



# Our Lady of Mount Carmel

June 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

It's June!!!! What an awesome year it has been- filled with so many memories. We were fortunate to be able to provide our students with so many wonderful opportunities, sporting events and extra-curricular activities. It was a joy watching them participate in all these events. We want to thank all of our families for the confidence they have shown in us and for allowing us the opportunity to work with your children, day in and out. We have seen the growth in our students and we can't wait to see what the future brings for all of them. We wish all of our families a wonderful summer vacation. Take time to relax and recharge.

Goodbye to Miss Belcastro, Mrs. Barton-Horton, Miss Michitsch, Miss Cooney and Miss Chmielewski. Thanks for being a part of our team this year. We hope to work with you again in the future.

Mr. Lennox and Mrs. Vinc



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## Prayer for Summer

Take time to claim your strength; this is a gift from God. Take time to have fun; it is God's way of teaching you your strengths. Take time to grow yourself; only you can grow you. Take time to trust yourself; God trusts you. Take time to be self-reliant; it is better than being dependent. Take time to share with others; they will bless you and you will bless them. Take time to have hope; you are a child of God.

Amen

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## Happy Retirement Mr. Anania

We would like to wish Mr. Anania a very happy retirement and thank him for all he has done for OLMC over the years. Mr. Anania was always a friendly face, who would do anything for his students. We will miss you dearly here at OLMC, but know you will do great things.



Now a message from Mr. Anania

I would like to take this special opportunity to thank the entire Our Lady of Mount Carmel Catholic Community. Since my arrival in 2015, my 9-year stay has been nothing short than a wonderful and positive experience. I am so grateful and blessed for the longevity in this incredible career God has given me. I have never taken this for granted. The positive experience with students, especially my true love, the kindergartens, staff, and parents will be lifelong memories I will cherish forever. As I complete my 37 and half year educational journey this month, I am so humbled and honored to be retiring from a wonderful catholic community. I wouldn't want it any other way. As I move on to my next journey in my life I just want to say, thank you, Our Lady of Mount Carmel Catholic Elementary School for welcoming me and permitting me to teach your children. Thank you for the smiles and the laughter. Thank you for your trust. God Bless and God Speed and have a wonderful summer. Go Cougars!

Mr. V. Anania

Prep and Planning Teacher OLOMC  
2015-2024

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## 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.
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## June Family Math and Literacy Challenges

Thank you to all the families that participated in our monthly challenge contest. We had some amazing entries and we loved seeing everyone spending time as a family. Congratulations to Xavier Venneri

### June Challenges

Numeracy: Enjoy the great outdoors and learn about nature – why not make it a scavenger hunt and find numbers in nature!!

Literacy: Play with your food and write words with alphabet cereal and soup (we like cookie letters too!)

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

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## Message from the Library

### Book Fair Recap

The Parisian Scholastic Book Fair was a hit! Thank you to the staff and students for coming to the book fair. The library and school community benefited greatly from this book fair to purchase library books and also chrome books. A special congratulations to Kathlynn P. and Mr. Teutenberg for winning the Scholastic Book Fair Draw and a congratulation to Daniel C. for winning the Croissant contest.



### Returning Library Books!

It's that time of year again! Time to start returning all library books back to the school. Please assist your child(ren) search for their library books. Check your desk, bags, closets, under the fridge, in the dog house and all the places where you have books. Overdue notices have started going home on May 31st.

All library books and materials must be back by no later than June 14th

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## Term 2 Report Cards, IEP's and Class Placements for 2024-2025

All student Term 2 reports and IEPs will be available online on Monday June 24, 2024. We encourage you to view these important documents with your children.

**All student placements will be forwarded to families via school messenger the last week of August. Please ensure you check your email.** Following student placements, a subsequent communication will be sent by your child's classroom teacher. This will provide information on items that may be required for the school year. In the interim, here are some items that you may need according to grade/division:

#### Kindergarten

- a change of clothing in a clear plastic bag (top, pants, underwear, socks)--all labeled - very important and kept at school
- Indoor running shoes
- backpack
- lunch bag
- reusable water bottle
- Reusable cutlery
- 2 boxes of tissues

#### Primary Grade 1 to 3

- A large backpack
- A change of clothes labeled in a ziploc bag (dress code top, pants, underwear, socks)
- Lunch bag
- Indoor running shoes (**Velcro**)
- 1 box of tissues
- Reusable water bottle
- Several sharpened pencils
- eraser
- box of pencil crayons
- Pencil sharpener with shaving case
- box of washable markers
- large glue sticks
- A pencil case
- 2 large ziploc bags
- A personal set of headphones or earbuds for iPad/ Chromebook use.

#### Junior Grade 4 to 6

- Indoor shoes
- Pencil crayons
- Pencils
- Highlighters
- Glue stick
- Small enclosed sharpener
- Red pen
- Small pencil case
- Box of tissues
- Calculator
- Ruler (30 cm)
- A personal set of headphones or earbuds

#### Grade 7 to 8



- Pencil crayons
- Pencils
- Small sharpener
- Pencil case
- Erasers
- Black sharpies
- Box of tissues
- Ruler (30 cm)
- Personal set of headphones or earbuds
- Scientific Calculator
- Personal hygiene products for locker (deodorant, etc)
- Glue stick
- 2 medium sized binders (Gr.8)



### June Dress Down

Once a week for the month of June we will have a dress down day. Students are invited to follow the themes listed below or come in an outfit of their choice.

Thursday June 6, 2024: Dress like a teacher day.

Friday June 14, 2024: Jersey Day celebrating UEFA Euro Cup 2024

Friday June 21, 2024: Dress in your favourite colour day

Thursday June 27, 2024: Schools out for Summer Day!! Dress in your favourite vacation wear.

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## Track and Field

On June 4th, 2024 the grade 4-8 students that qualified will participate in our Family of Schools Track and Field event. The students will be travelling by bus to Oakes Park to take part in the events.

Please make sure students:

1. Are dressed in appropriate athletic attire and have running shoes.
2. Bring a hat, sunscreen and extra water.
3. Are prepared for the weather.



The concession will be open to purchase food, students will be responsible to holding on to their own money. If you would rather pack your child a lunch that is also an option.

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## Grade 8 Graduation

We wish our Graduates all the best as they complete their Elementary years and begin the next phase of their educational journey. We have so enjoyed having you a part of our family and we can't wait to see what the future holds for them. We will celebrate our wonderful 8s on Wednesday June 19, 2024. The ceremony will take place at The Americana at 6pm followed by a student celebration dinner and dance from 7:00pm - 10:30pm for students and staff.



## Festival of the Arts

This year OLMC will be hosting our First Annual Festival of the Arts. Over the past two months students have tried out, practiced and perfected their talents and are now ready to show our school community. Three performances will take place on June 20th, 2024, two-day time performances for the school, as well as an evening performance for family and friends at 6:00 p.m. at OLMC in the primary gym. More detailed information will be sent via school messenger.

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## Important Dates in June



June 4, 2024: FOS Track and Field

June 6, 2024: Dress Down Day- Dress like a teacher

June 7, 2024: PA Day

June 11, 2024: Year End Mass

June 12, 2024: Ice Cream Day (purchase on school cash online)

June 14, 2024: Dress Down Day- Jersey Day

June 19, 2024: Grade 8 Graduation

June 20, 2024: Festival of the Arts

June 21, 2024: Dress Down Day- Wear your favourite colour

June 25, 2024: Play Day: Out of Dress Code and Hot Dog Day (purchase on school cash online)

June 27, 2024: Last day of school!!!

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## Fam Jam Event

The Niagara Catholic EarlyON Child and Family Centres and Early Years Team are hosting our second annual FAM JAM Community Event for all families with young children Infants to Grade 2 and newcomer families.

FAM JAM will take place on Saturday, June 22, 2023 from 9:30 a.m. to 12 noon at the MacBain Community Centre, 7150 Montrose Rd, Niagara Falls. FAM JAM is a free, fun-filled morning of activities for families to enjoy with their young children.

There will be EarlyON outdoor play program, book giveaways, StoryWalk, Mobile Closet free shopping, face painting, community resources, and refreshments. Various community partners will be participating in this event to provide information and resources for all families and newcomer families. Some partners include - Mobile Closet, Niagara Falls Public Library, Niagara Region Public Health – Niagara Parents, Niagara Firefighters Association and services available to newcomer families.



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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.

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# 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)

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## Niagara Region Public Health School Health Newsletter June 2024

Check your Immunization Records and Travel Health Notice

If you are planning to travel, add these actions to your planning checklist to help make your trip a healthy one.

1) Make sure you and your children are up-to-date with vaccinations.

Staying up-to-date with vaccinations is important all year round. It is especially important before travelling.

- When travelling, you may be at risk for vaccine preventable illnesses.

Check your immunization records or talk to your health care provider.

- Learn more about where to get vaccinated. Remember to report vaccinations to Public Health for children 0 – 17 years of age. Report online or call 905-688-8248 or 1-888-505-6074 ext. 7425

2) Review the Public Health Agency of Canada's travel health notices. These notices outline potential health risks to Canadian travelers and ways to help reduce them. Stay informed as you plan your travel.

Ticks

Ticks, mosquitos and rabid animals can be a risk as the weather warms up.

- Mosquitoes transmit the West Nile virus to humans after becoming infected by feeding on the blood of birds, which carry the virus. To learn how to protect your family, visit [Reduce the Risk of West Nile Virus - Niagara Region](#).



- The black- legged (deer) tick transmits Lyme disease to humans after becoming infected by feeding on the blood of small animals which carry the disease. To learn how to protect you and your pets, visit Protect and Prevent Ticks - Niagara Region.
- Rabies is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity or eyes.

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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?

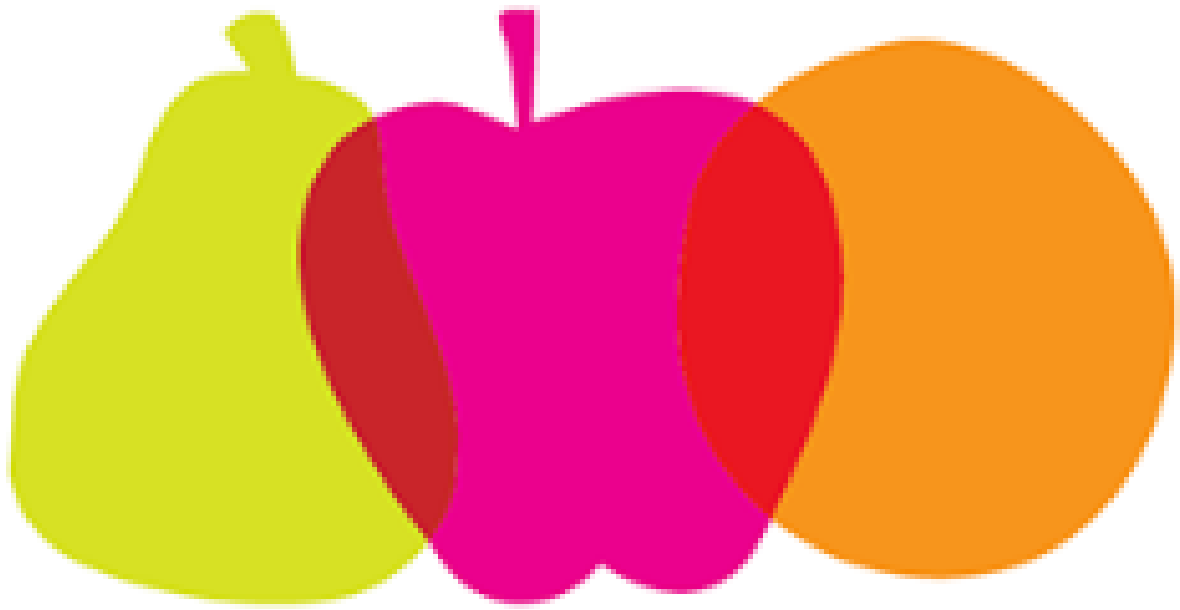
## ECO News

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

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

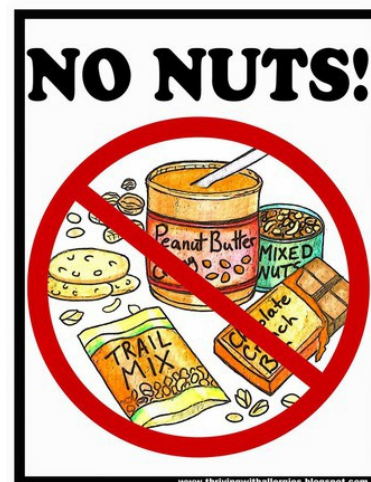
2:05 pm - 3:25 pm Instructional Block 3

3:35 pm Dismissal

## Medications and Allergies

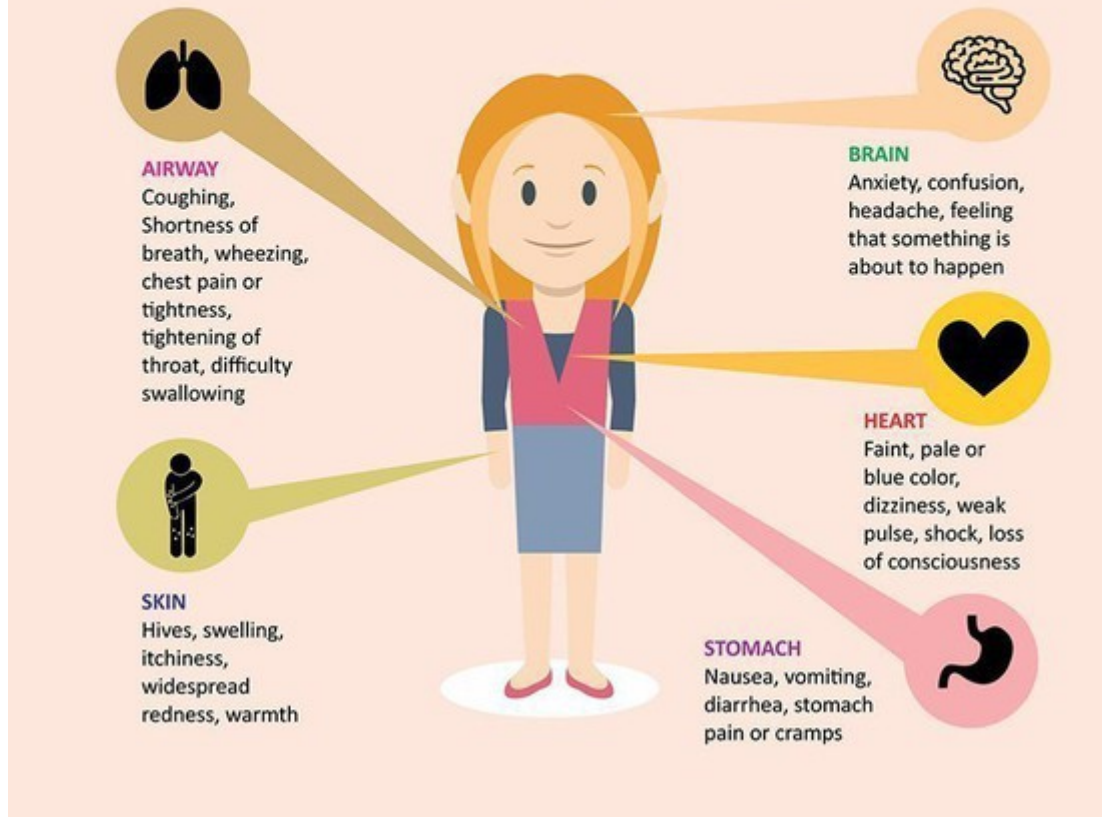
Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required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