain food products (i.e.) peanuts, dairy, medications, latex products, inhalers, and insect bites from bees or wasps. Residue on any surfaces can trigger a severe allergic reaction. Anaphylaxis requires immediate action through medications or an EPI- PEN. We ask that students continue to work on ensuring products from home are nut-free as well as any other allergies lists in each class which teachers will inform them of.

If your child has allergies that the school is unaware of, please call and speak to your child's classroom teacher and we will send home the forms to be completed and have on file.

Parking Lot Safety

Just wanted to take a moment to thank all our families who are following the **Kiss'n Ride process both before and after school.**

We are asking parents to only use the front area designated as a Kiss'n 'Ride- to not park and leave your car or exit your car in this area. Student(s) exit the car only with their belongings and cross with the supervisor to the school property.

We also ask that parents do not park in front of the stop signs along the exit path as this blocks traffic and flow.

We have supervision staff who are helping students so they can walk to their entrances both at the front and back of the school **before 8:45 a.m.** Once the bell goes, students must enter through the front doors.

We ask that cars proceed **slowly** as we have had a few very close calls with students. Cars need to **STOP** and check that the crosswalk is clear where students and families are walking to cross.

Should parents want to park- then please use the side entrance at the KSD side and enter through the back gates after 8:35.

Families are asked not to park on the side of Loretto Catholic where the gate and portables are at any time as this is an Emergency Lane, as well we have been asked not to use the Avondale Parking lot as a pick up zone.

Your support and assistance in ensuring our students' safety are very important to all of us.

Project Share - Thanksgiving Food drive

Thank you to all those who donated to our Thanksgiving Food Drive. As a school community, we filled three large bins of non-perishable goods. Project Share continues to be a wonderful organization that gives back to local families who are in need.

Big Bear Spiritwear link

Big Bear Spirit Wear

Families are able to purchase Spirit Wear through Big Bear Spiritwear - **please visit the website by clicking on the banner above with their name.**

We have launched our new **FRESH** Loretto Catholic Logo for our Spirit Wear.

Students may continue to wear existing spirit wear. Just a reminder that Spirit Wear T-shirts are not part of the daily dress code as collar shirts must be worn.

Please see the items below that are available throughout the year to purchase.

****To order- Link to Big Bear website- click schools- click Niagara Falls - click on Loretto Catholic**

School dress code is in effect. Collared shirt is either blue or white- no logos. Pants, skirts, shorts are blue. Denim is dark denim and in good repair, not faded or with holes.

All sweaters are blue unless they are Loretto Catholic Spirit wear which are blue and/or grey and have our school logo on it.

Grad hoodies are reserved for our students in Grade 8 only.

LORETTO LYNX 2023 SPIRITWEAR

<p>Gildan DryBlend 9.4 oz. 50/50 Jersey Polo</p> <p>Embroidered with Loretto Lynx Logo on Left Chest</p> <p>Youth #8800B \$18.79 Adult #8800 \$20.49</p> <p>Available Colours: Navy & White</p> 	<p>Core 365 Dri-Fit 100% Polyester Polo Shirt</p> <p>Youth #88181Y Ladies' #78181 Adult #88181</p> <p>\$27.50</p> <p>Available Colours: Navy & White</p> 	<p>50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.</p> <p>Printed with Full-Size Loretto Lynx Logo on Front</p> <p>Youth #18500B \$32.49 Adult #18500 \$33.95</p> <p>Available Colours: Navy & Dark Heather</p> 
<p>50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.</p> <p>Full-Size Embroidery & Appliqué Decoration on Front</p> <p>Youth #18500B \$36.95 Adult #18500 \$38.49</p> <p>Available Colours: Navy and Dark Heather</p> 	<p>Dynamic Heather 2-Tone Lightweight Polyester Hoodie</p> <p>Printed with Full-Size Loretto Lynx Logo on Front</p> <p>Youth #Y2047 \$64.95 Adult #F2047 \$64.95</p> <p>Available Colour: Charcoal Dynamic Heather/True Navy</p> 	<p>50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.</p> <p>Embroidered with Loretto Lynx Logo on Left Chest</p> <p>Youth #18600B \$38.95 Adult #18600 \$42.49</p> <p>Available Colours: Navy and Dark Heather</p> 
<p>ATC™ Mid Profile Twill Ball Cap Embroidered with Loretto Lynx Logo Front</p> <p>100% cotton twill 6-panel Adjustable hook and loop closure</p> <p>Youth Size Adjustable #Y130 \$14.49 Adult Size Adjustable #C130 \$14.95</p> <p>Coal Grey Navy</p> 	<p>Acrylic 12" Pom Pom Toque</p> <p>Embroidered with Loretto Lynx Logo on Front</p> <p>#SP15 One Size \$14.50</p> <p>Dark Heather/Navy</p> 	<p>Acrylic Beanie-Style Winter Toque</p> <p>Embroidered with Loretto Lynx Logo on Front</p> <p>One Size #102 \$12.95 + tax</p> <p>Charcoal Grey Navy</p> 

Order On-Line at www.bigbearspiritwear.com
 No Refunds or Exchanges on Decorated or Customized Products
 Sizing Charts available at each product online | Delivery to your School option available

New Design!
LORETTO CATHOLIC LYNX



6182 Dixon Street
 Niagara Falls, Ontario, L2G 2L6
 Ph: 905-357-7132
www.bigbearspiritwear.com

New information/updates from of Ministry of Education

Dear Parent/Guardian(s),

As we continue to foster a safe and positive learning environment for all students, I would like to remind you of the new regulations regarding cell phone use that have been implemented in Ontario schools.

To minimize distractions and maximize learning, cell phones are only permitted during instructional time when they are being used for educational purposes as directed by the teacher. Outside of these times, students are expected to keep their phones turned off and stored away unless needed for documented learning needs and/or health related requirements. We kindly ask for your support in reinforcing this policy with your children and encouraging them to focus on their studies during school hours.

Your cooperation is essential in helping us maintain a healthy and respectful school environment. If you have any questions or concerns regarding these rules, please do not hesitate to contact the school.

Thank you for your understanding and support.

School Cash online

Payment for School Activities- School Cash Online

Parents/Guardians are asked to sign up for our convenient payment program - SCHOOLCASHONLINE. This is an excellent way to pay for student activities/lunches without sending in money to school.

To register, please go to:



SchoolCashOnline.com: Welcome

Why Use SchoolCash Online? Convenient Make secure payments 24/7 from the comfort of your home Easy To Use Online shopping with various payment methods Safe Your child won't be carrying cash or checks to and from school Saves Time Manage your school expenses and view payment history in one place

schoolcashonline.com

Lynx Water Bottles

We will continue to sell our Loretto Lynx 24- ounce reusable Sports Water bottles with our Loretto Lynx logo on it as well as a spot to write your child's name on it. Water bottles are BPA-free sports bottles that are made with a polyethylene (PET) material that's phthalate-free, non-toxic and lead-free. It features a twist-on lid with push/pull drinking spout. Its translucent bottle colour matches its lid color. Bottles can be purchased through School **Cash Online for \$8.00 each or 2 for \$14.00. We will begin selling as of mid September until late May.**



Reusable Water Bottles & Utensils

Please ensure that your child comes to school each day with a reusable water bottle. This will not only help keep our children hydrated but will also help our environment. We ask that if your child needs a fork or spoon to eat their snacks or lunch that you please place one in their lunch pails.

Lunch and Special Treat Days

Thank you to all our families for your support throughout the year for the lunch days. We will continue to use the Little Caesar, Pita Pit, Swiss Chalet, popcorn, and ice cream.

Leaving School Grounds

Any student who wishes to leave the school grounds during the school day for any reason is required to be signed out by a parent/guardian in the main office. Students will not be permitted to leave school grounds for lunch unless picked up by a parent/guardian.

If a change in dismissal routine is to occur, a signed note from the parent is required EACH TIME. This will help us ensure your child is safely dismissed from school. Texts from parents, office phone/cell phone usage will not be a regularly accepted form of permission and will only be considered in the case of an extenuating circumstance.

Niagara Nutrition Partners

Thank you to our Niagara Nutrition Partners for all their support this year. Each class has a bin and tongs filled with delicious and nutritious food items such as yogurt tubes, fruits, fruit bars, and individually baked goods. These items vary from day to day. All students are welcome to pick a snack to compliment their own snacks.



We also want to thank our families for donating to this great cause so we can continue to sustain and help maintain it throughout the year.

Please continue to help by donating through School Cash Online.

Items Left At School

We know it is the season when we have many student belongings at school like hats, mittens, sweaters, coats, indoor/outdoor shoes and boots at school. Often items are not labelled and it is hard to know who they belong to. We do have a lost and found for students to check in the vestibule in the main entrance to the school. Unfortunately, should items go missing and/or are lost when students have left them at school a reminder that we, the school, are not responsible for any lost items or items left at the school. We will do our best to help our students find their items. We ask that items are all labelled as many items are similar or from the same stores.

Toys at School

We remind all our students and parents that although toys are fun to play with during recess times, it is difficult to keep track of whose toys belong to whom. Often students bring and play with their toys during class time. We ask that you please consider not sending toys or labelling the toys and speaking to your child about when is an appropriate time to use them.

Although students are encouraged **not to trade** playing cards of any kind i.e. Pokémon, we are not responsible for traded, lost or misplaced cards.

Thank you for your support

Pets on School Property

Parents, we kindly ask that your pets do not come on to school property at arrival and dismissal. Many of our areas are already congested with families at pick up and some of our families and students are a little uncomfortable.

We appreciate your support.

Niagara Falls Crossing Guard information

Families are asked to check the site often for changes in services such as shift time changes, additions or removals of locations, and service interruptions due to inclement weather or staff shortages. We will always try to post changes in services by no later than 7:30am and 2:00pm, but sometimes last-minute issues arise, so check and check often!

<https://niagarafalls.ca/city-hall/transportation-services/school-crossing-guards.aspx>

Public Health November 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.

***We are a proud member of the Saint Michael High School
Family of Schools***



SAINT MICHAEL
CATHOLIC HIGH SCHOOL

8699 McLeod Rd, Niagara Falls, ON L2E 6S5

Please click on the banner above to link to St. Michael HS



Loretto Catholic Elementary School

Climbing Mountains Together In Faith



@LorettoFalls



















November 2024



lorettocatholicnf



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 RETAKES Friday November 1st	4 Day 2 <i>Grade 8Min at St. Michael's for Science</i> <i>St. Michael's HS Cheer Club</i>	5 Day 3 <i>Grade 8Mik at St. Michael's for Science</i>	6 Day 4 <i>Gr 8Min—Niagara HUB</i> <i>ECO—wasteless Wed</i> Treaty Recognition Week—Nov 4-9	7 Day 5 	8 Day 1 <i>ECO—Lights Out (dim) Fridays</i> 	9 St. Thomas More 5:00 pm Mass 
10 	11 Day 2 <i>Remembrance Day @ 10:45 led by Gr 8's</i> <i>Progress Reports in portal this week</i> <i>St. Michael's HS Cheer Club</i>	12 Day 3 Dec Food Orders On-Line Open 	13 Day 4 <i>ECO—wasteless Wed</i> <i>Gr 8Mik—Niagara HUB</i>	14 Day 5 National Inuit Day Junior Boys & Girls Tripleball 	15 Day 1 <i>Indigenous Veterans Day</i> Grade 8 Day at St. Michael's HS Popcorn Day <i>ECO—Lights Out (dim)</i>	16 St. Thomas More 5:00 pm Mass 
17 Mass—9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	18 Day 2 Bus safety talk K-Gr 3 <i>St. Michael's HS Cheer Club</i>	19 Day 3 Bus Safety Talk—Gr 4-8 <i>Project Plaid donation open cash online</i>	20 Day 4 <i>ECO—wasteless Wed</i> National Child Day Red Shirt Day - Persecuted Christians—blue pants	21 Day 5 Progress Report Conference 3:30-6:30 in the gym http://lorettocatholic.schoolappointments.com	22 Day 1 ECO—Lights Out (dim) Be part of our Hive—wear black and yellow day—out of dress code 	23 
24 Mass—9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	Anti Bullying and Awareness Week & Mental Wellness		27 Day 4 Int. Boys volleyball @ Loretto Dec Food Orders Due Public Library GR 1/2—pm	28 Day 5 St. Michael Day of Pampering with Kinders Lead Out Loud Conf. Wear plaid day—out of dress code 	29 PA Day 	30 St. Thomas More 5:00 pm Mass 
31 Mass—9:00 a.m., 11:00a.m., 5:00p.m. St. Thomas More 	Book Fair—Nov 18-22 We are excited to offer books/posters etc. for sale. Student can purchase during their regular class visit or with parents after-school on Nov 21st from 3:15– 6:15 Thank you for your support			Supervision begins at 8:35 a.m., we ask that student not enter grounds prior to this time. Students are to enter using grade/class specific doors only. Thank you for your cooperation.		

Loretto Catholic Elementary School is proud to be a part of the St. Michael Catholic Family of Schools



Ms. Spadafora