



# St. Helen Catholic Elementary School



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**Pastor**  
Fr. Stephen Kwon

**School Website:**  
<http://www.dpcdsb.org/HELEN>

# Lent



## A Lenten Prayer

God of goodness and mercy,  
Hear my prayer as I begin this Lenten journey with you.

Let me be honest with myself

As I look into my heart and soul,  
Noticing the times I turn away from you.

Guide me as I humbly seek  
Repent and return to your love.

May humility guide my efforts

To be reconciled with you

And live forever

In your abundant grace.

Transform me this Lent,

Heavenly Father.

Give me the strength to make  
Myself 100% available to you every day

As I prepare for Easter.

Amen.

## Virtue – Kindness



Kindness...is the act of loving and giving generously to others as God does. Our empathy for others is transformed into action, an action that extends beyond concern for ourselves.

Our virtue of Kindness Assembly is **Friday, Mar 28<sup>th</sup> @ 1.15pm.**

## Lent

The first day of Lent is Wednesday, March 5<sup>th</sup>, also known as Ash Wednesday.



Lent consists of two parts: the first being the forty days between Ash Wednesday and Palm Sunday.

The second part of Lent is the time of Holy week leading up to Holy Thursday, Good Friday, and Easter Sunday.

The ashes on Ash Wednesday serve two purposes:



1. They symbolize and remind us, that something must die in order to bring about new life.
2. They are a symbol of sorrow and repentance for sins committed.

Historically ashes were placed on peoples' foreheads as a sign of repentance.

Please join us for an Advent Liturgy on Ash Wednesday, March 5<sup>th</sup> @9.30am. **Parents and guardians are welcome.**

## March Break



A reminder that the school will be closed **March 10<sup>th</sup>–14<sup>th</sup>** for our mid-winter break.

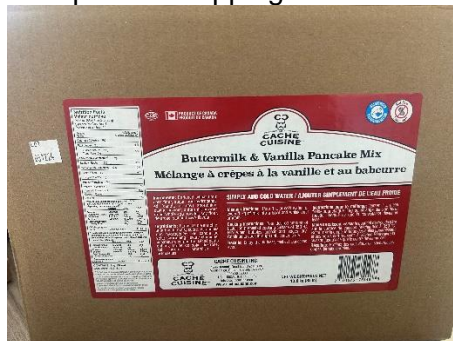
School will re-open on Monday, March 17<sup>th</sup>.

## Shrove/Pancake Tuesday



On Tuesday March 4, 2025, JK- Gr. 8 students and staff at St. Helen will be participating in **Shrove or Pancake Tuesday.**

We would like to thank Mrs. Dawe, Mrs. Zagalak, Mrs. Knak, Mrs. Long, Mr. Bonaccorso & Mr. Furtado for their pancake flipping skills!



## Catholic School Council News

Ever wondering how to get involved in the parent council?



We have meetings throughout the school year to plan upcoming fundraisers and events like Spook A Thon, Breakfast with Santa, Pancake Tuesday, Fun Day and more. Our next meeting dates will be included in the newsletter.

### Volunteers Needed Regularly

If you are interested in volunteering for upcoming school council lead events and you have a criminal check, please reach out to the office and provide your contact details. We can contact you for upcoming events.

**We hope to see you at our next parent council meeting or event.**

**Thank you to everyone who participated in our Krispy Kreme fundraiser!**

**We sold 96 boxes of donuts!**

**Save the Date**

**Dough Raiser - more information to come.**

Our next CSC meeting will take place **March 20, 2025 @ 6:30pm**

## **PLASP Before & After School Program**

PLASP Child Care Services is now accepting registrations for their before and after school programs at this school.



Programs meet the high standards to be licensed by the Ministry of Education. Highly trained staff facilitate fun, age-appropriate activities both indoors and outdoors. Fees for children under 6 years of age are now discounted as part of the Canada-Wide Early Learning and Child Care system.

PLASP Child Care Services is a charitable organization, operating on a not-for-profit basis, providing award winning programs for children, for more than 40 years.

Visit [plasp.com](https://plasp.com) to register, or contact the **PLASP Support Services Centre at 647-484-4372**. Available space is allocated on a first-come, first-served basis.

## **Kindergarten Registration**



Online Kindergarten registration for the 2025-2026 school year for DPCDSB schools is open.

Parents/guardians can register online at

<https://www3.dpcdsb.org/news/news-archives/kindergarten-registration-is-now-open>

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.
- ♣ Immunization records
- ♣ Proof of Canadian citizenship or permanent resident status
- ♣ Proof of home address
- ♣ Proof of English Separate School Support



## MONTH OF MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Sub day  Pancake Tuesday	5 Ash Wednesday	6 Pizza Day 	7 Burger Day  Fire Drill #4	8
9	10	11	12	13	14	15
MARCH BREAK						
16	17 St Patrick's Day	18 Sub Day 	19 Burger Day 	20 Pizza Day  CSC Mtg	21 World Down Syndrome Day	22
23	24	25 Sub Day 	26 Burger Day 	27 Pizza Day 	28 Virtue Assembly @ 1.15pm	29
30	31 Speech Competition – Classroom Level					

