



Our Lady of Mount Carmel

April 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

Spring has Sprung! Sort of ... The sun is shining, but we are looking forward to MORE warmer weather and outside activities. 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

Easter Prayer

God, may we feel the warm embrace of your love on this sacred day. May the glory of Jesus's resurrection remind us that with You, nothing is impossible or without hope. We pray in Your name.

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.

Easter Holidays

The staff of OLMC would like to wish all of our families a joyous Easter. May your Easter be filled with the joy of the resurrection and the promise of new life.

Students will be off school from Friday April 18, 2025 until Monday April 21, 2025, inclusive.



ECO Corner

Earth Day 2025

- **This year Earth Day falls on Tuesday April 22,2025 and the theme is "Our Power, Our Planet"** This year marks the 55th anniversary of Earth Day, a milestone in the global movement for environmental change.
- **How can you get involved:**
 - **Educate yourself and others:** Learn about sustainability issues, climate science, and actions you can take.
 - **Participate in local events:** Look for cleanups, tree plantings, and other community initiatives.
 - **Make an Earth Day resolution:** Commit to making small changes in your daily life to reduce your environmental impact.
 - **Donate to environmental causes:** Support organizations working to protect the planet.
 - **Reduce, reuse, and recycle:** Practice sustainable habits in your daily life.
 - **Conserve water:** Take shorter showers, fix leaks, and use water-efficient appliances.
 - **Choose sustainable products:** Opt for eco-friendly alternatives when shopping.

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 this month, stay tuned for more information.



Catholic School Council

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

Warm Weather Reminders

As the warm weather is just around the corner, we just want to give a few reminders about warm weather dress code.

1. Students are still to be dressed in dark blue bottoms and blue or white collared shirts.
2. Shorts and skirts need to be at an appropriate length, just above the knee.
3. Shirts need to have sleeves, no tank tops.

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.



Tuck Shop

This month we will be having OLMC tuck shop. On Friday April 11, 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.

April Contest

Congratulations to our March Contest Winners: Grayson Misener and Elena Bishop!!

April Contest:

To celebrate Earth Day we are asking our families to go out and make our environment better. Get creative and send us a picture!! Please send entries to tara.vinc@ncdsb.com

April Alternative Dress Days

During the Month of April we will be having 2 out of dress code days. On these days students are invited to take part by following the assigned themes.

Wednesday April 2, 2025: World Autism Day- Wear Tye-Dye

Friday April 25, 2025: Out of Dress Code

Sports News

In the month of March we exercised our brains. Our Chess and Mathlete teams participated in our family of schools tournaments and did amazing. All four of our chess teams did amazing, with one advancing to the board finals in April. Our mathletes placed 2nd in our area tournament, which advances them to the board final, also happening in April. Congratulations to all who participated!



Nutrition Month Recap

March was a busy month for nutrition. We hope the students enjoyed the extra treats they all received weekly. We would like to thank Zehres on Dorchester Rd for donating 35 fruit trays for our staff and students to enjoy.



Arts Corner

Congratulations to all our students who received roles for our musical. We are so looking forward to seeing this presentation in June. Rehearsals are well underway and all actors have been provided with a schedule. We would like to thank Mrs. Santo for all her hard work making this production a reality.



Graduation Photos

Grad Photos took place on Friday March 28, 2025, if your child missed this day or requires a retake, retake day is Tuesday April 22, 2025.



Important Dates in April

Here is a list of important dates in April

- April 2, 2025: World Autism Day- Wear Tie-Dye, Pizza Day
- April 4, 2025: PA Day
- April 7, 2025: CSC meeting 6pm
- April 8, 2025: Sugar Bush Trip- FI k-2, Primary Artist in the classroom
- April 9, 2025: Sugar Bush Trip- FI Gr 3-8, Primary Artist in the classroom
- April 10, 2025: Children Museum Trip Gr 1, Far East Hot lunch Day
- April 11, 2025: Children Museum Trip Gr 1, Tuck Shop
- April 14, 2025: Dental Screening K, 2, 4, 7
- April 15, 2025: Dental Screening K, 2, 4, 7, Sugar Bush Trip kinder
- April 16, 2025: Dental Screening K, 2, 4, 7, Sugar Bush Trip Kinder, Pizza Day
- April 18, 2025: Good Friday (No School)
- April 20, 2025: Easter Sunday
- April 21, 2025: Easter Monday (No School)



April 22, 2025: Earth Day, Grad Photo retakes
April 24, 2025: Pickleball Presentation gr 5 and 6
April 25, 2025: Booster Juice Day, Out of Dress Code
April 26, 2025: First Communion 11am
April 28, 2025: Pickleball Presentation gr 7 and 8, Gr 2 outdoor ed trip
April 29, 2025: Jr Boys and Girls Handball Tournament, Gr 2 outdoor ed trip, School Mass
April 30, 2025: Pizza Day



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 ccregistration@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 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!

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.

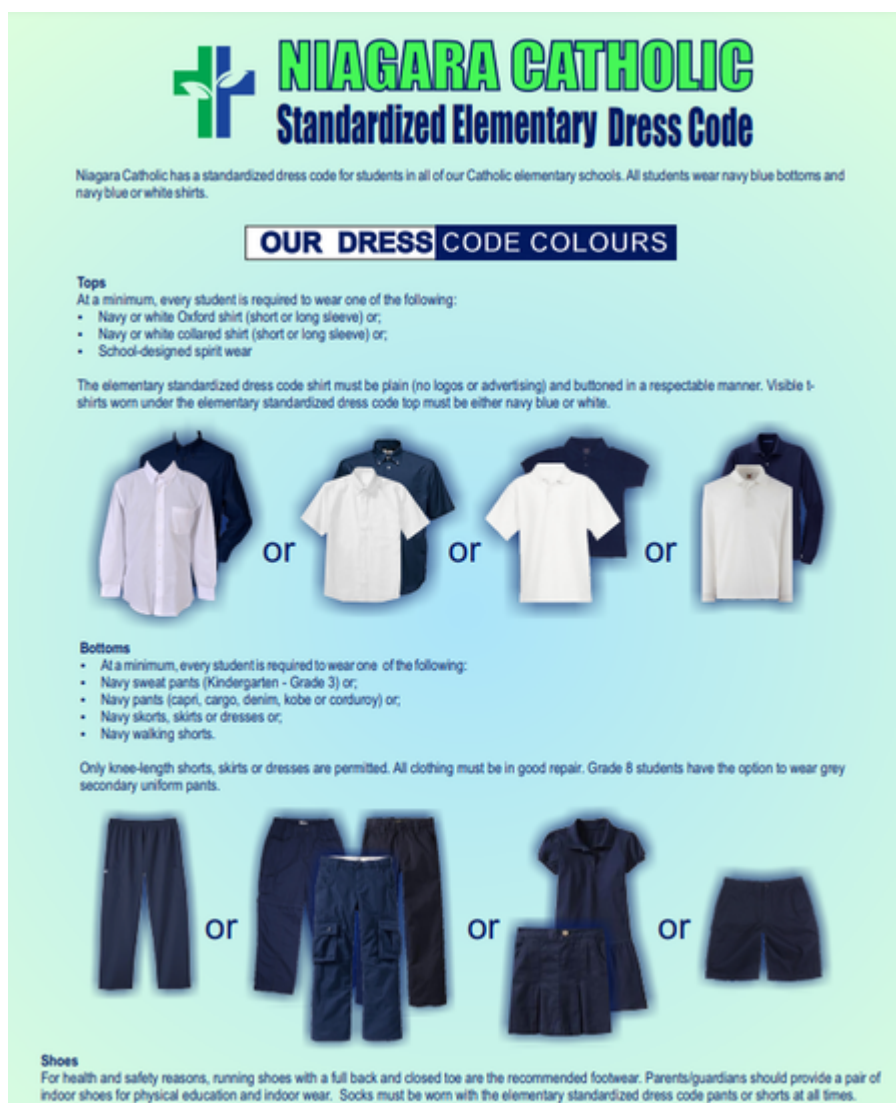
We are asking parents to consider donating to this great cause so we can continue to sustain and help maintain this program throughout the year. Please Donate through School Cash Online. This will be open on School Cash Online all year.

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

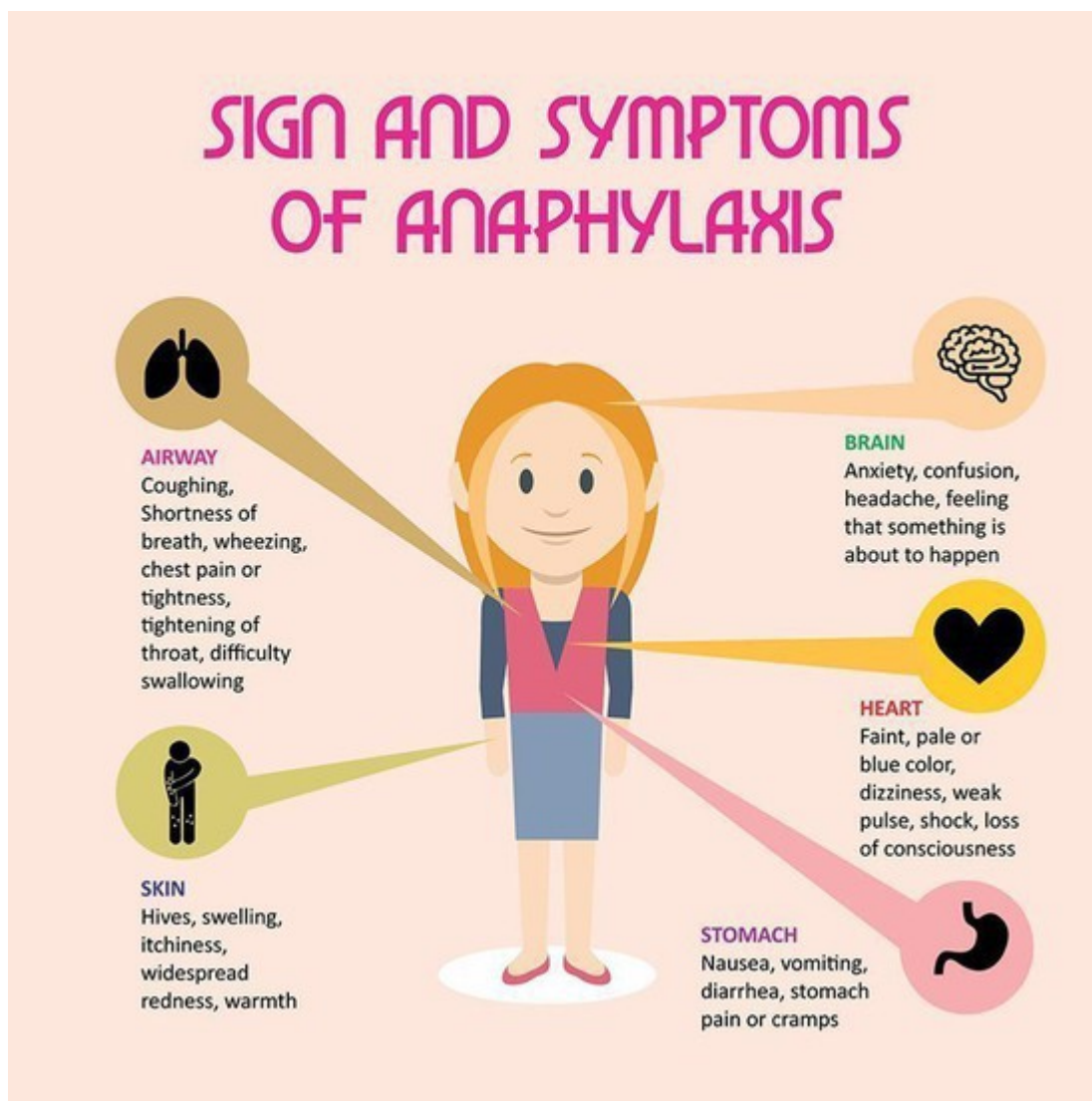
2:00 pm - 3:20 pm Instructional Block 3

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.



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

