



Sacred Heart Spectator



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MAY 2025

CATHOLIC EDUCATION WEEK 2025—May 5—9

This year's Catholic Education Week theme is, "*Pilgrims of Hope.*"

The theme for Catholic Education Week 2025 was inspired by the following considerations:

- In February of 2022, Pope Francis announced that the theme for the upcoming 2025 holy year would be "Pilgrims of Hope." "We must fan the flame of hope that has been given to us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision."
- The Holy Father asks us to focus prayerfully on the bonds that unite our whole human family, to reflect on the rampant poverty in our world, and to think about the plight of the many refugees forced to leave their homes. He also summons us, as stewards of Creation, "to contemplate the beauty of creation and care for our common home."
- A pilgrimage is a spiritual journey of movement toward a goal, often lived together with others – and that certainly describes Catholic education. Hope – one of the three theological virtues – is grounded in our Easter faith in Jesus' resurrection and renewal; this is what enables us to be builders, dreamers and leaders in Jesus' name. Pope Francis invites us to keep moving ahead in faith, in joy, and in hope, as part of a pilgrim people. Even in challenging times, our eyes are focussed on the future.

There are five sub-themes for each day of Catholic Education Week:

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| Day 1: | By honouring human dignity |
| Day 2: | By caring for creation |
| Day 3: | By responding to the poverties in our world |
| Day 4: | By serving in solidarity |
| Day 5: | By living as peacemakers |

MENTAL HEALTH WEEK 2025—May 5—9

The MHW theme for 2025 is "Unmasking Mental Health". This theme is encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

SACRED HEART CATHOLIC CHURCH MASS TIMES

- Saturday 5:00 p.m.
- Sunday—11:00 a.m.

SACRED HEART ON SOCIAL MEDIA



Follow Sacred Heart on Instagram to get the latest updates: [@sacredheartniagara](https://www.instagram.com/sacredheartniagara)



Sacred Heart Catholic Elementary
A proud member of the Saint Michael Catholic High School Family of Schools



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ON THE CALENDAR

WELCOME TO KINDERGARTEN ORIENTATION NIGHT— MAY

ATTENTION all families who have registered a child for Junior Kindergarten (as well as any Senior Kinders new to Sacred Heart) beginning in September of 2025. We are hosting a Kindergarten Orientation evening on Thursday May 22, 2025 beginning at 6 p.m. at Sacred Heart Catholic School. If you are able to join us for this informative in-person session we would kindly ask you RSVP your intention to sacred.heart@ncdsb.com no later than Friday May 16 for our planning purposes.

POPCORN SALES



Each Tuesday, the Gr. 8's will make their way through the Primary hallway (Kindergarten through to and including the Gr. 3/4 class) and on Wednesday's they will sell to the Junior / Intermediate Hall (Gr. 4/5 class through to the Gr. 8's)

Please have students bring \$2 in with them if they are interested in purchasing popcorn on their specified day.

HOT LUNCHES & MILK PROGRAM

Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday May 1, 2025 (orders are due April 27)

Swiss Chalet Day—Thursday May 8, 2025 (orders are due May 4)

Sub Day – Thursday May 29, 2025 (orders are due May 25)



PASTA DINNER—GR. 8 GRAD FUNDRAISER

Thursday May 15, 2025 starting at 5 p.m.

The Grade Eight class of Sacred Heart Catholic Elementary invites you to our Pasta Night Fundraiser! You and your family have the choice to dine in or take home!

All proceeds will go to supporting our Grade Eight Graduating class, and will be used to offset the cost of their Graduation. The location will be the Chippawa Firehall. Tickets to Dine—In or Takeout are available on School Cash Online (that will close on May 11)



EQAO GR. 3 & 6 — MAY 2025

EQAO

School staff in Grades 3 & 6 as well as School Administration have determined that the window for Sacred Heart's EQAO will be as follows:

Our Junior Division (students specifically in Grade 6 will participate in the Junior EQAO from May 21 – 23, 2025

Our Primary Division (students specifically in Grade 3 will participate in the Primary EQAO from May 27 – 29, 2025.

We continue to ask that you make every attempt to ensure that your child is at school on time, especially during the above dates and that you do not schedule appointments or vacations during this time. If you have any questions, please feel free to contact the school. Thank you for your support.



SPRING PHOTO DAY

Lifetouch Pictures will be coming back to our school on Thursday May 1, 2025 for "Spring Picture Day"

What are Spring Pictures?

Since Fall Picture Day, students have grown so much. Spring Picture Day gives students time to shine and provides families a beautiful, professional photo of their child that captures their growth throughout the school year.

Spring Pictures are a fun 1 pose $\frac{3}{4}$ length casual pose photo with optional participation.



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GOOD NEWS!

CATCH THE SPIRIT AWARD RECIPIENT

The Niagara Catholic “Catch the Spirit Student Award of Excellence” has been established to honour representatives of leadership within our student population as we continue to work together to “nurture souls and build minds” throughout Niagara Catholic. Each year all schools across Niagara Catholic select one student as their award winner. Congratulations to Alex M. for winning the 2025 Catch the Spirit Award. We are very proud of Alex and look forward to celebrating his accomplishment at the Celebrating Excellence event, 7 p.m. on May 6 at the Central Niagara Community Centre in Niagara-on-the-Lake as well as at Grade Eight Graduation in June.



LOOKING AHEAD!

FUN FAIR—THURSDAY JUNE 5, 2025: 4—7 p.m.

We are excited to announce the return of our Spring Fun Fair. Many thanks go out to our Catholic School Council and staff members for assisting in the planning and preparation of what we hope is a fun filled night for our families. The Spring Fun Fair will be on Thursday, June 5, 2025.

Please note that food and drink orders have only been placed through School Cash online.

We will be accepting cash at the fair for tickets for raffle baskets, games and the bouncers!! Please plan on being there as it won't be the same without you!

SPORTS UPDATE

April saw Junior Girls and Boys handball teams in action as they travelled to Loretto Catholic Elementary School on April 29 for their tournament. Many thanks go out to Miss Muraco and Mrs. Lococo for coaching our girls and boys teams and we appreciate the time and effort they put in with our students. Congratulations go out to:

Junior Girls Handball Team: Violet B., Grace B., Ariya C., Alice C., Mia C., Lexie L., Isabel M., Olivia M., Sydney M., Chelsea S., Lilly S-K., and Mackenzie T.

Junior Boys Handball Team: Dryden B., Sawyer B., Jase C., Gage D., Carter G., Roy K., Bryce M., Lincoln M., William M., Mark P., Noah R., and Westen W.



Upcoming Sports:

- School Wide Track and Field on May 5 (K—Gr. 3 @ Sacred Heart), (Gr. 4-8 @ Oakes Park)
- Intermediate Girls Flag Football on May 20 @ Youngs Sportsplex in Welland
- Intermediate Boys Flag Football on May 22 @ Youngs Sportsplex in Welland



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FOR YOUR INFORMATION

SACRED HEART SPIRIT WEAR

Please note that Bigbear Spiritwear will now be supplying Spirit wear and dress code items that will be available for sale via their website. Please access [Sacred Heart's](#) direct link.



ELEMENTARY STANDARDIZED DRESS CODE



The Niagara Catholic DSB has a Standardized Elementary Dress Code in place for students in elementary schools. All students are to wear navy bottoms and navy blue or white shirts. For more detailed information, please view the NCDSB flyer [here](#).

CELL PHONE USE IN SCHOOL & SOCIAL MEDIA ACCESS

To minimize distractions, students who bring their cell phones to school must have the phone stored out of view and turned off or onto silent mode during the instructional day. They may only use it if their teacher permits it for learning, for health or medical purposes, or to support special education needs. Outside of these times, students are expected to keep their phones turned off or on silent and have them stored away.

Social media platforms on school networks and board devices will be disabled. This is intended to limit the number of interruptions in class and to benefit the mental health and well-being of students. Niagara Catholic already blocks access to some social media sites. Now all will be unavailable to students on the board network during the school day.

SCHOOL YEARBOOK

An electronic consent form was sent to families back in early September by the Niagara Catholic DSB. This form allows families to indicate their preference on whether their children's photos can be included in school publications, such as the yearbook, social media posts, etc.

If families have not completed their consent form yet, we kindly ask consent forms be completed for each child through [Permission Click](#)

STUDENT CONSENT FORMS

Each year students have the opportunity to join in many learning activities here at school or on educational field trips. The school is asking that parents complete the following consent forms ([found on School Cash Online](#)), to ensure the school has the necessary information to keep your child/children safe.

Parent Consent - Student Personal Information (all K-8 students) - This form allows us to know parent preferences when it comes to using a child's information (ie. images, etc) in school publications such as social media posts, class photos and the school yearbook.

NCDSB Athletic Participation /Acknowledgement of Risk Form (Gr. 4-8 students only) - This form explains risks associated with participation in activities happening on school property and allows parent to indicate preferences regarding a child's participation in day-to-day activities (ie. intramurals, sports team tryouts, etc).

Educational Field Trips and activities happening off school property will have a separate consent form sent home.



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FOR YOUR INFORMATION

SCHOOLCASH ONLINE—PAYMENT FOR SCHOOL ACTIVITIES

As activities and educational field trips are being scheduled for our students, we ask that parents sign up for our convenient payment program, SchoolCash Online. This is an excellent way to pay for student activities without sending money to school. **To register, please go to:** <https://ncdsb.schoolcashonline.com/>

SCHOOL MESSENGER - SAFE ARRIVAL

One of our greatest priorities is ensuring that all our students arrive safely to school each and every day. School Messenger allows parents to report their child's absence quickly and conveniently using the **mobile app**, a **website**, or an **interactive toll-free phone line** to report an absence, late arrival or early departure, in advance. This process allows the school to verify student attendance and notify parents of an unreported student absence efficiently.

If your child is marked absent and the absence hasn't been explained in advance, our SafeArrival system will contact you to get a reason for the absence. Calls will continue until you choose an option to explain your child's absence.

PLEASE use the following information to report your child's absence: mobile app, online at <https://go.schoolmessenger.ca/#/home> or by calling 1-844-287-6287. It is available 24 hours a day, 7 days a week.

STUDENT AWARE INTERNET FILTER

This is just a reminder to families that all Niagara Catholic schools use a software program called "Student Aware". This program enables schools to monitor its student internet traffic while using Board internet devices. The "Student Aware" program will be identifying and notifying school staff when students access online websites related to suicide, violence, abuse and/or other dangerous activities that could be injurious to themselves and/or others. When high-risk incidents are identified, the occurrence will be investigated and school administration will respond accordingly to support student mental health and well-being.

COMMUNICATION BETWEEN HOME & SCHOOL—QUESTIONS, CONCERNS OR COMPLAINTS

The Ministry of Education has given school boards new requirements on how to communicate with parents who have questions, concerns, or complaints. This information will also be shared on the Parents section of the Board website and school websites in time for the start of the new school year. The process is outlined below:

- Parents/guardians should expect a response to a concern within **two business days**.
- If parents have a question about a classroom-related matter, such as curriculum, homework, classroom behavior, or specific incidents, please contact the child's teacher.
- If the parent cannot resolve the issue at the classroom level and/or have a question about school procedures, extra-curricular activities, or safety concerns, please contact the school Principal.
- For issues unresolved at the school level or issues related to Niagara Catholic policies, procedures, resource allocation, or other concerns, please contact the Superintendent of Education assigned to Sacred Heart Catholic Elementary

MORNING SUPERVISOR REMINDER

Our first bus arrives at 8:35 a.m. Students should not be beyond the gates of the school until 8:35 a.m. Parents are reminded that students should not be at school earlier than 8:35 a.m. Your cooperation is appreciated.

NIAGARA CATHOLIC DISTRICT SCHOOL BOARD MISSION

We are a Christ-centred Catholic faith community that celebrates diversity and fosters spiritual growth, inspiring all to reach their full potential in mind, body and spirit.

JUSTICE ♦ COMPASSION ♦ STEWARDSHIP ♦ ACCOUNTABILITY ♦ COMMUNITY ♦ INTEGRITY ♦ FAITHFULNESS



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FOR YOUR INFORMATION

NIAGARA REGION PUBLIC HEALTH NEWSLETTER

May 2025

VISION HEALTH MONTH—Visual health is an important part of a child's overall health and well-being. Proper vision is important for a child's movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.

A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see **ANY** of these signs:

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

Do you have a little one starting Kindergarten?

Public Health works in partnership with teachers, support staff, students, and parents to build a healthier school community.

Check out our [School Health webpage](#) for some important links and supports:

- [Childhood illnesses and diseases of public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)
- [Dental screening](#)
- [School-aged vaccines](#)

Parents and legal guardians of junior and senior kindergarten registrants and students new to Ontario are asked to report their vaccinations to [Public Health](#).

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](#)

VAPING—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. For more information you can email youth.vast@camh.ca.

MAY IS RABIES AWARENESS MONTH—During Spring, wildlife activity increases and so does the potential for rabies exposures. Rabies is a serious and fatal disease that affects the brain and spinal cord of mammals, including humans.

To prevent rabies, avoid any contact with wild animals, especially those that appear sick. Although they may seem cute, do not feed wild animals and most importantly, make sure to have your pets vaccinated.

For more information visit https://www.niagararegion.ca/living/health_wellness/disease-prevent/rabies.aspx