

Phone: 905.835.1930
FEBRUARY 2025

CELEBRATING OUR FAITH

St. John Bosco students (K to 8) will be celebrating Ash Wednesday at St. John Bosco Church on March 5th at 9:30am. All are welcome to attend!

St. Paul teaches us the value of love in his letter to the Corinthians:

*Love is patient and kind;
Love is not jealous or boastful;
It is not arrogant or rude.
Love does not insist on its own way;
It is not irritable or resentful;
It does not rejoice at wrong, but rejoices in the right.
Love bears all things, believes all things,
Hopes all things, endures all things.
Love never ends.
AMEN
(1 Corinthians 13)*



REPORT CARD

Your Child's Report Card will be available online week of February 10th. If you wish to discuss your child's progress, please call the school to arrange an interview with your child's teacher.

P.A. DAY/ FAMILY DAY HOLIDAY

There will be no school on Friday, February 14th (P.A. Day) and Monday, February 17th (Family Day)!

SPECIAL EDUCATION ADVISORY COMMITTEE (SEAC)

The Special Education Advisory Committee (S.E.A.C.) of the Niagara Catholic District School Board is made up of Association representatives and Trustees whose role is to support students with special education needs and their families.

S.E.A.C. continuously strives to ensure that the rights of students with diverse learning needs are being met both at the elementary and the secondary level as well as serving as a resource for parents of these children. For further information please visit the Special Education Advisory Committee website: www.edu.gov.on.ca/eng/general/elemsec/xpeced/seac.

KIDS HELPING KIDS 2025

"Kids Helping Kids" is now into its 25th year as a fundraising/educational program in support of Niagara Children's Centre. Niagara Children's Centre had its beginnings in the early 1950's and at the present time, provides treatment for more than 3,400 children with physical, developmental or communicative delays and disabilities from all 12 municipalities in Regional Niagara. "Kids Helping Kids" is always held around Valentine's Day to signify giving from the heart out of love and the funds raised go directly for the delivery of therapy services, resulting in a positive difference in the lives of many children. Because of the generosity, care and compassion of those who make up the Niagara Catholic District

School Board, necessary funding is generated through various projects that enable therapists at Niagara Children's Centre to help so many children. Since 1998, the Niagara Catholic District School Board has raised over \$709,000.00 to support the needs of the Niagara Children's Centre.

Many former and current students in the Niagara Catholic District School Board system have received or are receiving therapy at Niagara Children's Centre and have benefited by the Centre's programs and services.

Thanks to the "Kids Helping Kids" fundraiser, life-changing success stories occur on a regular basis at Niagara Children's Centre. Please see attached information for date details and dates!

PURPLE DAY

Moebius Syndrome Awareness Day!!

On Friday January 24th we celebrated Moebius Syndrome Awareness Day!

Moebius Syndrome is a very rare neurological condition that affects the 6th & 7th cranial nerves. This causes facial paralysis, the inability to smile, blink and properly move eyes side to side, as well as issues with swallowing, eating and speaking clearly.

Thank you to everyone who supported our grade 2 student Dallas S and the Moebius Syndrome Community by wearing purple!



SHROVE TUESDAY

Shrove Tuesday is March 4th. The traditional feast day before the start of Lent on Ash Wednesday. We are grateful to partner up with Stacked and No Frills in Port Colborne. Together with Council, every child will be treated to pancakes in the morning. Please note this is a small snack/treat and all students are still to bring their lunches/snacks for the day.

NATIONAL SWEATER DAY

Did you know if all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to taking 700,000 cars off the road! So here is what we are proposing. February is National Sweater Day. Many schools all over Canada are participating in this event. Schools turn down their thermostats 2° but in turn get to wear our wackiest or coziest sweater to schools to keep us warm. You still need to wear dress code, however you may wear your wackiest sweater on top to show your support in helping to reduce energy conservation. We will be participating in National Sweater Day on February 4th, 2025.

PUBLIC HEALTH

Mindful parenting, mindful kids.

Mindfulness involves being fully present and accepting of our moment-to-moment experiences, without becoming lost in thought about the past or future. Life as a parent is busy and as a result it's easy to operate on auto pilot. Being a mindful parent means taking the time to enjoy the everyday moments with your children. As parents, mindfulness is especially important because it allows you to **role model** mindfulness practice, allowing your entire family to reap the benefits.

Some examples of daily mindfulness activities you can do with your children include:

- 1) Going for a walk and giving everyone the task of finding 5 things that they hear, see or feel/touch during the walk and reporting back to the family upon return.
- 2) Spending time unplugged and together as a family. Take turns sharing stories about your day and listen to each with kind attention.

Practicing daily mindfulness activities prepares you to respond thoughtfully to situations rather than react to them. For example, if your child is showing signs of anger, rather than reacting with discipline, take the time to think about why they are upset. Connecting in this way, with compassion can help defuse the situation.

Dan Siegel, best-selling author of several parenting books, co-director of the UCLA Mindful Awareness Research Center and executive director of the Mindful Institute, offers a wonderful description of

what it means to be a mindful parent in this short video clip:

<https://www.youtube.com/watch?v=FXxrJEnIboM>

Being a more attentive, mindful parent can help you feel more confident and content within your family!

TWITTER/INSTAGRAM

Follow us on Instagram ... st.johnbosco.pc

DANCE-A-THON

Our Dance-a-thon will take place on February 13th. Details to follow.

KINDERGARTEN REGISTRATION

Registration for ELKP for the 2024 – 2025 school year has arrived. The month of February has been designated as Registration Month for four and five year old children entering school in September 2025. New registrants and their families are invited to an Open House on Tuesday, February 4th, 2025 from 9:30am till 5:30pm.

TO REGISTER, A CHILD MUST BE FOUR (4) YEARS OLD AS OF DECEMBER 31, 2025.

If you have an eligible child, please feel free to come and register at the office daily between the hours of 9:30 am – 11:30am and 1:00 to 3:00pm. Please advise friends and/or neighbours of this very important information.



*Join the St. John Bosco Catholic Family
today, where we.....
Build minds and nurture souls.*

PINK DAY

Niagara Catholic continues to demonstrate a commitment to bullying awareness, prevention and intervention in our schools, our communities, and online through the participation of elementary and secondary schools in *Pink Shirt Day on Wednesday, February 26th, 2025.*

Everyone is encouraged to practice kindness and wear pink on Wednesday, February 26th, 2025. For more information, visit www.pinkshirtday.ca.

100th Day

Kindergarten to Grade 3 will be celebrating 100th Day on Friday, February 7th. Students are welcome to wear 100 things of one items (ie, shirt with 100 pennies on it, necklace with 100 cheerios, pants with 100 stickers on it). Be creative and have fun!

BENEFIT GALA


**NINIAGARA FOUNDATION FOR CATHOLIC EDUCATION ANNUAL BENEFIT GALA
WITH HONOURARY GUEST BISHOP GERARD BERGIE**

Supporting NCDSB students in need and scholarships

Thursday, March 27th, 2025, Club Roma Even Centre, 6:00pm

*Further Information (905-735-0240) ext 214 or e-mail
Linda.marconi@ncdsb.com*

Kids Helping Kids (Feb. 10 - Feb. 13)

Monday 10 th	Creative Hair Day!
Tuesday 11 th	Jersey Day!
Wednesday 12 th	Plaid Day!
Thursday 13 th	Red and Pink Day (Valentines Wear) (Dance-a-thon) 
<hr/> (Friday, Feb. 14th - P.A.Day Feb. 17th - Family Day)	