



# Our Lady of Mount Carmel

February 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 are so excited to start our second term of the school year. During this month we begin 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.



## Prayer to St. Valentine

O glorious advocate and protector, St. Valentine, look with pity upon our wants, hear our prayers, relieve by your intercession the miseries under which we labor, and obtain for us the divine blessing, that we may be found worthy to join you in praising the Almighty for all eternity: through the merits of Our Lord Jesus Christ. Amen.



Happy Valentine's Day ♥♥

Mr. Lennox and Mrs. Vinc

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## Family Math and Literacy Challenges

Starting in February and continuing until the end of the year, OLMC will be offering monthly literacy and numeracy challenges. Each month we will give your family a numeracy and literacy challenge to complete. You can choose to complete one or both. Every family that participates will be entered into a draw with a chance to win a prize valued up to \$200. Entries can be submitted through email, sent in with your child or through our social media account. We look forward to seeing the entries!!

### February Challenges

**Numeracy:** Go on a shape hunt around the house or in your community. What shapes can your child find? Look for circles, triangles, squares, rectangles, cubes and cylinders. Send in a picture of your family completing the hunt or a list of the shapes you found.

**Literacy:** Follow a recipe together – a yummy way to practice math and reading. Send in a picture of your family cooking together or send in a copy of the recipe you made.

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## Kindergarten Registration and Open House

We will be holding our KINDER open house and registration for all new families on Wednesday February 7, 2024 from 9:30 -6 pm. Come and visit our school for a tour and see the learning environments. If you have already registered your child for the 2024/2025 school year, you are still welcome to come to the open house. Registration for eligible children can take place anytime for the 2024-2025 school year by visiting our board website [www.niagaracatholic.ca](http://www.niagaracatholic.ca).



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## ♥KIDS HELPING KIDS♥

Niagara Catholic's 25th Annual **Kids Helping Kids** fundraiser will take place from **February 7-13, 2024**. This year's event will jointly support the Niagara Children's Centre, as well as the Niagara

these causes through paid participation in events such as Jersey Day, Hat Day and Creative Hair Day. Kids Helping Kids is open to all students. Donations to the **Kids Helping Kids** fundraiser can be made in School Cash Online.

**For further information about the Niagara Foundation for Catholic Education**, please contact Jim Marino, at 905.735.0240 ext. 210 or [jim.marino@nfce.org](mailto:jim.marino@nfce.org).

To find more about the Niagara Children's Centre, please visit their website:  
<https://www.niagarachildrenscentre.com/>

Here is OLMC Schedule of Events:  
February 7 - 13, 2024

Wednesday 7th, 2024: Jersey day

Thursday 8th, 2024: Creative hair or hat day

Friday 9th, 2024: Cozy day/Movie day- wear your comfies!

Monday 12th, 2024: Eighties Day

Tuesday 13th, 2024: Red, white or pink day, Pancake Day & Sour key sales .25/each

Students will be asked to estimate how many valentines candies are in the jar and winner/s will be announced Feb 13th, 2024

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## February is Black History Month

During the month of February students will take part in lessons and activities to learn more about Black History in Canada.



On February 8, 2024 we will have Rashmi Mistry.

The session with Rashmi will be tailored to our middle school students (Grades 6-8)

If you would like some more information on Rashmi, please visit her website here.

<https://www.rashmistry.com>

On February 27, 2024 we will have a presenter from the Multiculturalism Center speaking to our students about Multiculturalism.

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## Pink Shirt Day

**Pink Shirt Day falls on the last Wednesday of February every year; join us on Pink Shirt Day**

awareness for anti-bullying initiatives.



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### Blue Spruce Reading Program

The students from Kindergarten to Grade 2/3 classes will be participating in the Blue Spruce Reading Program. This program is part of their regular library visits. Over the next ten weeks, the students will be listening to stories all by Canadian authors. They will have an opportunity to vote for their favourite book sometime in April. If you would like some more information, please check out this website:

<https://forestofreading.com/blue-spruce-nominees/>



## 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 [cctransaction@niagara.ymca.ca](mailto:cctransaction@niagara.ymca.ca)

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Niagara Region Public Health School Health Newsletter February 2024

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?

Parents and caregivers may have inquiries about what to anticipate as their children embark on their school journey. Working collaboratively with teachers, support staff, students, and parents, your School Health Nurse strives to create a healthier school community.

Check out our Welcome to Kindergarten video that reviews a few helpful reminders from Public Health!

- English: <https://youtu.be/mkJcbqwxwzzk>
- French: <https://youtu.be/eu20sVNoTOU>

### Eating Disorders Awareness Week

From **February 1st to 7th 2024** join, National Eating Disorder Information Centre and, eating disorder groups nationwide come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising awareness of their impact, dispelling harmful stereotypes and myths, and highlighting available support for those living with or affected by these disorders.

Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre "Transform the Narrative" Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

### Pink Shirt Day

Pink Shirt Day, also known as Anti-Bullying Day, is on **February 28, 2024**. Throughout February and the year, [CKNW Kids' Fund's Pink Shirt Day](#) raises awareness and funds for programs promoting children's self-esteem. Wear a pink shirt on this day to stand against bullying and contribute to creating a kinder, more inclusive world. Let victims know they're not alone; help and support are available.

**Encourage your school to wear Pink Shirts on the 28th to show that you stand against bullying!** For more ways to get involved visit <https://www.pinkshirtday.ca/get-involved>.

### Winter Walk Day

On **Wednesday February 7th** join schools across Ontario to celebrate [Winter Walk Day](#). While the cold air and snow might tempt you to drive, walking in winter can be enjoyable with some extra precautions. Here are tips for a safe and comfortable winter walk:

- Keep hands, head, and ears covered. Be sure hats and scarves do not block hearing or vision.
- Wear mittens, they keep hands warmer than gloves.
- Wear warm, waterproof boots with good treads for better traction on snow and ice.
- Wear wool or insulating clothing to help retain body heat.
- Beware if the temperature falls below -25 °C or if the wind chill is -28 °C or colder. This is when exposed skin freezes in only a few minutes.
- Change wet clothes as soon as possible - tuck extra socks and mitts into backpacks.
- Keep wearing sunscreen - yes, you can still get a sun burn in winter.
- Add reflective tape or tags on coats and backpacks.

Source: Green Communities Active & Safe Routes to School, Way to Go! School Program and Go

Check out Ontario Active School Travels [Winter Walk Day](#) webpage for promotional materials, resources, and activities below to help you celebrate WWD in your community! We're looking forward to seeing everyone in their cozy winter wear!

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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?

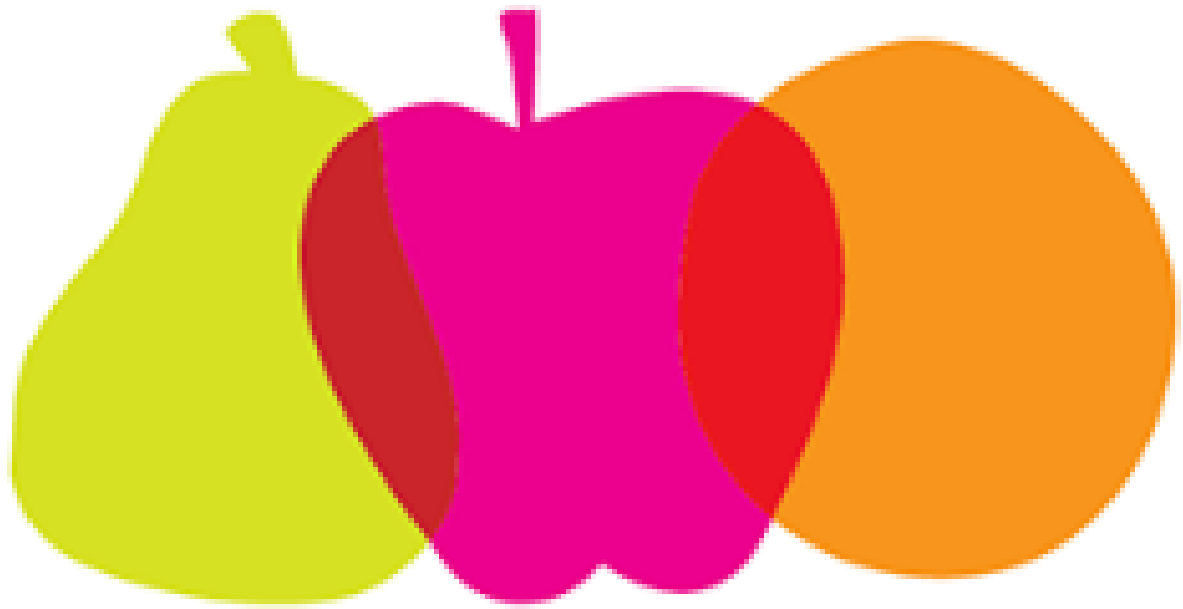
## ECO News

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

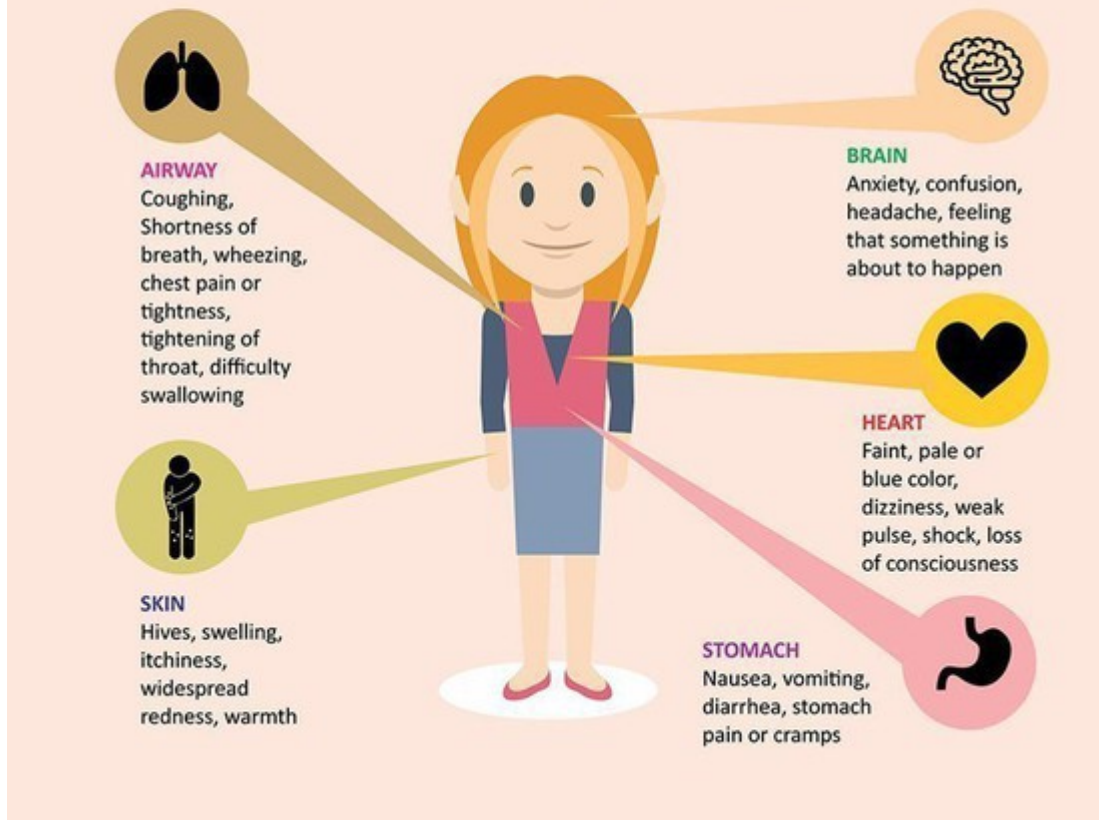
## Medications and Allergies

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