



Our Lady of Mount Carmel

January 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

Happy New Year!

We want to extend our warmest wishes for a joyful and prosperous year ahead. May this year bring you good health, happiness, and success in all your endeavours.



A Prayer for the New Year

May God make our year a happy one,
by strengthening us to bear it, as it comes;
by making us sturdy to travel any path;
by taking fear from our heart;
by keeping our face bright, even in the shadows;
by showing us when people need us most,

and by making us willing to be there to help.
God's love, peace, hope, and joy to us
for the year ahead.
Amen.

Happy New Year!

Mr. J. Lennox and Mrs. T. Vinc



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>

Unstoppable Tracy

Tracy is UNSTOPPABLE - and not just because she was cameoed in the movie Robo Cop along side Michael Keaton and Gary Oldman.

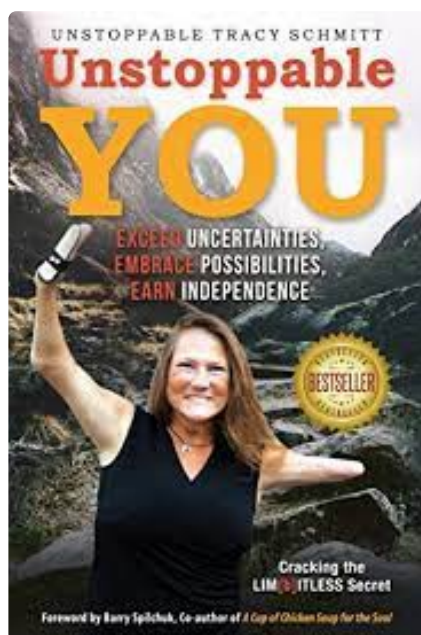
TV Host Unstoppable Tracy #1 International MegaSuccess TedX Speaker is sharing the stage with Jane Fonda, Dr. Phil, Michael Douglas, John Travolta, Mel Gibson, Mark Wahlberg, Mel Robbins and more! Her **mind blowing** story always gets standing ovations pushing audiences out of their limitation zones. She has been viewed virally with over a 100 million views and is the #1 Female Transformational Leader winner by leadership guru John Maxwell out of 160 countries. Tracy doesn't just talk **high performance** in business...she **lives it!**



Tracy was born a 4-way amputee. Her **Success** depends on **perseverance**. As an award winning **Leader in business** and in sport she is now earned the title #1 International Speaker, **honoured Humanitarian, authority** disruptor in crisis, **decorated Athlete, expert** who disarms limiting beliefs and delivers the Lim[b]itless Secret! Now she adds **best selling** author to her long list of amazing accomplishments.

With **humor** and motivation, her message to students is that you can **crush your obstacles** and **soar to the top!** No matter where you are in life, sometimes you just need to be inspired. You are a great leader pushing to drive your **inner power**. That's never easy. And sometimes you will feel like you can't do it anymore, any better, or any other way. Well, in 'Unstoppable You', Unstoppable Tracy helps you see that you can **conquer your impossible**.

Our students will be blessed to be addressed by Tracy on January 31st. There will also be a parent evening hosted Loretto Catholic School that evening.



THANK YOU!!

The Winter Wonderland Book Fair was a blizzard worthy success! Thank you to the students, staff and parents that made it to the book fair! A very special thank you to Student Council under the leadership of Mrs. Boucher and Madame Forte for their ideas, creative spirit and also their massive help with the book fair and also a very special thank you to Miss Alicia for helping out with the book fair!

The winner of the Marshmallow Counting Contest is Xander M. from Mr. Teutenberg's Class. The winner of the Book Fair Draw is Ava T. from Mrs. Dominski's class. Both Ava and Mrs. Dominski's class received really wonderful books.

The money raised will be going towards new library books!

Christmas Toy Drive

Thank you to J&L Flooring in Niagara Falls for generously hosting a toy drive for our school. Over 30 gifts were donated and given to our students and families this Christmas. Thank you to all those that supported the toy drive and to J&L flooring for their kindness.



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

Grade 7 Vaccines Catch Up

Niagara Region Public Health has completed all fall school-based immunization clinics for the following publicly funded [routine school vaccinations](#):

- Meningococcal
- Hepatitis B
- Human Papillomavirus (HPV)

Grade 7 students who missed their school immunization clinic can receive these vaccines through the following options:

- Niagara Region Public Health vaccination clinics – book an appointment at a community clinic by calling the Vaccine Preventable Disease Program at 905-688-8248 ext. 7425

- Family doctor or Nurse Practitioner– Contact your health care provider to discuss vaccine availability. If you do not have one, you can check with a local walk-in clinic.

Wintertime Well-Being

As the weather changes and days get shorter, many people, including children and youth, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your child's mood.

- [8 feel good tips to boost your mood](#)
- [100 Fun Activities to Boost Your Mood](#)
- [Stress relief activities for kids](#)

Help Keep the Classroom Germ Free – Stay Home When Sick

Respiratory viruses like the flu and COVID-19 are spreading in our community. Since these viruses can have similar symptoms, it can be hard to tell what you are infected with based on just symptoms alone.

If your child is sick, they should stay home from school until:

- They have no fever, without the use of fever reducing medication and
- Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea and
- They don't develop any new symptoms

By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.

Snow Safety for Kids

child is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make the most of winter adventures:

1. Gear Up: Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. Choose Safe Hills: Opt for designated tobogganing hills that are free from obstacles like trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.
3. Follow Etiquette: Be mindful of others on the hill. Encourage your child to wait their turn and choose a clear path to avoid collisions. Respect the space and safety of fellow tobogganers.
4. Think Safety: Help your child to sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride.
5. Stay Visible: If tobogganing in the evening, ensure visibility. Wear bright colours and consider adding reflective elements to clothing.



Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your child and friends in the winter wonderland!

Visit [Niagara Families](#) for places your child can toboggan.

Called By Name

Our Niagara Catholic's new theological theme for 2022-2026 will be "Called by Name". Our

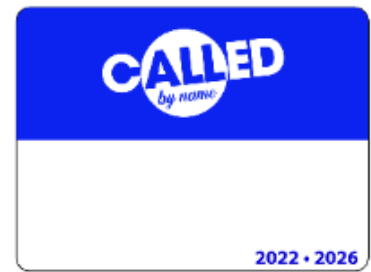
system faith-centered events for the upcoming years:

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: Hear My Voice."

And while our theme is about

God's call to us, it should also serve as a reminder of our call to Him. Each day God says to us, "let me hear your voice; for your voice is sweet" (Song of Solomon 2:14). God doesn't want to talk at us; He wants to have a conversation with us. Have you given Him the pleasure of hearing your voice yet today?

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.



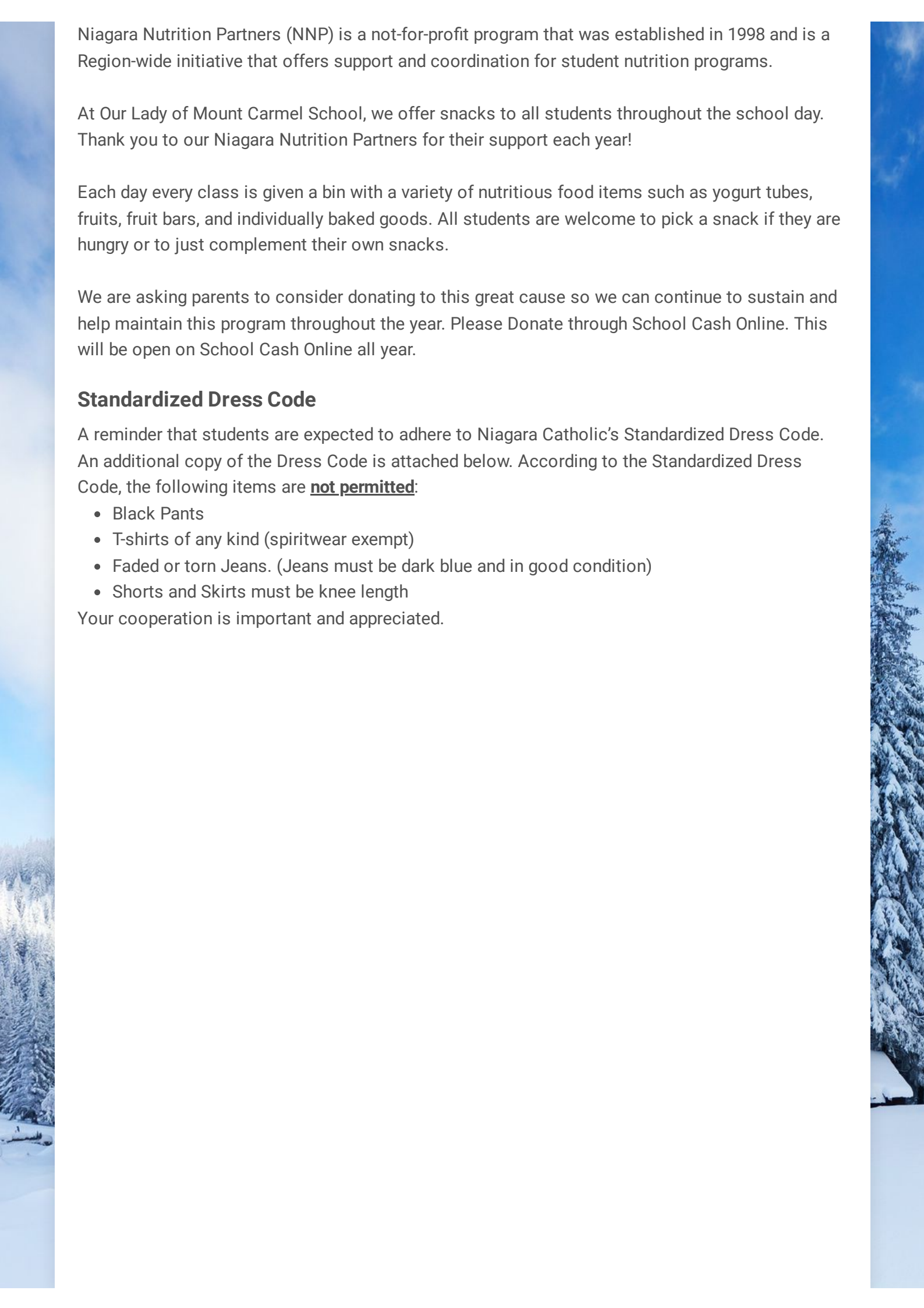
International Day of Education - January 24, 2024

Education is a human right, a public good and a public responsibility.

The United Nations General Assembly proclaimed 24 January as International Day of Education, in celebration of the role of education for peace and development.



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

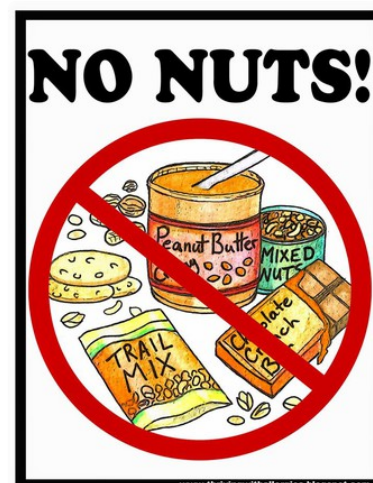
2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

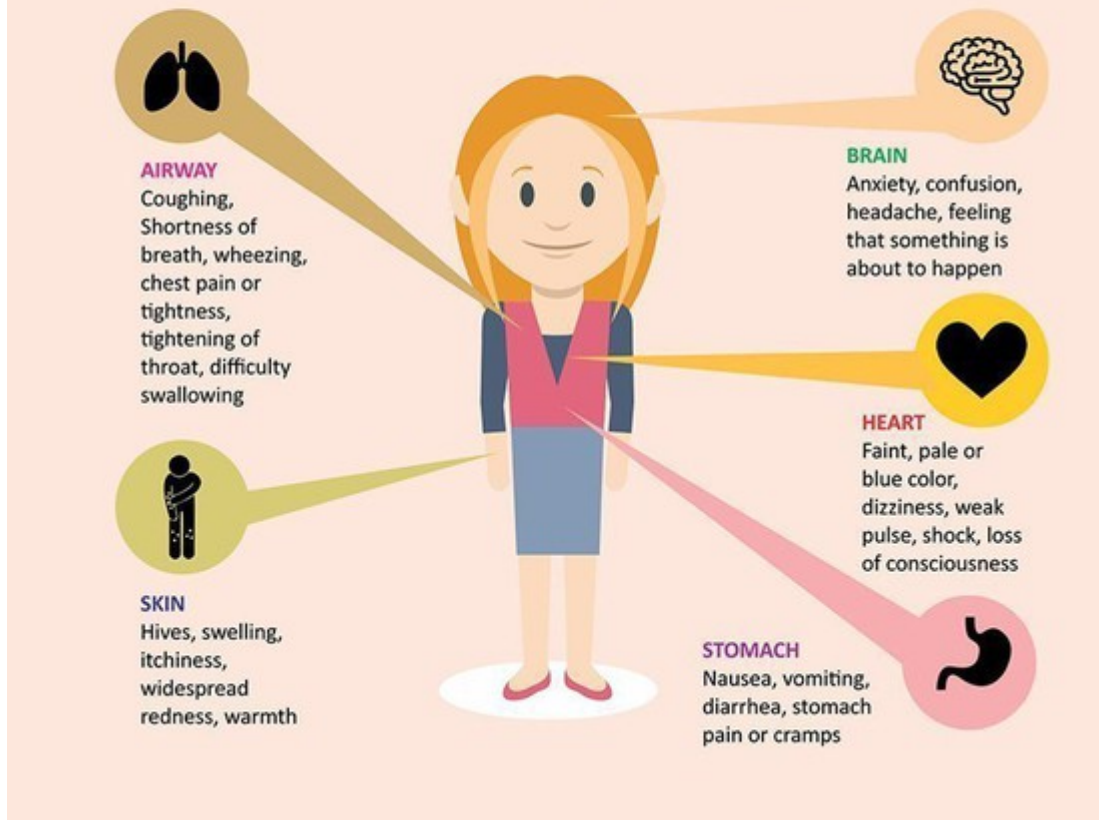
Medications & Allergies

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