



Our Lady of Mount Carmel

September 2025

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

September is such an exciting time for us, welcome to a new school year and a new beginning. The staff are so excited to meet our new students and welcome all parents and students back. It is our goal to work together to provide our students with a rich learning environment.

Our Lady of Mount Carmel is a community of lifelong learners with Catholic education as our purpose. Our school and staff are committed to developing the full potential of every child. The staff here at OLMC look forward to providing a positive, safe, and caring environment, where all are welcome, and respected. We are also excited about the coming school year that promises new opportunities for learning and growing in our Faith.

Our theme this year is **"Called by Name: Go and Make Disciples."**





We wish to welcome back our staff, our parents and students to our school community as we continue on our journey, and we would like to welcome all our new families to Our Lady of Mount Carmel. Our vision, is for your children to love every single moment they are here and to have fun while learning. It is an honour and privilege to be able to serve the community of OLMC and we look forward to another great year!

Mr. Lennox and Mrs. Vinc

Prayer for a New School Year

Lord Jesus,

I ask for Your help as I begin this new school year. Allow me to experience Your presence in the many blessings You put before me. Open my eyes to the new challenges and exciting opportunities that this new school year brings. Open my heart and mind to new friends and new teachers. Give me a generous spirit to be enthusiastic with my studies and courage to accept new opportunities. Help me to be attentive to my teachers and let me experience Your presence in my new friends. Jesus, inspire me to do my best this year!

Amen

Introducing the OLMC Staff of 2025-2026

Meet our team!!!
OLMC 2025-2026

Kindergarten A	K. Green ECE- K. Vig	Grade 3/4	M. Stranges
Kindergarten B	M. Teutenberg ECE- A. Inverso	Grade 4	R. Michitsch
Kindergarten C	K. Dunlop ECE- L. Luby	Grade 4	T. Kovacs
Kindergarten D	R. Berard ECE- S. De Prophetis	Grade 5	J. Störpe
Kindergarten F/I	M. Fusarelli ECE- J. Misener	Grade 4/5 F/I	A. Martin
Grade 1	L. Saelens	Grade 5	D. Heculuck
Grade 1	J. Vani	Grade 5	L. Dekker
Grade 1	K. Gautreau	Grade 5/6 FI	M. Donczyk
Grade 1 F/I	L. Barton Horton	Grade 6	J. Wilkinson
Grade 1/2	A. Zeoli	Grade 6	A. Dunlop
Grade 2	V. Dominski	Grade 6/7	J. Johnson
Grade 2	S. Lukacs	Grade 7	J. Macoretta
Grade 2	F. Canham	Grade 7	A. Palechuk
Grade 2 F/I	E. Di Maurizio	Grade 7/8	C. Dabrowski
Grade 3 F/I	L. Pinelli	Grade 7/8 F/I	E. Lafratta
Grade 3	A. Easton	Grade 8	T. Potalivo
Grade 3	J. Cicchino	Grade 8	A. Boucher
ERTS	L. Stanbridge L. Störpe R. Conidi	FSL	A. Forte S. Costantino D. Ouellette
EA	N. Santo	Library Tech	M. Mackenzie L. Ewanick
EA	A. Dobbin	EA	A. Rosano
EA	F. Scerbo	EA	M. Mallett

EA	J. McConnery	EA	S. Scott
EA	H. McCallum	EA	T. Tejpal
Prep/PTM	J. Voigt T. Cappa	EA	A. Farrell
Prep/PTM	L. DiMartle N. Papineau	Itinerant Arts	K. Scott O. Dwumaah
Secretary	S. Stranges	CYW	J. Vanlinken
Secretary	M. Introna	ESL	R. Sauriol
Secretary	M. Rotella J. Uguccioni	Caretaker	P. Thomas
Vice Principal	Mrs. Vinc	Head Caretaker	D. Otlu
Principal	Mr. Lennox	Caretaker	R. Poblete

Your Child's Placement

Parents can access their child's placement using the parent portal Thursday August 28, 2025 after 1 pm as you did when you accessed your child's report card. Here is the link:

https://www.niagaracatholic.ca/parents/report_cards

Please know that much time has been put into placing children using a variety of criteria and parent requests that we received. While we made every effort and attempt to ensure all accommodations were considered, there may be some accommodations that we simply could not put into place. **Class placements may change ONLY if enrollment changes.** Other than for that particular reason, **we are not able to accommodate any parent requests for changes** in class placement.

The best interest of your child is our main priority.

How Can Parents Help? Please trust our professional judgment to make good decisions regarding your child's placement. Talk positively and hopefully to your child about this year. We are looking forward to another wonderful school year with your support.

First Day of School Reminders

Kindergarten children will proceed to the Kindergarten area (fenced in) and will be greeted by their teachers. **Parents of Kindergarten children are reminded not to linger as this will increase stress and anxiety levels for students who have difficulty with parent separation.**

Parents will not be permitted to exit their car if they are using the kiss and ride lane. If you wish to exit your vehicle and escort your child to the entry door, you will need to park your car.

Dress Code Reminders

This is just a friendly reminder that even though the nice weather is upon us 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.
-

September Alternative Dress Days

During the Month of September we will be having 3 alternative dress days. On these days students are invited to take part by following the assigned theme or they may come in dress code.



Thursday September 18, 2025: Mismatch Day or Out of Dress Code

Friday September 25, 2025: Terry Fox Walk: Students are invited to wear red

Tuesday September 30, 2025: Every Child Matters: Students are invited to wear an orange shirt

Sports News

This year the sports continue for our students. Below is a list of the teams and in what season they will take place.

Fall

Junior Soccer (Boys and Girls)

Intermediate Soccer (Boys and Girls)

Cross Country (Co-ed)

Junior Triple Ball (Boys and Girls)

Intermediate Volleyball (Boys and Girls)



Winter

Junior Basketball (Boys and Girls)

Intermediate Basketball (Boys and Girls)

Intermediate Badminton (Co-ed)

Junior Handball (Co-ed)

Spring

Intermediate Flag Football (Boys and Girls)

Track and Field (Co-ed)

Special Olympics (Co-ed)

Important Dates in September

Here is a list of important dates in September:

September 1, 2025: Labour Day

September 2, 2025: First Day of School

September 18, 2025: Out of Dress Code: Mismatch Day

September 19, 2025: PA Day

September 25, 2025: Terry Fox Walk: Wear Red

September 26, 2025: Tuck Shop

September 30, 2025: Every Child Matters: Orange Shirt Day



Orange Shirt Day

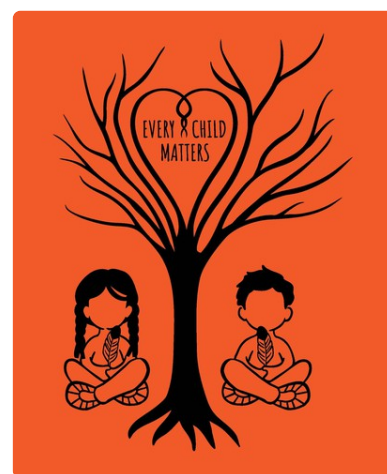
The orange shirt is a symbol of the loss and injustices faced by Indigenous children in residential schools. It also represents the commitment to ensure that every child matters.

The inspiration for Orange Shirt Day comes from Phyllis Webstad's story. When she was six years old, Phyllis's grandmother bought her a bright orange shirt for her first day of school. However, when she arrived at the residential school, her shirt was taken away from her, along with her dignity and identity.

Her story symbolizes the deep and lasting impacts of the

residential school system and serves as a reminder of the resilience of survivors.

As a school community we will honour this day by wearing Orange Shirts on Tuesday September 30, 2025.



Meet the Teacher Night

We would like to invite you to meet our staff on Thursday October 9, 2025. Food trucks will be available starting at 4:30pm and families will be welcomed into the school at 6pm to visit your child's classroom. The night will conclude at 7pm.



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 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 ceregistration@niagara.ymca.ca

Niagara Region Public Health School Health Newsletter September 2024

Eyes Ready for the School Year!

Proper vision is important for a student's learning and social development. A full eye exam by an eye doctor (optometrist) is the best way to ensure a healthy eyes and good vision. [The Eye See... Eye Learn®](#) program is for students in junior and senior kindergarten to have a full eye exam (covered by OHIP) with a [participating optometrist](#). If a child needs glasses, they will receive a free pair donated by Plastic Plus, Modern Optical Canada and the participating optometrist. For children aged 19 and under, OHIP covers the cost of a complete annual eye exam and any follow-up assessments that may be required.

A yearly eye exam is recommended – [find an eye doctor near you](#).

For more information, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>

Safely Packing Lunches

1. Clean

- Wash your hands for 20 seconds with soap and water before preparing any meal
- Make sure you sanitize countertops, utensils and any lunch boxes or lunch bags
 - o For surfaces and lunch boxes/bags: mix 2.5 ml (1/2 tsp) of bleach with 1 L (4 cups) of water.
 - o Apply to surface and let stand briefly.
 - o Rinse with clean water and air dry or use a clean towel.
- Wash raw fruits and vegetables before eating

2. Keep Cold Food Cold

- Meat, chicken, seafood, eggs, and dairy products must stay cold to stay safe. Use frozen packs to keep food at or below 4°C (40 F).
- Use an insulated lunch bag and place freezer packs between foods that need to stay cold. Refrigerate the night before to get your lunch bag off to a cool start.

3. Keep Hot Food Hot

- Hot food must stay hot at above 60°C (140°F). Use insulated containers and keep them closed until ready to eat or take your food cold and reheat it.

Grade 7 Immunization Campaign

Niagara Region Public Health's school-based vaccination clinics will begin in September for the following publicly funded [routine school vaccinations](#):

- Meningococcal
 - o Single dose
 - o [Required for school attendance](#) under the Immunization of School Pupils Act
- Hepatitis B (HB)
 - o 2 or 3 dose series – depending on age and health history
- Human Papillomavirus (HPV)
 - o 2 or 3 dose series – depending on age and health history

Parents/legal guardians of grade 7 students will receive an information package and instructions on how to submit their completed consent form. Parents/legal guardians must complete the consent form whether their child is receiving **all**, **some**, or **none** of the vaccines. More information will be provided through your child's school.

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: Go and Make Disciples." And while our theme is about making Disciples, it should also serve as a reminder of our call to Him. "Go therefore and make disciples of all nations." Matthew 28:19 This verse is often referred to as the "Great Commission" and outlines the core mission for believers to spread the Christian faith and build a community of followers.

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 (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.



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.



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