



# St. Andrew Catholic School

May 2025

## School Information

**Principal:** Mrs. M. Ruggi Dietsch

**Superintendent of Education:** Mrs. K. Kinney

**Website:** <https://schools.niagaracatholic.ca/standrew/>

**Instagram:** @standrewjags16

**Location:** 16 St. Andrew Street Welland L3B 1E1

**Phone:** 905-732-5663

## Principal's Message

In May we are surrounded by the beauty of dormant plants beginning to grow, new seedlings spouting out of the ground, and beautiful colourful flowers appearing in gardens. Thus, it is no surprise that May is also the month devoted to Mary, Jesus' mother. She is a role model to all of us because of her purity, love for her Son, and devotion to God's will. During the month of May we will honour the Blessed Virgin Mary. This month, we also celebrate Mother's Day on Sunday, May 11th. Wishing all Mothers, Step Mothers, Grandmothers, God Mothers and anyone in that role a Happy Mother's Day. Thank you for all that you do! May God Bless you.



Mrs. M. Ruggi Dietsch

## Important Dates

Please note the following dates:

- Book Fair- April 28th - May 2nd



- May 1 - Grade 7 Vaccines
- May 1 - 4:00 pm - 5:00 pm Book Fair Open for parents
- May 4 - Grade 2 First Holy Communion
- May 5 - Wear Red Day
- May 5 - Music Monday
- **May 5 - 9:45-10:30- Mrs. Recine's Parents visit in the Library**
- **May 5 - 10:40-11:25- Mrs. Krajcovic's Parents visit in the Library**
- **May 5 - 12:05-12:45- Mrs. Ciccone's Parents visit in the Library**
- May 5 - Dr. Jean Clinton at Denis Morris High School
- **May 6 - 10:15 - 11:15 Mrs. Brown and Mrs. DellaSmirra's Parents invited to classroom**
- **May 6 - 12:25 - 1:25 Mrs. Naccarato, Mr. Dosa, Mr. MacLeod and Mrs. Infusini's Parents invited to classroom**
- May 6 - Celebrating Excellence 6 pm
- May 7 - Leadership Symposium
- **May 7 - Kindergarten Parents Visit in classroom 2:15 pm - 3:15 pm**
- **May 8 - 12:10 - 1:25 Mrs. Hominuk and Miss Stoddart's Parents invited to classroom**
- May 21- Grade 4 - 8 students attend Track and Field at Notre Dame
- May 30 - Kindergarten Crowning of Mary 9:35 - all welcome to attend
- May 30 - Grade 4-8 - 12:15 pm Living Rosary - all welcome to attend
- June 19 - Grade 8 Graduation

**Remember!**

## Grade 2 First Holy Communion



On Sunday, May 4th, at the 11:00 a.m. Mass, our Grade 2 students will receive their First Holy Communion at St. Andrew the Apostle Church. Surrounded by family, friends, and parishioners, these young students will receive the Eucharist for the first time. This is a beautiful and important milestone in their faith journey. Please consider joining us in prayer and support as these children on this joyous occasion.

## St. Andrew the Apostle Catholic Church

Father Paul has introduced a Late Saturday Evening Mass. This Mass is intended to help those who may not have an opportunity to attend Regular Saturday or Sunday Mass due to work or other commitments. Mass will now be celebrated every Saturday at 8:15 pm at St. Andrew's Church.

### Weekend Mass Times:

**Saturday:** 5:00 pm & 8:15 pm

**Sunday:** 9:00 am and 11:00 am

**Confessions** - Monday to Friday 8:00 - 9:00pm Confessors include: Fr. Stuart MacDonald, Fr. Jacek Kryn, Fr. Daniel Corso, Fr. Janusz Roginski, Fr. Robert Novokowsky

**Saturday:** 4:15pm - 4:45 pm

**Sunday:** 10:10a. - 10:40 am





**Catholic  
Education** |   
**PILGRIMS  
OF HOPE**

## Catholic Education and Mental Health Week

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. (from Vatican News, a short video on the history of the Jubilee/Holy Year: <https://x.com/VaticanNews/status/1783768498885275868>)
- 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:

Day 1: By honouring human dignity / Honorent la dignité humaine

Day 2: By caring for creation / Prennent soin de la création

Day 3: By responding to the poverties in our world / Luttent contre les pauvretés

Day 4: By serving in solidarity / Servent en solidarité

Day 5: By living as peacemakers / Vivent en artisans de paix



Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources, as well as our own developed activities, we have prepared a series of activities, which will highlight how the students and staff at our school are being *Pilgrims of Hope* together.

We hope to see many of you during our school celebrations!

# Parent Engagement

presentation

## Youth Addictive Behaviours

with Dr. Jean Clinton, MD – Child Psychiatrist,  
Knowledge Translator, and Clinical Professor at McMaster University.



Niagara Catholic  
District School Board



Niagara Catholic  
Parent Involvement  
Committee



**Dr. Jean Clinton** is a child psychiatrist at McMaster Children's Hospital and a senior scientist at McMaster's INCH Lab. She holds appointments in Pediatrics, Family Medicine, and Child Psychiatry at both McMaster and the University of Toronto. With nearly 30 years of experience consulting in child and youth mental health, child welfare, and primary care, she was recently named an education advisor to Ontario's Premier and Minister of Education.

**Monday May 5 • 7-9 PM**  
**Denis Morris Catholic High School**  
40 Glen Morris Drive, St. Catharines

Registration is required for this event as seating is limited.  
Registration will be open until Friday, April 30, 2025.

[CLICK HERE TO REGISTER](#)

## May is Speech & 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](http://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](http://www.asha.org/public), Speech-Language & Audiology Canada (SAC) [www.maymonth.ca](http://www.maymonth.ca) or <https://identifythesigns.org>.

## Niagara Region Public Health School Health Newsletter

### 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:

- Squinting or holding objects close to the eyes
- One eye that turns out or in
- Blinking often
- Rubbing, tearing, itchy or burning eyes
- Turning or tilting the head to the side often
- Reporting blurry or double vision
- Covering or closing one eye
- Reporting headaches, nausea or eye strain

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



### Welcome to Kindergarten!

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:

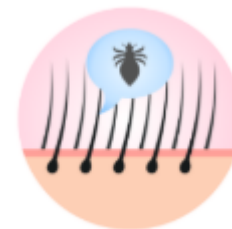
- [Childhood illnesses and diseases of public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)

- [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](#)

## 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. For more information you can email [youth.vast@camh.ca](mailto: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](https://www.niagararegion.ca/living/health_wellness/disease-prevent/rabies.aspx)

## Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine



2023-2024 Called by Name: Hear My Voice

**2024-2025 Called by Name: Follow Me**

2025-2026 Called by Name: Go and Make Disciples

When Jesus says "Come, follow me," He's doing more than just asking us to walk with Him. He

is asking us to become a part of something bigger. Imagine you're invited to join an adventure

where you learn new things and grow in ways you never thought possible. Following Jesus means we get to learn from Him how to be more loving, forgiving, and courageous. It's like being part of a great story where each of us has a special role. As we follow Jesus, we discover our own strengths and talents and find joy in helping others. So, when we hear His invitation, it's a chance to embark on an exciting journey of faith and make a real difference in the world!



## St. Andrew Balanced Day Schedule

9:05 am Supervision Begins

9:15 am Entry Bell

9:15 am-11:25 am Instructional Block 1

11:25 am -11:45 am Recess

11:45 am -12:05 Nutrition Break1

12:05 am- 1:25 pm Instructional Block 2

1:25 pm - 1:45 pm Recess

1:45 pm-2:05 pm Nutrition Break2

2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

## Respectful Interaction at St. Andrew

St. Andrew is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community. Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated. While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.

## Cell Phones at School



Earlier this spring, the Ministry of Education issued new requirements for school boards to follow to ensure the health, safety, and well-being of everyone in our schools. This involves the use of cell phones and vaping. At St. Andrew, students from Kindergarten to Grade 6 will not be required to use cell phones for academic purposes. Therefore, there is no need for these students to bring a cell phone to school. Each classroom as well as the main office, has a telephone for issues that require a more immediate response. Grade 7 & 8 students who bring their cell

phones to school must have the phone stored out of view and turned off during the instructional day. They may only use it if their teacher permits it for learning. Any student that requires a cell phone for health or medical purposes, or to support special education needs are permitted to use their cell phone as necessary with prior permission. At St. Andrew, each Grade 7 & 8 teacher will have a place for students to store their phone for safe keeping during non-instructional times. If a teacher sees a cell phone that is not stored out of view, students will be required to hand in their device in for the instructional day. The cell phone will be placed, by the student, in a secure storage area designated by the principal. If a student refuses to hand in their personal mobile device, the Ministry requires that the student be sent to the principal's office. Consequences for failing to hand in their phone is at the principal's discretion. School boards are now required to disable access to social media platforms on school networks and board devices. 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.

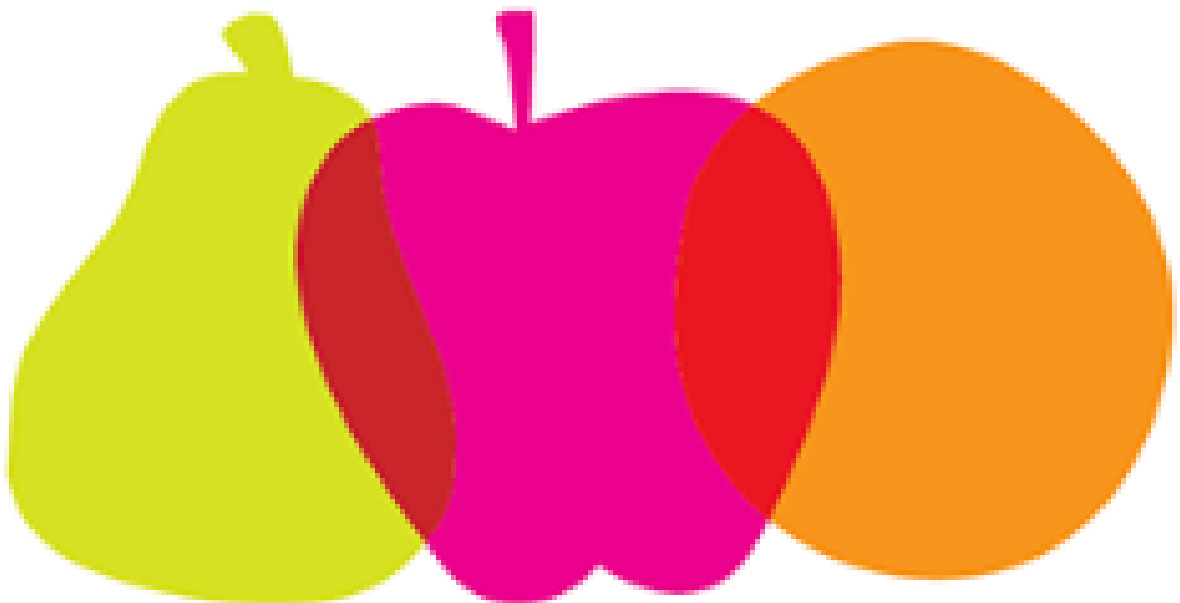
## ECO News

Our ECO Team wants to help better the environment and try to reduce waste and single-use plastic. Each Wednesday we are encouraging our St. Andrew community to pack a waste free lunch! This may include a reusable water bottle, packing snacks in containers or using reusable cutlery. These small initiatives can help protect our Environment! Thank you, from the ECO Team.

### Easy Litterless Meal Ideas



1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.



# Niagara Nutrition Partners



# Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At St. Andrew School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

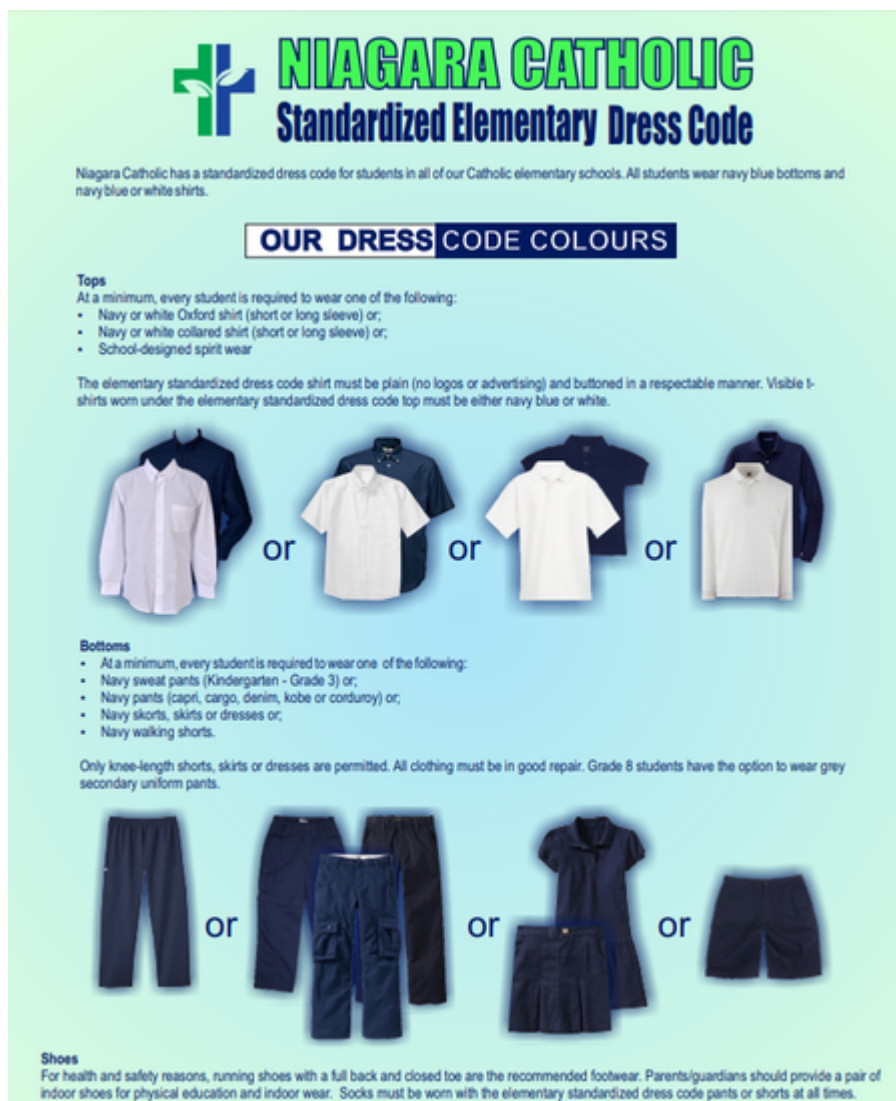
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

## Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



**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 (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts 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. Socks must be worn with the elementary standardized dress code pants or shorts at all times.

# Spirit Wear

## ST. ANDREW JAGUARS 2024-2025 SPIRITWEAR

### Cotton/Poly Jersey Style Polo Shirt

Embroidered  
with  
St. Andrew  
Jaguars Logo  
on Left Chest



White



Navy

Youth #8800B  
\$20.49  
Adult #8800  
\$20.49

Available  
Colours:  
Navy &  
White

### Core 365 Dri-Fit 100% Polyester Polo Shirt

Youth #88181Y Ladies' #78181 Adult #88181

Embroidered  
with  
St. Andrew  
Jaguars Logo  
on Left Chest



Navy



White



Navy

\$29.95  
Same Price  
for all Sizes

Available  
Colours:  
Navy &  
White

### 50/50 Pull-Over Hooded Sweatshirt, 13.0 oz.

Printed  
with  
St. Andrew  
Jaguars  
Logo  
on Front



Navy



Dark Heather



Navy

Youth  
#18500B  
\$32.95  
Adult  
#18500  
\$34.95

Available  
Colours:  
Navy &  
Dark Heather

### 50/50 Full-Zip Hooded Sweatshirt, 13.0 oz.

Embroidered  
with  
St. Andrew  
Jaguars Logo  
on Left Chest



Navy



Dark Heather



Navy

Youth  
#18600B  
\$39.95  
Adult  
#18600  
\$42.95

Available  
Colours:  
Navy &  
Dark Heather

Order On-Line at [www.bigbearspiritwear.com](http://www.bigbearspiritwear.com)

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Ph: 905-357-7132  
[csr@bigbearspiritwear.com](mailto:csr@bigbearspiritwear.com)



School Apparel - Gradhoodies

Big Bear Spirit Wear, a board-approved supplier for spirit wear items will now supply St. Andrew School Spirit Wear. They offer a wide range of dress-code approved items through their online store at: <https://www.bigbearspiritwear.com> Students are allowed to wear the Jaguar hoodie to school and these are a worthwhile purchases for the cold weather months. Please label all clothing

items that come to school so that we can return all misplaced items to the correct person. Please note items may not yet be visible on the website.

## Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

## Student Supervision

Students are able to come into the school at 9:00 am. Please note that supervision is not provided prior to this time.



# Safety - Drop Off & Pick U

**Morning Drop-Off:** Please be advised that parents are not to use the front driveway for drop-off until after 9:20 AM. This restriction is necessary to avoid congestion and ensure the safety of our students and staff, as it allows our buses to operate without obstruction. Additionally, students should not be using the front door in the morning; they are to go to their assigned doors for entry until 9:20 AM.

**Afternoon Pick-Up:** If you need to pick up your child between 2:45 PM and 3:30 PM, kindly park on the road. This will enable our special education buses to maneuver in and out of the driveway without any issues.

Your cooperation in following these guidelines is greatly appreciated and will contribute to a safer environment for everyone.

Thank you for your understanding and support.

## Medications & Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that St. Andrew Catholic School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



## Nut Free School Lunches and Tips for Packing Lunches



The challenge for all parents is to send foods that are nutritious and nut free and that will keep our kids energized and alert at school all day. They also need to be tasty, so that our kids will actually want to eat them! Those can feel like competing goals at times. Here are tips for making school lunch easier:

1. Try to include a variety of colours and textures to make the food appealing to kids. You want them to actually eat what you've packed!
2. Use up those dinner remnants. Brown rice can be tossed with black beans and served at room temperature. Cooked pasta can be transformed into a pasta salad. Chicken can be sliced and wrapped up in a tortilla with lettuce and veggies.

3. Include a sweet treat that is healthier than pre-packaged foods. Homemade granola bars, whole wheat muns, or even homemade doughnuts are fun treats that are worlds better than anything you can buy at the store!

4. No matter what, always make sure lunch is balanced by including fruit, vegetable, protein, and carbohydrate!

# STUDENT ATTENDANCE and SAFE ARRIVAL

St. Andrew Catholic School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

- 1) Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.
- 2) Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.
- 3) The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

## REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



## School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters



