

OUR LADY OF MOUNT CARMEL

Catholic School *Newsletter*

Principal: Karen Moran

Vice-Principal: Sandra Fragoso

February 2019 Newsletter

A Prayer for Resting in God's Love

Father, I come into your presence so aware of my human frailty and yet overwhelmed by your love for me. I thank you that there is no human experience that I might walk through where your love cannot reach me. If I climb the highest mountain you are there and yet if I find myself in the darkest valley of my life, you are there. Teach me today to love you more. Help me to rest in that love that asks nothing more than the simple trusting heart of a child. In Jesus' name, Amen

February 1st PA Day

Please be reminded that Friday, February 1st is a Professional Activity Day. Educators will be engaged in activities related to assessment and evaluation. As such, there are no classes for students.

School Council Meetings

Thank you to Parents and Guardians who attend regular meetings of School Council at OLMC! Our next meeting is scheduled to take place on Monday, February 11, 2019. Please join us if you can!

I Care Week at Our Lady of Mount Carmel Catholic School:

February 11-15th, 2019
 During the week of February 11-15th, 2019, staff and students at OLMC will be engaged in a number of activities that focus on creating and maintaining a positive school climate. In short, a positive school climate is present when all members in the school community show care, respect and

commitment to each other. After all, Jesus said "A new command I give you: Love one another. As I have loved you, so you must love one another. (John 13: 34). Please see some of activities planned for this week below:

Date & Time	Activity
Monday, February 11 th	9:15 and 9:45 a.m. I Care Prayer Celebrations in the Gym Police presentation to Grades 5-8 students on bullying and cyberbullying (caring about your online presence) with Constable Earle 1:00 Grade 5-6 1:40 Grade 7-8
Tuesday, February 12 th	KFL&A Wellness Talks
Wednesday, February 13 th <i>Sweater and Toque Day</i>	Turn down the heat by 2 degrees and wear a sweater and toque to care for our environment. 10:30 Staff vs Student soccer baseball games outside (Jr Girls and Boys Soccer Teams vs. Staff) and (Sr. Girls and Boys Soccer Teams vs. Staff). Winners play each other!
Thursday, February 14 th <i>Red, White and Pink Day</i>	Valentine's Day Dance for K-Grade 8 Students
Friday, February 15 th <i>School Clothing and Colors Day</i>	a.m. School wide winter Play Day Hot chocolate

Please ask your children what they have learned about what makes a safe, caring and inclusive school community.

Being Good Neighbors

Out of respect for residents in our school's immediate neighborhood, we respectfully ask that parents and guardians who are dropping off and picking up children or attending a school event not park on the north side of Briscoe Street from Park Crescent to Sherwood Ave. Parking on the north side of Briscoe can often block residents' private driveways, make it difficult for residents to access their driveways and compromises sight lines when trying to access the street. The safety of our students walking on Briscoe as well as the needs of the residents who live on the street are of particular concern. Thank you for your co-operation to ensure everyone's safety.

Attention Grade 8 Parents/Guardians

Holy Cross Catholic Secondary Registration deadline is Thursday, March 1st, 2019. Please bring in Registration Forms to your classroom Teacher. A reminder that new this year is the opportunity to register in the Extended French Program at Holy Cross.

Is your child calm, alert and ready to learn?

The Canadian 24 Hour Movement Guidelines for Children and Youth state that for optimal health benefits, children and youth should achieve high levels of physical activity, low levels of sedentary behavior and sufficient sleep each day. Please see sleep guidelines from KFL&A Public Health.

Supporting Healthy Schools

Children Need Sleep to Learn and Grow

Sleep guidelines:
Aim for uninterrupted sleep with consistent bed and wake-up times, even on weekends.

Age in years	Hours
3 to 4	10 to 13
5 to 13	9 to 11
14 to 17	8 to 10

Try these tips for a better night's sleep:

- Make your sleeping area comfortable, cool, and quiet.
- Choose water and snacks that do not contain caffeine.
- Keep a bedtime routine that is relaxing and calm.
- Include natural light and exercise in your daily routine.
- Turn off all screens before getting ready for bed, and keep them out of the bedroom.

kflaph.ca
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KFL&A Public Health

Ontario Provincial Report Cards

Students in Kindergarten to Grade 8 will be receiving **Term One Report Cards on Tuesday, February 20th, 2019**. Students in Grades 1-8 will receive feedback on academic achievement in subject areas as well as on progress relating to the Learning Skills and Work Habits since the beginning of the school year. Students in Kindergarten will receive feedback on key learnings, growth in learning, and next steps in learning within each of the 4 Frames: Belonging and Contributing, Self-Regulation and Well-Being, Demonstrating Literacy and Mathematical Behaviors, and Problem Solving. During the Term One reporting period, Parent-Teacher interviews are at the request of either parents or teachers, and are scheduled at a convenient time during February 20-22, 2019. Thank you for your ongoing support of student learning at Our Lady of Mount Carmel Catholic School.

Supporting our French Language Learners at Home

One way to support your child is to get involved with French language learning beyond the classroom. Here are some suggestions:

- Watch media with your child (TVO, Netflix, YouTube, Radio Canada, TV5, TVA, Tele Quebec)
- Listen to French music on the radio or the internet
- Explore the local area for French community resources (public library, Mass in French, French

- theatre, French newspapers, magazines, tourist pamphlets, francophone organizations)
- Read with your child in any language
 - Communicate positive messages about French to your child
 - Use online resources/apps to support your child's French development
- Remember to celebrate your child's effort when learning a second language. Ask him/her to read, write and speak to you in French daily to practice fluency and confidence, and then praise and reward his/her efforts!

Our Learning Journey

During the month of February, we continue to implement this year's School Improvement Plan, focusing on posted Learning Goals and co-constructing Success Criteria with students so that our students know in advance what successful works looks like. Demonstrations of student work and learning are posted throughout the school so that students can learn from each other! In Language, emphasis is on the quality and detail of student reading and writing responses. For example, a full reading response includes information from the text and your own ideas to answer the question. In math, the focus is on problem solving, which is central to learning mathematics. By learning to solve problems and learning math through problem solving, students are given opportunities to connect mathematical ideas to the real world. How can you help with math at home?

You are a role model for your children. One of the best ways to be a math role model is to talk out loud as you work your way through everyday tasks. Thinking out loud allows your child to hear how you think when you are making predictions and observations, identifying problems, using problem solving strategies and solving real world problems. When you are positive about math, children will adopt your approach and attitude towards learning and

doing math! You may wish to access the link below to support learning at home with free educational games and activities based on the Ontario curriculum sponsored by TVO:

<https://www.tvo.org/blog/about/ceo-blog/mpower-a-toolbox-of-math-resources>

School Cash Online

Thank you to all families who are now using School Cash Online for regular school purchases. Please see payment options within School Cash Online:

Which payment methods are accepted?



Credit Card

Pay with Visa or MasterCard on *School Cash Online* by entering your credit card number, CVV number (the three digits on the back of your card), card expiry date, and billing information.



eCheck

An electronic version of a paper check used to make payments online. Anyone with a checking or savings account can pay by eCheck on *School Cash Online*.



myWallet

An online wallet that can be loaded to hold funds and pay for your child's fees on *School Cash Online*. myWallet also allows you to allocate funds to pay for school fees at a later date.

OverDrive

OLMC is committed to bringing unique learning opportunities to our students and we are pleased to introduce a new, free reading service providing digital books through OverDrive (<http://alcdsb.lib.overdrive.com>) and Sora, the new student reading app.

Why OverDrive?

The OverDrive collection is an extension of OLMC's physical library, only it's online

with 24/7 access to ebooks and audiobooks. It's convenient for students to check out titles at home, on the weekends or during school breaks with no worry about misplacing a book or running up late fees – these digital titles automatically return at the end of the lending period!

OverDrive can help students of all ages read more and improve comprehension. Struggling or reluctant readers, second language learners, and gifted readers can all benefit from this service.

- Enrich vocabulary and improve comprehension and pronunciation
- Introduce students to books above their reading level
- Teach critical listening
- Help busy kids find time to read
- Incentivize reading with fun avatars and achievements in the Sora app

How does it work?

To use OverDrive, students can browse our secure custom website or through the free Sora app, and enjoy anytime, anywhere on a computer, tablet, smartphone or eReader.

Whether a student's interest lies in study guides, classics for required reading, or the latest popular juvenile or young adult fiction, they can find it all in the digital collection through OverDrive at <http://alcdsb.lib.overdrive.com> or in the Sora app.

The Full Day Early Learning Kindergarten Program

It is not too early to begin to think about registering your child for Kindergarten in September 2019! We are now accepting Kindergarten registrations. Your child is eligible to enroll in the Early Learning Kindergarten program if he or she will be 4 years of age by December 31, 2019. You can access registration forms online through the Algonquin and Lakeshore Catholic District School Board's website.

Need your High School Diploma? Looking to get into College?

Loyola School of Adult and Continuing Education offers many options to support you in achieving your goals including high school credit courses, an accredited Personal Support Worker program and English as a Second Language classes. If you are over 18 years old and ready to take the next step in achieving your future, visit our website for more information: www.learningatloyola.ca

