

# MARCH 2024 NEWSLETTER



17 Brant Street, Cayuga ON• 905.772.3863•

[www.ststephencayuga.ca](http://www.ststephencayuga.ca) @stscatholic - ZONE 2

Principal: J. VanLeuvenhage

Secretary: Irene Bowden  
Karen Leedale

## Principal's Message

Dear Families,

Our Lenten season is upon us. We were blessed to begin this important liturgical season as a school community with Father Ronald sharing in the liturgy of the word and receiving ashes on Ash Wednesday. Lent is a very important season for us in our faith. It is the season where we spend 40 days preparing our hearts to celebrate the joy of the Resurrection! During Lent, we practice fasting, praying and almsgiving. Choosing to go without something reminds us of our dependence on God and of the sacrifice Jesus made for us. It also teaches us to live in solidarity with our neighbours in need. Praying allows us to grow closer to God. Giving enables us to share what we have. Lent invites us to think about how we can help to create a more just world.

During the liturgical season of Lent, we are naturally drawn to the call of Almsgiving. Within the school, we will continue our conversation and learning with our students of 'why' it is important to support others during the season of Lent. We are called to put our faith into action to help our neighbours in need. What we message out, display, pray and teach can foster this learning and further the understanding of our Catholic call to action. Again this year, we have begun a collection of caring where donations will support our local food bank. We are collecting the following items during the month of March: cereal (e.g., boxed cereals, oatmeal, etc.), pasta (e.g., spaghetti/noodles, Kraft Dinner, etc.), canned goods (e.g., soup, canned vegetables, etc.) and toothbrushes and toothpaste. As well, you may wish to donate a gift card from a local grocery store or make a cash donation. Please give as generously as your situation allows.

Thank you for your continued support.

God bless,

Jeff VanLeuvenhage,  
Principal



# **SPEAK UP**

**Do you want to report  
a concern about student  
or school safety?  
Please **SPEAK UP!****

Scan the QR Code or follow the **SPEAK UP** button  
on your school website to access the anonymous  
reporting tool.

**Important:** Speak Up is not monitored 24/7 and does not replace  
urgent or emergency services. If there is an emergency, call 911.



BRANT HALDIMAND NORFOLK  
Catholic District School Board

## **INCLEMENT WEATHER– SCHOOL CLOSING OR BUS DELAYS**

[www.stsbhn.ca](http://www.stsbhn.ca)

**St. Stephen's School is Zone 2**

Student Transportation Services of Brant Haldimand and Norfolk has developed a website which contains information on bus cancellations and delays. This site can be accessed either through the Board's website [www.bhncdsb.ca](http://www.bhncdsb.ca) (under the Parents tab) or directly through your browser to [www.stsbhn.ca](http://www.stsbhn.ca). Once you have entered into the Transportation's website, click on the "**Cancellations– Closures Morning Fog Delays**" icon, which is on the top left corner of the page. This will tell you:

- A) What routes have been cancelled/delayed on any given day;
- B) When a zone is cancelled or delayed, it will flash and read "**Cancelled**" or "**Fog Delay**".

**Please note when transportation is cancelled in a zone, the schools in that zone are closed.**

St. Stephen's is a Zone 2 school. If bus transportation is cancelled in Zone 2 please check the **board website** for cancellations and/or **listen to local radio stations**. St. Stephen's will **be closed** for students and staff. Decisions to cancel or delay transportation will be made prior to 6:30 a.m. and be announced prior to 6:45 a.m. Please check the board website for delays or cancellations or listen to the local radio stations. Thank you for your attention to this very important safety concern.

## **ALLERGY ALERTS!**

### **St. Stephen's is a NUT FREE building.**

There are students in our school with life threatening allergies to peanuts, and tree nuts. Even a trace amount from peanut/nut products or food that has come in contact with a peanut/nut source (cross contamination) can result in a life threatening anaphylactic reaction. The most serious reaction being respiratory difficulties, blockage of the airways, which if not medicated immediately, can lead to death.

To provide the minimized allergen environment, we need the support and cooperation of the parents/guardians and the school community. Students are asked to bring lunches and snacks free of peanuts and tree nuts as well as products that have the "may contain peanuts/tree nuts" warning on them. In keeping with Board policy, no peanut butter substitutes are permitted (e.g. 'Wow Butter'. Please read labels before sending food to school. Keep in mind not all packaging is clearly labelled with the warning. Truly, this is a life saving measure. If you have caregivers who provide your child with lunches or snacks we encourage you to share this information with them.



We realize this request may require added planning and effort on your part when packaging your child's lunch and snacks, however, we wish to express our sincere appreciation for your support and cooperation. We cannot guarantee a nut free environment for students nor an "allergen free" area at our school, but with your help we can make our school as safe as is reasonably possible in this regard.

Thank you for your cooperation with keeping our students safe.

## Boundary Review Committee

Due to the building of Pope Francis Elementary School, the new school to be built in Caledonia, there is a Boundary Review Committee that will be formed in March. If anyone is interested in being a part of this committee, please contact the school @ (905) 772-3863 as soon as possible as there are limited seats available on this committee. We will require your full name and email so that if selected, you can be contacted to join any boundary meetings that take place.

Thank you for your attention to this.

## Basketball Tournament

On January 30th, the boys and girls basketball teams travelled to Holy Trinity to compete in the Board Tournament. Students represented St. Stephen's well demonstrating good sportsmanship and fair play. Congratulations to both teams on a job well done.



### **Boys Basketball Team Members:**

Reed B, Dylan S, Jaxon D, Vinny H, Lincoln F, Logan F, Jack M, Sabastian R. and Colton S.

### **Girls Basketball Team Members:**

Selena P, Bentlea H, Aurora B, Liv I, Helaina M, Taegan S, Hannah C, Kiera L, Madison L & Ella H.

A special thank you to Mr. Bortolotto, Mrs. Sabastiano and Mrs. Komadoski for giving of their own time to coach the teams.



# 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 Heath Connect toll-free at 811 and ask to speak with a  
Registered Dietitian.**

**Health and  
Social Services**  
Haldimand and Norfolk

## Lunch Monitor Needed

Do you know anyone who would be interested in taking on the role of lunch monitor at St. Stephen's school? This paid position requires up to 2 hours of indoor and outdoor supervision per day during the regular work week (M-F). This role can also be shared between multiple people if it better suits one's lifestyle. If there is a parent or grandparent who would like to spend an hour a day each morning or afternoon at school?

If you are interested in this opportunity, or would like more information regarding pay rate, commitment, etc. please contact the school at your earliest convenience. We would love to have your help!