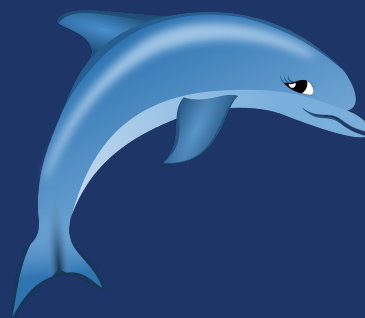


Dolphin Days



IT'S A GREAT TIME TO BE AN
MBS DOLPHIN!
May 13, 2021



[Visit our website](#)



Educating the Mind, Strengthening the Body, Nurturing the Soul

"There is nothing on this earth more prized than true friendship."
-Thomas Aquinas

Dear MBS Families,

Covid-19

No reported positive case this week.

We continue to encourage you to:

- Do wellness checks every morning, PLEASE.
- Sanitize
- Wash hands properly with soap and water and always dry them thoroughly.
- Stay 6 feet apart from others and wear a mask when not in the company of those you live with.
- Avoid unnecessary travel.

Be mindful of the above, both in school and out of school.

Prayers

We ask you to pray for the following members of our MBSCS Community

- Maisie in grade 3, received the Sacraments of Initiation last Sunday. May God continue to bless you and keep you in the palm of His hands. Welcome to the Catholic faith!
- The following 8th graders will be receiving Confirmation this month. Blake- St. Ann parish, MaryAnn, Katie, and Isaiah- St. John Neumann.
- Please keep our second grade students who are receiving their First Holy Communion and our eighth grade students, past and present receiving their Sacrament of Confirmation during the next several weeks, in your prayers. May the peace of God rest on them and the joy in the Lord always fill their hearts.
- We pray for all those who are sick and suffering.
- We continue to pray for Layla Warner.
- Fr Cocco, pastor of St. Edmond's, who is recovering from unexpected surgery.

Updates

- To all who helped recognize and celebrate our teachers and nurse. The outpouring of gifts, cards, food, and flowers last week was amazing.
- This coming Tuesday, May 18, 2021, we will welcome a special visitor to our school, Mrs. Trinette Stillman. Mrs. Stillman will arrive with Dr. De Angelo and meet with pastors, board members and faculty. We look forward to meeting her.
- Thank you to Fr. Lunnes, from St. Luke, who celebrated Mass today with our 4th grade. The entire school continues to view Mass virtually every Thursday.
- Every Friday during the month of May, each class will pray the rosary in honor of Mary, the Blessed Mother.
- May 17-21 We will be holding our Online Art Auction. We have a wide range of items available. Our teachers, students and members of the community have been working hard to make this a successful event. Log onto www.accelevents.com/e/MBSvirtualArtAuction to see a sampling of items available.
- **Reminder-We begin Renaissance Star Testing Monday, May 17th. Please be sure to come to school after a good night sleep and a healthy breakfast.**

Teacher of the year

Congratulations Mrs. Joanne Curry MBS teacher of the year. Mrs. Curry was chosen by her colleagues, a few quotes:

"Mrs. Curry creates a positive structured classroom environment that is conducive to

learning."

"She shares her faith readily and does a great job teaching each child individually."

"A dedicated, loyal, veteran teacher."

"She goes above and beyond for her students. Always with the best sense of humor as well."

Congratulations again Mrs. Curry, our Knights of Columbus "Teacher of the Year, 2021"



Tuition Contracts and Schedule for the 2021-2022 School Year

Last week in your Thursday folders, we sent home the tuition contract and schedule for next year. Please return your contract as soon as possible to ensure your child(ren)'s class spot. This year, we are excited to share that we are keeping our tuition rates the same as last year and that we are no longer offering an out-of-parish rate, as recommended by the Catholic Schools Office. If you have any questions, please feel free to contact Mrs. Evans. Below, you will find both documents.

[Tuition Contract](#)

[Tuition Schedule](#)

The BOOST Application Deadline has been Extended through May 17 for Maryland Residents

Maryland residents, please consider applying for the BOOST Scholarship below. This year, the state of Maryland has extended not just the deadline, but also the amount of

funding they will allocate for families that choose to send their children to non-public schools. It was increased by 40%. If you think that your family may qualify, please take a few minutes to apply. It is very easy. They will ask for proof of admissions, and Mrs. Evans will gladly share a letter with you to help complete the process. Please reach out to her by email at aevans@mbscs.org for the letter or with any questions you may have.

<http://marylandpublicschools.org/pages/boost/index.aspx>

Book Fair

Bethany Beach Books, Bethany Beach, DE will be hosting a book fair to benefit MBS May 1-15. A percentage of the proceeds will be donated back to the school. Please consider supporting the local business and your school by purchasing your summer reading books for the whole family. Purchase in store or online. Just mention Most Blessed Sacrament Catholic School at checkout.

Bethany Beach Books

MBS Garden

I would like to recognize the sixth grade for working in our vegetable/flower beds. They cleaned the beds earlier this week.

We hope to plant a nice garden this year. If anyone would like to donate plants, we would greatly appreciate it. Mrs. cover and her daughter, Will, donated three tomato plants.

Our second graders are growing pumpkins and sunflowers.

There is nothing as rewarding as planting seeds and watching them grow. Great Job!!



Thank you for Your Support

Together

Everyone

Achieves

More

On behalf of the Class of 2021, thank you for your support of our recent sub sandwich fundraiser. We appreciate it and trust you enjoyed your yummy subs!

Special Thank you

Mr. Rutzler for his time & talent in making meatballs, sausage & peppers, sauce and assembling all the subs

Mrs. Manns and Mrs. Selba
for granting permission to have our sale

THANK YOU

MBS Class of 2021

Danaya A., Frankie B, Gianna D, Blake E, Katie E, Isaiah F,
Brandon F, Theresa H, Layla L, Sophia M, Issy M, & MaryAnn R

Calendar Updates:

May

1-15 Bethany Beach MBS Book Fair

17-21 MBS Online Art Auction

27 May Procession

28 Early Dismissal/ NUT Day \$1.00

30 Memorial Day-no school



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Bethany Beach Book Fair	1
2	3 Bethany Beach Book Fair	4 AM faculty meeting	5 3 pm faculty meeting	6 Mass Grade 5 1pm	7 HSA Spirit Day	8
9	10 Bethany Beach book Fair	11 Am faculty meeting	12 3pm faculty meeting	13 Mass Grade 4 1pm	14 Armed Forces Day	15
16	17 Art Auction Renaissance Testing	18	19	20 Mass Grade 3 1pm	21	22
23	24 Renaissance Testing all week	25 Am faculty meeting	26	27 May Procession 9 am	28 NUT Day 1/2 Day Dismissal	29
30	31 Memorial Day No School			Mass Grade 2 1pm		

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Official School Calendar 2021-2022



MBS 2021 – 2022 School Year

August 18-19	Diocesan New Teacher Orientation
August 25	Spirituality Day for <u>ALL</u> Educators with Bishop
August 26	Teachers Return
September 6	Labor Day – School Closed
September 7	First Day of School for Students
October 11	Fall Break – No School
November 24-26	Thanksgiving Holiday – No School
November 29	School Re-Opens
December 4-5	High School Placement Test (Grade 8)
December 23-31	Christmas Holiday – No School
January 3	School Re-Opens
January 17	Martin Luther King Day – No School
January 30-February 5	Catholic Schools Week
February 21	Presidents Day – No School
March 14	Professional Development
April 14-22	Easter Break
April 25	School Re-Opens
May 30	Memorial Day – No School
June 16	Last Day of School for Students
June 17	Last Day of School for Teachers

*This does not include school events.

Kathleen Manns

Principal Most Blessed Sacrament School

It is a great time to be an MBS Dolphin!

From the Health Suite

Greetings to our MBS families,

Allergy season is upon us! Please know that there have been several positive cases of Covid-19 that parents and students originally thought was simply seasonal allergies, but progressed into more severe symptoms and testing positive for Covid-19. COVID-19 like illness is defined as: **ANY 1** of the following: cough, shortness of breath, difficulty breathing, new loss of taste or smell, **OR AT LEAST 2** of the following: fever of 100.4 or higher (measured or subjective), chills or shaking chills, muscle aches, sore throat, headache, nausea or vomiting, diarrhea, fatigue and congestion or runny nose. Any students or staff who are determined to be exhibiting COVID-19 like symptoms will be excluded from MBS. It is recommended that they talk to their health care provider about testing for COVID-19 or whether there is another specific diagnosis (e.g. influenza, strep throat, otitis) or a pre-existing condition that explains symptoms. If they choose not to obtain health care provider examination, they will stay home at least 10 days since symptoms first appeared **AND** until no fever for at least **48-hours** without fever-reducing medication **AND** improvement of other symptoms. If your child is having the typical reactions to the spring allergy season of a headache and/or sore throat and/or congestion or runny nose, know that these can also be symptoms of COVID-19. Please keep your student home until these symptoms are gone, or your child has been evaluated by a physician. This is how we can continue to keep all students and staff healthy and safe and MBS can remain open for everyone. If you have any questions, please do not hesitate to contact me at the attendance email, attendance@mbscs.org, or call me at the school office.

Thank you for keeping our school safe.

Mrs. Fuzzy Mumford R.N.

PLEASE SEND IN A WATER BOTTLE AND SPARE MASK EVERY DAY WITH YOUR STUDENT. IT IS HOT, THE CHILDREN ARE OUTSIDE AND SWEATING, AND NEED WATER AND A CLEAN MASK. MBS IS NO LONGER SUPPLYING WATER BOTTLES TO STUDENTS.

A Maryland Department of Health travel advisory to limit travel to essential purposes only will remain in place.

New CDC Travel Guide

As always if you have any questions regarding this information, Covid-19 or other health concerns, please do not hesitate to call me at school or email me at attendance@mbscs.org

Stay safe and healthy,

Fuzzy Mumford R.N.

Returning to MBS

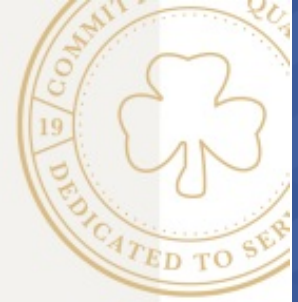
COVID Rules for Parents

Updated Daily Health Assessment

Flynn O'Hara Flyer and Uniform Changes for 2021-2022 School Year

Attached below is the link to our Flynn O'Hara website. We are excited to share one new school uniform change for next year. Girls in grades kindergarten-fifth will wear the jumper year-round. This will offer a cost savings as the girl's uniforms had many pieces. One other thing we would like to stress for this coming year is neatness in the uniforms. During the past year, we have become more lenient than usual, as shipments were delayed due to Covid-19. We would like to make sure all our school uniforms and appearance showcase our student's reverence. If you ever need any items from the gently used uniform store, please contact Mrs. Evans.

Flynn O'Hara



School Uniform Shopping

Whether you're brand new to school uniforms or a returning shopper preparing for the school year ahead, FlynnO'Hara makes it safe & easy to shop for back-to-school.

IMPORTANT NOTE: We recommend all students shop by **August 1, 2021** to ensure you have your school uniform in time for the start of school.

1 ONE

Join Your School's Uniform Newsletter

First things first: opt-into your school's uniform newsletter to stay in-the-loop on important information and promotions. Make sure to enter your school code listed below to ensure you only receive information relevant to your school!

SCHOOL CODE: MD220

[JOIN HERE](#)

2 TWO

Review Your Uniform Requirements

Click the link below & enter your student's Grade & Gender to view their specific uniform requirements, products, and pricing.

[FIND YOUR UNIFORM](#)

3 THREE

Shop For Your Uniform!

ONLINE

[FLYNNOHARA.COM](#)

[FITTING RESOURCES](#)

[CLICK HERE IF YOU NEED HELP WITH SIZING.](#)

Questions? We're Here To Help!

atyourservice@flynnohara.com
(800) 441-4122

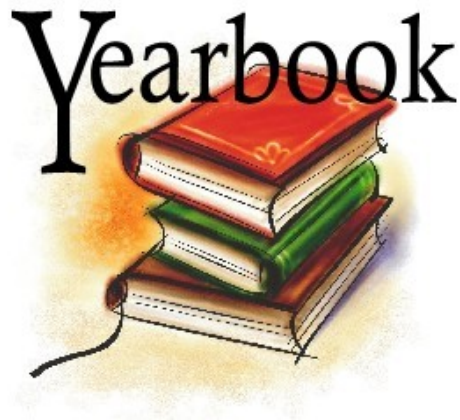
FAMILY
OWNED & OPERATED

SCHOOL YEAR
PRODUCT GUARANTEE

RETURNS & EXCHANGES
FOR ONE YEAR

 **FlynnO'Hara**
UNIFORMS

[Student Handbook](#)



Jostens will be shipping more yearbooks!!

Just got word that we will have 20 additional yearbooks coming in our shipment!! Please reserve one now. They will sell out. Copies are just \$35 for a lifetime of memories.

Yearbook Order Form



Counseling Corner

Each year I am required by the diocese to teach from a program called, "Keeping our Promises: For the Sake of God's Children". Over the next few weeks, I will talk to each grade about the topics of peer relationships, trusted adults, healthy boundaries, secrets, and good touch-bad touch. These topics will be discussed age appropriately.

This week, I spoke to grades 1st and 2nd grade. I really stress the importance of having 2-3 trusted adults. Our youth need to know that they can always talk to a trusted adult about anything. We discussed the importance of having healthy friendships and boundaries. We talked about keeping our body safe and knowing how to say no to inappropriate secrets or touch.

Parents, please continue this conversation. It is helpful to have a refresher talk with our kids using "what if" scenarios to make sure our children have safety plans. Feel free to reach out to me if you have any questions, tgabbard@mbscs.org

Love and prayers,

Theresa Gabbard

Summer Camp - Eco Therapy Adventure Camp

Please see the attachments for information about this camp. The cost is \$500 for the week. If interested email tgabbard@mbscs.org and I will send you more information.

Eco-therapy Adventure Camp

One week in nature to re-ignite
motivation, self-esteem, and resilience!

June 28-July 2 M-F
9:30-
Ages 13-17 3:30

July 12-16
Ages 8-12

- Kayak and canoeing
- Surfing lessons
- Boat trip
- Paddleboarding
- Hiking

- Social skills
- Motivational skills
- Self-esteem
- Character strengths
- Eco-awareness



Reserve your space now!

brightbaywellness@gmail.com or 787-308-3190



Eco-Therapy Adventure Camp

Jayme Mahoney, MFT
Tiffany Barry, MSW

Eco-Therapy Adventure Camp was born out of two therapists' desire to combine the therapeutic value of nature with traditional behavioral health care. After a year of isolation due to COVID-19 and many virtual tele-therapy sessions, it became evident that children and adolescents' mental health was suffering from lack of socialization and immersion in anything outside their home and virtual world.

Both Jayme, MFT and Tiffany, LMSW have used nature as their own coping tool for years, immersing themselves in the ocean or hiking in the forest to re-connect to the environment and boost positive emotions. Both work with children and adolescents and naturally include the environment in their assessments and interventions with clients.

Eco-therapy and Adventure therapy both use nature as the medium to engage clients in their own therapy. Eco-therapy posits that immersion in nature be the coping tool to reduce anger and increase positive mood. Adventure therapy uses an outdoor activity as the metaphor to a relevant challenge in a client's life. The engagement of the body with the mind, emotions, behaviors, and environment is what makes this therapy unique.

Eco-therapy Adventure Camp seeks to include any adolescent age 8-17 in a week of immersive outdoor activities with a focus on building motivation, self-esteem, and resilience. The campers need not have a current mental health diagnosis as data shows over half of adolescents have experienced anxiety or depression throughout the past year due to the COVID-19 lifestyle changes. As therapists, they seek to give the kids the coping skills they need by assisting them to recognize the value that nature can play in their lives and the boost in motivation, self-esteem and resilience to get outside and enjoy their lives!

Is this camp right for your child or teen?

The ideal candidates for this camp are children between 8-17 years old who enjoy nature and would benefit from an immersive group experience. They may have struggled during the isolation mandated by the Covid guidelines or are struggling to re-integrate into school and society now that regulations are easing. We welcome all children and teens with no particular mental health challenges, and kids that may have experienced mild socialization issues, problems with self-image or self-esteem, mild depression or anxiety. They may have a current diagnosis of depression, anxiety, social anxiety, gender dysphoria, sensory disorders, tics, or other diagnosis to be discussed with the therapist upon acceptance into the program. For this camp, we do not accept children with current diagnosis of oppositional defiant disorder, conduct disorder, bipolar disorder, obsessive compulsive disorder. Any and all issues or concerns will be discussed with the therapist upon acceptance into the program.

Who is running this program?

This program is created and run by two mental health care professionals, they are not camp counselors but have a passion for nature as a healing and coping tool. Tiffany Barry, LMSW is a licensed mental health care professional in the state of Maryland and has been working as a school-based therapist. She is currently pursuing credentials in adventure therapy and wellness coaching. Her volunteer work focuses on mindfulness, adventure therapy, and the integration of nature and wellness into traditional mental health best practices. She has created and participated in programs for adolescent gymnasts, runners, and students in mindfulness techniques. She has been a Girls on the Run coach and is an avid surfer, runner, gardener, and health-conscious cook.

Jayme Mahoney, LCMFT is a licensed clinical therapist with a thriving private practice in Berlin, MD. Jayme studied in California where she received her Master's in Counseling Psychology



Eco-Therapy Adventure Camp

Jayme Mahoney, MFT
Tiffany Barry, MSW

with a specialization in Holistic Studies and began her career working in school-based and community clinic settings. Much of her clinical experience has involved helping children, teens, parents and families navigate the stressful waters of modern life. She has been both a therapist and clinical supervisor in private and public schools ranging from elementary through high school. She has worked extensively with ADHD, anxiety, depression, learning differences, divorce/blended families, high functioning spectrum and the "worried well". Jayme uses a strength-based approach, positive psychology, and infuses mindfulness, nature and body-oriented practices into her work.

Both professionals are First Aid and CPR certified.

What is the intention of this camp?

This camp will integrate eco-therapy best practices with adventure therapy to offer clients an immersive experience in nature while challenging them personally and as a group. Self-esteem, motivation, and resilience are the three pillars that will be demonstrated and reiterated daily in this camp. This will be a fun and interactive camp that will challenge your child to be a better version of themselves! Immersion in nature is a central focus as the proven mental health benefits of increased positive mood and decreased anger are the benefits.

Client expectations

We understand the difficulties some clients may have in social settings due to anxiety and other factors. We only ask that the client shows up and is willing to participate! Behavior issues that will not be tolerated are verbal abuse toward others or authority and any form of physical abuse. If this occurs, the parent will be called to come collect their child immediately. Mild behavior issues are anticipated and will be handled appropriately. This is a FUN camp, not a reform school!

Please contact Jayme or Tiffany with questions, concerns, or registration information.

Tiffany Barry 787-308-3190 brihtibaywellness@gmail.com
Jayme Mahoney jaymemahoneymft@gmail.com



Field Day- Volunteers Needed

We will be having Field Day on the following dates:

June 16th- Kindergarten to 3rd Grade, 9:00-11:45am

Please sign up here if you would like to volunteer:

<https://www.signupgenius.com/go/8050F49A8AD2DA3F85-field2>

Parent volunteers must be vaccinated.

June 17th- 4th to 7th Grade, 9:00-11:45am

Please sign up here if you would like to volunteer:

<https://www.signupgenius.com/go/8050F49A8AD2DA3F85-field3>

Parent volunteers must be vaccinated.

Students will be kept in their grade level cohort. They will rotate from station to station with their cohort.

Field Day Information:

Field Day is a day set aside for outdoor games like relay races. It is a fun day where movement and games are celebrated. The activities will start at 9:00am and conclude at 11:45am. In the event of inclement weather, Field Day will be cancelled and not rescheduled.

- * Please make sure your child arrives to school on time.
- * Please have your child bring in a Ziploc bag of sliced fruit to help contribute towards a healthy class snack.
- * Please make sure your child is dressed appropriately for the weather.
- * Please have your child bring in a water bottle. The water bottle should be labeled with his or her name. Students will take their water bottles with them from station to station.
- * Please have your child apply sunscreen in the morning before school as we will be outdoors.

Please review the below table to find the t-shirt your child should wear:

Wednesday, June 16th

Kindergarten: Red

First: Blue

Second: Yellow

Third: Orange

Thursday, June 17th

Fourth: Orange

Fifth: Red

Sixth: Green

Seventh: Blue

SCHOOL DELAYS/CLOSINGS

Should it be necessary to delay, cancel or dismiss children early due to weather or any other emergency situation, parents will be notified by the School Messenger Notification System. Due to bus schedules, those calls informing of cancellation or delay must be made BEFORE 6:00 a.m. Please be sure that we have your current phone number at which you wish to receive the notification calls. IT IS NECESSARY THAT THE PERSON WHO ANSWERS THE PHONE SPEAK IN ORDER TO ACTIVATE THE MESSAGE.

REMEMBER: YOU CAN ALWAYS CHECK WBOC TV OR WBOC WEBSITE FOR CLOSINGS!

PARISH NEWS

St. Luke

Beginning June 1st, join us for our new mommy and me group, “Walking with Mary”! Join us to build community together, engage in music and motion fun, and engage our faith together as we walk with Mary.

For more information please contact me: Kim Zarif, kzarif@stlukeoc.com

If you have a child entering second grade/8th grade in the fall, please contact me for registration for our sacrament preparation programs: kzarif@stlukeoc.com

St. Mary Star of the Sea

Our bookstore is open Monday-Thursday from 9 am - 3 pm. Find all of your Catholic gifts and books right in Ocean City!



St. John Neumann

Confirmation candidates- Please remember to let Fr. Cocucci know who will be attending confirmation with you.

First Communion folders are due May 16th.

VBS volunteers register online



When: July 12 - 16 9 AM - 12 PM
Where: Most Blessed Sacrament Sch
11242 Racetrack Road, Berlin, MD
