



OLMC Bi-Weekly Update

Oct. 29, 2021

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

A slightly shorter than usual Bi-weekly update for Oct. 29th! We are about to launch into November and the weeks are flying by almost as fast as the leaves have fallen in the river valley! Today was an amazing day at Our Lady of Mount Carmel, as we celebrated Halloween and all that surrounds this festive date. From ghosts and goblins to princesses and superheroes, it was wonderful to see all of our students and staff dressed up and enjoying some “scary” fun and a few treats throughout the day.

Sunday, November 7th is Catholic Education Sunday. As a Faith community, we are asked to prepare for this date and its theme of “Catholic Education: Rebuild, Restore, Renew, Together.” As part of our morning prayers each day next week, we will unite in a novena prayer for our Catholic Schools. If you would like to recite the prayer at home, you can find the link to the novena here:

[JOURNEY WITH SAINT JOSEPH NOVENA IN PREPARATION FOR CATHOLIC EDUCATION SUNDAY](#)

As the Catholic Bishops of Alberta and NWT stated in their most recent letter:

“Publicly funded Catholic education is a gift which must not be taken for granted. Our commitment to Catholic education is steadfast. Together with the Alberta Catholic School Trustees’ Association (ACSTA), the Council of Catholic School Superintendents of Alberta (CCSSA) and Grateful Advocates for Catholic Education (GrACE), we shall continue our efforts to ensure the future of Catholic education in our province. United in prayer, let us humbly and confidently ask our loving God to rebuild, restore and renew all of our Catholic schools through His providential care.”

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 next update will be sent on Wed. Nov. 10th before the scheduled Fall Break.

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!

Student Travel Guidelines

As we approach the Remembrance Day, Fall Break holiday, families are reminded of the following travel restrictions and returning to school following travel:

Unvaccinated children under 12 years of age *who are accompanied by travellers who qualify as a fully vaccinated traveller

- must follow all testing requirements for pre-entry, arrival and Day-8 tests (unless under the age of 5)
- do not need to quarantine as long as they follow the public health requirements outlined in the handout provided at the border
- **are not permitted to attend school for 14 days**

Unvaccinated youth 12 to 17 years of age * whether or not they are accompanied by travellers who qualify as a fully vaccinated traveller

- are subject to the 14-day quarantine
- are subject to all testing requirements for pre-entry, arrival and Day-8 tests
- are not permitted to attend school for 14 days

Vaccinated youth over 12 years of age can return to school following travel and must follow [Canada travel guidelines](#)

Bus Fees for November

Just a friendly reminder to the caregivers of all students who pay for a bus pass each month, November's bus fees are now posted on the Parent PowerSchool portal. Please ensure that this fee is cleared as soon as possible, so that your child's bus pass can be given to them in time for the start of the new month.

Star Student Program

The month of October was the first month of our school wide Star Student program. We are very pleased to report that it has been a huge success so far. Many students were nominated by their peers for acts of kindness, inclusion, and modelling our Catholic values. Each month there will be 2 students chosen from each division and they will receive a little gift bag put together by our Leadership 4-6 group.

For the month of October Mount Carmel's Star Students were:

K-3: Jaylin and Quinn both from Grade 2

4-6: Quentin, Grade 4 and Rory, Grade 6

7-9: Dakota, grade 8 and Finley, Grade 9

Congratulations to the October Star Student winners!!!!!! Stay tuned for a small write up about each of them and why they were chosen in our next biweekly. Thank you to Leadership 4-6 group for their time and effort with organizing our Star Student program, our school wide Halloween activities, and helping to make Mount Carmel such a fantastic and energetic place to be!!!

October's Star Students!



School Council & Fundraising Society News

Hello OLMC Families,

Thanks again families for the support in our Apple Fundraiser! I understand we earned close to \$1000. Yay! That's important because at our last council meeting, we dedicated about \$50,000 worth of funds raised to the school in 2021. Check out the October Minutes to read more.

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[21Oct2021MinutesDRAFT](#)

I pray none of us feel overburdened with fundraisers. We typically receive an AGLC casino every two years (\$70,000 in earnings), because we squeaked our last casino in March 2020, we likely won't see another until 2023....so bear with us and participate however you can.

In November we will run two fundraisers. The first was our successful Salisbury Greenhouse Fundraiser.

Poinsettias and Gift Cards will be available on PowerSchool, just like our Apple Fundraiser. We will sell 2 coloured poinsettias, a tropical arrangement and gift cards in denominations of \$25 - the gift cards will be **mailed** directly to your home. The poinsettias will be delivered to the school on December 1st.

Second: The Education Station has given us a shop code for November 1- 30, 2021. **OLMSCHOOL** at checkout will earn our school 15% cash back. Please share with your gift buying friends and family and read the details below, and I've included their PDF with more info.

1. Our custom link: <https://educationstation.ca/catalogue/ranges/holiday-fundraiser-2021/> will take you to a specially curated list of products for children ages 1-12. You can *also* shop the regular Education Station website.
2. Exemptions include sale, clearance, furniture, carpets, and other large items
3. Enter **OLMSCHOOL** in the fundraising code field at the checkout, on the final page, right before you hit Place Order, and Education Station will donate 15% of your purchase Our Lady of Mount Carmel
4. There will be a 'no return' policy on all items purchased with a Fundraising Code because the School will have received the 15% rebate
5. This is an online fundraiser only. Codes are not valid for in-store shopping.
6. The fundraising code **OLMSCHOOL** must be entered to ensure the 15% rebate is directed back to Our Lady of Mount Carmel
7. If you have any questions please feel free to contact us at service@educationstation.ca or (780) 475-4680

We hope you all have a Happy Halloween, and we look forward to meeting you or seeing you again at our November council meeting on November 18, 6:30pm on TEAMS. That's also Papa John's Pizza night, use OLMC25 to order online, it gives you 25% off reg price items and the school gets a percentage back too. Take care everyone and thanks for being in touch!

--Katrina, Jennifer, Kristen, and Susan

NOTE: Due to COVID restrictions, OLMC School Council and Fundraising Society meetings are held online, virtually. The next School Council meeting is on Nov. 18th. The MS Teams link to this meeting will be provided in the November 10th Bi-weekly Update. Please look for it in that email so that you can join us that evening at 6:30 p.m.

News from the U of A Nutrition Practicum Students

Our Lady of Mount Carmel School is fortunate to have two University of Alberta Nutrition Students, Courteney and Amanda, who are working with some of our classes each week as they complete their required practicum experience. They have put together some great food, nutrition and treat tips for our students as we move into the Halloween weekend.

Halloween Tips from U of A Nutrition Practicum Students*

With Halloween just around the corner, you may be wondering how to incorporate healthy choices into holiday celebrations. Here are some tips for helping your child enjoy sweet treats in moderation.

- Encourage your child to have a filling meal before going trick or treating. This [Mummy Pizza](#) is a festive recipe that can be prepared at home. Try serving veggies and pita bread with this [Jack O'Lantern Hummus Plate](#).
- After Halloween night, try offering candy alongside a regular meal or snack, rather than as a separate snack.
- Encourage your child to eat their Halloween candy at the kitchen table rather than in their room.
- Offer candy to your child after they eat their meals. If they eat a lot of candy beforehand, they may not have as much of an appetite for their meal.
- Encourage your child to practice mindful eating while they enjoy their treats. Minimize snacking on candy while using electronic devices to prevent distractions that can lead to overeating.
- Try asking them "Which candy is your favourite? Why?" or "What is the texture of that candy? Do you like it?"

If you're looking for fun festive recipes to make at home, here are some suggestions:

- [Halloween Roasted Veggies](#)
- [Ghost Banana Popsicles](#)
- [Spider Fruit Snack](#)
- [Healthy Halloween Stuffed Peppers](#)



*These tips were adapted from the following sources:

<https://dietitandirectory.ca/blogs/canada/alberta/calgary/how-local-dietitians-dont-ruin-halloween-for-their-children-while-keeping-their-kids-healthy-and-growing-well/>

<https://www.blueprintnutrition.ca/2019-10-11-5-tips-for-how-to-handle-the-halloween-haul-a-dietitians-perspective/>

Recreation Academy Monthly Recap



Getting Ready for Halloween Fun

The grade 8 class, along with the rest of our students, began preparations for a happy (and maybe a bit haunting) Halloween this past week! A pumpkin picture decorating contest in the Elementary classes and pumpkin carving in the JH! More photos with costumes and decorations to come in the Nov. 10th Bi-weekly Update. In the interim, enjoy!



Final Words

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.”

- St. Francis of Assisi

Have a wonderful weekend!