



Our Lady of Mount Carmel

April 2024

School Information



Mr. J. Lennox- Principal

Mrs. T. Vinc- Vice Principal

Website:

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

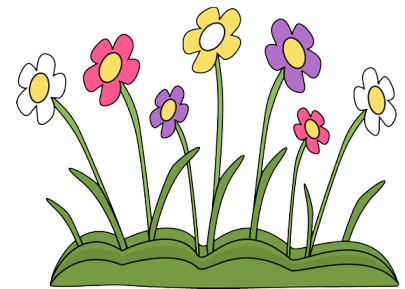
Location: 6525 Carlton Street, Niagara Falls, ON L2G 5K4

Phone: 905-354-2523

Follow us on Instagram: @ourladyofmountcarmelnf

Principal's Message

Hard to believe it is already April and March break has come and gone. March has flown by and the weather has been great even with little cold snap here and there throughout the month. Hopefully spring is here and the weather will be taking a turn for the better. We sure are looking forward to spring and the warmer weather as we push towards the end of the school year.



Mr. Lennox and Mrs. Vinc

Prayer for Spring

Dear God,

Spring is a metaphor for change. Some changes we eagerly await, and some we abhor. Some changes we plan and others arrive uninvited. To all these changes we ask the gift of Your perspective beckoning us to expectation, hope, and rebirth. May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too. Open our eyes and lives to the needed changes in our lives this Spring. Awaken us to new life and perspective, for we pray in Jesus' name.



Amen.

April 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 GIANCARLO and LILY SACCO!!!

April Challenges

Numeracy: Bake cookies together, take turns measuring the ingredients.

Literacy: Take turns reading a bedtime story together, children and adults each read one sentence at a time.

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

Scholastic Book Fair

Take a trip to a place for book lovers. We are going to Paris for our next Scholastic Book Fair Adventure! From April 29, 2024 until May 10, 2024, OLMC will hold our annual book fair. Students, parents and guardians will have the opportunity to visit the book fair and purchase amazing books and other goodies.



Please stay tuned for more information.

A & W Day: April 10, 2024

We are excited to offer A&W as a hot lunch option on Wednesday April 10, 2024. Due to the quick turn around orders will be due NO LATER than Friday April, 5, 2024.

NO LATE ORDERS WILL BE ACCEPTED!!

Options:

3 chicken strips (fries not included): \$6.00

Mama Burger (fries not included): \$6.00

Mama Hashbrown Burger (veggie) (fries not included): \$5.00

Kid's Strips Meal (2 strips, small fries, Granola bar, Choc or White Milk, Lollipop): \$6.00

Add Fries: \$3:00

Add: White or Chocolate Milk: \$2.00



Spring Dance

On Friday April 26, 2024, OLMC will be holding a Spring Dance for all classes. Each class will be invited to the gym to take part in this school event. This will also be out of dress code day with the theme of Spring Colours.



We want to thank Student Council for organizing this event.

Important Dates in April

Here is a list of important dates in April:

April 1st: Easter Monday No School

April 2nd: Easter Mass

April 3rd: Badminton Tournament and Pizza Day

April 8th: PA Day

April 10th: A&W Day

April 12th: Grade 8 Confirmation Rehearsal

April 13th: Grade 8 Confirmation 11am

April 17th: Pizza Day and Chess Tournament

April 18th: First Communion Rehearsal

April 20th: First Communion 11am

April 22nd: Earth Day

April 24th: Class Photos and Grad Retakes

April 26th: Out of Dress Code Spring Colours and Spring Dance



Niagara Catholic Accessibility Event

Niagara Catholic Accessibility; An Evening Event in Support of Accessibility Awareness The Niagara Catholic District School Board and the Accessibility Planning Committee are pleased to

Catholic graduate, public speaker, and activist, Michael Jacques and disability advocate Charlene VanderGriendt, from The Rick Hansen Foundation.

Public speaker, activist, and author Michael Jaques, has written and self-published his book "Can't Read, Can't Write, Here's My Book" using speech-to-text technology. Michael is diagnosed with autism and an intellectual disability and shares his life experiences to help audiences understand accepting and belonging.

Disability advocate, Charlene VanderGriendt, from The Rick Hansen Foundation will discuss how to speak and interact inclusively. Students with disabilities will share their perspectives on building a culture of acceptance through taped video interviews. The words we use carry meaning and power.

This exciting free event will take place on Monday, April 15th from 6:00- 8:00 pm at The Holiday inn and Conference Centre (327 Ontario Street, St. Catharines) and includes light snacks, refreshments and door prizes.

REGISTRATION

- Registration is available on a first-come, first-served basis as space is limited.
- Registration link: <https://forms.gle/Uu4YCCF8e6JUkxA96>
- Registration for this event will be due no later than April 10, 2024

Blue Spruce Reading Program

The students from Kindergarten to Grade 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/>



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 April 2024

Connecting the Curriculum to Home

Your child might start learning about various parts of healthy human growth and development based on their grade and the [Ontario Health and Physical Education \(2019\) curriculum](#). One important topic that is covered is consent.

Our Public Health Nurses Jenn and Austin discuss how to start the conversation of consent, and how to connect the curriculum to home.

- **Watch here:** [Starting the Conversation of Consent - Connecting the Curriculum to Home](#)
- [Frequently Asked Questions about Puberty](#) – as your child starts learning more about human development, our school health team wants to support adults with answering some of those tricky questions.

Niagara Ontario Health Team – Events Calendar

The [Niagara Ontario Health Team](#) created an events calendar tool to highlight the diverse activities happening in our region. This initiative highlights the importance of health and wellness. It also serves as a valuable link, connecting community members to resources available in Niagara.

The [calendar](#) makes it easier to find and explore new things to do. It also helps create meaningful connections in our community. Visit today to learn more about what is going on near you!

Benefits of Risky Play

Did you know that letting kids [play freely outdoors](#), even if it involves a bit of risk, is super important for their growth and well-being? Learn about the benefits of exciting play that might seem a little risky, and how it can help kids develop better physically, mentally, and socially. Let's rethink how we see risks and explore how adventurous play can actually help kids stay healthier and happier in the long run. Join us in creating a world where every child has the chance to thrive!

For more information on what it is meant by risky play, check out [Active For Life webpage](#).

Happy Oral Health Month!

Niagara Region Public Health Dental Program offers **FREE** dental clinics for children and youth 17 and under throughout Niagara.

Appointments are available for children in:

- Niagara Falls on Tuesdays
- Thorold on Mondays (afternoon and evening) and Wednesdays
- Welland on Thursdays

[Niagara's Mobile Dental Clinic](#) also travels around Niagara to various locations throughout the week.

All of our dental clinics offer free dental assessments, cleanings, fluoride and sealants. To book an appointment [contact the Dental Program](#) or [book a dental assessment online](#).

Student Mental Health Ontario: Wayfinder

Unlock the power of mental health promotion and literacy in your classroom with confidence and ease! [School Mental Health Ontario Wayfinder](#) provides a clear framework for mental health learning in the classroom. Empower your classroom with mental health promotion and literacy tools perfectly aligned with the Ontario curriculum, fostering an inclusive space for students to support each other's mental well-being.

Wayfinder provides:

- A digital guide of lessons and activities with easy-to-follow instructions
- Ready-to-use communication materials to foster home-school connections
- Regular email messages to offer you tips, support and new classroom resources.

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



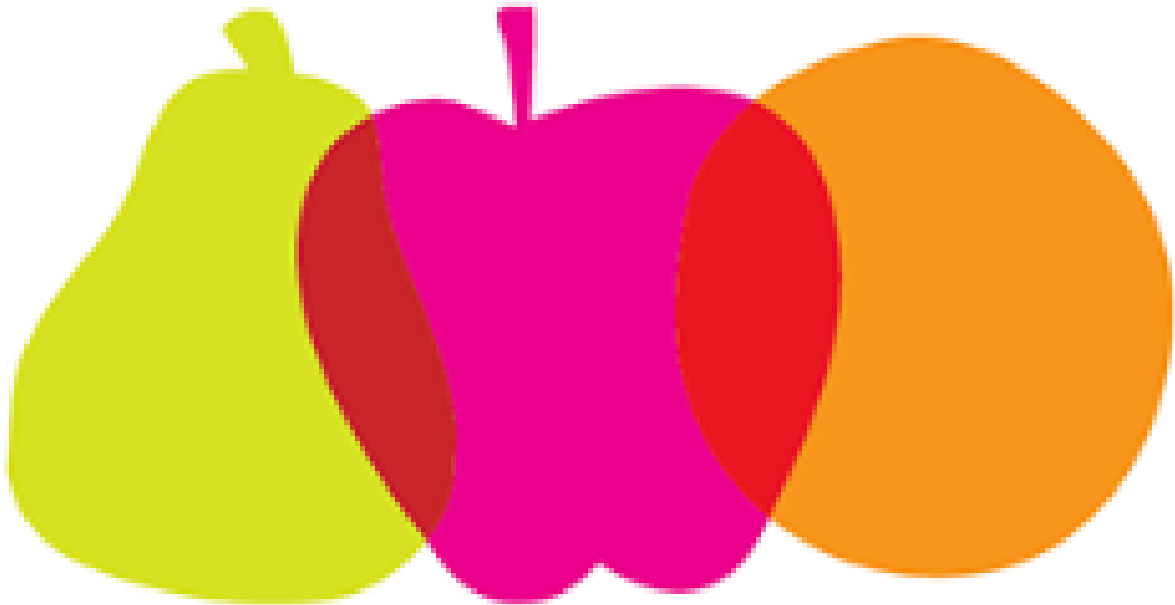
Our theme this school year is "Called by Name: Hear My Voice." And while our theme is about God's call to us, it should also serve as a reminder of our call to Him. Each day God says to us, "let me hear your voice; for your voice is sweet" (Song of Solomon 2:14). God doesn't want to talk at us; He wants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

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!

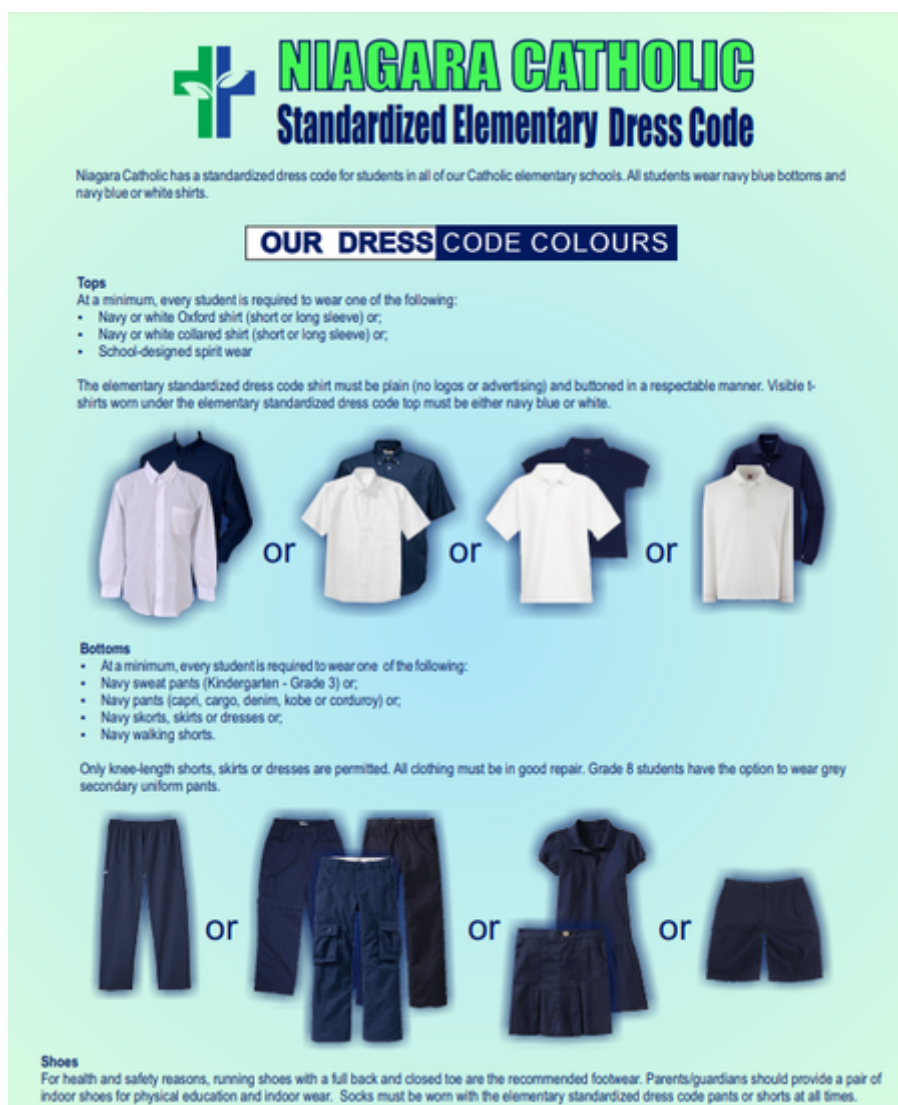
Each day every class is given a bin with a variety of nutritious food items such as yogurt tubes, fruits, fruit bars, and individually baked goods. All students are welcome to pick a snack if they are hungry or to just complement their own snacks.

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.

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

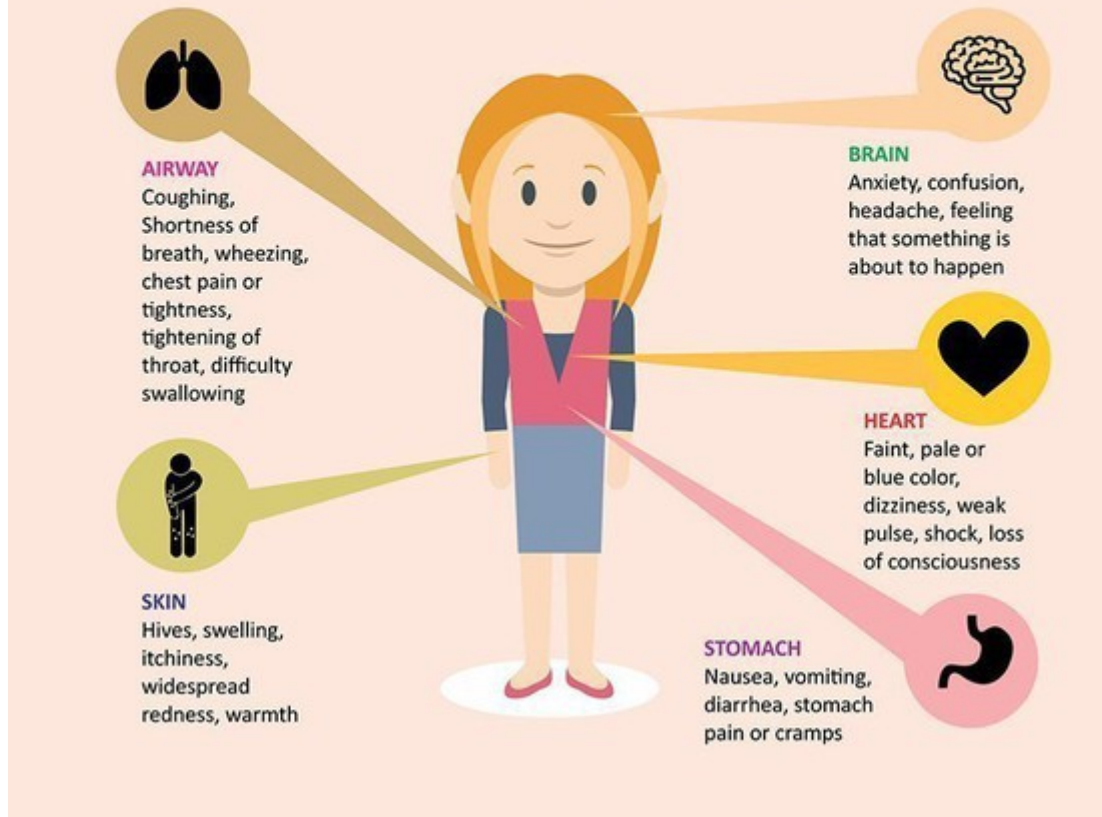
Medications and Allergies

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