

OUR LADY OF MOUNT CARMEL Catholic School *Newsletter*

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December 2018 Newsletter

Advent

Advent is about waiting for the birth of Jesus Christ. The gospel readings of Advent make us mindful of the three ways we await Jesus Christ- past, present and future. First, we remember and accompany Mary, Joseph and the newborn, Jesus. Second, we prepare for the celebration of His birth this Christmas so that the day does not pass us by but is instead celebrated with joy. Third, we anticipate the second coming of Jesus Christ, who will come in power and glory for everyone to see and establish the kingdom of power and justice on earth.

(Excerpt from Sacred Readings for Advent and Christmas 2017-2018, Ave Maria Press).

On behalf of all Staff at OLMC, we would like to take this opportunity to extend our best wishes to you and your family throughout the blessed season of Advent and Christmas.

Faith in Action at OLMC

"I by my works, will show you my faith"
(James 2:18).

In our Catholic schools we accept the call to be imitators of Christ. Please see below how the students at Our Lady of Mount Carmel Catholic School are responding to our local community members during the Advent season, demonstrating our *Faith in Action*. Indeed, we are blessed, and we look to support those who need our help. Thank you for your donations!



Friday, December 7, 2018 at 1:00 p.m.



Collection of food during Advent until December 12th. Thank you!



Jingle Bell Walk in the Our Lady of Mount Catholic School neighborhood. The donation of a non-perishable food item (canned or boxed), toiletries (tooth paste, soap, shampoo, etc.) or winter accessories (hats, mitts) will be collected during Advent at the front of the school until December 12th. Please dress warmly for our walk on December 7th.

Angels Among Us Project is a *Families helping Families* project during the Advent Season. On a bulletin board at the front of the school is an angel with a toy request for Christmas. **OLMC families are invited to take an Angel request home and bring back the donated item to school by December 12th.** Families will receive the donation early in the week of December 17th. Thank you for your generosity in supporting our OLMC families!

Thank you to the OLMC Catholic School Community for responding generously during Advent!

Weekly Advent Prayer Celebrations and OLMC Family Mass



In preparation for celebrating the birth of Jesus at Christmas, each class will attend a weekly Advent Prayer Celebration on Monday mornings in the Gym on December 3, 10 and 17th at 9:15 and 9:35 a.m. Thank you to Mme. Martin's class for planning the Advent Prayer Celebrations. Parents are welcome to join us! **Additionally, families are invited to attend our Advent Evening Family Mass, which is scheduled to take place on Tuesday, December 18th at 6:30 p.m. at Blessed Sacrament Church.**

Please join us for refreshments after Mass in the Church Hall. This Mass is for OLMC families and is a great opportunity for families to gather during the Advent season. We hope you can join us! Thank you to School Council for providing refreshments after Mass.

School Council Meetings

Thank you to all parents who come to our monthly meetings in support of student learning and achievement at Our Lady of Mount Carmel Catholic School. We wish to thank School Council for offering the OLMC school spirit wear Clothing Order Sale. Our next School Council Meeting will take place on Monday, January 14th, 2019 at 6:00 p.m. in the Learning Commons. All Parents/Guardians are invited to attend!

Scholastic Book Fair

Well done to our OLMC families who supported the Scholastic Book Fair during Parents-Teacher-Student Interviews in November. In addition to purchasing books for your family, \$3,700 was raised to purchase books for the OLMC Learning Commons. Thank you to Mrs. Miles for

hosting the fair and to families for supporting it!

New Portapack Opened

On November 30th our Grade 7-8 students from Mrs. Williams, Mme Corsi and Mrs. Lattanzio's classes as well as students from Mme Martin's Grade 6-7 moved into their new portable classrooms within the second portapack. The portable classrooms are newer, bigger and brighter. This has been an exciting time for our intermediate students! In addition, Mrs. Fisher, our Itinerant Arts Teacher has also moved into the new portapack, and most of her arts classes will take place in the new space.

OLMC Lip Dub

In recognition of Bullying Prevention Week (November 19-23, 2018), Staff and Students of OLMC produced a Lip Dub presentation, spreading the message that everyone matters in our school community! Check us out on YouTube below!

[OLMC Lip Dub 2018](#)



Thank you to Mrs. Latham and Mme. Bacile for co-ordinating the school wide production!

School Cash Online

Thank you to all families who have made the switch to School Cash Online for payments related to school purchases and events. Please note that all purchases related to School events will continue to be collected using School Cash Online. Thank you for your patience as we transition to a cashless system of collection.



Supporting the Mathematics Program at Home

Parents often ask how they can support and strengthen their children's math readiness skills at home. *Mathies* is an interactive home support that provides hands-on activities so that parents, guardians, caregivers and other family members can help support the development of mathematics knowledge and skills with Kindergarten to Grade 6 learners. *Mathify* is a free online tutorial service for students in Grade 7-10. *Mathify* connects students in grades 7-10 with afterschool math tutoring and interactive tools that can be used in the classroom to connect learning. The best part is that it's free and accessible to all Ontario students enrolled in publicly funded schools. <http://mathies.ca/activitiesTogether.html> .

<https://www.tvomathify.com/educators>

Thank you for your continued support of developing life-long learners in math!

Raising Resilient and Healthy Children

KFL&A Public Health are partners in raising healthy children in our community. Their website is a terrific resource for families. This month, the focus is on teaching your child ways to cope with strong feelings in a positive way. The following tips are helpful!

- Make sure your child **gets enough sleep** and is **offered enough healthy food choices**. When a child is hungry or tired, it is hard for them to control their feelings.
- Listen to your child. Give them your full attention and show that you are interested in how they are feeling by facing your child and making eye contact. For example, try saying "We all feel angry sometimes and it's good to talk about those feelings."
- Be there for your child. Sometimes your child won't feel like talking about what is bothering them. Try to

respect that, give them some space, but let them know you are there when they are ready to talk.

- Teach them ways to cope with big emotions. Taking deep breaths, or slowly counting to five, for example, will help your child work through their feelings.
- Guide them to solve problems on their own. Help them think of positive ways to solve a problem. Encourage your child to use their voice to navigate conflict. For example, "Use your words to tell Sam how you felt when you were excluded from the game."
- Help them learn how their actions affect others. For example, "How do you think Jessie felt when you yelled at her for not pushing you on the swing?"
- Offer your child choices. Allowing your child to make decisions will help build their confidence.
- Provide outlets when emotions overpower. Offer activities to focus on, such as playing basketball or painting a picture.
- Role model how to cope with emotions. Staying calm will teach your child how to respond to stressful situations.

Additional information is available at www.kflaph.ca/Parenting .

Every School Day Counts!

Did you know that starting in Kindergarten, too many absences can cause children to fall behind in school? In fact, missing 10 percent (or about 18 days) can make it harder to learn to read.

Students can still fall behind if they miss just a day or two days every few weeks. Being late to school may lead to poor attendance. Attending school regularly helps children feel better about school and themselves. Start building this habit in preschool so that



children learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work. For more information and tips for families, visit www.attendanceworks.org.

Hot Lunch Program for Term Two

Information regarding Term Two of the Hot Lunch Program will be sent home on Monday, December 10th. As usual, all payment for the Hot Lunch Program is available on School Cash Online. Thank you for your support of the program.

Snow Days

On snow days, please listen to the local radio stations or check the Tri-Board website to know about bus cancellations. If buses do not run in the morning, this means that they **will not run** at the end of the day.

Please note that even though buses may be cancelled, schools remain open and instruction continues.



You can also go onto the Tri-Board Website,

<https://triboard.ca> and request to be notified by email of any bus cancellations to our school on the exact day.

Hot Lunches & Cancelled Buses

Please be reminded that if buses are cancelled on a scheduled Hot Lunch day, the hot lunch program will go ahead as the school is still open. If your child is ever absent on a lunch day, you can pick your child's lunch up on that day, as we have limited resources to store leftovers for the next day. The only time hot lunch will be cancelled is if the school is closed – a decision made by the Algonquin & Lakeshore Catholic District School Board. Please check our website for posted notices.

FUN FRENCH FACTS

DID YOU KNOW?

Bilingual people have sharper cognitive skills and keep their brain alert and active even when only one language is used.

<http://bit.ly/2RhJY45>

