



# Our Lady of Mount Carmel

March 2025

## 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 March everyone. We are well into the second half of our school year! We begin this month with the season of Lent where we are reminded to take time to reflect and repent. Let God continue to guide us out of the darkness to the light of his love.

In this difficult time, we often feel as though we are alone along the journey of faith. Be reminded, now more than ever, that Jesus continues to walk with us. He will continue to be there for us in our darkest hour and let us not forget that if needed, He will carry us through these times. All we need is faith in the Lord.

Mr. Lennox and Mrs. Vinc



## Lenten Prayer

God of goodness and mercy, Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love.

Amen



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## 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.

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## Krispy Kreme

Krispy Kreme Fundraiser was a great success!! Thank you to all who participated. Below are our top sellers:

1st Place: The Armstrong Family

2nd Place: The Tubbs

3rd Place: The Howe Family

Congratulations to our winners!



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## Shrove Tuesday

On Tuesday March 4, 2025 we will celebrate Shrove Tuesday at OLMC. Students will receive pancakes courtesy of IHOP in Niagara Falls. Students will be invited to the gym to eat pancakes throughout the morning. Our kinder students will enjoy theirs in their classroom.



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## ECO Corner

The Clean and Green Cougars will continue to support learning about environmental issues that affect our school community this month with a waste management presentation for grades 1 to 6

students hosted by the Niagara Region on March 7. Our members will help share more information about recycling and waste reduction with fellow students through various activities, too. We hope families will join in celebrating Earth Hour later this month, on March 22, and plan to have lights out at school for an hour on March 21 to show our support for saving energy.

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### **Purse BINGO!!!**

Great News!! Purse Bingo has been scheduled for Friday June 6, 2025. Mark it on your calendar and invite your friends. Ticket sales will start in April, stay tuned for more information.



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### **Monthly Challenges!!**

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

March

Numeracy: Take a picture of your family playing a board game.

Literacy: Go to the library and send us a picture.

Faith: Send us a picture of you spreading kindness. Get creative!!

Good Luck Everyone!!

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### **Catholic School Council**

Our next meeting is Monday April 7, 2025 at 6pm in our school learning center. All are welcome to attend.

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### **Dress Code Reminders and Dressing for the Weather**

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.

Please be reminded that students will be going outside if it is -15 C or warmer. Please ensure that they come to school dressed for the weather including proper gloves, hats and scarves. Proper footwear is also essential. Boots are not to be worn in the classroom. Please send in a pair of indoor shoes for them to wear in the school. Walking around in socks is a safety concern and is therefore not permitted.

Thank you for your cooperation in this regard.

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### **Tuck Shop**

This month we will be having OLMC tuck shop. On Thursday March 20, 2025 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.

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### **March Alternative Dress Days**

During the Month of March we will be having a many out of dress code days. On these days students are invited to take part by following the assigned themes.

**Friday March 7, 2025: Comfy Day, students are invited to dress comfy.**

**Monday March 17, 2025: Green Day for St. Patrick's Day**

**Friday March 21, 2025: World Down Syndrome Day: Crazy Sock Day**

**Wednesday March 26, 2025: Purple Day for Epilepsy**

**Friday March 28, 2025: Out of Dress Code**

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### **Sports News**

The month of February has been full of fun. Both the intermediate boys and girls basketball teams participated in the NCDSB board tournament. All three teams did amazing showing great sportsmanship and pride.

Up next we have Intermediate Badminton that will be occurring in early April.

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## March is Nutrition Month

At OLMC we will celebrate Nutrition Month for the month of March. During the month we will offer the students many fun , healthy snacks. Below is the schedule for the month. All snacks will be offered free of charge to all students thanks to our nutrition partners.



Friday March 7, 2025: Big Crunch Apples  
Monday March 17, 2025: Cookie Day  
Friday March 21, 2025: Frozen Yogurt Day  
Friday March 28, 2025: Fruit Tray Day

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## Arts Corner

Our Festival of the Arts was a great success. Thank you to all the students who braved the stage and showcased their talents. We had a variety of dancers, singers, artists and even a rock band. Up next our school will be producing the musical Finding Nemo Jr. Auditions are well underway, the production will take place in early June.



Please stay tuned for more details.

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## Graduation Photos

Grad Photos will take place on Wednesday March 26, 2025. Photos will start right after announcements. All students in Grade 8 will have their photos taken throughout the morning. Most students choose to wear a white collared shirt under the provided grad gown and most male students will also wear a tie. If you have any questions, please contact the school.



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## Important Dates in March

Here is a list of important dates in March

March 3, 2025: Cheerleading at 3:45pm in the gym  
March 4, 2025: Shrove Tuesday  
March 5, 2025: Ash Wednesday Liturgy at 12:15pm @ OLMC, Pizza Day (no Pepperoni)  
March 6, 2025: Intermediate Ted Talks in the gym



March 7, 2025: Big Crunch Apple Day, Waste Management Presentation, Comfy Day.

March 10 - 14, 2025: MARCH BREAK

March 17, 2025: Green Day, Cookie Day, Cheerleading at 3:45pm in the gym.

March 19, 2025: Pizza Day

March 20, 2025: Tuck Shop

March 21, 2025: Frozen Yogurt Day, Funky Sock Day, Earth Hour

March 24, 2025: Cheerleading at 3:45pm in the gym

March 26, 2025: Mathletes Tournament, Grad Photos, Purple Day for Epilepsy.

March 28, 2025: Soup Day, Fruit Tray Day, Out of Dress Code



### 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 January 2025

Access and Update Your Child's Immunization Record

Niagara Region Public Health would like to remind parents and guardians to keep their children's immunization record up to date. This can easily be completed by using [Immunization Connect](#).

*Immunization Connect* is a quick, confidential, and secure system where you can access your child's vaccination record and report vaccines.

Report every time your child receives a vaccine directly to Public Health with *Immunization Connect*. **Health care providers do not do this for you.**

Visit [niagararegion.ca/vaccines](https://niagararegion.ca/vaccines) for other ways to report vaccination information to Public Health.

## 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](#)
- [Easy and Fun Mental Health Activities for Home](#)
- [Active Play ideas - Active4Life](#)

## Snow Safety for Kids

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your 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:** Pick tobogganing hills that are marked as a safe place and free from objects such as 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.

**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!

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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: 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.

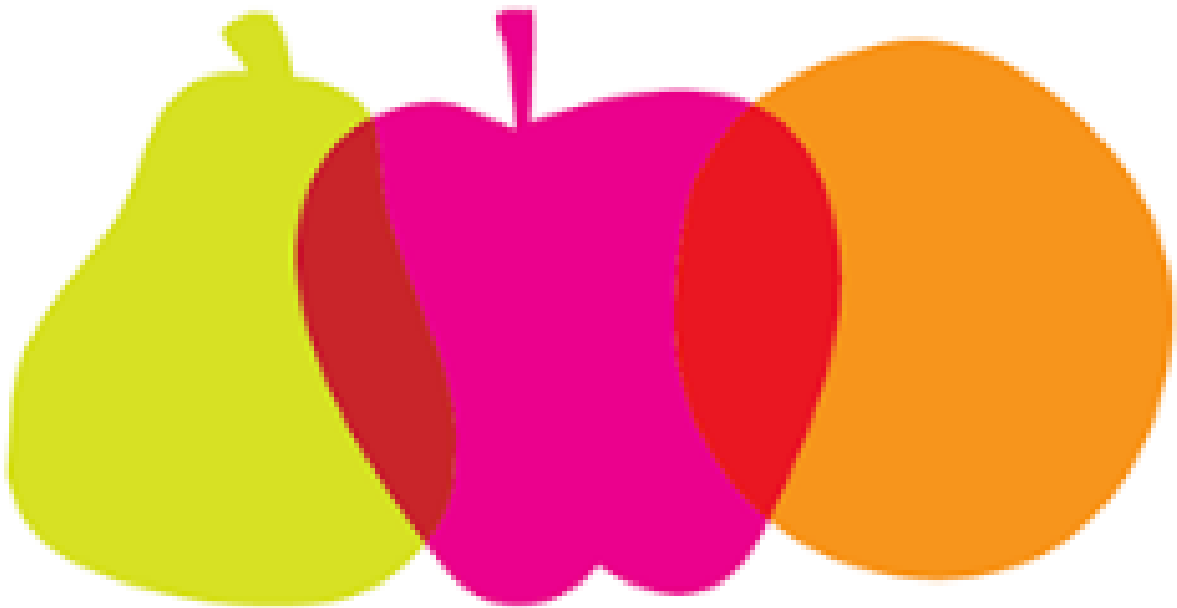
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## ECO News

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 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

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## Medications and Allergies

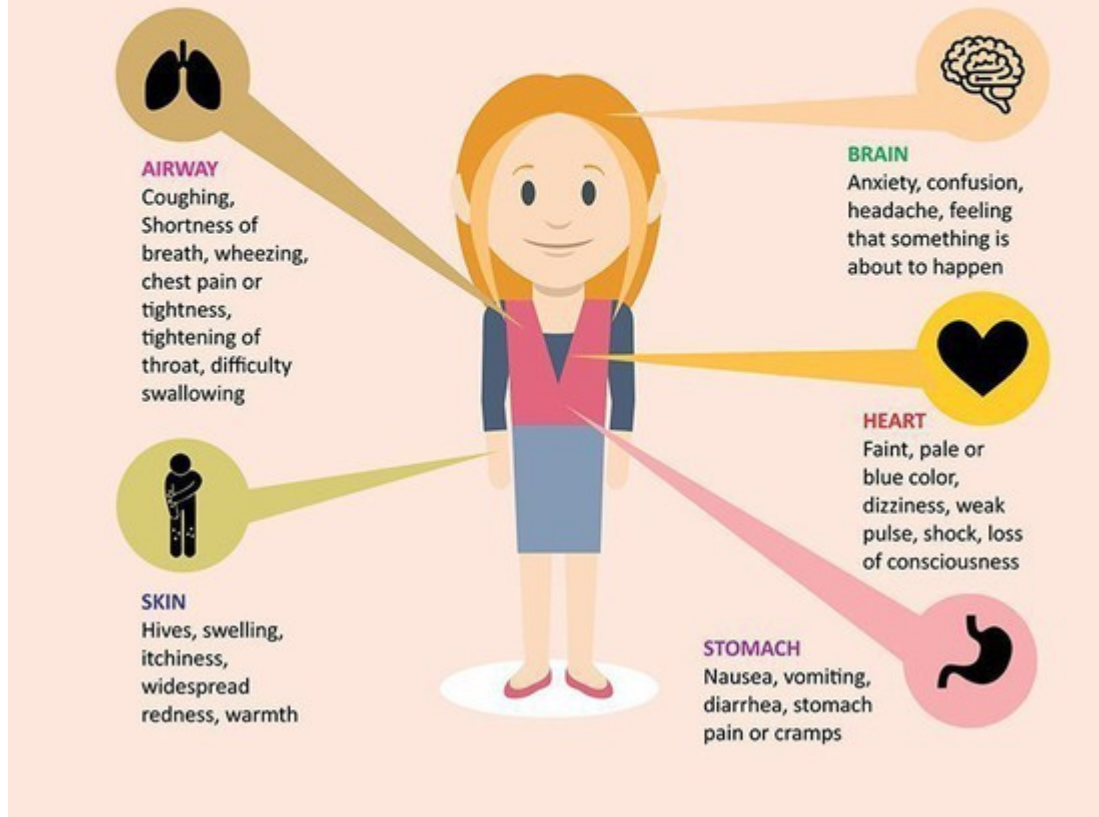
Regulations state that school personnel cannot administer any drugs, without written permission from the parent and a doctor. If there is a need for such medication, please contact the school to obtain the forms which must be filled out and signed by both the doctor and the parent. This record is required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