



ST. PATRICK

NEWSLETTER

MARCH 2025

PRINCIPAL'S MESSAGE

As we begin the season of Lent, let us take this time to reflect on God's love and grace. Lent is a season for prayer, fasting, and almsgiving—opportunities to grow closer to Christ and strengthen our faith. I encourage each of you to embrace this season by praying more deeply, showing kindness to others, and sharing what we have with those in need. Let us remember that Lent is a time of renewal, leading us to the hope and joy of Easter. Wishing you all a blessed and peaceful Lenten journey.

~ Ms. Romano

Important thanks and reminders for parents and guardians:

- **Thank you for dropping off and picking up students in the church parking lot. This has helped keep the yard less congested.**
- **When picking up children at the end of the day, please keep the church parking lot gateway clear so that children can exit safely and get to their parents**
- **A reminder that our dismissal is 3:25pm. Please be on time when picking up your children at the end of the day.**
- **Kindergarten parents, please drop off your children at the gated area and then leave the property. It makes it easier for children to say goodbye and begin their day.**
- **Please use the Safe Arrival system to report your child's absences. Early pick up and alternate dismissal arrangements should be made in advance and communicated with the school well in advance of the end of the school day.**
- **Ensure your child is dressed appropriately for the weather and in school dress code.**
- **Complete School Cash and permission items on time so that children don't miss out on activities**

CATHOLIC SCHOOL COUNCIL

Thank you to Mrs. McGilvery and our CSC members for running our Candygram drive last month!

We raised approximately \$275 which will go towards the purchase of student chromebooks.

Thank you for your support!

Our CSC members will also be helping with Shrove Tuesday, serving pancakes to our students and staff, alongside members of St. Patrick Church and St. Vincent de Paul Society.

Thanks in advance to all of these special volunteers!

Our next CSC meeting will take place on Monday, April 7 @ 5:30pm.



NEW SCHOOL LOGO AND SPIRIT WEAR

We are happy to present our new school logo and welcome our spirit wear provider Maddalena Apparel and Embroidery. Orders for Spirit Wear may be placed at any time by visiting <https://www.maddalena-uniforms.com/collections/st-patrick-catholic-elementary-spirit-wear-1>

When placing orders, please click STORE PICK UP. All spirit wear is delivered to the school on a weekly basis FREE OF CHARGE. You will need to put in your home address for online purchase but this is NOT for shipping.

Thank you!



DO WHAT YOU CAN'T

Congratulations to this past month's DWYC award recipients:

**Anya M., Aria R., Briella DB.,
Alexa K., Zia L., Chloe O.,
Avery-Rose T., Ziera B.**

and a special thanks to all students, staff and parents for participating!

Looking forward to celebrating again next month on March 25 in the library!



FEBRUARY AND MARCH BIRTHDAYS

Our monthly birthday celebration for February and March Birthdays will be held on March 31.

Thank you once again to our anonymous donor for sponsoring these celebrations for our students!





FIRST RECONCILIATION AND EASTER MASS

Congratulations to our grade 2 students who received the Sacrament of First Reconciliation on February 26. Thank you to Mrs. Szick and Mrs. Johnstone for preparing our students and to Fr. Gerard and Fr. Joi for hearing confessions.

Our next school mass will take place at 9:45am on April 15 at St. Patrick Church. Parents are always welcome.



Monday, March 17, 2025

A SHAMROCK celebration in honour of St. Patrick

All staff & students to wear **GREEN**

Morning "JOY DOOR DECORATING CONTEST"

(Theme: Luck of the Irish)

History and Prayers of St. Patrick

Irish Music throughout the day

St. Paddy's Day Jokes

"Find the Leprechaun" contest

Snacks and treats to each class

In-class games and activities

Awards to "Leprechaun Trap" contest entrants



S.T.E.M. MARCH BREAK

DUE: MONDAY, MARCH 17, 2025

Build a Leprechaun Trap

- ❖ Build a *Leprechaun Trap* during March Break *not mandatory
- ❖ Use household items
- ❖ Use the internet to search for ideas
- ❖ Trap should not be larger than a "shoebbox"
- ❖ DUE: Monday, March 17, 2025 (1st day back from break)
- ❖ Traps to be judged on St. Patrick's Day with prizes given to the winners
- ❖ CREATIVITY is KEY!
- ❖ Good Luck
- ❖ Bring into HOMEROOM in the morning, students will be called to library to display after AM announcements





“Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.”



Niagara Region Public Health School Health Newsletter

March 2025

NEW Quit Vaping Program for Youth

The Centre for Addiction and Mental Health (CAMH) is excited to launch **Youth-Vaping, Substance use, and Technology (VAST)**. Youth-VAST is a program for youth in Ontario who are using vaping, substances, or feel like technology is taking up too much of their time. This program brings together existing and new resources across CAMH to deliver virtual services directly to youth and their family.

- Program offered for youth ages 12-21 years.
- Appointments are offered virtually for youth all over Ontario
- Youth will be assigned a care coordinator to create a customized treatment plan
- Individuals can self-refer directly into this program, no physician referral required.



To refer, visit [Youth-VAST](#) to book an appointment or email youth.vast@camh.ca for more information.

World Sleep Day – March 14th

Sleep is important for physical and mental health, yet many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.



How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.

- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca](https://www.caringforkids.ca) - [healthy sleep](#)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Nutrition Month 2025

March is [Nutrition Month](#)! This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit unlockfood.ca for recipes, food allergies, [menu planners](#), and to find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)