



OUR LADY OF MT. CARMEL LOWER SCHOOL
NEWSLETTER JANUARY 2012

Dear Parents,

Happy New Year! I hope each of you enjoyed a relaxing and fun holiday season with your loved ones. It was truly an exciting and joyful holiday here at Our Lady of Mt. Carmel and I appreciate everyone's great spirit, kindness, and generosity.

I wish each of you a very happy and healthy New Year!

Many blessings,

Christine Olszewski

Lower School Principal

DATES TO REMEMBER

Jan 2nd – **No School**

Jan 3rd – School resumes

Jan 4th – PTSA planning meeting @ 7PM in high school cafeteria

Jan 6th – 1st Friday morning Mass grades 4 & 5

Jan 12th – Justin Berk visit for grades 3-5

Jan 13th - RAVENS PURPLE FRIDAY free tag day – Go Ravens!!

Jan 16th – **No School** – Martin Luther King holiday

Jan 19th – **1:30 dismissal**

Jan 22nd – Pre-K Open House @ Queen of Peace 1-2PM

Jan 28th – 1st Penance @ Our Lady of Mt. Carmel

Jan 29th – OLMC Open House 1-3PM; Catholic Schools Week Mass 10AM

Jan 30th – Catholic Schools Week – Staff Appreciation Day

Jan 31st – Catholic Schools Week – Student Appreciation Day (Free tag day for students)

Feb 1st – Catholic Schools Week – Liturgy at 1:30

Feb 2nd – Catholic Schools Week – Parent Appreciation Day; Parent Visitation Day

Feb 3rd – Catholic Schools Week – Teacher Appreciation Day

Student Congratulations

After more than 2,400 entries, 72 finalists, and more than 20,000 votes cast, McGraw-Hill has announced that Our Lady of Mt Carmel is one of the 12 winners of the My Math “What Math Means To Me” art contest! A big congratulations to our Kindergarten students Marya Barnaba and Lauren Schonowski who worked with Ms. Mackie in creating the winning artwork.

Our Lady of Mt. Carmel will receive nearly \$15,000 in classroom resources from McGraw-Hill and their sponsors! Also, all of the winning artwork will be featured in the McGraw-Hill My Math student

materials. The contest winners will also have their artwork displayed in the new Museum of Mathematics in New York City. We are very proud of Lauren, Marya, and Ms. Mackie!

Faculty Congratulations

It is my honor and pleasure to announce that Mary Rocks is this year's Teacher of the Year and will represent Our Lady of Mt Carmel School at the 64th Annual Teacher's Recognition and Award Dinner for the Chesapeake Gateway Chamber of Commerce on January 12th. Mrs. Rocks has been a Kindergarten teacher here at Our Lady of Mt. Carmel for over 20 years. Each year Mrs. Rocks brings a renewed excitement to her classroom. She continues to nurture each student spiritually, emotionally, and academically. Her gentle and kind mannerism inspires our young people to grow both in faith and academics. Mrs. Rocks is able to determine the needs of each individual student and adapts her instruction to meet those needs. We are truly blessed with all the great things that Mrs. Rocks offers to Our Lady of Mt. Carmel.

OLMC Community Congratulations

Our Christmas raffle was a huge success! Congratulations to the following winners:

- 1st Place Winner of \$500 Bob Smith Sr.
- 2nd Place Winner of \$100 Michael and Judy McCafferty
- 3rd Place Winner of \$50 Jim Pospisll
- Top Seller Rebecca Burke wins \$50

Congratulations to Trinity Long in 5B who won a week's worth of free tag days!

Catholic Schools Week

Catholic Schools – Faith. Academics. Service.

Catholic Schools Week begins on Sunday, January 29th with 10AM Mass. Throughout the week, we will take a day to honor and appreciate all the people that make Our Lady of Mt. Carmel the great place it is. On Monday, we will honor the staff at all levels, from the schools to the parish. On Tuesday, we honor all the students. To show our appreciation, students will have a free tag day and a no homework evening. Wednesday is our school-wide Catholic Schools Week liturgy. All are invited to attend. On Thursday, we invite parents to spend the day with your child(ren). This will be a normal school day, where you will be able to see the many interactions that take place on a typical school day. Lunch will be from 12:00-12:40 as usual. You are welcome to join us for lunch in the cafeteria or take your child to lunch. However, please have all students back at school by 12:45 to prepare for their afternoon classes. And our week would not be complete without showing our appreciation for the teachers that work so very hard all throughout the year. We will honor our teachers on Friday.

We thank you for your dedication and commitment to Catholic Education.

Justin Berk Weather Visit

We are very excited to welcome Justin Berk, a Meteorologist for WMAR(Channel 2), on January 12th. Mr. Berk will be presenting to students in grades 3 through 5 through a program he established called Wind for Change. This is a fundraising and educational program. 100% of money raised will go to the Cool Kids Campaign Learning Center. This program allows children who have been diagnosed with cancer to stay current with their grade level curriculum and interact with peers going through similar medical treatments. Money is raised by students bringing in pledge money and then having a chance to participate to see who can blow the highest wind speed into a hand-held anemometer. Prior to this activity, Mr. Berk will engage our students in a lesson dealing with extreme weather, such as hurricanes and tornadoes. This will surely be an exciting visit for our 3rd through 5th grade students. Check out the morning broadcast on WMAR on January 13th to hear the winners of OLMC. Families of students in grades K-2, if you would like to donate a pledge, please send your donations to the office.

Value Codes

I am so proud of all of our students as they continue to demonstrate such wonderful values. December's incentive was homeroom choice. We have had several pajama days, wacky tag days, and extra gym time as choices. Winners this month were: 1A, 1B, 2A, 3A, 3B, 5A, and 4B. Keep up the great work!! Our incentive for January will be a "no homework" evening.

School Supplies

Now is a great time to be cleaning out your child's book bag, pencil cases, and binders. Please replenish any supplies that are getting low. School supply lists for each grade level are on our website. Our stationary store carries most supplies and is open each Monday and Wednesday from 7:50-8:15.

A Note from Our Nurse

Hypothermia is defined as a dangerously low body temperature, below 95 degrees. If the environment gets colder, the body may need to generate more heat by shivering. The causes of hypothermia are as follows: **prolonged exposure to cold weather; inadequate clothing for weather conditions; immersion in cold water.** Conditions leading to hypothermia: **Clothes that aren't warm enough for the weather conditions; staying out in the cold too long; unable to get out of wet clothes or move to a warm, dry location; accidental falls in the water; inadequate heating in the home.**

Some factors that increase the risk of hypothermia are older ages and very young ages. The body's ability to regulate temperature and to sense cold may lessen with age. Children lose heat faster than adults do. They have a larger head-body ratio than adults. They may ignore the cold because they are having fun. Their dress may not be proper for the weather. Other risk factors include mental impairment, alcohol or drug use, certain medical conditions, and certain medications.

A person with hypothermia usually isn't aware of his or her condition. The body starts to slow as the temperature drops. Mental function is most affected initially. It develops gradually and may go unnoticed. Confused thinking prevents self awareness.

Treatments for hypothermia include: **First aid care – be gentle, don't massage or rub the person; move the person out of the cold to a warm, dry location; remove wet clothing; cover with layers of blankets, cover the head and leave the face exposed; if outside lay the person on a blanket or other warm surface; monitor breathing; provide warm beverages if the person is alert and able to swallow; seek immediate medical attention.**

In order to keep children safe outdoors, dress infants and young children in one more layer than an adult would wear in the same conditions. Cover their heads and hands with hats and gloves. Water repellent outer clothing is best for wind protection. Limit the amount of time children spend out in the cold. Have children come inside frequently to warm up.