

# OUR LADY OF MOUNT CARMEL

## Catholic School *Newsletter*

**Principal: Karen Moran**

**Vice-Principal: Sandra Fragoso**

### October 2018



#### **Prayer of Thanksgiving**

Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks.

Thank you for all the graces and blessings You have bestowed upon us: spiritual and temporal, our faith and religious heritage. Thank you for food and shelter, our health, the love we have for one another, our family and friends.

Father, in Your infinite generosity, please grant us continued graces and blessings throughout the coming year.

This we ask in the Name of Jesus, Your Son and our Brother. Amen.

#### **School Mass**

Our October school Mass is scheduled to take place on Tuesday, October 10, 2018 at 9:30 a.m. at Blessed Sacrament Catholic Church. Parents and families are invited to join us.

#### **Welcome Back BBQ and Open House**

Thank you to all families for joining us, as parents, students and staff enjoyed a very pleasant BBQ and Open House on Wednesday, September 26, 2018. It was great to see so many families during the evening. A special thank you is extended to

Jennifer Barrie and Marie Nolan as well as members of School Council for all of their help co-ordinating the BBQ and Silent Auction. It was a huge success! Finally, a big thank you to all families who very generously donated items for Classroom Silent Auction Baskets, and to Chris Richard at the Kingston Giant Tiger for donating the laundry baskets. Your generosity is appreciated! Thank you again!

#### **School Council Update**

Thank you to all Parents/Guardians who came out to our initial Our Lady of Mount Carmel School Council Meeting on September 13, 2018. Thank you to the following members who were acclaimed and will serve as the School Council Executive during the 2018-19 school year:

- Chair: Jennifer Barrie
- Co-Chair: Marie Nolan
- Treasurer: Lisa Paquet
- Secretary: Angie Hollett
- Community Rep: Nicole Byrd
- Parish Rep: Currently open

School Council Meetings are open to all Parents/Guardians of students at Our Lady of Mount Carmel Catholic School and everyone is welcome to attend! Our next School Council Meeting will take place on Monday, October 15<sup>th</sup> at 6:00 p.m. in the Learning Commons.

#### **Kingston West Catholic School**

ALCDSB was pleased to have Fielding Nair International and Colbourne Kembel Architects Inc. returning to Algonquin and Lakeshore Catholic District School Board to begin planning for the design and construction of the new Kingston West Catholic School in

the Woodhaven subdivision. The school will be dual track; French Immersion and English programs, Kindergarten to Grade 8 elementary school which will accommodate 481 pupil places.

Planning for this new school is at a very early stage, however, the facility should be ready to welcome students in the 2020-2021 school year.

Our Lady of Mount Carmel Catholic School is one of the school communities closely associated with the programs and community catchment area of the new school. As such, members of our school community were invited to participate in a meeting with the Fielding Nair team on Thursday, September 20, 2018 at Mother Teresa Catholic School. The purpose of this meeting was to share insights about the values and aspirations of our school communities and begin to build a common understanding of the possibilities of student-centered learning environments which may influence the design of this new school. Thank you to the following members who attended from Our Lady of Mount Carmel Catholic School: Ms. Polly Pearson, Ms. Chelsea Sandrin, Ms. Marie Nolan, Jack Day, Alanna Kutama, Ms. Fragoso and Ms. Moran.

### **Children's Consignment Sale- Saturday, October 13, 2018**

Mark your calendars and get set to attend the annual OLMC Children's Consignment Sale on Saturday, October 13 from 8:30 a.m. – 12:30 p.m. at the school. Again this year, the sale promises to be a great opportunity to purchase previously enjoyed children's clothing, footwear and accessories. All are welcome to attend this OLMC Catholic School fundraiser! For more information, please contact Jennifer Barrie.

### **Thank you to Loyalist Community Sharing Center!**

A special "Thank you" is extended to Loyalist Community Sharing Center for their generous donation of \$700.00 to OLMC! This donation will be used to purchase STEM materials for all students to access in our Learning Commons. Please keep Loyalist Community Sharing Center in mind when donating, clothing, books, toys and small household items. They are located beside the Leisure & Activity Centre and the Amherstview Community Hall at 177 Upper Park Road, Amherstview, ON K7N 1H9. Tel: 613 389-4546



### **Zumba Lessons**

All students, JK to Grade 8, are currently enjoying Zumba lessons, offered every other week on Mondays, thanks in part to a Healthy Schools grant that we received by partnering with Kingston, Lennox and Addington Public Health. The instructor is Edward from Kingston YMCA. Students and staff look forward to Zumba!

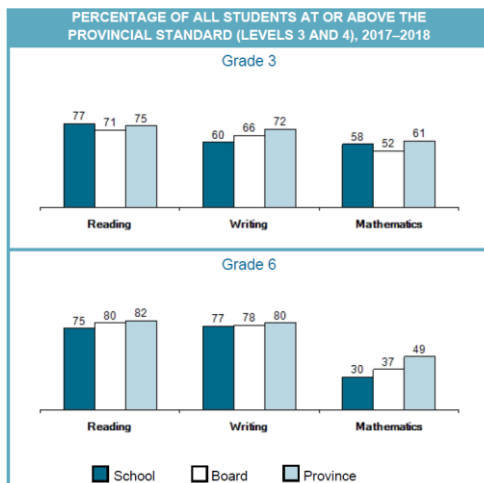
### **Connecting to our Catholic Faith through Parish Masses**

Father Shea regularly visits our school and speaks to the children both in classrooms and at Church when we attend our monthly school Masses. Families can also attend Mass with Father Shea at Blessed Sacrament Church on Saturdays at 5:15 p.m. and on Sundays at 9:00 a.m. Sunday's Mass has a children's liturgy. Fr. Shea also celebrates mass at St. Linus Parish in Bath on Sundays at 10:30 a.m. Thank you for your support of your child's faith development.

## Our Lady of Mount Carmel EQAO

### Results

Results of the 2017-2018 Primary and Junior EQAO assessment of reading, writing and math have been released to schools. The graph below displays data obtained from the assessment of Grade 3 and 6 students last spring at OLMC Catholic School. The results represent the percentage of students who achieved at or above the provincial standard (Level 3-4). The results indicate that OLMC is meeting or exceeding the provincial benchmark of 75% in Grade 3 Reading as well as Grade 6 Reading and Writing. The results in math follow a provincial trend, and will be addressed as part of a School and Board wide professional focus on numeracy. For a complete report on our school's results, you can visit [www.eqao.com](http://www.eqao.com). Individual student results will be sent home shortly with students in Grade 4 and 7. If you have any questions or concerns, please contact the school.



### Calm, Alert, and Ready for Learning!

Eating healthy foods will provide your children with energy and nutrients to grow, be active, stay healthy and do well at school. Use these tips to fuel your children's body and to stay strong and healthy:

- **Meals and snacks**

Enjoy regular meals and snacks with a variety of foods from each food group in [Canada's Food Guide](#).

- **Listen to your body**

Eat the amount of food that feels right for you. Avoid distractions (e.g., TV, tablet, or phone) and take time to enjoy your food. Aim to be comfortably full after eating.

- **Eat breakfast**

A healthy breakfast is good for your body and brain. If you find you aren't hungry in the morning, try having something light first (e.g., a glass of milk or a piece of fruit) and bring the rest of your breakfast with you for when you feel ready to eat.



- **Eat as a family**

Family meals can increase self-esteem, improve school performance, contribute to a more positive outlook on life, and promote healthier choices.<sup>1</sup> Eating together as a family at least one meal a day is a perfect way to teach your child healthy eating habits, table manners and social skills.

- **Help in the kitchen**

Get children to help out in the kitchen. It will not only teach them an important life skill, helping in the

kitchen may even get your children to try a new food that they helped make.

Please see additional resources for lunch and meal planning at KFL&A Public Health at [www.kflaph.ca](http://www.kflaph.ca).

### **Fun French Facts**

#### **DID YOU KNOW?**

Canada's largest francophone community outside of Quebec is Ontario! The Franco-Ontarian community has over 400 years of history, starting when Samuel de Champlain explored Ontario in 1615. Over 612,000 francophone people celebrate Franco-Ontarian Day on September 25th. [Bit.ly/2OR9MCG](http://Bit.ly/2OR9MCG)

Encourage your child to be a lifelong learner of French!

### **Life Touch Photography**

Life Touch Photography will be at Our Lady of Mount Carmel Catholic School to take individual student pictures and class photos on October 15-16, 2018. They will return on November 8<sup>th</sup> for retakes if students have been away.

### **Individual Education Plans**

Please note that a draft copy of student IEPs will be sent home with students on Tuesday, October 16, 2018. As these are draft copies, we invite your consultation. Please look for the IEPs to come home and complete and return the Consultation Form, adding any new information you may have pertaining to your child's learning. Thank you!

### **Medical Care Plans**

Thank you to all the families who have returned the medical forms for the 2018-2019 school year. If your child has or develops a prevalent medical condition such

as epilepsy, diabetes, anaphalaxis or asthma, please inform the school so that the appropriate Board medical forms can be sent home and a medical care plan can be established for your child.

### **Operation Warm Toes**

Operation Warm Toes is proud to continue to offer winter boots to children of lower income families of Lennox and Addington, Loyalist and Frontenac Counties in thanks to fundraising efforts and the United Way. Families can access the Napanee Health Centre on November 10, 2018 from 9-12 p.m. provided you have a piece of identification to pick up boots for your children. Families are also welcome to contact our Youth Worker, Chelsea Sandrin before October 29<sup>th</sup> with the sizes of boots required and boot delivery will be made to Our Lady of Mount Carmel on Monday, November 12, 2018. Parents/guardians will be contacted when boots have been delivered and are ready for pick up from school.



### **Clothes for Kids Campaign**

This is the 30<sup>th</sup> year of the Clothes for Kids Campaign. Last year over 2,000 snowsuits were delivered to children & families in need throughout the Kingston and surrounding areas. If your family requires support with snowsuits for our upcoming Canadian Winter, please forward your requests and sizes to your child's classroom teacher or call our youth worker, Chelsea Sandrin. If your child is stuck between sizes, please select the larger size. **All requests must be in by November 1, 2018.**

### **Grade 6 Witness Faith Day**

Our Board's Catholic Character and Culture Committee has invited all Grade 6 students from ALDCSB schools in the eastern part of our Board to come together for a day of faith, witness, music and sharing at St. Mary's Cathedral on October 2, 2018. Our Grade 6 students and teachers look forward to sharing our faith together! Special guests and facilitators are the John Blakesley Band.

### **ECO Schools Update**

Our ECO Club is working hard already this year! OLMC is a GOLD certified ECO school, and here are a few things that staff and students are doing to start our year!

#### **ECO Club:**

The first ECO Team meeting was held for grades 4 and up.

#### **Class Recycling Bins:**

This year we again ask every class to play an active part in the recycling process. At the end of the day a couple of students are responsible to bring class recycling to the hallway containers to empty recycling bins. Students are asked to sort through each item to avoid contamination and ensure it gets into the appropriate container:

- (1) paper / boxboard / milk containers
- (2) plastic / foam
- (3) metal
- (4) glass

#### **Hallway Bins:**

ECO Team members will soon begin to empty the hallway bins every other day. They fill up quickly.

#### **Lights Out Lunches:**

We continue to promote lights out lunches in the classrooms to reduce energy use.

#### **Projects we will soon get underway:**

- We will encourage reusable containers and refilling water bottles at our awesome refill stations, both for staff and students
- We will be updating our ECO Board with photos and stories. As classes undertake an outdoor or ecologically-friendly project, they are asked to please share a photo!
- We hope to start a composting project, that in conjunction with reintroducing boomerang lunches, will cut down on both

garbage at school and items sent home. More information to follow. Thank you to families for their support of our ECO projects at home too!

### **Professional Activity Faith Day- October, 26th**

Please note that Friday, October 26, 2018 is a PA Day. As a result, there are no classes for students. All Staff will be engaged in activities related to our Catholic faith development, including Mass, faith formation and development.

### **Terry Fox Walk- September 27<sup>th</sup>**



A huge "Thank you" is extended to the entire OLMC community for an outstanding job of raising funds to support cancer research! We are so proud of our students for exceeding our goal. In total, \$ 11,694 was raised! Thank you for Mme. Compeau for co-ordinating the campaign again this year. As a thank you to all students for supporting the Terry Fox Foundation, a Halloween Dance will be held for all students on October 31<sup>st</sup> to acknowledge their hard work. Well done!

### **Transportation/Pick-up Arrangements**

In order to minimize interruptions to classes and avoid the possible miscommunication of information, parents are requested to make all travel and pick-up arrangements for their children **prior to the beginning of the school day**. The latter part of classroom instructional time is important and we are working to ensure that classrooms do not have to be interrupted for this reason. Your cooperation is most appreciated by students and teachers. Similarly, we ask that students and parents make arrangements for after school play dates outside of school hours. These arrangements should be made prior to school in the morning, and should be communicated in writing to classroom teachers. Thank you for your co-operation for a smooth end of day dismissal.

