



April 28th-May 2nd, 2025.

April 22nd, 2025

Week at a Glance

Monday April 28th:

- *Junior Girls handball 10:50am to 11:30am: Avolio
- *Boys Handball @ 12:50pm-1:10pm: Gym: Fortino-Carter
- *Micro:bits Coding Lesson with Mrs. Bower (Periods 1 & 2): Thompson
- *Scholastic Book Fair Preview Day: Hunt
- *Confirmation Rehearsal @ OLOS @ 12:30pm: Tham, Capitano and Quaranta

Tuesday April 29th:

- *Confirmation @ OLOS @ 7pm
- *K-3: Between the Lines: Safe and Active Travel Presentation: Gym

Wednesday April 30th:

- *Choir Practice @ 12:50pm in Music Portable: Pietrangelo/Olesen
- *Grade 4 Students at the Water Festival @ Brock University
- *K-3: Between the Lines: Safe and Active Travel Presentation: Gym
- *Scholastic Book Fair Open to Families from 3:pm-8pm in the Library: Hunt
- *Wasteless Wednesday

Thursday May 1st:

- *Boys Handball @ 12:10pm-1:10pm: Gym: Fortino-Carter

Friday May 2nd:

- *Art Club (Grade 7 & 8): - 2nd Nutrition Break: 12:50pm- 1:30pm in Resource Room: Korce
- *Boys Handball @ St. Paul H.S.: 8:30 a.m: Fortino-Carter
- *Grade 3 Students at The Jordon Schoolhouse
- *Pasta Fresca Day
- *Last Day for Scholastic Book Fair: Hunt

Speak Your Mind Ice Bucket Challenge

The staff at SJHN have been busy challenging each other for the Speak Your Mind Bucket Challenge. You can keep up on the ice bucket challenges by visiting our Instagram site @sjhn_firebirds

Ms. Korce.....YOU ARE UP NEXT!!!!!!!!!!!!!!!!!!!!!!

Pickleball Results

Whoo hoo! Our senior girls and boys represented our school recently at the pickleball tournaments at Our Lady of the Holy Rosary School and played SO well!

Congratulations to ALL and a special shout out to Solana and Michela and Luca and Rocky who brought home the gold! We would like to extend our genuine gratitude to all the volunteer drivers and the parents, family members and fans who cheered on our players!

Also, a special shout out to Mr. Tham and Mrs. Sacco for all of their hard work in getting the team prepared.







Grade 7 First Aid Training

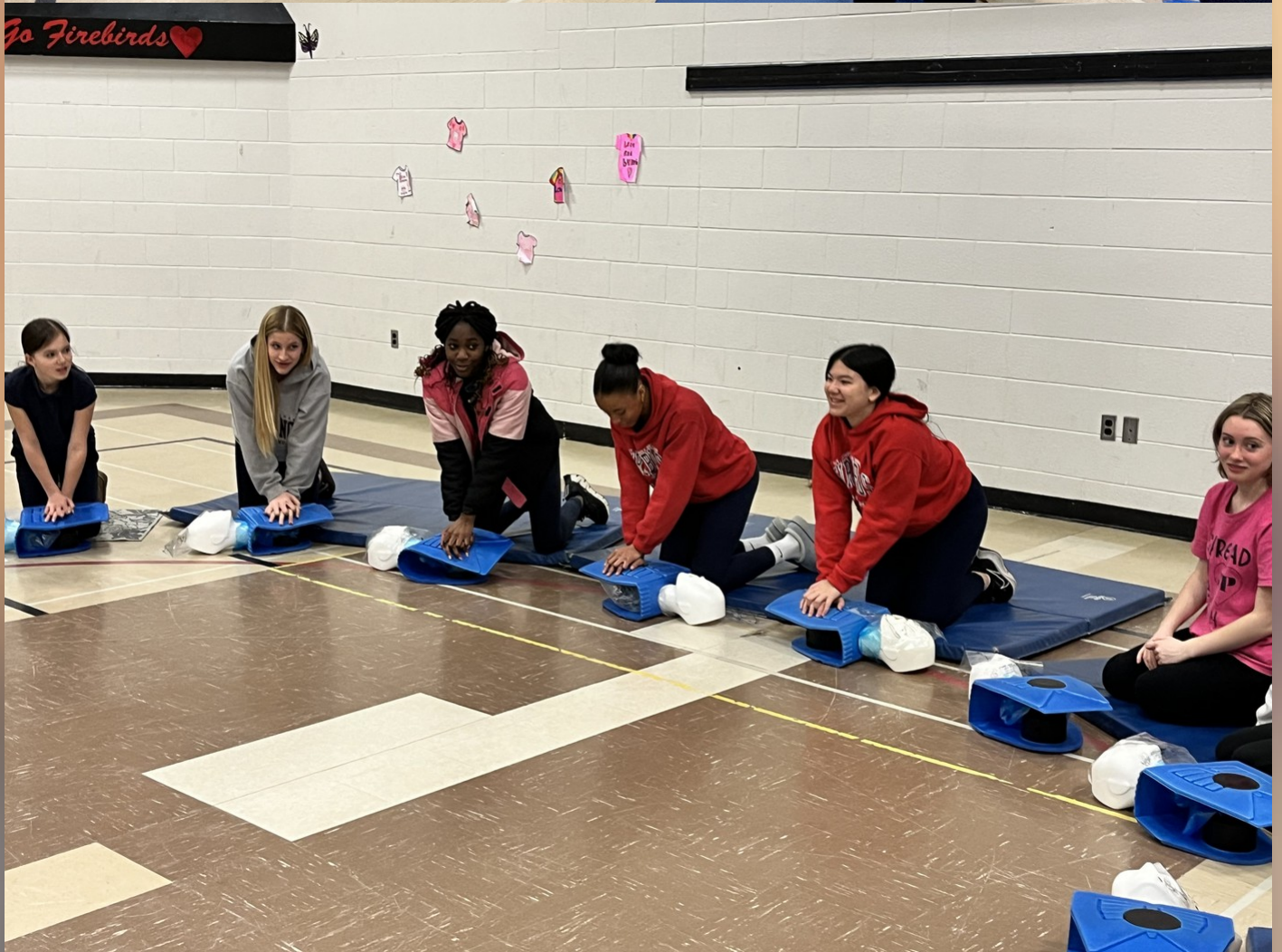
Through our fundraising efforts, we were able to provide free CPR training for our grade 7 students through Heart Niagara.

Heart Niagara visits thousands of students every year to administer their 'Healthy Heart Schools' Program (HHSP). This program has been designed to complement the Ontario Health and Physical Education curriculum and raises awareness of the importance of eating well, being physically active, and avoiding tobacco products.

The HHSP reaches grade 7 students at school by offering life skills education including bystander CPR. CPR training has resulted in the saving of many lives – not only from heart attacks – but also from drowning, electric shock, and obstruction of the airway by food particles or allergic reactions. Some lives saved were due to young children who had been taught CPR and knew how to initiate the chain of survival. The training includes awareness of the signs and symptoms of heart and airway emergencies and how to respond in case of emergency with a focus on positive choices to influence their decisions to make certain that they do not risk early arterial damage.

The program links students to the chain of survival and the roles within it including paramedics, fire and police, doctors, nurses, nutritionists, therapists, activity centers and smoking counsellors in the fight to protect Canadians from the devastating effects of cardiovascular disease.





Speech and Hearing Month

Throughout the day you talk to family, friends, and colleagues. You use your hearing and speech all the time. You probably take them for granted. Imagine not being able to communicate simple thoughts like "Thank you" or "Tell me a story." For many Canadians with speech and language disorders, this is reality. For them, words don't come easily. But when is the last time you really thought about it? May is Speech and Hearing Month, the perfect time to communicate some important information about hearing and speech. One in 10 Canadians has a hearing, speech, or language problem, a condition that makes it difficult to communicate with others. Anyone, of any age, can have or develop an impairment of the ability to hear, speak, or understand effectively. At any time, illness or accidental injury can impair your ability to hear and talk. Treatment to eliminate or minimize communication problems is available. Speech, language, and hearing disorders are treatable and early detection is a major contributor to speedier recoveries, shortened treatment periods, and reduced costs for individuals and society alike. Early detection of communication disorders is vital! If you suspect a hearing, speech, or language problem, contact a communication specialist such as a Speech-Language Pathologist, Communication Disorders Assistants or Teacher of the Deaf and Hard of Hearing. A listing of Audiologists and Speech-Language Pathologists is available by contacting the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) at 1-800-993-9459 or visit www.caslpo.com. To learn more about the importance of early detection and intervention of communication disorders, and the role of speech-language pathologists, audiologists and communicative disorders assistants visit www.asha.org/public, Speech-Language & Audiology Canada (SAC) www.maymonth.ca or <https://identifythesigns.org>.

Communication is...



Gestures Seeking information

Expressing your feelings

Reading a book **Sharing joy**

Connecting with others

Hugs Listening to a podcast

Laughing **Sharing ideas**

Sending an email **Writing reminders**

**Communication transcends speech;
it's the essence of human connection
and vital to our everyday lives.**

Speech-language pathologists and audiologists have the education and training to assess, diagnose, and treat communication disorders across the lifespan.

**Make a speech-language
pathologist or audiologist a part
of your healthcare team today.**



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