



St. Dominic Catholic School

515 Hartsdale Avenue

Mississauga, Ontario L5G 2G7

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st.dominicinfo@dpcdsb.org

March 2025 Newsletter

L. Mundy

Principal

J. Kalynowsky

Secretary

D. Radic

Superintendent

Mississauga South

M. Pascucci

Trustee

Mississauga Wards 1 & 3

mario.pascucci@dpcdsb.org

Fr. Terry Dias

St. Dominic Church

(905) 278-7762

Dufferin-Peel Catholic District School Board

(905) 890-1221

www.dpcdsb.org

Twitter: @DPCDSBSchools

Instagram: dpcdsb.schools

School Hours

8:15 Supervision Begins

8:30 Entry Bell

10:30 Morning Recess

11:25 Lunch

12:25 Afternoon Bell

1:50 Afternoon Recess

3:00 Dismissal

FOLLOW US

School Website

<https://www.dpcdsb.org/DOMNC>

School Twitter

@StDominicDP



God of goodness and mercy,

Hear our prayer as we begin this Lenten journey with you.

Let us be honest with ourselves as we look into our hearts and souls, noticing the times we turn away from you.

Guide us as we humbly seek to repent and return to your love.

May humility guide our efforts to be reconciled with you and live forever in your abundant grace.

Transform us this Lent, heavenly Father.

Give us the strength to make ourselves fully available to you every day as we prepare for Easter.

Amen.

The Virtue of the Month
for **March is Kindness.**
God wants us to give generously to others around us.

Virtue Award
Winners



Every month, during a Virtue's Liturgy, we will recognize students that have demonstrated an outstanding dedication and commitment to the month's virtue as witnessed in our classroom and school community. Congratulations to the following students who have been recognized for **The Catholic Virtues in Action Award.**

**February's Virtue of Respect
Winners:** Mukeni W., Leo K.,
Stephen M., and Miles L.



We place **Pope Francis** into Your hands, trusting in Your eternal care. May he be comforted by the love of the Church and the prayers of all the faithful. We ask, through the intercession of the Blessed Virgin Mary, that his recovery be swift, and his spirit be strengthened in Your peace. May Your will be done in his life, O Lord, and may Your healing power be with him always.

Upcoming Important Dates

March 4th	Shrove Tuesday
March 5th	Ash Wednesday Catholic School Council Meeting 6:30 pm (CANCELLED—Rescheduled for March 19)
March 6th	Graduation Pictures for Grade 8 students The Great Big Crunch 
March 10th – 14th	March Break (schools are closed) Any personal items that were sent home (e.g. indoor shoes—please return on Monday).
March 17th—21st	World Water Week
March 17th	St. Patrick's Day—we invite you to wear green!
March 18th	Lock Down Practice
March 19th	The Great Gulp Catholic School Council Meeting 6:30 pm Library
March 21st	Earth Hour / World Down Syndrome Day (wear a pair of mismatched socks)
March 25th—27th	Dairy Education Program Presentations
March 27th	Parent Engagement "Brave" - See flyer
March 28th	Virtue Celebration for students
April 1st	Vaccine Clinic Round 3—Grade 7 and 8
April 2nd	Lenten Mass 9:15 am
April 3rd	Communion Bead Making—Grade 2
April 10th	Rosary Apostolate
April 11th	Lenten Confessions at St. Dominic School
April 13th	Palm Sunday 
April 17th	Holy Thursday Stations of the Cross for students 
April 18th	Good Friday (no school)
April 19th	Easter Sunday
April 20th	Easter Monday (no school)
April 27th	First Communion at St. Dominic Parish
April 28th—May 2nd	Jungle Sport (St. Dominic School Gym)
April 30th	Virtue Celebration for students
May 1st	Rosary Apostolate Confirmation Workshop (Grade 7 students)
May 4th—10th	Catholic Education Week 2025 Pilgrims of Hope

School Attendance

Using SafeArrival, Parents/Guardians are required to report their child's absence, late arrival or early departure using **one** of these three methods:

- **Toll Free # 1 (844) 435-3440**
- **SchoolMessenger** go.schoolmessenger.ca
- **SchoolMessenger App (blue icon)** from the *Apple App Store* or the *Google Play Store*.

These options are available 24 hours/day, 7 days/week. Future absences can be reported at any time using this system. For more information on how to report an absence using SafeArrival, visit: <https://www.dpcdsb.org/parents/absence-reporting>

Personal Lunch Orders

Some students have been ordering lunches from outside restaurants and are having them delivered to the school. Please note that in **an emergency situation where a lunch is forgotten at home, parents can have a lunch sent to the school. Students should not be ordering lunches themselves.** If you have any questions, please contact Ms. Mundy.

Is Your Child Having a Birthday?

We celebrate the birthdays of all students by wishing them a Happy Birthday on the morning announcements and by giving them a birthday pencil from the office. Please do not send in edible treats like cupcakes or cookies for your child's birthday. Unfortunately we are not able to share those with the students in the classroom. Thank you for your understanding and support.

Kiss and Ride

If you are using the Kiss and Ride in the morning or afterschool, please follow the procedures below so that we ensure the safety of our students, families, and staff.

- **NEVER LEAVE YOUR VEHICLE.** The Kiss and Ride is meant to keep traffic moving. It is not an area to park your car.
- Please have your children exit your car on the passenger side of your vehicle.
- Remind your children to use the cross walk and side walk areas after exiting your car.
- Please control your speed and be aware of students that may pop out in front of you.

Pick Up Arrangements and/or Daily Changes

If there are any changes to your child's pick up routine at the end of the day, please let your child know in the morning. We often have children not knowing how they're getting home. Please also communicate to your child's teacher either through note or agenda.

LET'S EAT A RAINBOW!!!

March is Nutrition Month! St. Dominic School is participating in a great, healthy initiative that is encouraging students to eat a rainbow. Beginning this week, we have had students share announcements that promote and encourage eating **fruits and vegetables**.

Every Friday, we are inviting staff and students to bring in a certain colour of fruit or vegetable. Let's see if we can meet this challenge!

Week of March 3rd—March 7th ... bring in a fruit or vegetable that is **red**.

Week of March 17th - March 21st ... bring in a fruit or vegetable that is **green**.

Week of March 24th - March 28th ... bring in a fruit or vegetable that is **yellow**.

Our Eco Team is happy to share the following initiatives this month!

The Great Big Crunch is a yearly moment in which children from across the country bite into apples in unison to celebrate Nutrition Month and call attention to the need for healthier food for kids.

Every student received an apple and we crunched our apples on **March 6th**!

During the month of March, people across Canada are invited to take part in **The Great Gulp** by taking a drink of tap water from a reusable bottle, glass, or mug, in regions where safe and healthy tap water is accessible.

We will be drinking from our own water bottles together on **March 19th**! This is the week (March 17th - March 21st) that we celebrate **World Water Week**!

Earth Hour is on Saturday March 22nd, however our school will celebrate and learn about Energy Conservation on Friday March 21st, along with **World Down Syndrome Day**.



Every year on **March 21**, people all around the world come together to celebrate World Down Syndrome Day by wearing brightly colored, mismatched socks. March 21 is symbolic because people with Down syndrome have 3 copies of their 21st chromosome. **WEAR YOUR MISMATCHED SOCKS!**

Thank you to our fabulous ECO Team and our Health and Wellness Team for engaging us in these great events!

St. Dominic Catholic School Council

St. Dominic Catholic School Council for the 2024—2025 School Year

Executive Council

Co-Chairs Natasha Kovar & Michelle Pellicori

Treasurer Brittany Janco

Secretary Gia D'souza

OAPCE Rep Cam Hyginus

Parish Rep Anastasia Lata

Community Rep Jessica Penim

Parent Members

Danielle Crnkovic	Tamara Parkes
Vicki Lefkaditis-Said	Shadia Bascom
Stephanie Pinto	Marlene Black
Hasdhy Maciel	Katarzyna Stoklosa

Teacher Reps Diana Frigo, Diane Paterson & Amanda Hewitt

Non-Teacher Rep Julia Kalynowsky



Our next Catholic School Council Meeting is on **Wednesday March 19th** at 6:30 pm. For those of you who are not able to join us in person, please join using the link below. **Join on your computer or mobile app.**

[Join the meeting now](#)

Meeting ID: 241 801 813 374

Passcode: GxfAdC

EQAO Live Webinar for Parents

EQAO staff will discuss math questions that Ontario students encounter when they participate in Ontario's large-scale assessments in Grades 3, 6 and 9.



During the webinar, EQAO staff will show how these math questions help assess the skills students are learning in their math classes. EQAO staff will also share valuable insights from the past three years of assessment results, which can help parents and guardians support their children's math learning.

To register, click on the links below.

Webinar Registration Links:

[Thursday, March 6, 2025 12:00 p.m. - 1:00 p.m.](#)

[Wednesday, March 26, 2025 6:30 p.m. - 7:30 p.m.](#)

NEW! - [Tuesday, April 1, 2025 12:00 p.m. - 1:00 p.m.](#)

Share Your Voice – OAPCE Parent Survey 2025

As part of our ongoing advocacy for parents in Catholic education, we want to hear from **you**! Your insights help us represent the voices of parents across the province in our regular meetings with the **Ministry of Education**.

Please take a few moments to complete our **OAPCE Parent Survey 2025** by providing short answers to the questions below. Your feedback will help us better advocate for the needs and concerns of all parents in Catholic education.

Thank you for your time and support. Your voice matters!

Ontario Association of Parents in Catholic Education (OAPCE)

[START SURVEY](#)

Kindergarten Registration for the 2025-2026 school year is now open

Kindergarten registration for the **2025-2026** school year at Dufferin-Peel Catholic District School Board (DPCDSB) schools is now open. The DPCDSB offers the Kindergarten program in 125 Catholic elementary schools in Mississauga, Brampton, Caledon, Bolton and Orangeville.

Parents/guardians can register online at dpcedsb.org. Registration is open to Catholic children and children of Catholic parents. Kindergarten students must be at least four (4) years of age by December 31, 2025.

The following documents are required to complete the registration process:

- Proof of age of the child
- Original Roman Catholic baptismal certificate (for child and/or parent/guardian) or original baptismal certificate from a church in full communion with the Holy See of Rome or an Eastern Catholic Church.
- Immunization Reference #'s from the local Public Health
- Proof of Canadian citizenship or permanent resident status
- Proof of home address
- Proof of English Separate School Support

Please refer to the [Register for School webpage](#) for accepted forms of documentation.

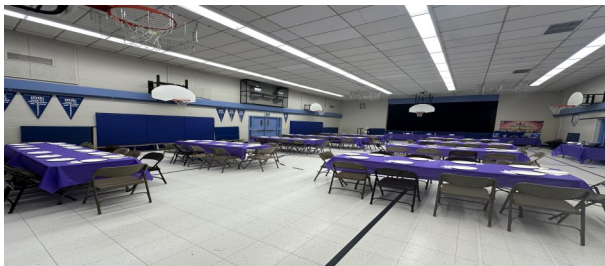
MESSAGE FROM OUR CATHOLIC SCHOOL COUNCIL

Dear St. Dominic Bulldogs,

On behalf of school council, we want to extend our heartfelt gratitude to our community for your contribution towards the Big Box Card fundraiser! As a result of your support, collectively our school sold a grand total of **301 BOXES!**

Congratulations to all the winners from our weekly early bird draws and to all of our grand prize winners. A big round of applause goes to our two top selling classes, Mrs. Rodrigues & Mr. Guadagnolo's class who have both earned a Pizza Lunch. Further information will be sent home to the students families from these classes shortly.

Once again, thank you so very much. May God continue to strengthen and bless the incredible staff and students of our school.



Thank you very much to our
Catholic School Council and
Parent Volunteers for such a
yummy Shrove Tuesday
Pancake Breakfast!





BRAVE
braveeducation.com



The Central Committee for Catholic School Councils
with BRAVE Education present:
Parent/Caregiver Workshop



SOCIAL WORKSHOP

Understanding Bullying

🕒 75 minute session

In this workshop:

- Parents and caregivers learn the difference between bullying behaviours and everyday conflicts.
- They evaluate an animated case study to apply their learning.
- They learn prevention strategies to reduce the chance of bullying happening and how to intervene if it occurs.
- They acknowledge the existence of confidence, discussing who has it, who has less, and how to instill confidence in their youth.
- They discuss practical communication methods to engage their youth.
- They learn our 3 communication steps: Walk Away, Talk Away, and Block Away.



Thursday March 27th

Cardinal Leger CSS

75 Mary St. Brampton

Doors open at 6:15pm

Presentation - 6:30 - 7:45

Light Refreshments Provided

Please register using the link below:

<https://forms.gle/M2397t45fQHFJ7XQ7>

Want to support your children from home?

Check out our free and purchasable resources at
braveeducation.com/parents



**Dufferin-Peel
Catholic District
School Board**

THE DUFFERIN-PEEL CATHOLIC DISTRICT SCHOOL BOARD'S
SPECIAL EDUCATION ADVISORY COMMITTEE INVITES YOU TO A:

COMMUNITY SUPPORTS & SERVICES

INFORMATION SESSION

A PARENT REACHING OUT EVENT TO SUPPORT FAMILIES OF STUDENTS WITH
A DEVELOPMENTAL DISABILITY, AUTISM OR PHYSICAL/MEDICAL DIAGNOSIS



WEDNESDAY, MARCH 26, 2025
7 PM - 8 PM

VIRTUAL PRESENTATION

LEARN ABOUT

- ✓ Community Supports & Services
- ✓ Service Coordination
- ✓ Funding Options
- ✓ Respite Care

REGISTER HERE

by March 24th, 2025



USE QR CODE OR
REGISTRATION LINK

For questions, contact
Fara Miranda Fernandes at 905-890-0708 Ext. 24011
Email: fara.mirandafernandes@dpacdsb.org





March 2025 School Health E-Blast from Peel Public Health

What you'll find in this edition:

For Parents & Guardians

- Vision Health
- World Sleep Day is March 14
- Preventing Tooth Decay

Vision Health

Identifying and treating vision problems early is important for a child's learning and quality of life. Young children often can't recognize or communicate vision problems. Regular eye exams for children can help detect eye problems early and help ensure they get the right treatment.

Ontario Health Insurance Plan (OHIP) covers free eye exams once a year for children 19 years or under. Every year, an optometrist should check your child to ensure good eye health and developmental progress.

Programs are also available to help pay for glasses for children:

- [Eye See...Eye Learn](#)
 - Gives free glasses to junior or senior kindergarten students after an eye exam with a participating optometrist. Check with your optometrist before your appointment to see if they participate in the program.
- [Ontario Disability Support Program](#)
 - If you are receiving income support from the Ontario Disability Support Program, you may be able to receive support with the cost of prescription glasses through the Vision Care benefit.
- Ontario Works
 - Ontario Works clients can get help paying for vision care for yourself and your family, including prescription glasses. This [short video](#) explains how.

Please visit the [Region of Peel's Child eye health webpage](#) for more information.

World Sleep Day is March 14

Why is sleep important?

Sleep hygiene, including a consistent bedtime and waketime, is important for healthy growth and development.

Good quality sleep:

- Is beneficial to mental health, physical health, and overall quality of life.
- Enhances learning and problem-solving skills.
- Is required to maintain the health of the body and brain.



Image Description: Child sleeping at a desk

Children who consistently get a good night's sleep:

- Are more creative.
- Can concentrate on tasks for longer.
- Have better problem-solving abilities.
- Are better able to make positive decisions.
- Are able to learn and remember new things.
- Have more energy during the day.
- Can create and maintain good relations with others.

Sleep tips:

- Keep to a schedule
- Develop healthy habits
- Avoid naps
- Create a relaxing routine
- Create a comfortable sleep environment

Visit [SickKids | About Kids Health](#) to learn more.

How much sleep does a child need?

The amount of sleep needed varies by age. Learn more by reviewing the [24-Hour Movement Guidelines for Children & Youth](#). Guidelines for adults can be found here: [Adults 18-64](#)

Preventing Tooth Decay

Tooth decay is the most common childhood chronic disease in Canada. Untreated tooth decay may lead to pain and infection. It may result in difficulty eating, speaking and learning.

To support children's oral health, Peel Public Health offers free dental services for eligible children 17 years of age and younger. These services include:



Image Description: A four year old child with tooth decay

- Dental screening in elementary schools and at Peel Public Health dental clinics
- Preventive dental services (e.g. teeth cleaning, dental sealants and/or professionally applied topical fluoride) at Peel Public Health dental clinics and in some elementary schools with high dental needs

For more information or to book a free dental screening appointment, call Peel Public Health at 905-799-7700.

To help prevent tooth decay, encourage kids to:

- Brush teeth at least two times a day for two minutes each time. Floss every day.
- Visit a dentist regularly.
- Choose healthy food. Drink water.

Oral health is an important part of a child's overall health. To learn more about good oral health habits, visit [Oral health for children](#).

Contact Us

Peel Public Health – School Health Inbox

PublicHealthSchoolSupport@peelregion.ca

Use #SchoolHealthinPeel to connect with us on Social Media!

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



5–13 year olds
9–11 HOURS
of sleep/night



14–17 year olds
8–10 HOURS
of sleep/night



But... **1 in 4** children are **NOT** getting enough sleep.



Let's talk about **sleep quality**, shall we?

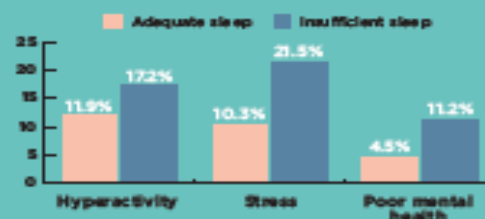
1 in 3 children have trouble going to sleep or staying asleep.

1 in 5 children have difficulty staying awake during waking hours.

1 in 10 children do not find their sleep refreshing.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report³:



Catching more **Zzz's** can help with children's:

- Physical health,
- Emotional well-being, and
- Quality of life!



¹ Compared with children getting the recommended amount of night time sleep.

² Tremblay R.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour and Sleep. *Applied Physiology Nutrition, and Metabolism* 2016; 41(6 (Suppl. 3)): S311-S327, <https://doi.org/10.1139/apnm-2016-0161>

³ Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology Nutrition, and Metabolism* 2016; 41(6 (Suppl. 3)): S294-S302, <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

> **SEARCH** Physical activity, sedentary behaviour and sleep
> **GET DATA** PASS Indicator Framework
> **OR VISIT** 24-Hr Movement Guidelines



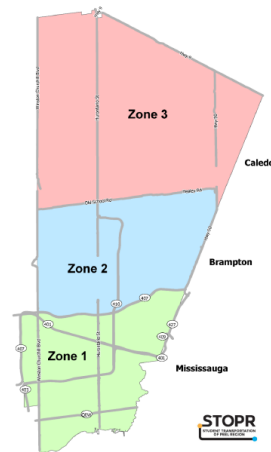
PHAC



@GovCanHealth



St. Dominic is ZONE 1 (Mississauga)



SCHOOL WEATHER ZONES

Peel Region Schools (Mississauga, Brampton, Caledon)

For student transportation purposes, schools located in Mississauga, Brampton and Caledon (Peel Region), which are served by Student Transportation of Peel Region (STOPR), are divided into three Weather Zones: ZONE 1, ZONE 2 and ZONE 3.

See the [list of schools](#) located in each of the three Weather Zones and the [Weather Zone map](#) to find in which zone your school is located.

Dufferin County Schools (St. Andrew, St. Benedict, St. Peter Catholic Elementary Schools)

For student transportation purposes, DPCDSB's three schools located in Dufferin County (Orangeville), St. Andrew, St. Benedict, St. Peter Catholic Elementary Schools, are served by Service de Transport de Wellington-Dufferin Student Transportation Service (STWDSTS). Although R.F. Hall Catholic Secondary School is located in Peel Region, a significant segment of the school's student population is transported from Dufferin County by STWDSTS (see below for more information about R.F. Hall).

NOTES

- All Robert F. Hall Catholic Secondary School student transportation is cancelled on days when buses are cancelled in either STOPR Zone 3 or in Dufferin County (STWDSTS).
- Families who reside outside of their school's Weather Zone are encouraged to check the STOPR Weather Zone map to be aware of the Zone in which they reside. For families who reside outside their School's Weather Zone, please be aware that their child's transportation will be cancelled if student transportation is cancelled in either their school's Weather Zone or in the Zone in which they reside.
- Please visit the [STOPR website](#) for additional information related to Student Transportation in Peel Region schools, including STOPR's recent newsletter.

WHERE TO FIND OUT IF BUSES ARE CANCELLED OR THERE IS A FULL SYSTEM CLOSURE

Bus cancellations and school closure notices are posted by 6:00 a.m. or shortly afterwards in the following ways:

Websites

[Student Transportation of Peel Region \(STOPR\)](#)
[Wellington-Dufferin Student Transportation Services \(STWDSTS\)](#)
[DPCDSB Website \(Yellow Alert Banner\)](#)

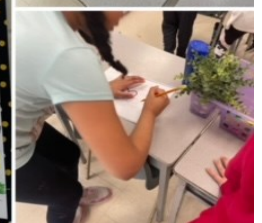
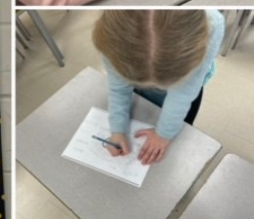
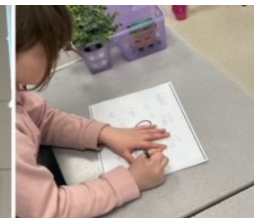
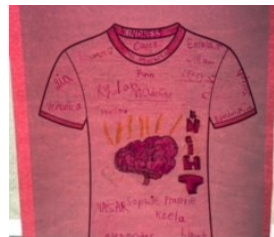
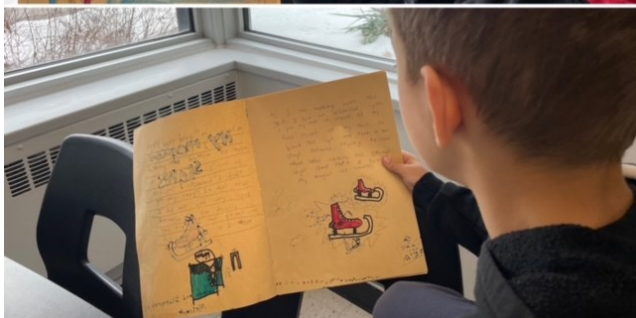
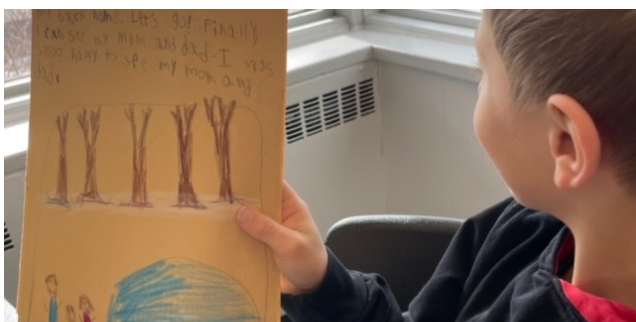
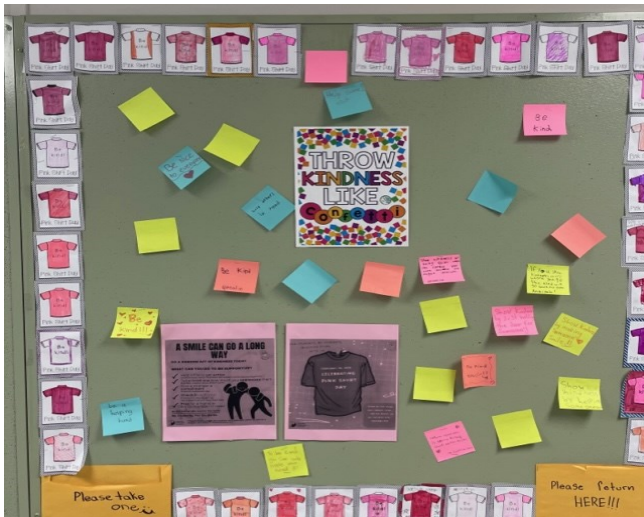
Social Media

X (Formerly Twitter): [@STOPRinfo](#) or [@STWDSTS](#)

X (Formerly Twitter): [@DPCDSBSchools](#) | Instagram: [@DPCDSB.Schools](#) | Facebook: [@DPCDSBSchools](#)

Recorded Phone Message 905-890-0708 or 1-800-387-9501

at St. Dominic



During these 40 days,
let me put away all
my pride. Let me
change my heart and
give up all that is not
good within me. Let
me love God with all
that I am and all that I
have.

