



Our Lady of Mount Carmel

November 2024

School Information



Mr. J. Lennox- Principal

Mrs. T. Vinc- Vice Principal

Website:

<https://schools.niagaracatholic.ca/ourladyofmountcarmel/>

Location: 6525 Carlton Street, Niagara Falls, ON L2G 5K4

Phone: 905-354-2523

Follow us on Instagram: @ourladyofmountcarmelnf



Principal's Message

As we approach the third month of school, we are thankful for all of the wonderful experiences these past few months have provided. We trust that your children have settled nicely into the schedule and routines of the classroom and that they continue to work hard to do their best. We continue to focus on mental health and the power of positivity with a special focus on coping and resilience. We hope you will continue to support our endeavours

at home as well by promoting student voice, independence and positive self-talk.

This month we are reminded of the lives lost and the heroes that fought for our freedom during the two World Wars and beyond. On November 11, take a moment to remember them all and thank them for their heroic efforts.

In Flanders Fields BY JOHN MCCRAE

In Flanders fields the poppies blow- Between the crosses, row on row,
That mark our place; and in the sky- The larks, still bravely singing, fly
Scarce heard amid the guns below. We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie,
In Flanders fields. Take up our quarrel with the foe: To you from failing hands we throw
The torch; be yours to hold it high. If ye break faith with us who die- We shall not sleep, though
poppies grow- In Flanders fields.

Mr. Lennox and Mrs. Vinc

Prayer for Remembrance

Dear God, Thank you for all the courage shown by men, women and children in wartime. We pray that you help everyone to live peacefully together, in this country and around the world.



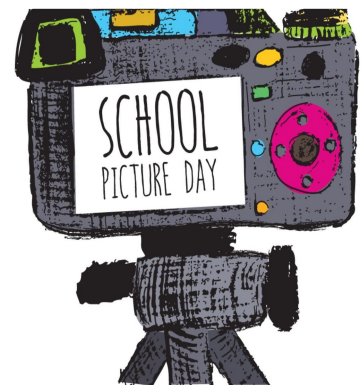
Amen

Morning Drop Off

Just a reminder that drop off in the morning can begin at 8:55am, we ask that parents do their best to have students at school prior to the 9:10am bell. Any student dropped off after 9:10am must come to the front doors of the school as there is no one on duty and the all doors of the school are locked.

Picture Retakes

Picture retakes will take place on Tuesday November 12, 2024.



12 Days of Christmas

Our Lady of Mount Carmel is excited to announce the 9th Annual "Twelve Days of Christmas" Raffle Draw. The proceeds of the fundraiser will go towards many additional items and activities for the students.

Parents, friends and family will have the chance to win \$300 for the first nine draws, \$650 for the tenth and eleventh draws and 1 Grand Prize of \$1500 for the twelfth and final draw. Daily draws will begin December 3rd, 2024.

Students will be coming home with their books of tickets of November 11, 2024. All tickets, sold or unsold, need to be returned on November 25, 2024.



Monthly Challenges!!

Thank you to all the families that participated in our October Monthly Challenge. The entries were amazing!! The winner is The Tubbs Family!!!

November

Numeracy: Take a survey of your family's favourite snacks.

Literacy: Make a fort and read a story inside.

Faith: Say a prayer before meals as a family. Take turns leading the prayer.

Good Luck Everyone!!

Catholic School Council

On Monday October 7, 2024 we held our first Catholic School Council meeting. We would like to congratulate Kendall Tran, who was elected as Council Chair. Our next meeting will be Monday December 2, 2024 at 6pm in our school library. All are welcome to attend.

Dress Code Reminders

This is just a friendly reminder that as the weather changes we still need to adhere to our Dress Code Policy.

- Dark Blue Bottoms
- White or Dark Blue Collared Shirts.
- Shorts and Skirts length needs to be mid thigh
- Only school spirit wear or blue or white hoodies
- All bottoms must be free of rips.



Tuck Shop

This month we will be having OLMC tuck shop. On Friday November 15, 2024 we will be selling popcorn and sour keys. Popcorn is \$2.00 a bag and sour keys are \$0.50 each. Sales will happen during nutrition breaks.

November Alternative Dress Days

During the Month of November we will be having 3 alternative dress days. On these days students are invited to take part by following the assigned themes.

Wednesday November 20, 2024: Red Shirt Day

Friday November 22, 2024: Neon Colours or Out of Dress Code

Thursday November 28, 2024: Project Plaid (students are invited to wear plaid)



Sports News

Congratulations to our Intermediate Boys and Girls Soccer teams who competed at the NCAA tournament in October. Both teams showed great team spirit and sportsmanship. We would also like to congratulate our Cross Country Runners who competed at our FOS cross country run and 10 of our athletes advanced to the NCAA meet. We are so proud of all our athletes.



November Sports

Intermediate Volleyball (Boys November 25, 2024 @ Our Lady of the Holy Rosary School and Girls November 26, 2024 @ Niagara College)

Junior Triple Ball (Boys November 14, 2024 @OLMC in the PM and Girls November 14, 2024 @OLMC in the AM)

Important Dates in November

Here is a list of important dates in November

November 1, 2024: All Saints Day

November 8, 2024: Pasta Day

November 11, 2024: Remembrance Day Liturgy, Progress Reports are available this week.

November 12, 2024: Picture Retake Day
November 13, 2024: Pizza Day
November 14, 2024: Girls Triple Ball Tournament, Boys Triple Ball Tournament.
November 15, 2024: Tuck Shop
November 18, 2024: Jungle Sport Week
November 20, 2024: Red Shirt Day and Parent Teacher Interviews 4-7pm.
November 22, 2024: Booster Juice Day
November 25, 2024: Intermediate Boys Volleyball Tournament
November 26, 2024: Intermediate Girls Volleyball Tournament
November 27, 2024: Lead Out Loud Conference and Pizza Day
November 28, 2024: Project Plaid
November 29, 2024: PA Day



Progress and Alternative Reports

Elementary Progress Reports will be available to parents through the Maplewood Parent Portal the week of Monday November 11, 2024. Please review the Progress Report with your child. Take time to recognize achievements and develop strategies to implement next steps. Parent-Teacher Conferences will take place on Wednesday November 20, 2024 from 4-7 pm.

A link will be sent next week to register for Parent Teacher Conferences.

Registration for New Students

If you or someone you know would like to join the Our Lady of Mount Carmel Family please visit www.niagararc.ca and register your child. If you have any questions please reach out to the school office.





YMCA Before & After School Care

YMCA Before and After School Child Care is in your school!

YMCA Before and After School Child Care operates in your school - your child can have fun and participate in planned indoor and outdoor activities with their friends while being in a safe, quality program. Registrations are for five-day-a-week spaces, and you can begin the process by signing up through the Region's waitlist system at: niagara.onehsn.com, for more information about registration, please email cregistration@niagara.ymca.ca

Niagara Region Public Health School Health Newsletter November 2024

HEAD LICE

Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don't start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes

In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver Let's Talk About Vaping resource visit: www.notanexperiment.ca/parents

EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child's EpiPen® Auto-Injectors are up to date (not expired).

Check out Food Allergy Canada - elementary school for some great tips and resources!

PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON

Infections like COVID-19, flu and RSV increase in the fall and winter months.

While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on our website or check out our downloadable resource.

Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our theological theme will direct us through daily prayer, faith formation sessions and school and system faith-centered events for the upcoming years:

2022-2023 Called by Name: You are Mine

2023-2024 Called by Name: Hear My Voice

2024-2025 Called by Name: Follow Me

2025-2026 Called by Name: Go and Make Disciples



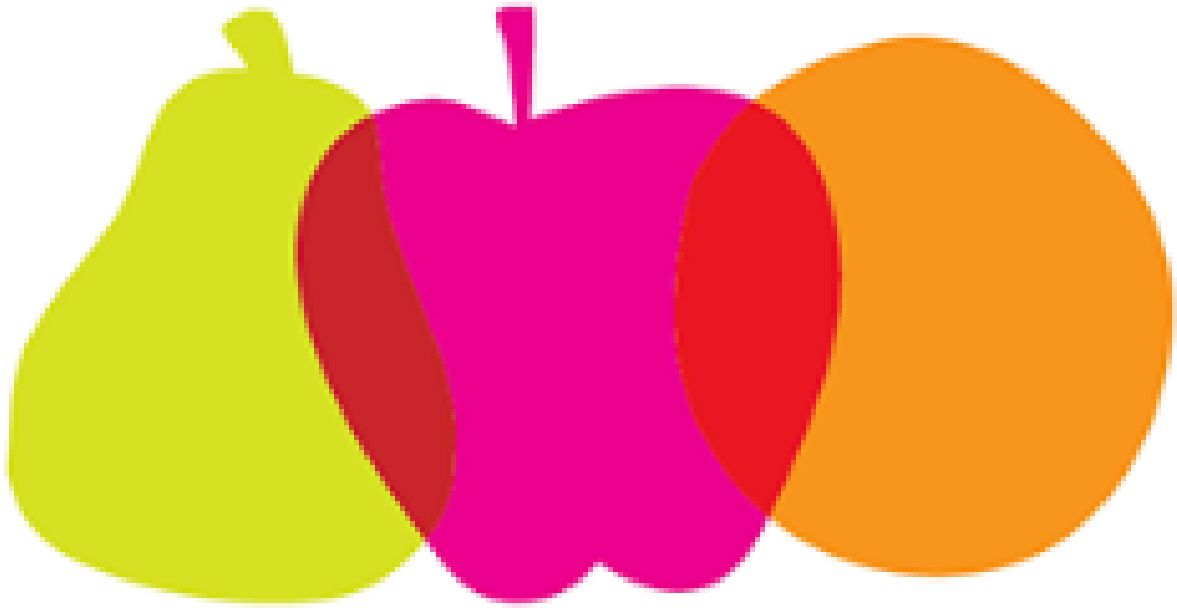
Our theme this school year is "Called by Name: Follow Me." And while our theme is about following God, it should also serve as a reminder of our call to Him. Each day God says to us, "Come follow me" (Matthew 1:17). We are reminded every day that when we follow Jesus our lives are filled with joy.

ECO News

Every Tuesday, Students are encouraged to bring "Trashless Lunches".

Easy Litterless Meal Ideas

1. Store sandwiches in reusable food containers.
2. Pack a Thermos with leftovers.
3. Cut up veggies and fruit and put them in a reusable container.



Niagara Nutrition Partners

Niagara Nutrition Partners

Niagara Nutrition Partners (NNP) is a not-for-profit program that was established in 1998 and is a Region-wide initiative that offers support and coordination for student nutrition programs.

At Our Lady of Mount Carmel School, we offer snacks to all students throughout the school day. Thank you to our Niagara Nutrition Partners for their support each year!

Each day every class is given a bin with a variety of nutritious food items such as yogurt tubes, fruits, fruit bars, and individually baked goods. All students are welcome to pick a snack if they are hungry or to just complement their own snacks.

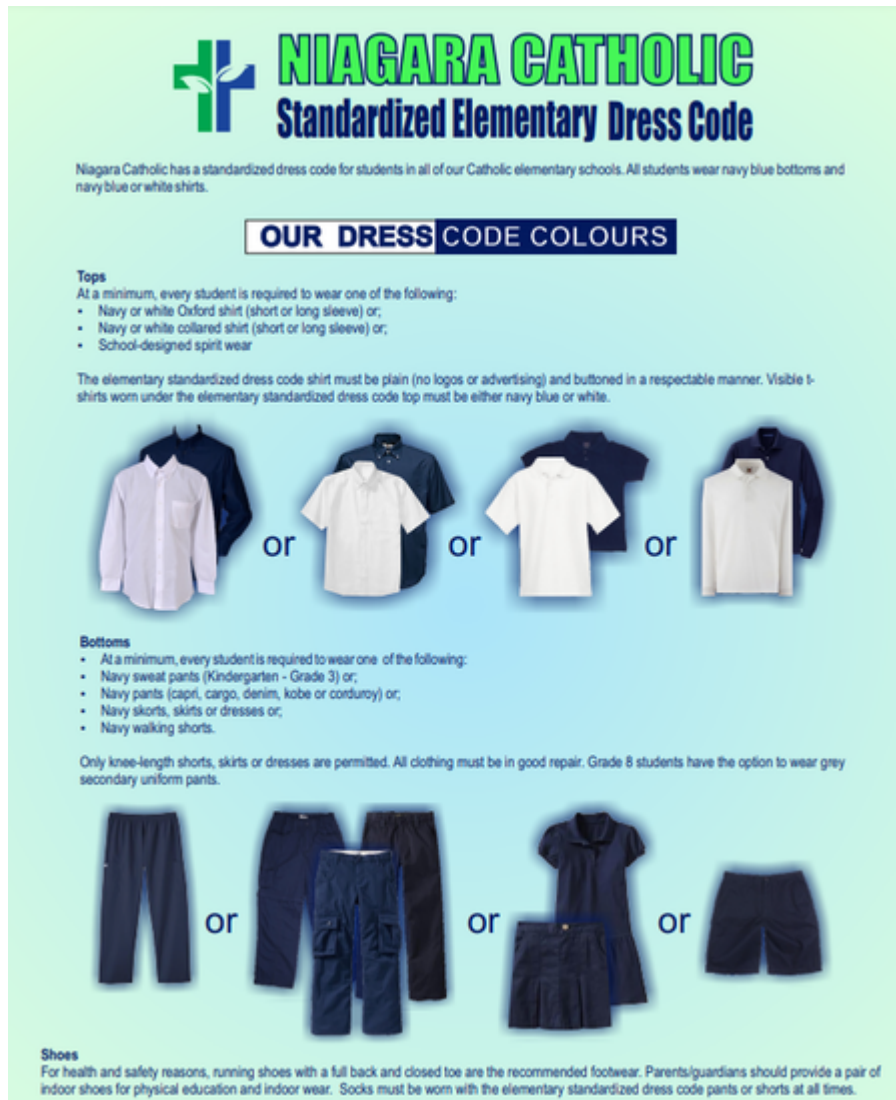
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

Standardized Dress Code

A reminder that students are expected to adhere to Niagara Catholic's Standardized Dress Code. An additional copy of the Dress Code is attached below. According to the Standardized Dress Code, the following items are **not permitted**:

- Black Pants
- T-shirts of any kind (spiritwear exempt)
- Faded or torn Jeans. (Jeans must be dark blue and in good condition)
- Shorts and Skirts must be knee length

Your cooperation is important and appreciated.



NIAGARA CATHOLIC
Standardized Elementary Dress Code


Niagara Catholic has a standardized dress code for students in all of our Catholic elementary schools. All students wear navy blue bottoms and navy blue or white shirts.

OUR DRESS CODE COLOURS

Tops
At a minimum, every student is required to wear one of the following:

- Navy or white Oxford shirt (short or long sleeve) or;
- Navy or white collared shirt (short or long sleeve) or;
- School-designed spirit wear


The elementary standardized dress code shirt must be plain (no logos or advertising) and buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white.



Bottoms
At a minimum, every student is required to wear one of the following:

- Navy sweat pants (Kindergarten - Grade 3) or;
- Navy pants (capri, cargo, denim, kobe or corduroy) or;
- Navy skirts, skirts or dresses or;
- Navy walking shorts.

Only knee-length shorts, skirts or dresses are permitted. All clothing must be in good repair. Grade 8 students have the option to wear grey secondary uniform pants.



Shoes
For health and safety reasons, running shoes with a full back and closed toe are the recommended footwear. Parents/guardians should provide a pair of indoor shoes for physical education and indoor wear. Socks must be worn with the elementary standardized dress code pants or shorts at all times.



School Apparel - Gradhoodies

Big Bear

Big Bear Spirit Wear, a board-approved supplier for spirit wear items, continues to offer a wide range of dress-code approved items through their online store at:

<https://www.bigbearspiritwear.com> Students are allowed to wear the Cougar hoodie to school and these are a worthwhile

purchases for the cold weather months. **Please label all clothing items that come to school so that we can return all misplaced items to the correct person.**

Indoor Shoes

Please ensure that your child(ren) have a pair of indoor running shoes at school. Students are expected to change their footwear when they enter their classroom. This will not only keep the floors dry but also clean. Students that do not have indoor running shoes will not be permitted to participate in gym.

Before School Supervision

Please be advised that before-school supervision does not begin until 8:55 am. Also note, if you are dropping off your child after 9:10 am they will need to go in the main entrance.

Our Lady of Mount Carmel Balanced Day Schedule

9:10 am Entry Bell

9:10 am-11:20 am Instructional Block 1

11:20 am -11:40 am Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break1 Gr. 1-3 & 3 Kindergarten Classes

11:40 am -12:00 am Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break1 Gr. 4-8 & 2 Kindergarten Classes

12:00 am- 1:20 pm Instructional Block 2

1:20 pm - 1:40 pm Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break2 Gr. 1-3 & 3 Kindergarten Classes

1:40 pm-2:00 pm Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break2 Gr. 4-8 & 2 Kindergarten Classes

2:00 pm - 3:20 pm Instructional Block 3

3:30 pm Dismissal

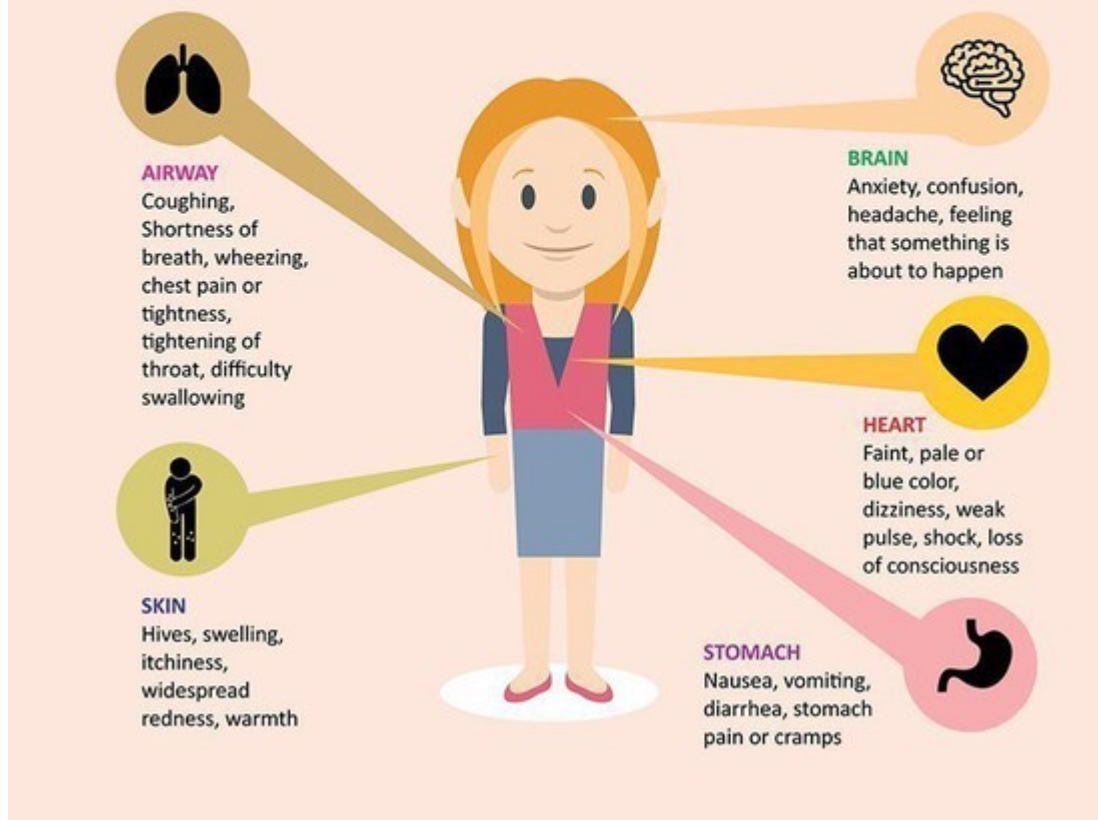
Medications and Allergies

Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required by School Board Regulations and must be kept on file. Please notify the school if medication distribution stops so that all medication can be returned to the family as soon as possible.

Please remember that Our Lady of Mount Carmel School is an Allergen Aware School. Please do not send products with nuts or nut traces with your child.



SIGN AND SYMPTOMS OF ANAPHYLAXIS



STUDENT ATTENDANCE and SAFE ARRIVAL

Our Lady of Mount Carmel School and all schools throughout Niagara Catholic use the Safe Arrival program to manage student attendance reporting. The Safe Arrival program reduces the time it takes to verify student attendance by making it easier for you to report your child's absence and easier for staff to respond to unexplained student absences. The Safe Arrival program allows parents to report their child's absence quickly and conveniently in one of three ways:

1) Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.

2) Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). Use your new login information to access your account. Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3) The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

Parking Lot Procedures

- The center lane of our parking lot has a left lane for those not stopping to drop off their children.
- The right side of that lane is our "Kiss and Ride" lane.
- Students are to exit from the right side of their vehicle so as not to open their door to the Drive-Thru lane possibly putting them in danger
- If you need to get out to assist your child, please do not use the Kiss N Ride lane. Please continue to the parking area where it is much safer, and then you can get out and help your child.
- We understand that this may not be convenient for some, however, the safety of our students, staff and family members is worth the few extra seconds of your time.
- With our growing population, it is imperative that we all understand the importance of utilizing the parking lot with patience and care for one another.



REMINDER- No single serve plastics available

Parents are reminded to ensure that their child(ren) have the required utensils needed to eat their snacks/lunches as well as a reusable water bottle they can fill at the hydration stations. We are no longer permitted to distribute plastic/styrofoam spoons, forks or cups to students that do not have them.



School Cash Online

Please ensure that use of School Cash online for the purchase/payment of food days, field trips, donations etc. This is a safe and easy-to-use online program that allows you to make convenient and secure payments from the comfort of your own home. To register, please click [here](#)



Carmel School

Carmel is using Smore to create beautiful newsletters