



# Our Lady of Mount Carmel

March 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

Easter is a time of hope, renewal and rebirth. An occasion when families, friends and loved ones come together to both celebrate and reflect on the blessings in their lives.

Easter is also the most joyful season in our Catholic faith, as we unite to celebrate the resurrection and rebirth of our Lord, Jesus Christ. Throughout this special time of year, we must celebrate with joy as this season signifies our hope for eternal life in the Kingdom of Heaven.

We would like to wish each of you a blessed Easter.

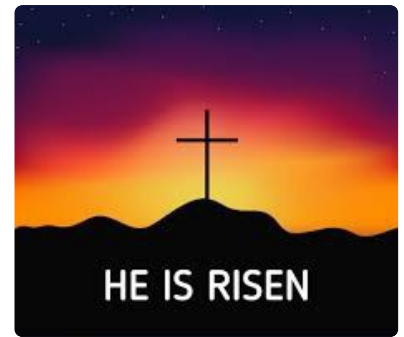
Mr. Lennox and Mrs. Vinc



## Prayer for Easter

Lord, help us to live in the gladness and grace of Easter Sunday, every day. Let us have hearts of thankfulness for your sacrifice. Let us have eyes that look upon your grace and rejoice in our salvation. Help us to walk in that mighty grace and tell your good news to the world.

Amen



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## March Family Math and Literacy Challenges

Thank you to all the families that participated in our first monthly challenge contest. We had some amazing entries and we loved seeing everyone spending time as a family. Congratulations to Norah in Mme. Pinelli's class.

### March Challenges

**Numeracy:** Play a game that focuses on Math. Games we love include Rummikub, Crazy Eights, Monopoly, Jr., Yahtzee, Chutes and Ladders, Uno and other card games.

**Literacy:** Use your library card at the library as your passport to travel the world. Take a picture of the your family at the library.

Remember to send your entries in through email, social media or bring them into the school. Good Luck Everyone!!

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## ♥ KIDS HELPING KIDS THANK YOU ♥

Thank you to everyone for participating in our Kids Helping Kids Campaign. The students had a great time and showed a lot of school spirit participating in our various theme days. As a school we raised over \$1000 that will be donated to the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education.



# THANK YOU!

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## March is Nutrition Month

National Nutrition Month stands as a testament to the profound impact of making informed food choices and developing sound eating habits. This annual observance not only promotes nutritional knowledge but also emphasizes the vitality of a balanced lifestyle. Here at OLMC we will also be celebrating this month with fun healthy treats for our students.



- Friday March 1st each student will receive a vanilla frozen yogurt.
- Friday March 8th each student will receive an apple.
- Monday March 18th each student will receive a St. Patrick's Day cookie.
- Wednesday March 27th classes will receive a fruit tray.

We are very fortunate to be able to provide access to healthy food to our students. Through our nutrition program we offer daily healthy snacks to our classes. If you would like to donate to our nutrition program you can do so on School Cash Online from March 1, 2024 through March 31, 2024.



## MARCH BREAK

March Break will be from Sunday March 10, 2024 - Saturday March 16, 2024. Please enjoy this time with your children.

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## Important Dates in March

Here is a list of important dates in March:

March 1: Frozen Yogurt provided to all students.

March 8: Dress in Green Day and an apple provided to each student.

March 18: A cookie provided to each student.

March 20: GRAD Photos

March 22: OUT OF DRESS CODE

March 27: Fruit Tray provided to each class.

March 29: Good Friday

Match 31: Easter Sunday

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### Blue Spruce Reading Program

The students from Kindergarten to Grade  $\frac{2}{3}$  classes will be participating in the Blue Spruce Reading Program. This program is part of their regular library visits. Over the next ten weeks, the students will be listening to stories all by Canadian authors. They will have an opportunity to vote for their favourite book sometime in April. If you would like some more information, please check out this website:

<https://forestofreading.com/blue-spruce-nominees/>

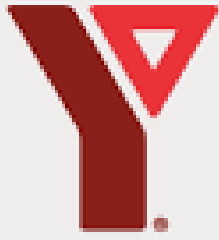


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### Registration for New Students

If you or someone you know would like to join the Our Lady of Mount Carmel Family please visit [www.niagararc.ca](http://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](http://niagara.onehsn.com), for more information about registration, please email [cregistration@niagara.ymca.ca](mailto:cregistration@niagara.ymca.ca)

## Niagara Region Public Health School Health Newsletter March 2024

March is Nutrition Month! This annual campaign has been created by the Dietitians of Canada to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits](#) | [Support Your Picky Eater](#)
- Visit [unlockfood.ca](http://unlockfood.ca) for recipes, food allergies, [menu planners](#), and to also find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

### World Sleep Day, Sleep is Essential for Health – March 15th

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.

#### How much sleep does my child/youth need?

##### AGE RECOMMENDED SLEEP

Ages 3-5 (Preschoolers) 10-13 hours per day

Age 6-12 9-12 hours per day

Ages 13-18 9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

**Here are a few tips to consider that may help youth sleep better:**

- Limit naps – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- Spend at least 1.5 hours outside during daylight hours – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- Have an electronic curfew – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health concerns, and provide connections to community supports through [Niagara Parents](#).

Individuals can connect with a Public Health Nurse at [Niagara Parents](#) **Monday – Friday, 8:30 a.m. - 4:15 p.m.:**

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

**Active School Travel**

Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.

Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
  - More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
  - Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.
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## 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



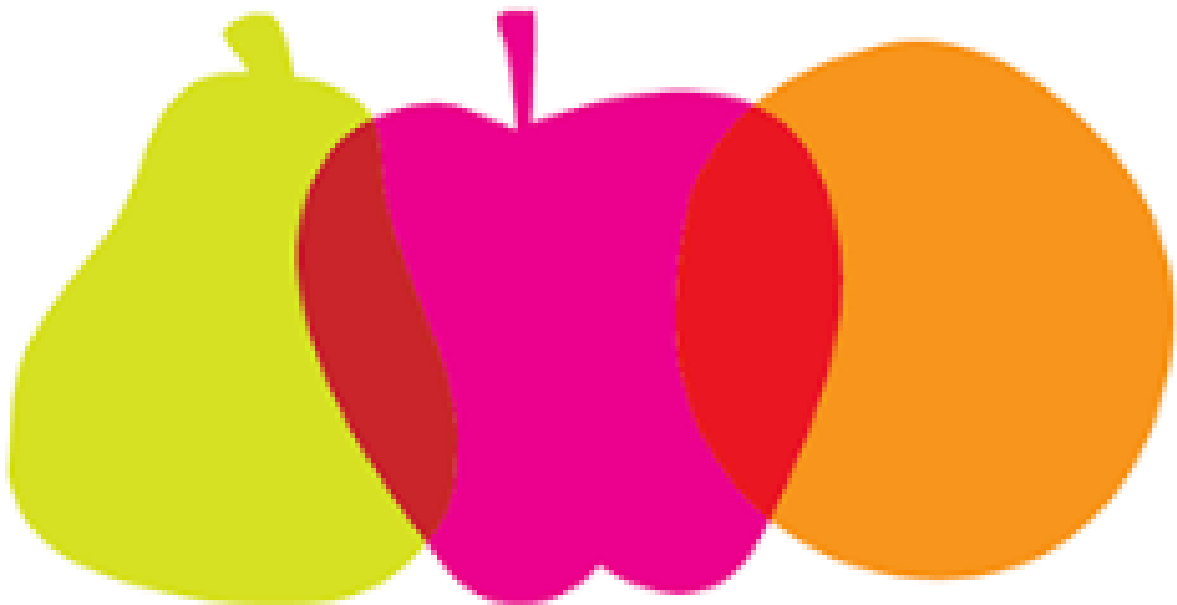
Our theme this school year is "Called by Name: Hear My Voice." And while our theme is about God's call to us, it should also serve as a reminder of our call to Him. Each day God says to us, "let me hear your voice; for your voice is sweet" (Song of Solomon 2:14). God doesn't want to talk at us; He wants 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.



# 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.

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### **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 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 and Allergies

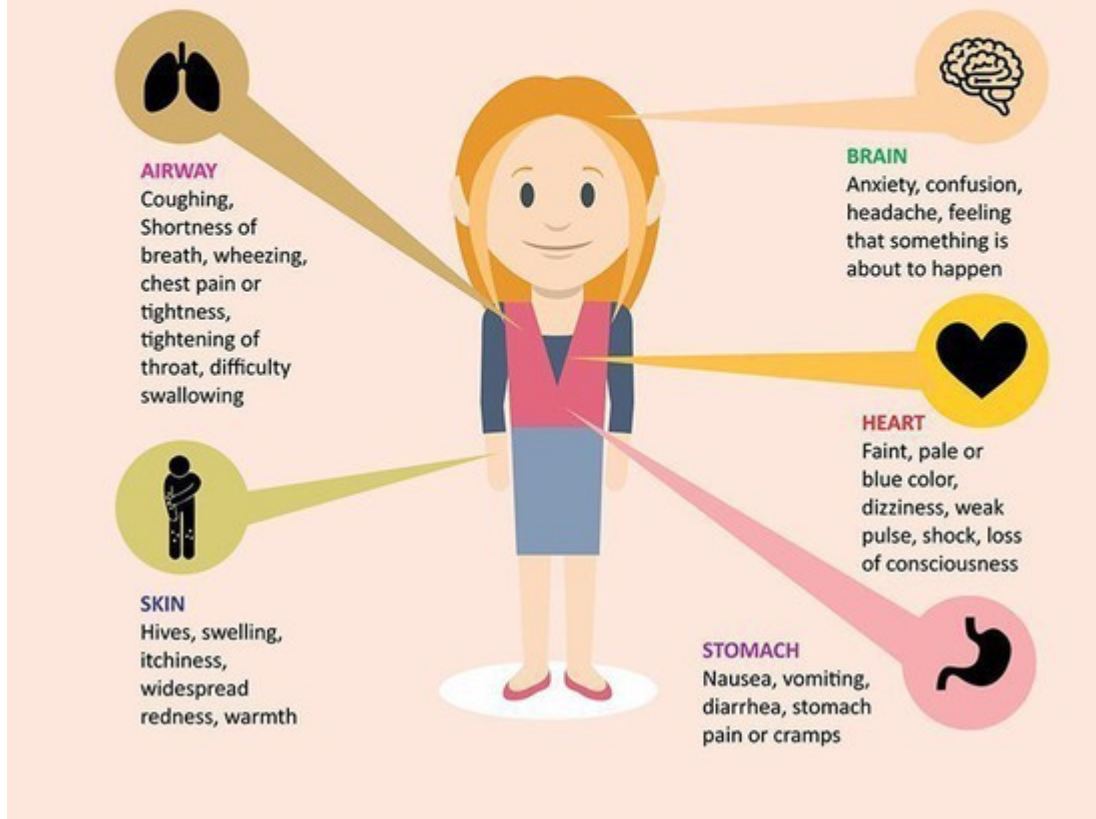
Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required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