



# Our Lady of Mount Carmel

December 2023



## School Information

Mr. J. Lennox - Principal

Mrs. M. Ruggi Dietsch - Vice Principal

Website:

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

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

Phone: 905-354-2523

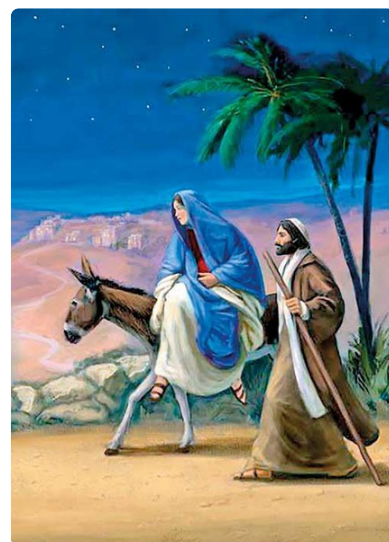
Follow us on Instagram: @ourladyofmountcarmelnf

## Principal's Message

In the month of December we prepare to remember and celebrate the birth of Jesus. There are many ways throughout this season of Advent that we can come to know Jesus more fully. It is a time of great excitement and anticipation.

"Do not be afraid...I am bringing you good news of great joy for all the people: to you is born this day, in the city of David, a saviour, who is the Messiah, the Lord." *(Luke 2:11)*

Let us not be afraid this Advent season to get to know Jesus, not only as the baby in the manger, God made flesh, but also as our king and saviour!



The staff of Our Lady of Mount Carmel Catholic School is grateful to every family for entrusting the precious gift of your children to us and we wish you all the peace, joy, and love of this most blessed season.

Mr. J. Lennox and Mrs. Ruggi Dietsch

# Scholastic Book Fair



It's the Most Wonderful Time of the Year!

Our School Library is hosting a Winter Wonderland Scholastic Book Fair that started on November 27th to December 8th. Students had opportunity to visit the Book Fair this week and create their "wish list". They will be invited to purchase items from the Book Fair beginning on December 4th. We will be having a special opportunity for parents to come and shop on Tuesday, December 5th from 3:30 to 5:00. Some information to remember:

Hop on the sleigh! Because the book fair is here! Looking forward to seeing you soon!



French Immersion

Families who already have a child or children in the Niagara Catholic District School Board French Immersion Program are invited to complete an ADVANCE SIBLING REGISTRATION for their child who will enter the French Immersion Program at the site specific, grade-level appropriate entry point in September 2024.

New this year, online registration will take place using the EDSEMBLI parent portal platform.

Principals will receive the specific link for their schools to share with parents and families should be made aware of the following changes.

As this is an updated platform, parents will require more time to complete the registration, as more information is needed. (i.e. home address, emergency contacts etc.). Parents are advised to go onto the website to create their account for the Edsembli parent portal (the same one used for report cards), if they have not created one prior to the first day. On-line Advance Sibling Registration begins **Monday, December 4, 2023 at 12:00 a.m. (midnight) and continues until Wednesday, December 20, 2023 at 4:00 p.m.**

Our Lady of Mount Carmel Catholic Elementary School (FDK, Grade 1)

<https://connect.edsembli.com/ON/NCDSB/Olmca118/Portal/viewer/login/login.aspx?loginType=P&formid=433>



## 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](http://niagara.onehsn.com), for more information about registration, please email [ccregistration@niagara.ymca.ca](mailto:ccregistration@niagara.ymca.ca)

## Niagara Region Public Health School Health Newsletter

The holidays may be a difficult time for your child. A change in routine and different holiday expectations can be stressful and isolating. Here are some tips and resources to share with your child throughout the holiday season:

1. Validate Feelings: Let your child know it's okay not to feel happy during the holidays. Their thoughts and emotions are valid.

Encourage open conversations about any concerns.

2. Find Quiet Relief: When things get overwhelming, suggest to your child that they find a quiet place to take a break. This can help



alleviate anxious feelings.

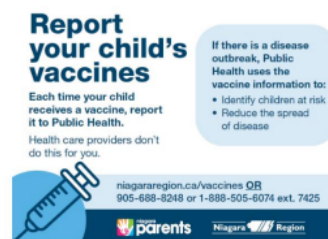
3. Explore Support: Help your child discover available support services and guide them in accessing what they believe will be most beneficial. Use this time to prepare them for post-high school life and independence.

For more information about the different services available for

Youth in Niagara visit: <https://www.niagararegion.ca/health/schools/youth-services.aspx>

## Reminder to Report your Child's Vaccines to Public Health

Don't forget to let Public Health know about your child's vaccinations! Sometimes, even if your child is all caught up on shots, Public Health might not have the record.



Every time your child receives a vaccine, be sure to report it:

- [Online](#)
- By phone: 905-688-8248 or 1-888-505-6074 ext. 7425 or
- Fax: 905-688-8225

[Find out which vaccinations are required and recommended](#) for children attending school.

## Giving Back

Supporting families in need during the holiday season is a wonderful way for a school community to come together and make a positive impact. Here are some charities and organizations in the Niagara region, or those that have a presence in the area, that you can consider supporting:



[Community Care](#)

[Newark Neighbours](#)

[Salvation Army Community and Family Services](#)

[Pelham Cares](#)

[The HOPE Centre](#)

[Project SHARE](#)

[Grimsby Benevolent Fund](#)

[Port Care Reach Out Centre](#)

[Open Arms Mission](#)

[United Way Niagara](#)

[Jammies for Families](#)

## Niagara Parents

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family.

Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

### Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.

- Postpartum support.
- Links to services within the community.

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.

**niagara parents**  
Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

[niagararegion.ca/parents](https://niagararegion.ca/parents)  
905-684-7555  
or 1-888-505-6074 ext. 7555

✉ [parents@niagararegion.ca](mailto:parents@niagararegion.ca)  
f Niagara Parents  
@niagaraparents

Niagara Region

## 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



God invites us to hear His voice. But, how do we go about hearing it? How do we learn to recognize it? God has blessed us with a priceless gift: the Bible. St. Jerome famously wrote that "ignorance of Scripture is ignorance of Christ." We recognize our loved ones' voices because of the many hours we've spent together. Should we expect it to be any different with Jesus? When we read the Gospels, we learn His ways and we hear His voice. Do you have a Bible that has been collecting dust? This is the sign you've been waiting for to pick it up, open up the Gospels, and give them a read. Jesus is waiting for you.

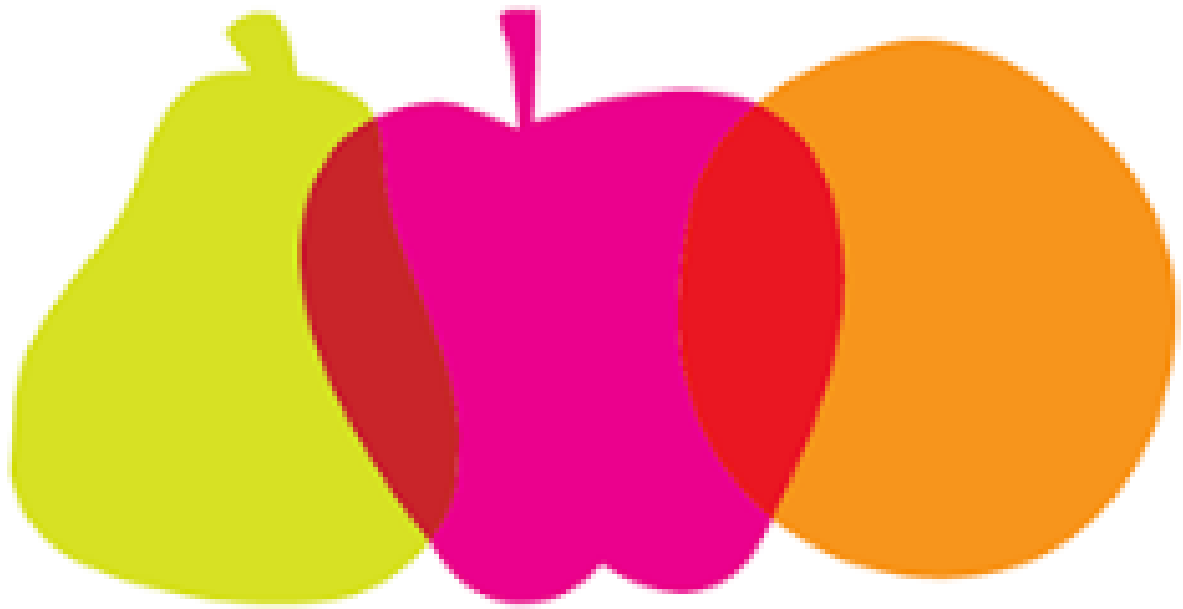
## ECO News

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

## Spirit Wear

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 9:00 am. Also note, if you are dropping off your child after 9:15 am they will need to go in the main entrance.

## Our Lady of Mount Carmel Balanced Day Schedule

9:15 am Entry Bell

9:15 am-11:25 am Instructional Block 1

11:25 am -11:45 am Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break1 Gr. 1-3 & 3 Kindergarten Classes

11:45 am -12:05 am Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break1 Gr. 4-8 & 2 Kindergarten Classes

12:05 am- 1:25 pm Instructional Block 2

1:25 pm - 1:45 pm Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break2 Gr. 1-3 & 3 Kindergarten Classes

1:45 pm-2:05 pm Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break2 Gr. 4-8 & 2 Kindergarten Classes

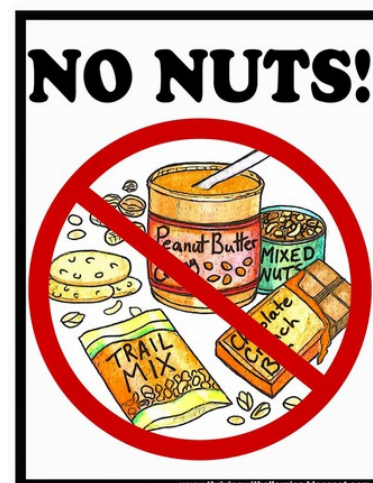
2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

## Medications & Allergies

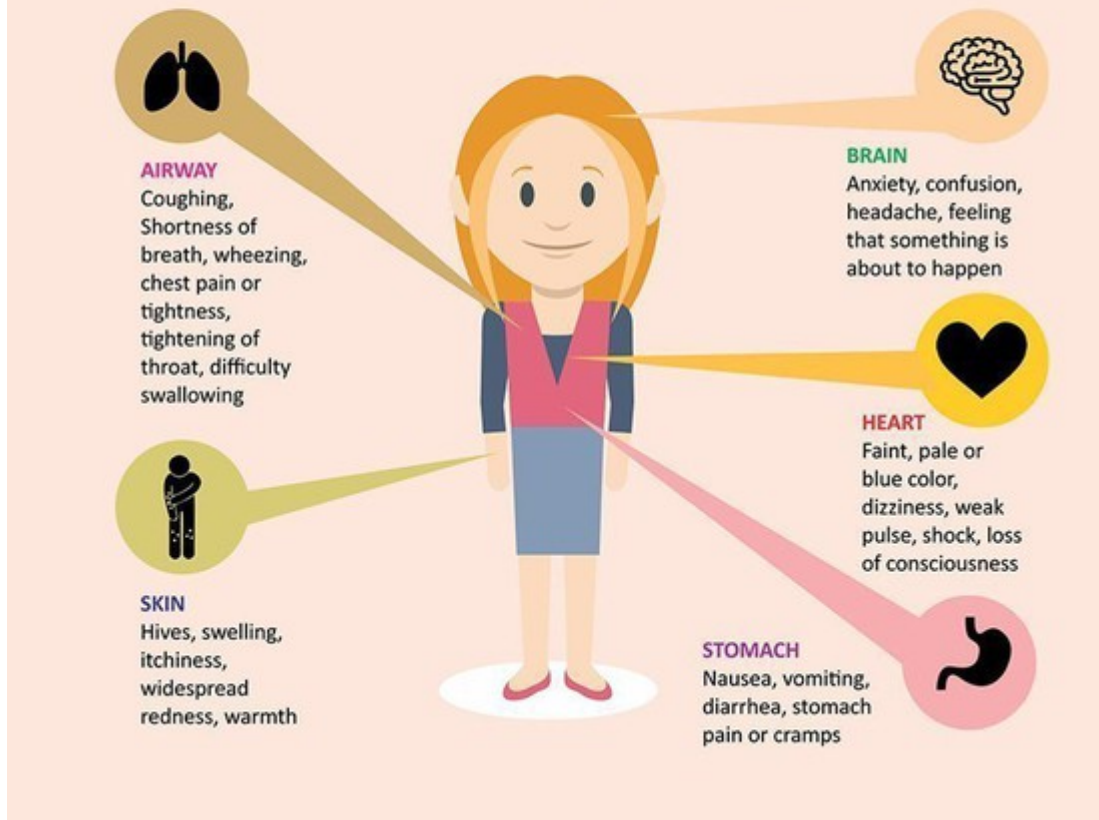
Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required 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](#)



**Maria Ruggi Dietsch**

Maria is using Smore to create beautiful newsletters