St. Michael's Catholic School

February 2023 Newsletter

St. Michael's School is a Peanut/Tree Nut Safe School February 2023

Principal's Message

The month of February is filled with many celebrations. Together as a school community we are excited to celebrate Black History Month. Every February the students take time to honour the legacy of Black Canadians and their communities.

Lent also begins on Ash Wednesday, February 22nd. Christians commemorate the season of Lent as a preparation for the greatest feast in the Christian Church – Easter. We prepare with fasting and denial before the celebration of the paschal mystery of Easter. Lent is about altering one's mind-set toward whole new ways of thinking and acting, with prayer, care for our neighbour and repentance for our sins. We also celebrate Valentine's Day on February 14th.

Let's Celebrate Love:

May you enjoy all the streams of love that flow into your life;
The love from family and friends;
The love from parents and children;
The love from pets;
And the love from God.
Celebrate love all day long. For it is the breath of your existence. And the best of all reasons living.

Mrs. Kerri Lomax, Principal

Parish Information

St. Michael the Archangel
204 Alder Street West, Dunnville
905-774-6972
Father Manuel
All are welcome to attend:
Saturday – 5 pm
Sunday – 8:30 am or 10:30 am

Absent/Late Students

If your child will be absent or late for school please call the office before 9:00 am at **905-774-6052**

Board Website

www.bhncdsb.ca

Please view the Board's website for important information. The website includes calendars, Board policies and other useful information.

Follow us on Twitter

See what is happening at St. Michael's School @stmcatholic

St. Michael's Catholic School
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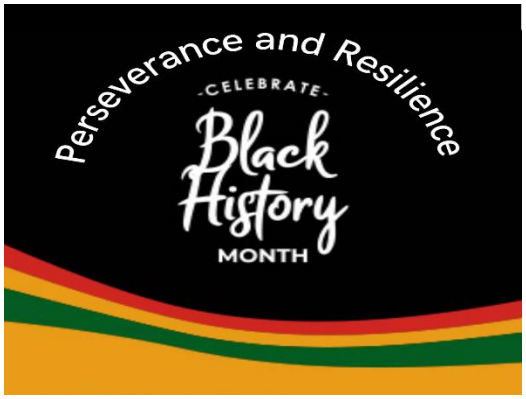
Dunnville, ON N1A 1R3
(905) 774-6052
www.stmichaeldunnville.ca
@stmcatholic
ZONE 2
Principal: Mrs. K. Lomax
Secretary: Mrs. I. Bowden



School Bell Times

8:50 am: School Begins
10:30-11:10 am
1st Nutrition Break
12:50-1:30 pm
2nd Nutrition Break
3:10 pm
School Dismissal

Black History Month

BHNCDSB is committed to providing inclusive and equitable education. We want every student to feel welcome and have every opportunity to succeed, as this aligns with our Board theme "*We are Many, We are One*". Celebrating Black communities is celebrating an important part of the cultural mosaic that is Brant Haldimand Norfolk Catholic District School Board community. Our Black History Month theme is "**Perseverance and Resilience**".

During Black History Month, the schools of BHNCDSB celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Students will be given many opportunities to learn, reflect and recognize the accomplishments and achievements of Black communities while honouring the challenges, obstacles, and adversities.

Report Cards

Students in all grades will receive their report cards on Monday, February 6th. Please be sure to check backpacks. Teachers or parents may request and arrange an interview or call the teacher for more information than the report card provides. Please remember to sign the third page of the report card and return it to the teacher.

St. Valentine's Day – February 14

We will celebrate St. Valentine's Day on Tuesday, February 14th. Students are asked to wear red or pink clothing on this day. Students are welcomed to bring cards or store-bought treats to share with their friends.

Family Day – February 20th

School will be closed on Monday, February 20th for Family Day. Enjoy a long weekend with your family!

Pancake Tuesday – February 21st

The Parent Council will be making and delivering pancakes to all the student during the morning. Please remember to still pack a lunch and snacks for your child(ren) this day.

MARK YOUR CALENDARS

Family Day
February 20

March Break
March 13th – 17th

PA Days
April 21
June 2 & 29

Easter Celebrations
Good Friday – April 7th
Easter Monday – April 10th

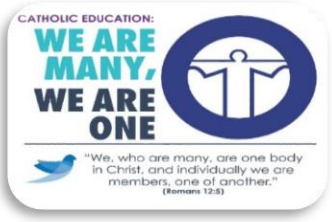
Grade 8 Grad Photos
April 25th

Parent Council News

The next meeting is scheduled for Monday, February 27th at 4:30-5:30 pm

Pizza Days This Month

February 2
February 9
February 16
February 23



BHNCDSB Artwork Auction

Staff and students from BHNCDSB, including some of our own St. Michael's students have painted beautiful folk art pieces that are being auctioned off. The funds raised will be donated to St. Vincent de Paul, art camps and Lynnwood Arts. We are so proud of our very talented students.

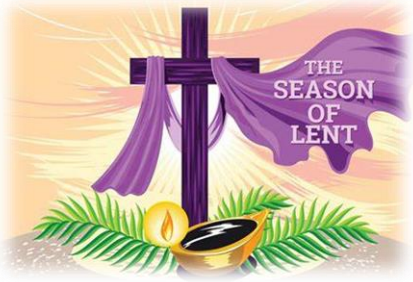
Kindergarten Registration Continues

If you have a child who will enter JK in September 2023 (born in 2019) please contact the school as soon as possible. Registration is now online at CatholicEducation.ca until February 24th. Please have photos of your child's birth certificate, baptismal certificate and proof of address (Driver's License is not acceptable) saved prior to starting the online registration. If you have any questions, please do not hesitate to call the office 905-774-6052.

Ash Wednesday and Lent Offering

Lent begins on Ash Wednesday, February 22 and invites us to make our hearts ready for remembering Jesus' passion and celebrating Jesus' resurrection. Although a solemn time, it is also a hopeful, expectant time of prayer and fasting before acknowledging and celebrating Jesus' death and then His subsequent resurrection on Easter. This year our school, along with fellow BHNCDSB schools will be participating in the Lent campaign. The purpose of this campaign is to support our St. Vincent de Paul Society to help meet the needs of our neighbours in need in Haldimand County. The Lent 2023 campaign will begin on Ash Wednesday and conclude on Holy Thursday (Feb. 22—April 6). Collection items have been predetermined in conjunction with the St. Vincent de Paul Society. Gift cards and online cash donations are always welcome to help purchase fresh foods.

1. Collection of Personal Care Items: Shampoo, Body Wash, Deodorant, Tooth paste, Toothbrushes, Larger sized toddler diapers
2. New or Gently Used Bedding: Sheets, Pillowcases, Blankets, Comforters, Mattress pads (especially single size which can be used for our "Bed for Every Child Program").
3. Specific Non-Perishable food items: Peanut butter, Canned fruit, Packaged rice (e.g. Uncle Ben, Bistro, etc. *nothing over 1 kg in size, please).



Pink Shirt Day – Wednesday February 22

Wednesday, February 22, is Annual Pink Shirt Day. It is important that we take a stand against bullying and break the cycle. We need to speak up when we see injustice toward others, whether it be at school, at home, or out in the community. We encourage everyone to wear pink on Wednesday, February 22nd to visibly demonstrate that we do not tolerate bullying of any kind. So, deck yourself out in pink!

Grade 8 Fundraisers

- Little Caesar's Pizza – ends on Feb 21st
- Valentine Candy Grams – sold Thurs Feb 9, Fri Feb 10th and Mon Feb 13th
- Popcorn – Bags of popcorn are being sold during nutrition break for $5. Sales start Friday Feb 3rd and will be every other Friday. Depending on demand this may increase to a weekly event.

  We appreciate any support you can to help our Grade 8 year end trip to Brock.

School Closures

Wondering why and how the decision is made to close schools? Check out the following video that shares the policy behind it. Link: https://www.youtube.com/watch?v=XSMg5bTRAzM

St. Michael's is in Zone 2. On inclement weather days, check your email and phone messages or twitter to find out if the school is open or closed

Assembly Award Theme for February

Each month we celebrate and honour our students who exemplify our monthly focus. February themes are:

Student of the Month – Active participation in the classroom and around the school

Monthly Trait – Perseverance

Subscribe to the Transportation Website to Receive the Latest Bus Updates:
www.transinfobhn.ca
www.stsbhn.ca

Visitors/Volunteers:
Parents/Guardians must sign in at the office.
Thank you.

Subscribe to the School Website:

stmichaeldunnville.ca

Sleep Hygiene
for your children

Set **regular sleep** and **wake** times

Keep a consistent **bedtime routine**

Keep **bedrooms cool** and **dark**

No screen time 1 hour before bedtime

School-aged children **need 9-12 hours** of **sleep per night**

Set **regular sleep** and **wake** times

Studies have shown that children who practice good sleep hygiene have improved mood, attention, behavior, learning, memory and overall better health.

Health and Social Services Haldimand and Norfolk

Health and Social Services Haldimand and Norfolk

Let's get moving!

HEALTHY SCHOOLS HALDIMAND-NORFOLK

Physical activity has been shown to have a positive impact on a academics, cognition, emotional regulation, social behaviours, physical health and over all quality of life

A healthy 24 hours includes:

SWEAT: At least 60 minutes per day of moderate to vigorous physical activity
STEP: Several hours of a variety of light structured and unstructured play
SLEEP: 9 to 11 hours per night for children 5-13 years of age
SIT: No more than 2 hours per day of recreational screen time

https://csepguidelines.ca/guidelines/children-youth/

Work towards these guidelines together by choosing activities that everyone enjoys

Activities to get everyone moving this winter

- sledding, skiing, skating
- trail walks, outdoor scavenger hunt
- build a snowman or snow fort
- blow bubbles and watch them freeze
- snow soccer
- indoor dance party night
- indoor obstacle course
- floor is lava competition