



# Our Lady of Mount Carmel

May 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: @ourladyofmountcarmelInf

## Principal's Message

The year is beginning to wind down with two months left. It's hard to believe isn't it? With the weather changing and the sun shining for longer periods of time in the day, we can't help but feel restored.

This is the power of Easter and the rebirth. This month we pay special tribute to Mother Mary who is a constant source of hope, love and faith in our lives.

We continue to ask for her blessings to guide us down the right path.

What are you thankful for? What are some of the blessings in your life? When we see the good, we feel good about ourselves and about others. Challenge yourself and one another to always see the good and ask our blessed Mary to guide us in this and in all of life's challenges.



Mr. Lennox and Mrs. Vinc

## Prayer for Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

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.



## Catholic Education Week

The Niagara Catholic District School Board will be celebrating Catholic Education and Mental Health Week from May 4 until May 10, 2025. Students and staff at OLMC will take part in many faith based activities during the week. This years theme is "Pilgrims of Faith", below is a list of some of the activities that will take place.

Monday: Opening Liturgy

Tuesday: Classes will create a gratitude garden.

Wednesday: Class activity

Thursday: Book Buddy Poster Creation.

Friday: Class Art Activity.

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## EQAO

Just a reminder that EQAO will begin on May 20, 2025 and run until June 11, 2025 for our Grade 3 and 6 students. Practice questions and information can be found at [EQAO.com](https://eqao.com).



Our Clean and Green Cougars have been very busy at OLMC. This month they helped clean up the school gardens, prepared our school for the Big Gulp Challenge and even made presentations to our classes about Being Green.

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

Start a garden: Teach children how to care for plants and why it's better to grow veggies in your backyard instead of buying them from grocery stores.

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### Purse BINGO!!!

Purse Bingo tickets will go on sale this month. Tickets are \$40 and include 8 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.



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.

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### 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.



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### 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.
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## Tuck Shop

This month we will be having three tuck shops a week. All proceeds will go directly to our Grade 8 Graduates to help pay for their graduation. Tuck shops will happen each Wednesday, Thursday and Friday for the month of May. We will sell chips (\$2), popcorn (\$2) and sour keys (.50).

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## Catch the Spirit and Inspiration Award Winners

We would like to take a moment and recognize Julia Lukose as the 2025 winner of the Catch the Spirit award. This award is given to one student from each Niagara Catholic School who demonstrates the following qualities:

- Catholic Leadership and Faith
- Family Commitment
- School Community Relations
- Involvement in School and Community Affairs.
- High Degree of Academic Excellence

Congratulation Julia, you are so deserving.

We would also like to recognize two staff members who have won the Inspiration Award. The Inspiration Award is presented annually to exemplary Niagara Catholic employees who embody the Mission, Vision and Values of our system. These employees go above and beyond for the students and school community they serve. This year we are so pleased to announce that **Mrs. Santo** and **Mrs. Murtaugh** have been selected to receive this award. These two individuals work tirelessly to make OLMC a great place for our students. We are so proud and lucky to get to have them as part of our family. CONGRATULATIONS!!!





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## May Alternative Dress Days

During the Month of May we will be having 3 out of dress code days. On these days students are invited to take part by following the assigned themes.

**Tuesday May 6, 2025: Green and Purple Day**

**Friday May 23, 2025: Out of Dress Code**

**Week of May 26-30, 2025: Colour Wars: \$2 to dress down for the week (details to follow)**

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## Colour Wars

This year we are going to try something new to raise funds!!! For the entire week of May 26 - May 30, 2025 students will be put on colour teams by grade. Students will be invited to dress in their teams colour for the whole week. Each day the whole school will take part in a school wide game and points will be awarded for participation, amount of team colour worn and school spirit. At the end of the week one grade will reign supreme and be our first Colour Wars Champion!!



We are asking each student to make a \$2 donation to take part. Donations can be made on School Cash Online. Colour selections will occur on Tuesday May 13, 2025 and a messenger will be sent to families so you can prepare for a week of colour.

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## Sports News

In the month of April our Chess and Mathlete teams participated in our Board Final tournaments and did amazing. Six of our junior students participated in the Board Final and place. Our Mathletes persevered through very difficult math questions coming out with a 10th place finish in the entire board. Congratulations to all who participated!



In sports news, our Grade 5 to 8 students had the opportunity to try Pickleball this month and loved it. We have now purchased pickleball nets and paddles for all to use during phys ed classes. Our junior handball teams have been very busy practicing and are ready to compete. Stay tuned for updates!

## Track and Field

On May 8, 2025 our Junior students will head to Oakes Park to compete in our School Track and Field meet. Students will be bussed to and from the school. Please make sure your child is

dressed for the weather and ready to participate. Concessions will be open and students are also welcome to bring their own lunch.

Our intermediate students will head to Oakes Park for their day on Monday May 12, 2025.

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### Arts Corner

Cast and Crew are busy preparing to dazzle with their rendition on Finding Nemo Junior. At this point in preparation it is very important that all cast members make all practices. If your child is part of the play, please do your best to have them present and prepared for rehearsal. Tickets will go on sale later this month. The production will take place the first week of June.



### Important Dates in May

Here is a list of important dates in May

- May 2, 2025: Outdoor Trip Gr 5
- May 4 to 10, 2025: Catholic Education and Mental Health Week.
- May 5 to 16, 2025: Book Fair
- May 6, 2025: Out of Dress Code- Purple and Green, Catch the Spirit Award Ceremony
- May 7, 2025: Tuck Shop, Leadership Symposium
- May 8, 2025: Tuck Shop, Track and Field Junior
- May 9, 2025: Sub Day, Tuck Shop, Confirmation Practice, PALS trip Gr 3/4 - 4/5
- May 10, 2025: Confirmation
- May 12, 2025: Track and Field Intermediate
- May 14, 2025: Pizza Day, Tuck Shop
- May 15, 2025: Tuck Shop
- May 16, 2025: Crowning of Mary, Tuck Shop
- May 19, 2025: Victoria Day- No School
- May 20, 2025: Intermediate Flag Football Girls
- May 21, 2025: Grad Tuck Shop
- May 22, 2025: Intermediate Flag Football Boys, Grad Tuck Shop, Pasta Day, Mayor Visit, Gr 7 Shots
- May 23, 2025: Niagara Falls Special Olympics at OLMC, Grad Tuck Shop
- May 26- 30, 2025: Colour Wars
- May 27, 2025: Kinder Open house for new registrations 5:30pm to 7pm
- May 28, 2025: Grad Tuck Shop, Pizza Day
- May 29, 2025: Grad Tuck Shop
- May 30, 2025: Gr 4 to Edu Com



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

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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

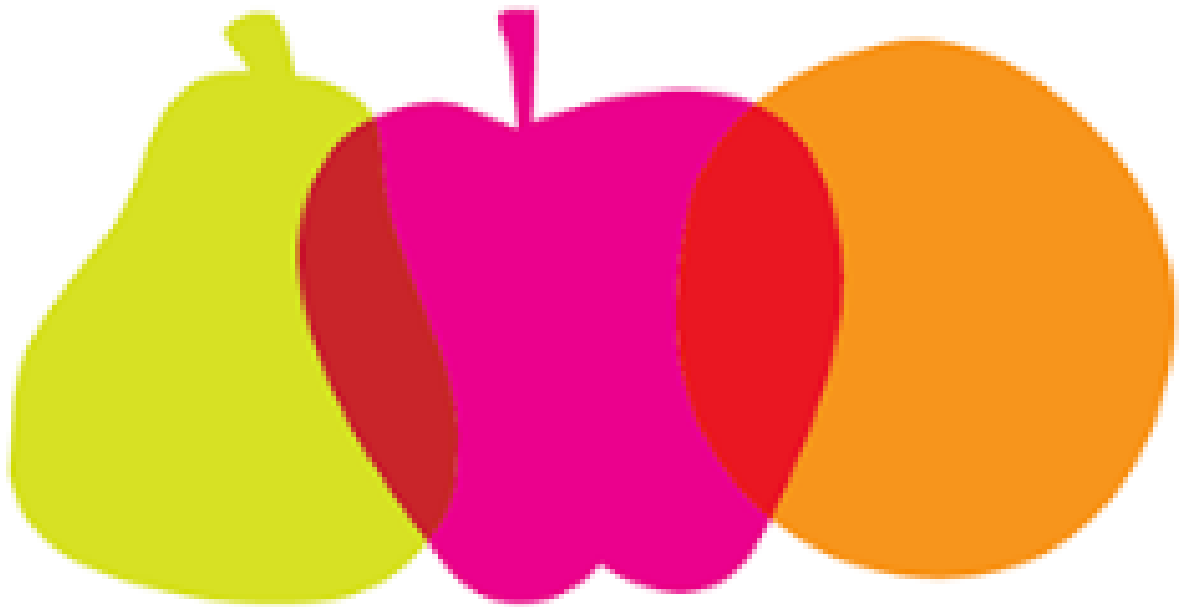
Every Tuesday, Students are encouraged to bring "Trashless Lunches".

### 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

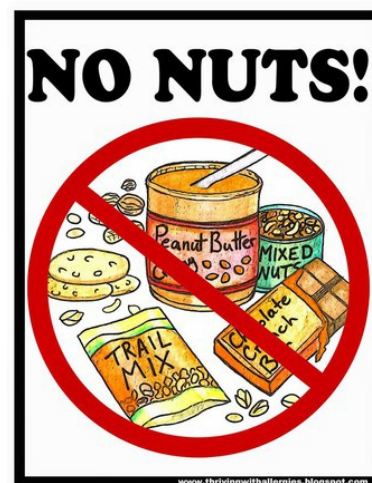
3:30 pm Dismissal

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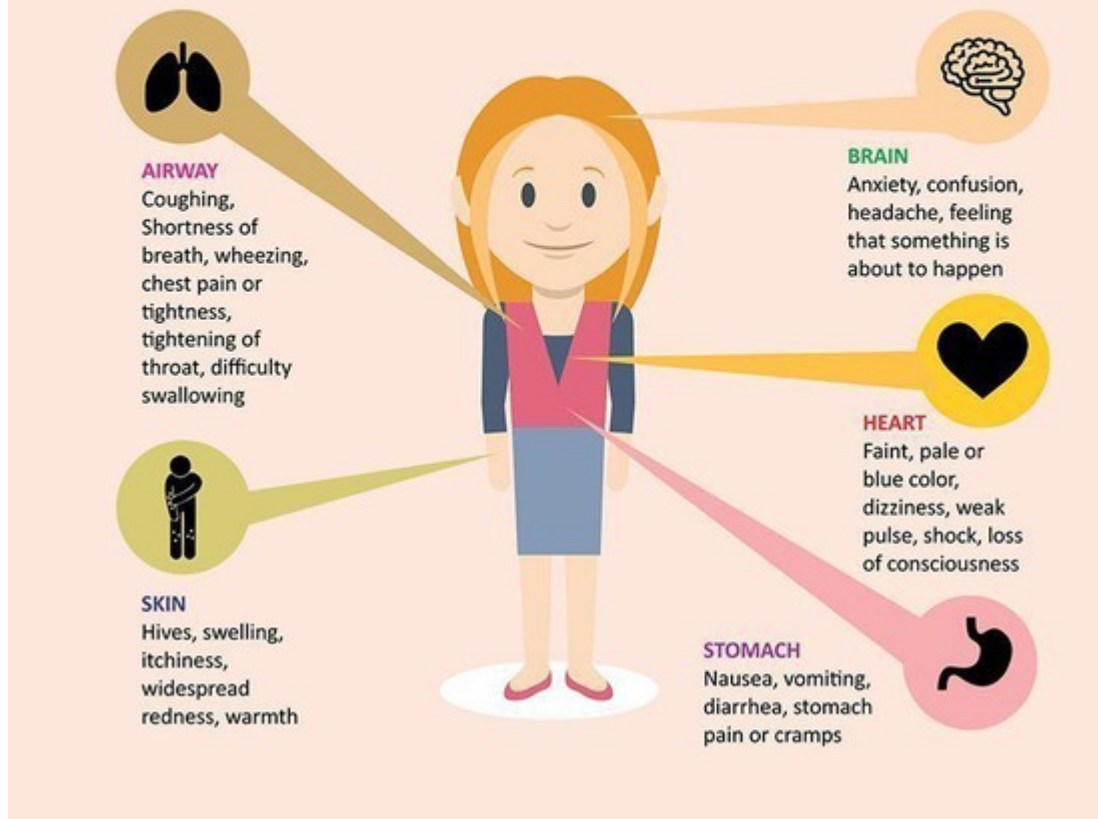
## Medications and Allergies

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