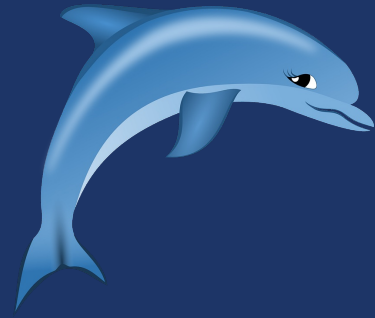


# Dolphin Days



IT'S A GREAT DAY TO BE A  
DOLPHIN!  
April 8, 2020



Visit our website



**Good Afternoon,**

**As stated earlier, Most Blessed Sacrament Catholic School will continue to follow the 2019/2020 school calendar. Today, Wednesday, April 8th, at the end of our school day, we begin Easter break and will resume with classes on Monday, April 20th. Morning announcements and Tuesday Tales will be suspended during this break and will resume on Monday, April 20th.**

**During Easter Break, our teachers, staff and board members are invited to attend Virtual NCEA Convention Workshops, the workshops are free, participation is encouraged. The no cost registration opens April 6th, at [www.ncea.org](http://www.ncea.org). These workshops run April 14-16th.**

**May all of you and your families be blessed as we celebrate the true meaning of Easter, from the reflection of Good Friday to the joy of Easter Sunday and the promise of eternal life. May the Lord lift up our hearts, at Easter and always.**

**God Bless our families, stay safe and be well!**

**It is a great time to be an MBS Dolphin!**

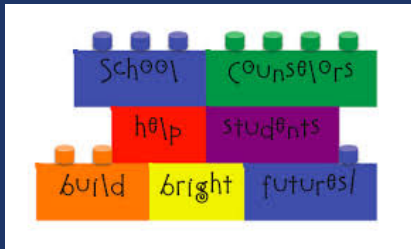
[Walking the Bible](#)

[Palm Sunday](#)

Holy Thursday

Good Friday

Easter Sunday



## Counseling Corner

I hope and pray you are all doing okay. Please remember we are all here for each other! Call or email if you or your student would like to talk. [Tgabbard@mbscs.org](mailto:Tgabbard@mbscs.org)

Here are resources from our nurses to have on hand for yourself, your family, friends and people in need. Please share these local resources as needed.

Take the Spring Break and try to relax and re-group. Breathe. Pray. Show gratitude for the things we have to be thankful for.

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



**Your nurses are thinking about you and praying for everyone's continued health. Please don't hesitate to reach out to the nurses if you have any questions or concerns.**

**Our emails are [mmumford@mbscs.org](mailto:mmumford@mbscs.org) and [mcarlson@mbscs.org](mailto:mcarlson@mbscs.org).**

**Until we see you again, here are some simple tips on how to help yourselves stay healthy.**

- 1. Wash your hands with warm water and soap for 20 seconds. Sing "Happy Birthday" and when the song is done you can turn off the water.**
- 2. Wash your hands before you eat, after you eat and before and after you use the bathroom.**
- 3. Any time you touch you face or mouth or eyes, wash your hands. Wash them if you touch a handle, or a knob, or a light switch, or a cell phone, or a game controller or a remote, or a touchpad on a computer or the computer mouse.**
- 4. Your hands will be very dry which can cause them to become red and cracked. This lets dirt and virus molecules enter in those small cracks. Use moisturizer after you wash your hands to prevent the cracks from happening. You only need to apply a small amount, but the thicker the moisturizer, the better the prevention.**
- 5. Keep your nails on your fingers trimmed short. This prevents the virus from hiding under long nails, and don't forget to scrub under your fingernails too!**

---

## **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.**

---

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/>

## Intermediate Students Draw Self Portraits

Mrs. Cassels asked her students in grades 3-5 to create self portraits while working at home. Please check out the video she has shared of some of our young artists' work.

[3, 4, 5th grade portraits .MOV](#)



Kindergartner, Weston Lewis, was excited to receive a special delivery from Mrs, Curry.

