



Our Lady of Mount Carmel

June 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

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.



We would also like to wish all of our graduating students all the best as they enter high school. Remember to be true to yourself and that you are always welcomed at Carmel.

Mr. Lennox and Mrs. Vinc

Prayer for Fathers

God took the **strength** of a mountain, the **majesty** of a tree, the **warmth** of a summer sun, the **calm** of a quiet sea, the **generous** soul of nature, the **comforting** arm of night, the **wisdom** of the ages, the **power** of the eagle's flight, the **joy** of a morning in spring, the **faith** of a mustard seed, the **patience** of eternity, the **depth** of a family need, then God combined these qualities, when there was nothing more to add, He knew His masterpiece was complete, and so, He called it ... **Dad**.



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.

Term 2 Reports, IEPs and Student Placement

All student Term 2 reports and IEPs will be available on the parent portal the week of June 23, 2025. We encourage you to view these important documents with your children.

All student placements will be forwarded to families via email the last week of August. Please ensure your email information is up to date. 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 packages of dry-erase whiteboard markers
- 1 box of 8 washable markers
- 1 box of sharpened pencil crayons or twistables
- 2 boxes of tissues

- 1 package of wipes
- 1 box of large ziploc bags
- 3 large glue sticks
- Craft donations (gems, sparkles, pom poms, etc.)

Primary 1-3

- 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
- 1 package of wipes
- Reusable water bottle
- 3 dry-erase markers
- Small dry erase board & eraser
- Several sharpened pencils
- eraser
- 1 box of pencil crayons
- Pencil sharpener with shaving case
- 1 box of washable markers
- 3 large glue sticks
- 2 cans of Playdough
- A pencil case
- 2 large ziploc bags
- A personal set of headphones or earbuds for iPad/ Chromebook use.

Junior 4-6

- Indoor shoes
- Pencil crayons
- Pencils
- Highlighters
- Glue stick
- Small enclosed sharpener
- Red pen
- Small pencil case
- Small agenda/calendar
- Box of tissues
- Calculator
- Ruler (30 cm)
- Black Thin tip Sharpies
- A personal set of headphones or earbuds
- French: thin binder or plastic duotang that has pockets on the inside to hold loose papers

Intermediate 7-8

- Indoor Shoes
- 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)

EQAO

Just a reminder that EQAO will continue in June for our Grade 3 and 6 students. Practice questions and information can be found at [EQAO.com](https://www.eqao.com).



ECO Corner

Our Clean and Green Cougars have been very busy at OLMC. This month they planted a Pollinator Garden, released fish into the wild and delivered recycling presentations to classes.

Here is an Eco Tip from our Clean and Green Cougars:

Donate: Donate toys, books and other items that your kids don't use anymore to charities and other organizations such as the Salvation Army.

Purse BINGO!!!

Purse Bingo tickets are still on sale. Don't miss out on a great night out. Tickets are \$40 and include 7 games of BINGO, Pizza and popcorn. We will have a cash bar on site and players are more than welcome to bring snacks for their table.

Details:

Date: Friday June 6, 2025

Time: Doors open at 6:30pm, games begin at 7:00pm

Extra info: We will also have door prizes and a cash bar.



Purses include: Michael Kors, Kate Spade, Coach, Poppies and Peonies and our Grand Prize: A Tory Burch Bundle!!

We hope everyone can come out and enjoy a fun night of bingo. All money raised will go directly back to the students of OLMC. Gather your friends and purchase your tickets.

Catholic School Council

We want to thank our Catholic School Council Members for all their hard work and dedication this year. It truly takes a village to run a school and we value all your help. We will keep you posted on upcoming meetings.



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.
4. Students should be coming to school with a reusable water bottle, so they can stay hydrated throughout the day.
5. If your child wears sunscreen, it will need to be applied at home.



Tuck Shop

This month we will be having tuck shop on Friday June 13, 2025. We will sell chips (\$2), popcorn (\$2) and sour keys (.50).

June Alternative Dress Days

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

Monday June 23, 2025: Play Day- please dress to participate.

Friday June 27, 2025: Ready for Summer- vacation clothes

Colour Wars

Colour Wars was a great success!! The week was filled with many fun and exciting activities for all our students to participate in. Seeing all the colourful outfits each day made it even more special. Thank you to all those who participated and contributed. Can't wait until next year!!



Sports News

The month of May was a busy sports month...our junior boys and girls handball teams competed at the family of schools handball tournament. The teams placed first and second!! Next we moved on to track and field where our grade 4 to 8 students participated in our school track meet. The winners from our school meet will move on to compete at our family of schools event in June.



Our grade 7 and 8 students got an opportunity to participate in a friendly pickleball tournament at the Niagara Falls Racquet Club. Not only did they play pickleball, but also tennis and badminton.

We finished the month off with our intermediate Flag Football Teams travelling to Welland to compete in the Board Wide Flag Football Tournament and we hosted the First Annual Niagara Falls Family of Schools Special Olympics.

Arts Corner

Finding Nemo Junior tickets are on sale now. Performances will happen on Tuesday June 3, 2025 at 12:30pm and 6pm and on Wednesday June 4, 2025 at 12:30pm and 6pm. Tickets can be purchased on School Cash Online.



Graduation

Congratulations to the Graduating Class of 2024- 2025!! We are so excited to be able to celebrate these amazing young men and women as they complete their elementary academic journey. The

celebration will take place on Wednesday June 18, 2025 at The Americana Resort on Lundy's Lane in Niagara Falls. Graduation ceremony will start at 6pm, followed by a dinner and dance for our graduates.



Important Dates in June

Here is a list of important dates in May

June 2, 2025: Musical Dress Rehearsal, Primary class trip to the Safety Village.

June 3, 2025: Musical Performance, Primary class trip to the Safety Village.

June 4, 2025: Musical Performance, Primary class trip to the Safety Village, FOS Track and Field.

June 5, 2025: Primary class trip to the Safety Village.

June 6, 2025: PA Day, Purse BINGO

June 10, 2025: Closing school mass, Grade 1 end of year trip.

June 11, 2025: Wrap Day

June 12, 2025: Kindergarten Year end Trip, NCAA Track and Field, Mayor Visit Gr 4-6

June 13, 2025: Kindergarten Year end Trip, Tuck Shop

June 17, 2025: Graduation Mass

June 18, 2025: Graduation 6pm

June 19, 2025: Kindergarten Celebration of Learning

June 20, 2025: Kindergarten Celebration of Learning, Grade 8 Trip

June 23, 2025: Reports available online this week, Play Day, Hot Dog Day, Ice Cream Day

June 24, 2025: Grade 7 and 8 Trip to Wonderland

June 27, 2025: Last Day of School



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 ceregistration@niagara.ymca.ca

Niagara Region Public Health School Health Newsletter May 2025

Vision Health Month

Visual health is an important part of a child's overall health and well-being. Proper vision is important for a child's movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.

A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?

Public Health works in partnership with teachers, support staff, students, and parents to build a healthier school community.

Check out our [School Health webpage](#) for some important links and supports:

- [Childhood illnesses and diseases of public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)
- [Dental screening](#)
- [School-aged vaccines](#)

Parents and legal guardians of junior and senior kindergarten registrants and students new to Ontario are asked to report their vaccinations to [Public Health](#).

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



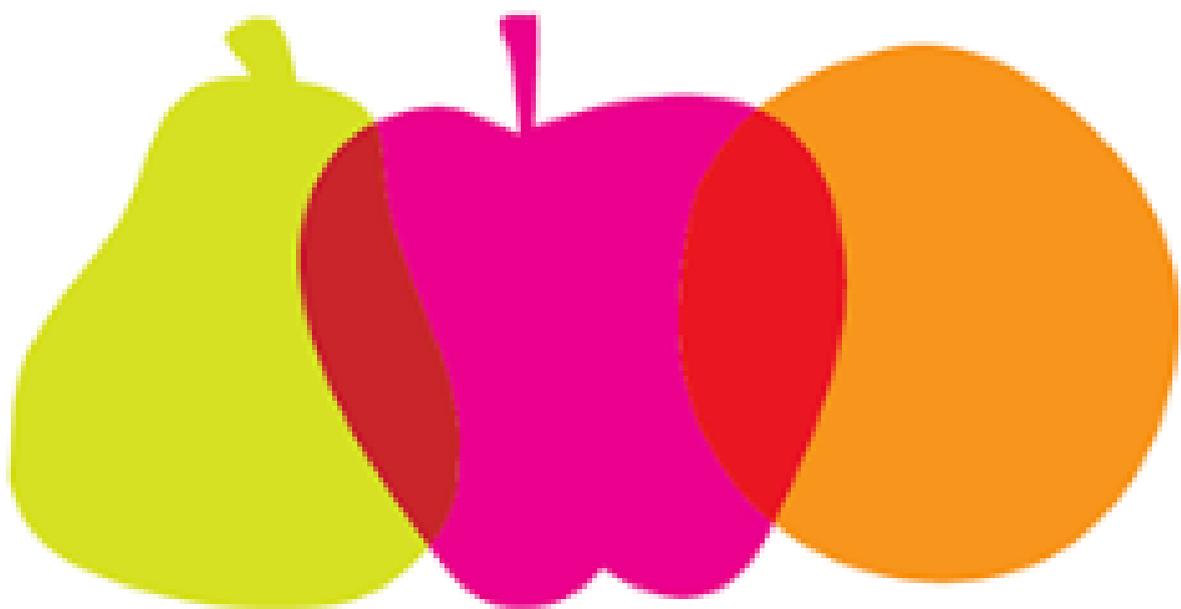
Our theme this school year is "Called by Name: Follow Me." And while our theme is about following God, it should also serve as a reminder of our call to Him. Each day God says to us, "Come follow me" (Matthew 1:17). We are reminded every day that when we follow Jesus our lives are filled with joy.

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

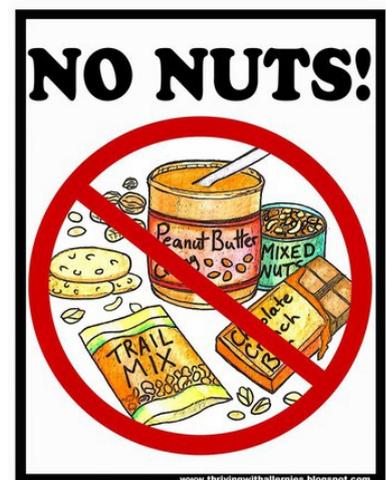
2:00 pm - 3:20 pm Instructional Block 3

3:30 pm Dismissal

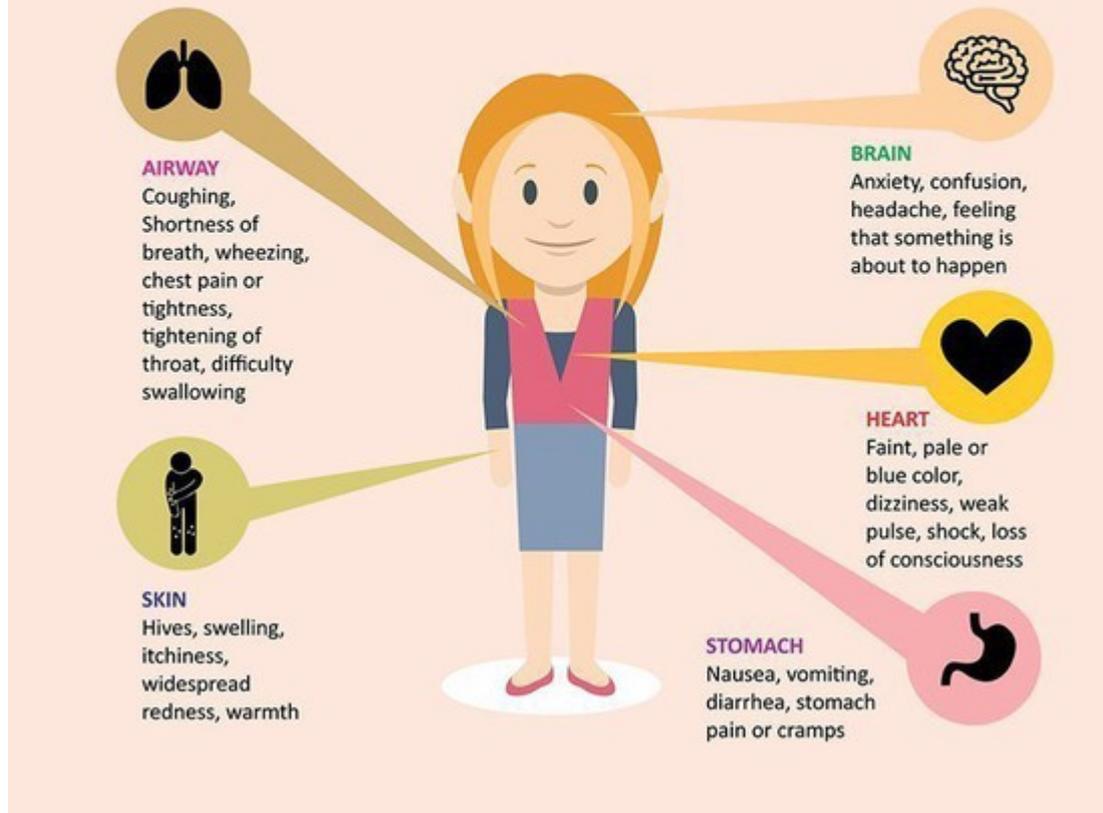
Medications and Allergies

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

Carmel is using Smore to create beautiful newsletters