



OLMC Bi-Weekly Update

Nov. 26, 2021

Dear Parents and Guardians of Students of Our Lady of Mount Carmel School,

And so the last full week of November has come to a close! It's hard to believe that this Sunday we begin the season of Advent and preparations for the birth of our Savior Jesus Christ. It is easy to get lost in the commercial promises of the season; however, throughout the month of December we will continue to remind our students, and one another, about the true meaning of Christmas and God's greatest gift, who was born in a manger under the light of the brightest star in the sky.

We have had a very eventful week at OLMC! Yesterday we held our first Parent/Guardian-Teacher Conferences of the year through MS Teams. I know that teachers were very pleased with the opportunity to speak with many of you about their child's learning. If you were unable to schedule a virtual meeting, please feel free to contact them to schedule a date and time at your mutual convenience. We encourage parents/guardians to continue to track your child's progress via your Parent PowerSchool account throughout the remainder of the year.

Today we commemorated Holodomor Memorial Day. The fourth Friday of November is set aside each year by ECSD to honor the millions of Ukrainians who died as a result of Famine Genocide of 1932 – 1933. Please take time tomorrow, the official Holodomor Memorial Day, to join with your family in praying the Hail Mary, as provided later in this Update.

Finally, as you all know by now, the news that ECSD would be revising the Elementary division of OLMC school (with the introduction of a [Green STEM](#) program) was revealed to the community, as was the notice of the beginning of the public participation process regarding the possible closure of the Junior High division (and relocation of Gr 7-9 students and JH Academies to LSL and St. Brendan), for the 2022-23 school year. To reiterate the message that all families received on Monday, and what was confirmed at the Nov. 24th Board Meeting, this is the commencement of the process of engaging all stakeholders. The final decision will not be made until it is voted on Feb. 23, 2022, at the Division Board Meeting. Detailed information of the proposal can be found [here](#) on the ECSD website, under the Board Agenda (p 51) for the Nov. 24th Board Meeting. The details of the public consultation process can be found [here](#). I would encourage all interested stakeholders to provide your input at engagement@ecsd.net

We recognize the challenges and concerns that this process may pose to our community; however, I can reassure you all that we will continue to provide a loving, learning, faith filled environment for our students at Our Lady of Mount Carmel, as we move forward, regardless of what is determined in the upcoming months. In this time of uncertainty, it is important that we continue to come together in God's name and in prayer:

Dear Lord,

Please help us come to you for hope and guidance during times of uncertainty. It's through your grace that we can continue to serve one another in your name no matter the circumstance. We ask for your peace in place of our anxiety.

We pray these things in your heavenly name.

Amen.

Take Care and God Bless,

Duncan Buchanan
Principal
Our Lady of Mount Carmel School

Sandra Hartum
Assistant Principal
Our Lady of Mount Carmel School

Bi-weekly updates replace the monthly newsletter and will be posted on the website after they are delivered by email. The final update of 2021 will be sent on Fri. Dec. 17th.

Please feel free to contact the school at 780-433-1062 if you have any questions or concerns relating to your child's education.

Daily Screening Checklist

A continued reminder that all students and visitors are required to take the updated [Alberta Health Daily Screening Checklist](#) before coming to school, to determine if they should attend. Please err on the side of caution; if your child is not feeling well, as per the screening checklist, do not send them to school until they are symptom free. Thank you for helping keep our students and staff healthy and safe!

MTC Classic Hockey Game – Dec. 16

Dear Parents,

On Thursday, December 16, 2021, Mount Carmel Hockey Academy will be hosting its 17th Annual Mount Carmel Classic. "The Classic" is the Hockey Academy's yearly event that always takes place on the final Thursday before the start of Christmas Break. It is an exhibition game played by the Academy's junior high students. Due to Covid restrictions, we are only able to have the elementary hockey academy come and watch the game. Unfortunately, parents and the remainder of the school are unable to attend as they have in years past.

Every year we choose one charity to support at "The Classic". This year we will be supporting Santa's Anonymous. This fundraiser will be school wide, and we will be asking students to bring

in donations for Santa's Anonymous. We will be providing a pizza party lunch for the class that brings in the most donations before Dec 15th. We have attached the top ten toys that the organization is looking for.

Thank you in advance for your donations to our 17th Annual Mount Carmel Classic,

Your MTC Hockey Academy Staff

School Council & Fundraising Society News

There is no scheduled School Council and Fundraising Society meeting in the month of December, as we celebrate the season and prepare for Christmas. Have a Blessed winter season and we look forward to meeting with you in the New Year.

NOTE: Due to COVID restrictions, OLMC School Council and Fundraising Society meetings are held online, virtually. The next School Council meeting is a special Community of School Councils meeting where all School Councils will have opportunity to engage with Trustees on a variety of topics. This is the second annual CoSC meeting, and it will take place virtually on Jan. 18th, 2022. The MS Teams link for the meeting will be provided in the Bi-weekly Update in the New Year.

Routine Immunizations – Gr 6 (7-8) – Nov. 30

AHS will be at Our Lady of Mount Carmel School the morning of Nov. 30th to carry out routine grade 6 immunizations. It is our plan to do the first round of grade 6 immunizations as well as complete the outstanding grade 7 and 8 immunizations. Some grade 7 and 8 students did not complete their immunizations in the 2019-20 or 2020-21 school years and may still need to be immunized. Please note that these are **not** COVID-19 vaccinations. Should you have questions or concerns about your child receiving their routine vaccinations, in relation to receiving a COVID vaccination, please click on the following link for a list of FAQs: [School Immunizations during COVID-19 FAQ \(albertahealthservices.ca\)](#). In addition, see the attached letter from AHS in the Bi-weekly Update for further details. If you have any questions, please contact your local public health center.

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Catholic Faith and Social Justice

Holodomor Memorial Day

Several years ago our Board of Trustees unanimously declared the last Friday in November as Holodomor Memorial Day in the Edmonton Catholic School Division. As we approach the last Friday in November, many of our staff and students will be observing Holodomor Memorial day.

As we honor the millions of Ukrainians who died as a result of Famine Genocide of 1932 - 1933, and as we recall the dramatic events of the Holodomor, let us pray for the repose of the souls of the dead, asking God to grant eternal rest to all those who were unjustly deprived of the gift of life. We begin in the name of the Father, and of the Son, and of the Holy Spirit.

Help us to remember the victims, the country's children, and to pray that, with God's assistance, the lessons of history help us to find lasting encouragement for mutual understanding, harmony and peace.

Protected by our Mother of God, we celebrate today with splendor. Gazing at your most pure image, we humbly say: Cover us with your precious veil and deliver us from all evil by asking your Son, Christ our God, that He may save our souls.

Hail Mary, full of grace. Our 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.

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Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Remembrance Day

On Nov. 10th, students and staff honored the sacrifices made by our own soldiers in the name of freedom and peace around the world. Leading up to our virtual Remembrance Day celebration, we are pleased to note that students and staff donated \$113.15 in exchange for a poppy to wear. All monies collected goes to support charities that help our veterans and their families.



Christmas Hampers and the Beginning of Advent

As a school community we will be collecting food and monetary donations for our families in need. We are hoping to collect enough to fill 2 hampers from each division. This would mean two hampers from grades K-3, two hampers from grades 4-6, and two hampers from grades 7-9. The staff of Mount Carmel will also be bringing in food and money donations to fill another hamper.

As a school community we will be collecting specific hamper items on specific days. We will start collecting these items on November 29th and will finish collecting on December 14th.

As a token of our appreciation for helping those in need, for every item that a student brings in they will receive an entry for our "Christmas surprises". Winners of the Christmas surprise will be announced on December 16th.

Thank you to the Grade 4-6 Leadership group who is helping to organize, collect items and put our hampers together. Thank you to the OLMC School Council and Fundraising Society who will be providing the turkeys for our seven hampers!

Here is a list of the dates and suggested items that are to be brought in. If you miss a day to bring in an item, please don't hesitate to pick another day to bring it!

Nov 29 and 30:

- Canned fruit and vegetables
- Stove top dressing

Dec 1 and 2:

- Packages of Turkey Gravy
- Cranberry Sauce

Dec 3 and 6:

- Canned soup and crackers
- Real Fruit Juice

Dec 7 and 8:

- Pasta and spaghetti sauce

Dec 9 and 10:

- Juice, tea and coffee
- Christmas nuts, candies and cookies

Dec 13 and 14:

- Fresh produce and monetary donations: bags of potatoes, carrots, butter/margarine, mandarin oranges

Dec 16 and 17- hampers to be picked up and distributed.

Thank you for helping to support our Mount Carmel Families!



U of A Nutrition Student News

This past week was the final week of our U of Nutrition practicum students were at OLMC. Thank you to Courtenay and Amanda for all your efforts with our students and your contributions to our Bi-weekly Update. Best of luck in your future work!

Tips on Navigating Processed Foods from U of A's Nutrition Practicum Students

What are Highly Processed Foods?

Canada's Food Guide defines highly processed foods as "processed or prepared foods and drinks that add excess sodium, sugars or saturated fat". Highly processed foods undergo multiple processing steps and have many additional ingredients such as artificial colours and flavours.

Examples of Highly Processed Foods:

- Pop, candy, frozen desserts, and fast food are examples that are commonly eaten by children due to their convenience

What makes Highly Processed Foods unhealthy?

Ingredients added to highly processed foods can increase sodium, sugar and saturated fat intake. These foods should be consumed in moderation because they don't have nutrients like fibre or vitamins that children need to stay healthy. Sugary foods and beverages can increase children's risk for cavities. The Heart and Stroke Foundation says that our overall nutritional intake is lowered when our diet is high in these highly processed foods.



Just because a food comes in a package doesn't mean it's unhealthy.

Here are some examples of foods that come in a package that are convenient and healthy for children:

- Frozen fruit or apple sauce (with no added sugar)
- Cheese and [packaged cheese snacks](#) (click to see example)
- Nuts and seeds (with no added salt)



Tips to eat less Highly Processed Foods:

- Cook at home more often and involve your child in the kitchen
- Try making homemade versions of highly processed foods like [chips](#), [fruit leather](#) or [popsicles](#) (click the links to see recipes)
- Ask your child if they know where their food came from. If it's not clear that it came from a plant or animal, then it might be highly processed and should be eaten in moderation
- Keep a supply of healthy snacks like nuts, fruit or hard boiled eggs available
- Read the ingredient list to check for added sugar or salt

Information adapted from the following sources:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>

<https://www.health.harvard.edu/blog/what-are-ultra-processed-foods-and-are-they-bad-for-our-health-2020010918605>

<https://www.heartandstroke.ca/articles/what-is-ultra-processed-food>

JH Action and Activities!





All Dressed Up!



PSA: Be Safe on Ice!

As we head into winter, it is important to remember and follow water and ice safety, especially around stormwater locations. Please obey the posted signs and information. Stormwater facilities aren't safe for any type of recreation because the inlet and outlet pipes keep water continuously flowing beneath the frozen top layer.

There are many factors that can affect ice thickness, including location, the time of year, and environmental factors such as:

- Water depth and size of body of water
- Currents, tides and other moving water
- Chemicals including salt
- Fluctuations in water levels
- Logs, rocks, and docks absorbing heat from the sun
- Changing air temperature
- Shock waves from vehicles travelling on the ice

It's never safe to walk on the ice of the North Saskatchewan River as water is continuously flowing beneath the surface, which impacts ice thickness.

The City of Edmonton provides important information for all families at https://www.edmonton.ca/activities_parks_recreation/be-safe-on-ice .

Final Words

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

- Helen Keller

Have a wonderful weekend!