

# HOLY NAME CATHOLIC ELEMENTARY SCHOOL

## March 2025

MAY THE ROAD RISE UP TO MEET YOU.  
MAY THE WIND BE ALWAYS AT YOUR BACK.  
MAY THE SUN SHINE WARM UPON YOUR FACE;  
THE RAINS FALL SOFT UPON YOUR FIELDS AND UNTIL WE MEET  
AGAIN,  
MAY GOD HOLD YOU IN THE PALM OF HIS HAND.

ST. PATRICK'S DAY - MARCH 17, 2025

ST. PATRICK'S DAY, CELEBRATED ON MARCH 17TH, HONOURS ST. PATRICK, THE PATRON SAINT OF IRELAND. THIS FESTIVE DAY IS MARKED BY PARADES, WEARING GREEN ATTIRE, AND PUBLIC CELEBRATIONS. ORIGINALLY A RELIGIOUS HOLIDAY, IT HAS EVOLVED INTO A GLOBAL CELEBRATION OF IRISH CULTURE, FEATURING TRADITIONAL MUSIC, DANCE, AND FOOD. SHAMROCKS, WHICH ST. PATRICK USED TO EXPLAIN THE HOLY TRINITY.

## March Events



3 - INTERMEDIATE GIRLS  
BASKETBALL  
GR. 2 OUTDOOR EDUCATION



4- SHROVE TUESDAY  
GR. 7 AND 8 SKATING



5 - ASH WEDNESDAY



6 - INTERMEDIATE  
BADMINTON



10TH - 14TH  
MARCH BREAK



18TH - PIZZA DAY  
24TH - SUB DAY



19- SCIENTISTS N THE  
CLASSROOM  
VEX TOURNAMENT



20- GR. 3-8 CONFESSION  
GR. 8 SWIM TEST  
21ST - WORLD DOWN SYNDROME  
DAY



26- PURPLE SHIRT DAY  
GR. 2- 1ST COMMUNION  
RETREAT



27- MATHLETES  
AT HOLY NAME

### SHROVE TUESDAY

SHROVE TUESDAY, ALSO KNOWN AS PANCAKE DAY OR FAT TUESDAY, IS THE DAY BEFORE ASH WEDNESDAY, MARKING THE START OF LENT IN MANY CHRISTIAN TRADITIONS. IT IS A DAY OF FEASTING AND CELEBRATION BEFORE THE FASTING PERIOD OF LENT BEGINS.

### ASH WEDNESDAY

ASH WEDNESDAY MARKS THE BEGINNING OF LENT, A 40-DAY PERIOD OF FASTING, PRAYER, AND PENANCE. ASHES ARE MADE FROM THE PREVIOUS YEAR'S PALM SUNDAY PALMS. THE ASHES ARE PLACED ON FOREHEADS IN THE SHAPE OF A CROSS. THIS ACT SYMBOLIZES REPENTANCE AND MORTALITY, REMINDING BELIEVERS OF THEIR NEED FOR FORGIVENESS.

# Holy Name Catholic Elementary School

## Anaphylaxis Policy

At the beginning of every school year, we remind all students and parents/guardians of our Board's Anaphylaxis Policy.

At Holy Name Catholic School we have Emergency Procedures, which clearly state what medical procedures must occur for those students who have various life-threatening medical conditions.

We are reminding all students and parents/guardians that we have students in our school who are known to have a potentially life-threatening allergy called Anaphylaxis.

Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. While fatalities are rare, anaphylaxis must always be considered a medical emergency requiring immediate treatment.

Symptoms of anaphylaxis generally include two or more of these four body systems: skin, respiratory, gastrointestinal and/or cardiovascular. However, low blood pressure alone (i.e. cardiovascular system), in the absence of other symptoms, can also represent anaphylaxis. Breathing difficulties and low blood pressure are the most dangerous symptoms and both can lead to death if untreated. Anaphylaxis is an unpredictable condition as signs and symptoms can vary from one person to the next and from one episode to another in the same person.

In Canada, the most common food allergens that cause anaphylaxis are: peanut, tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts), milk, egg, seafood (fish, shellfish, and crustaceans), soy, wheat, mustard and sulphites (a food additive).

Anaphylaxis requires immediate first aid response and immediate medical intervention

## Reminders

### NUT SAFE SCHOOL

Holy Name is a Nut Safe School. Please be aware that there are children in our school who have severe allergies to nuts and foods containing nut by-products. NASK (Niagara Anaphylaxis Support and Knowledge) recommends parents read and become familiar with food labels and check ingredient contents. Please send only foods that are peanut and nut safe.

### Medication at School

Students who require medication to be administered at school must submit the appropriate forms signed by a doctor prior to them being administered by staff. Medication will be stored in a secure location and tracking sheets will kept in the Vice-Principal's office.

## WORLD DOWN SYNDROME DAY MARCH 21, 2025

WORLD DOWN SYNDROME DAY IS ON 21 MARCH EVERY YEAR. IT IS A GLOBAL AWARENESS DAY WHICH HAS BEEN OFFICIALLY OBSERVED BY THE UNITED NATIONS SINCE 2012. THE GOAL IS TO HELP PEOPLE UNDERSTAND AND SUPPORT THOSE WITH DOWN SYNDROME BETTER

## PURPLE SHIRT DAY - MARCH 26, 2025

PURPLE DAY IS CELEBRATED ANNUALLY ON MARCH 26TH TO INCREASE AWARENESS ABOUT EPILEPSY AND TO SUPPORT THOSE LIVING WITH THE CONDITION. THIS GLOBAL EVENT ENCOURAGES PEOPLE TO WEAR PURPLE AND ENGAGE IN ACTIVITIES THAT EDUCATE AND INFORM OTHERS ABOUT EPILEPSY, AIMING TO REDUCE STIGMA AND ENHANCE UNDERSTANDING OF THIS NEUROLOGICAL DISORDER.



# Holy Name Catholic Elementary School



## Spirit Wear

Maddalena's Uniforms - Available through

the Maddalena Uniform Website:

[https://www.maddalena-](https://www.maddalena-uniforms.com/pages/elementary-schools)

[uniforms.com/pages/elementary-schools](https://www.maddalena-uniforms.com/pages/elementary-schools)

## Graduation Hoodies

Grad. Hoodies are also available through Maddalena's Uniform.

## Dress Code

All students at Holy Name School will follow NCDSB Dress Code Policy.

## STUDENT INFORMATION

*If your contact information or your child's medical information changes, please inform us at your earliest convenience.*

### Parking Lot Safety

*We ask that you exercise extreme caution when driving in our very busy parking lot, especially during the morning and at dismissal at the end of the day. Please "Kiss and Drive" so your vehicle is not blocking the arriving busses. Parents are encouraged to use the East parking lot to pick up or drop off students. Please help us to continue to keep all children's safety as it is our most highest of priorities. Together we can continue to keep our children safe.*

### Niagara Public Health School Information

*This link will provide you with information about school health such as dental screenings, head lice etc. If can also access this information by visiting: <https://niagararegion.ca/health/schools/> Staying warm in the winter is essential for comfort and health. Please make sure your child is dressed appropriately for the weather. Continue to monitor your local weather station for bus cancellations and school closures.*

## NIAGARA CATHOLIC Standardized Elementary Dress Code

Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

### OUR DRESS CODE COLOURS

#### Tops

At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear

The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



#### Bottoms

At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (jeans, cargo, denim, robe or corduroy) or;
- Navy skirts, slacks or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



#### Shoes

For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Shoes must be worn with the elementary standardized dress code pants or shorts at all times.

Nurturing Souls & Building Minds