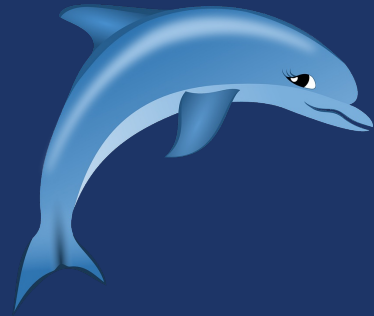


# Dolphin Days



*IT'S A GREAT DAY TO BE A  
DOLPHIN!  
April 23, 2020*



[Visit our website](#)

Good afternoon,

Last week our teachers participated in the National Catholic Educators Association Virtual Conference. The virtual workshops provided professional development on a variety of topics. Thank you to our teachers and staff who took advantage of the opportunity during the Easter Break to participate and enrich their skills.

This week and next, MBS is hosting a virtual book fair through Scholastic Books. Please click on the link

<https://www.scholastic.com/bf/mostblessedsacramentschool> to access the book fair. Purchase \$25 or more (books only), and you will receive free shipping. Proceeds will benefit our MBS Library.

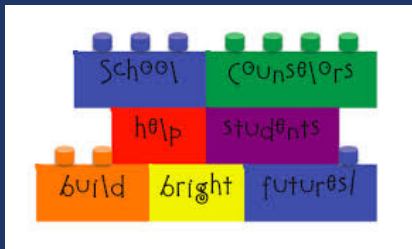
As we continue with our daily morning announcements, please let us know if you have any special intentions that you would like us to pray for. Just send either myself or Mrs. Evans an email with the information.

Please join us for a story and prayer every Tuesday night at 7:15 pm with our Tuesday Tales, and also we will continue to pray the Rosary on Friday evenings at 7:00. These will both be live on our MBS Facebook page.

Thank you for all of the positive comments that I have received regarding MBS, the teachers and the work that they are doing. We all truly appreciate the kind words, and support and know we do miss being together with the students and love our families. Please remember to reach out to any of us with questions, concerns or information that you would like to share. We truly are in this together.

**Please stay safe, stay home and remember, it is a great time to be an MBS Dolphin!**

**Kathy Manns**



## **Counseling Corner**

**MBS School Community,**

Here we are, another week. As the weeks go by I feel it getting harder, the not knowing, the lack of answers to our children. Please remember we are all in this together and need to be here for one another.

Please work on self-care and help your child with this too! Below is a link, sent to me from Mrs. Hayes, to help with the mental health of our children and families.

<https://www.nationalgeographic.com/family/in-the-news/coronavirus/kids-mental-health-coronavirus/>

PLEASE, know I am here for you and your children. Feel free to email me and we can set up a time to call if needed. [tgabbard@mbscs.org](mailto:tgabbard@mbscs.org)

Love and Prayers,  
Theresa Gabbard



## **BEHAVIORAL HEALTH RESOURCES**

Maryland 211: Call 211, press 1

Life Crisis Hotline: 410-749-4357

Maryland Crisis Hotline: 1-800-422-0009

National Suicide Prevention Lifeline:  
1-800-273-8255

Crisis Text Line: Text **HOME** to 741741

Eastern Shore Crisis Response Services:  
1-888-407-8018

SAMHSA Disaster helpline: 1-800-985-5990



Dear students and families,

We are thinking of you always and hope you are continuing to stay safe and healthy. This week try to work on things that can help you mentally and physically while not in school. Take care of your body by taking nice deep breaths, stretching and exercise. Now may be the time to try yoga or meditating. Go outside, find an animal in the clouds during the day or the Big Dipper in the stars at night. That will be a nice way to celebrate Earth Day! Eat well balanced meals. Remember snacks and ice cream are still only for special treats. Try a smoothie with fresh fruits or vegetables instead. Make sure you are getting plenty of sleep. It will give your mind and body the strength and rest it needs to be strong. Wash your hands. Say your prayers! Please email us with any questions you may have. [mcarlson@mbscs.org](mailto:mcarlson@mbscs.org). [mmumford@mbscs.org](mailto:mmumford@mbscs.org)



## **YEARBOOK ORDERS**

Reserve your Copy of the 2019-2020 MBS Yearbook - Quantities are Limited

Please feel free to mail your payment of \$35 per yearbook along with the name of the student that will receive a copy to the school at 11242 Racetrack Road, Berlin, MD 21811.

They will be delivered before we return.

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Please Support our

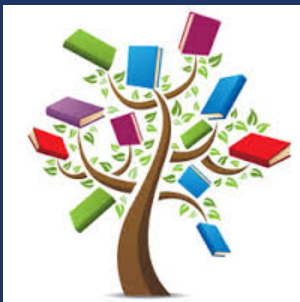


Family Business  
Community

*They are always so good to us!*

At this time and always, we need to support one another as much as possible. Please take a look at our Family Business Directory on our website. Many restaurants are still open and stores are offering online deals. If you have a family business that you would like to promote, please email Mrs. Evans at [aevans@mbscs.org](mailto:aevans@mbscs.org). She also plans to promote deals on our social media platforms. We want to help our families up as much as possible.

<https://mostblessedsacramentschool.com/md-catholic-private-school-community/worcester-county-md-school/mbs-businesses/>



## VIRTUAL BOOK FAIR

We are excited to host the MBS Virtual Scholastic Book Fair! The "doors" are open 24 hours a day through May 3. Simply scroll down on the page to shop. MBS receives a percentage of all sales. There is FREE shipping on all-book orders over

\$25. Please share this with your friends and family.

<https://www.scholastic.com/bf/mostblessedsacramentschool>

## FIP Hours

We cannot thank our families enough for all of the energy and vitality you bring to our school! We truly could not do what we do without the support of your time, talents and generous gifts. With our school doors closed, we will not be charging families for any

incomplete FIP hours. Still, if we are able to open as planned next month, we will certainly welcome your help. There will be plenty of ways to contribute. Thank you for everything your do to help make our school so special.