

# March 2023 Newsletter



**Principal**  
**Mrs. M. Petrella**

**Secretary**  
**Mrs. E. Mertens**

**St. Michael's Catholic  
School**

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## March Break

March Break will be the week of March 13th to the 17th. All students will return to school on Monday, March 20th. Enjoy the well deserved break.



## Kindergarten and Student Registration

If you know of any families who have moved into our area, they can still register their child/ren Online at the School Board Website. You can visit [www.bhncdsb.ca](http://www.bhncdsb.ca) for more information or call the School Board office at 519-756-6369 on how to register your child. Please spread the news of the registration to other families!



## Subscribe to our School Website

Did you know that [www.stmichaelwalsh.ca](http://www.stmichaelwalsh.ca) is where our newsletters and information is posted? Have you subscribed? Check out the school webpage for the Twitter feed to see what's happening in and around the school.

## Parent Information

Please notify the school as soon as possible when you have had a change to your phone number or email. This is very important for the school to have in case of emergencies.



**Parish Information**  
**St. Michael's Catholic Church**

**Pastor:** Father Seejo John  
**Parish Priest:** Father Thomas Kuriacko

**Masses:**

- Sat 5:00 Sacred Heart Langton
- St. Michael's Walsh
- Sun 8:30 Sacred Heart Langton 10:30

### Grade 8 Graduation Photos

Grade 8 Graduation Photos will be held on Tuesday, March 21st at 9:00 a.m. Please mark your calendars!!



### Basketball Tournament

Congratulations to the girl's and boy's basketball teams who represented our school at the Board Tournament on Tuesday, January 31st at Holy Trinity. Well done Warriors!!!

Teams members for the girl's team were: Bo. C., Megan B., Ava D., Bella D., Alexa D., Vanessa D., Ellie F., Brienna H., Haven J., Gabby L., Allie M., Wren M., Emily O., and Selena S.

Boy's team members were: Jordon D., Chase H., Alex H., Jesse H., Ryan J., Bruce P., Aidyn R., Noah S., Zachary S., Nash V., Ronny A., and Lucas V.

Thanks to Mrs. Carter and Mr. Loncke who worked very hard with the teams to prepare them for the tournament.



### Dental and Vision Screening

The Haldimand-Norfolk Health Unit will be visiting our school on Monday, March 6th, 2023. They will conduct dental screenings on selected grades and do vision screening for the Senior Kindergarten students only.

## March Spirit Days



Students will have the opportunity to participate in the following Spirit Days during the month of March:

Wednesday, March 1st, March 8th, March 22nd, and March 29th are Warrior's Day Black / Red

Thursday, March 2nd—Superhero Day

Friday, March 10th—Pyjama Day

Thursday, March 23rd—Wacky Hair Day

Monday, March 27th—Colour Day

## Free Throw Competition

Students from Grade 5 to 8 participated in the school free throw competition in January. Winners were: Olivia D., Brienna H., Ava D., Bella D., Cruz H., Noah S., Zachary S., and Bruce P.

The winners advanced to the next level of competition held on January 28th in Port Dover and we had three winners from our school. Congratulations to Olivia D., Ava D., and Cruz H. who participated in the zone level on February 18th.

*congratulations*

## Student of the Month Awards

Congratulations to the following students for receiving awards for Being a Responsible Citizen for the month of January: Brady F., Tom W., Lincoln W., Remy P., Liliana S., Matthew O., Alicia D., Noah S., and Gabby L.

## School Spirit Wear

We will be selling school spirit wear in the near future for you to purchase!! More information will follow.

## Health Unit News

### A positive relationship with food can improve mood, self-esteem, and body image.

#### Help your child feel confident in their eating abilities:

- Refrain from labeling foods as “good/bad,” “healthy/unhealthy,” or “healthy/junk.” Instead, call foods by their name. E.g., apple, cookie, spinach, ice cream.
- Trust your child to decide if and how much to eat. As the adult/caregiver, focus on your role - You decide what to serve, when and where.
- Talk about our bodies positively and focus on what they can do vs. what they look like.

Pick one or two of these tips to practice at home this month and beyond.

Looking for more support when it comes to food and nutrition?  
Call Health Connect toll-free at 811 and ask to speak with a Registered Dietitian.



Health and  
Social Services  
Halimand and Norfolk

## Volleyball Tournament

The Board Volleyball Tournament will take place on Tuesday, April 4th at Holy Trinity in Simcoe. (Cancellation date will be Thursday, April 6th) We wish both the boy's and girl's team good luck. Thanks to Mrs. Carter and Mr. Loncke for coaching the teams.



## Chocolate Bar Fundraiser

Thank you to everyone who participated in our Chocolate Bar Fundraiser!! Please return the money and any unsold chocolate bars to the school as soon as possible so that we can complete this fundraiser.

