



Our Lady of Mount Carmel

December 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

We bring greetings to all of our families as we prepare for God's gift to us- Jesus. This year we have been blessed with a wonderful staff and school community committed to the students of Our Lady of Mount Carmel. We hope that this coming holiday season will bring all of you much hope, prosperity and good wishes as we prepare for 2025.



Continue to be our partners in education as we work to serve our students in Christ. We wish all of you a wonderful Christmas and a Happy New Year.

Mr. Lennox and Mrs. Vinc

Prayer for Advent

Lord Jesus, as we enter this Advent season, help us cling to the hope You bring. In a world that feels heavy with need, remind us of Your promise to come again and make all things new. Let our hearts be filled with the light of Your presence, leading us closer to You each day.



Amen

Morning Drop Off

Just a reminder that drop off in the morning can begin at 8:55am, we ask that parents do their best to have students at school prior to the 9:10am bell. Any student dropped off after 9:10am must come to the front doors of the school as there is no one on duty and the all doors of the school are locked.

12 Days of Christmas

Our Lady of Mount Carmel is excited to announce the 9th Annual "Twelve Days of Christmas" Raffle Draw. The proceeds of the fundraiser will go towards many additional items and activities for the students.

Parents, friends and family will have the chance to win \$300 for the first nine draws, \$650 for the tenth and eleventh draws and 1 Grand Prize of \$1500 for the twelfth and final draw. Daily draws will begin December 3rd, 2024.

Thank you to all those who sold tickets. The first draw will be on Tuesday December 3rd, 2024.



Monthly Challenges!!

Thank you to all the families that participated in our November Monthly Challenge. The entries were amazing!!

December

Numeracy: Use flyers to create a grocery list, add up the total and see how much it costs.

Literacy: Read a Christmas Story together.

Faith: Send in a picture of your Family at Christmas.

Good Luck Everyone!!

Catholic School Council

Our next meeting is Monday December 2, 2024 at 6pm in our school library. All are welcome to attend. On behalf of school council we would like to wish all of the Our Lady of Mount Carmel families a blessed Christmas.

Dress Code Reminders

This is just a friendly reminder that as the weather changes 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.
-



Tuck Shop

This month we will be having OLMC tuck shop. On Friday December 13, 2024 we will be selling popcorn and sour keys. Popcorn is \$2.00 a bag and sour keys are \$0.50 each. Sales will happen during nutrition breaks.

December Alternative Dress Days

During the Month of December we will be having a Christmas Spirit Week. On these days students are invited to take part by following the assigned themes.

Monday December 16, 2024: Christmas Hat Day

Tuesday December 17, 2024: Dress as your favourite Christmas Character

Wednesday December 18, 2024: Red, Green, and White Day

Thursday December 19, 2024: Christmas Sweater Day

Friday December 20, 2024: Cozy Day



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Sports News

Congratulations to our Intermediate Boys and Girls Volleyball teams who competed at the NCAA tournament in November. Both teams showed great team spirit and sportsmanship. We would also like to congratulate our Junior Boys and Girls Triple Ball Teams. Both teams did amazing playing a brand new sport. Our boys team even brought home the CHAMPIONSHIP!! We are so proud of all our athletes.



Arts Corner

We are very pleased to announce that this year we have a primary and a junior/intermediate Choir at OLMC. Both choirs will be participating in Choir Fest taking place at the Seaway Mall on Thursday December 12, 2024.



Also this month we will be holding our Festival of the Arts Try outs. Any student who has a special talent in the arts is welcome to try out.

Important Dates in December

Here is a list of important dates in November

- December 2, 2024: CSC Meeting 6pm in the library
- December 4, 2024: Reconciliation for students in grade 3 to 8.
- December 6, 2024: Wrap Day
- December 10, 2024: Grade 1 to 8 trip to the Performing Arts Center
- December 11, 2024: Pizza Day and Advent Mass
- December 12, 2024: Choir Fest @Seaway Mall
- December 13, 2024: Tuck Shop
- December 16, 2024: Christmas Hat Day
- December 17, 2024: Dress as your favourite Christmas Character, Gr 1 and 2 Christmas Celebration
- December 18, 2024: Red, Green and White Day, Grade 3 and Primary French Immersion Christmas Celebration, Christmas Hot Lunch.
- December 19, 2024: Christmas Sweater Day
- December 20, 2024: Cozy Day
- December 22- January 5, 2025: Christmas Break



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 November 2024

ROUTINE VACCINATION AND IMMUNIZATIONS

Protect your children from vaccine preventable diseases this school year by ensuring their routine vaccinations are up to date. If your child missed their opportunity to receive any routine vaccine(s), it is important to get them back on schedule. Learn more about the [vaccinations for children in school](#) and which vaccine(s) your child may need on our [website](#).

All vaccines for children under 18 years of age must be [reported to Public Health](#). Every time your child receives a vaccine, you must report it:

- [Online](#)
- Phone: 905-688-8248 or 1-888-505-6074 ext. 7425

*Please note, you **do not** need to report any COVID-19 or influenza (flu) vaccination details.*

Holiday Expectations

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.

For more information about the different services available for Youth in Niagara visit:

<https://www.niagararegion.ca/health/schools/youth-services.asp>

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: Follow Me." And while our theme is about following God, it should also serve as a reminder of our call to Him. Each day God says to us, "Come follow me" (Matthew 1:17). We are reminded every day that when we follow Jesus our lives are filled with joy.

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.

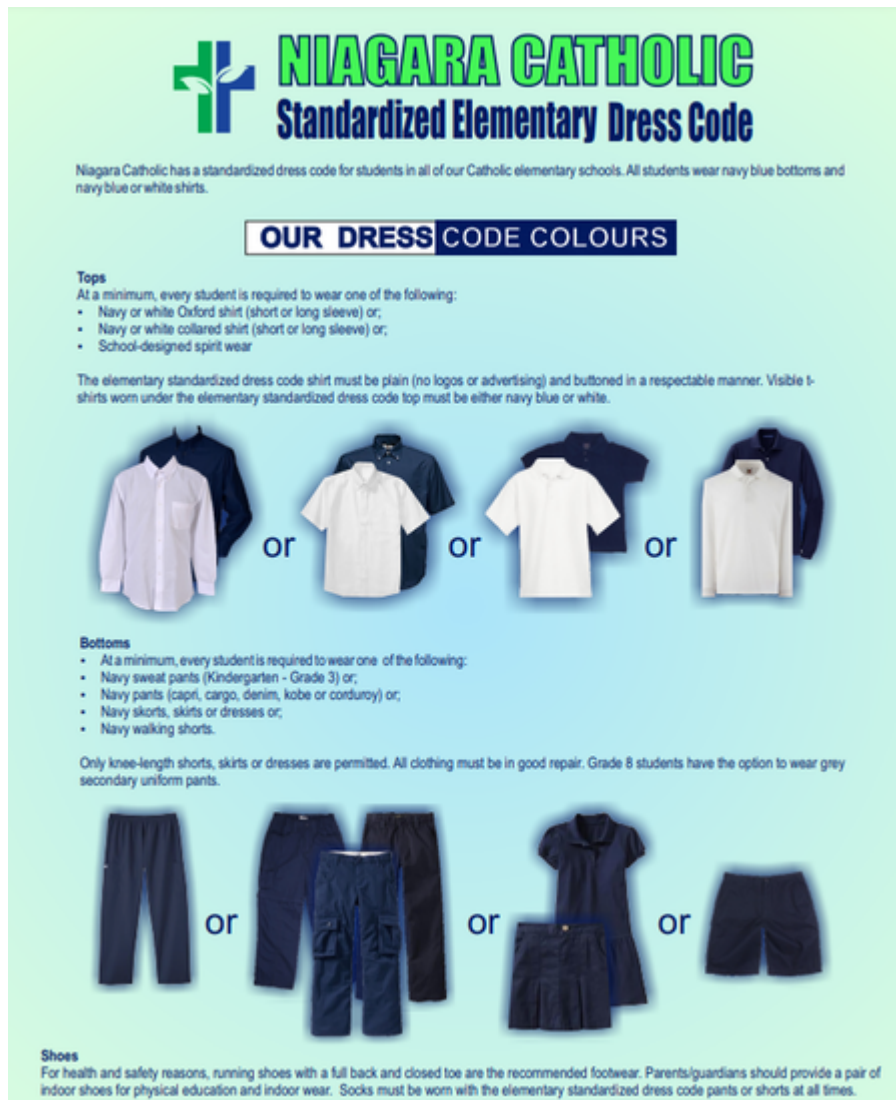
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

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

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 8:55 am. Also note, if you are dropping off your child after 9:10 am they will need to go in the main entrance.

Our Lady of Mount Carmel Balanced Day Schedule

9:10 am Entry Bell

9:10 am-11:20 am Instructional Block 1

11:20 am -11:40 am Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break1 Gr. 1-3 & 3 Kindergarten Classes

11:40 am -12:00 am Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break1 Gr. 4-8 & 2 Kindergarten Classes

12:00 am- 1:20 pm Instructional Block 2

1:20 pm - 1:40 pm Recess- Gr. 4-8 & 2 Kindergarten Classes; Nutrition Break2 Gr. 1-3 & 3 Kindergarten Classes

1:40 pm-2:00 pm Recess Gr. 1-3 & 3 Kindergarten Classes; Nutrition Break2 Gr. 4-8 & 2 Kindergarten Classes

2:00 pm - 3:20 pm Instructional Block 3

3:30 pm Dismissal

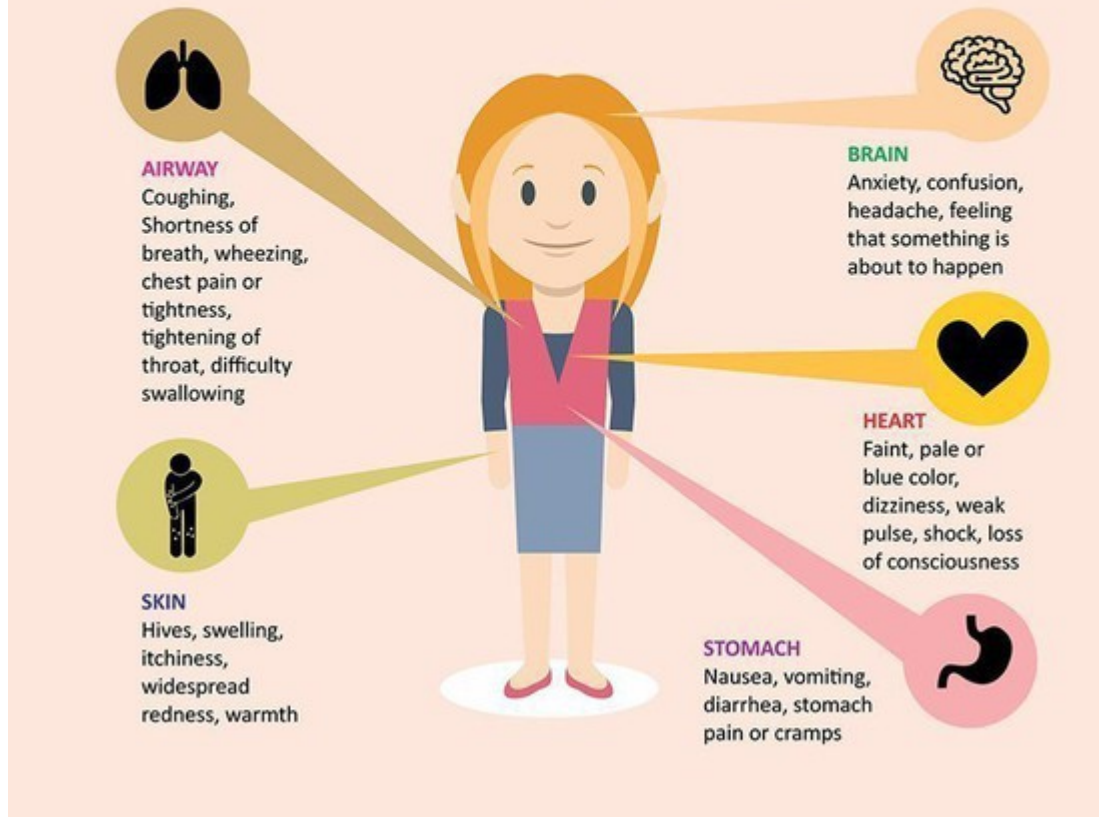
Medications and Allergies

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

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