

Dolphin Days

Most Blessed Sacrament Catholic School



March 17, 2022

Dolphin Days is a two-page document. If you are viewing it from your device, make sure you click on the image of the Newsletter, and it will open the two pages through a web browser.

Each of the six Spiritual Works of Mercy we have encountered thus far this year connect us with our diocesan school-wide theme, "Companions on the Journey." Travelling together as "companions" places us in situations where we find many opportunities to instruct, counsel, admonish, forgive, comfort, and bear wrongs. Performed out of love, each of these works of mercy becomes a meeting with Christ, because He is found in one another. As we continue down the Lenten path, let us assess our progress in bringing Christ to others and receiving Him through others.

Reports cards were distributed today. Please sign the report card envelope and return it to the teacher. The report card is yours to keep.

MBS Lenten Service Project: Canned Food Drive: Our MBS school family will hold a Lenten Service Project. We will have a canned food drive for the Joseph House in Salisbury, MD and the St. Vincent de Paul food pantry in Ocean City. We will collect canned goods from March 21-25th. Please see the flyer in your Thursday folder for more information

The Aristocats performance was outstanding! Thank you to Mrs. Selba, Mrs. Covers, and Ms. Hoge for sharing their expertise with the children. In addition, I would like to give a big shout to Mrs. Windsor, and Mrs. Rutzler who fabricated the costumes. Lastly, I would also like to thank all the parent volunteers for serving concessions and greeting the community at the door.

Starting March 31, the students will be joining their buddies for seating at mass. In addition, the school mass, which is at 1:00 on Thursday, will be open to parishioners and parents. Please join us if you can.

Mrs. Stillman
Principal



School News

Happy St. Patrick's Day



Down Syndrome Awareness Day is March 21. On this day, people with Down Syndrome and those who live and work with them throughout the world, organize and participate in activities and events to raise public awareness and create a single global voice advocating for the rights, inclusion and well-being of people with Down Syndrome. Here at MBS, we will sponsor Rock Your Socks Day. Students are invited to donate a \$1 for Down Syndrome and wear crazy mismatched socks. We have a limited supply for purchase - \$3 a pair.

Yearbook: We are still accepting yearbook order forms. Copies are \$40 and we have a limited number. Don't miss out on a chance to own a 2021-2022 yearbook!

Spirit wear: Information for the MBS spirit wear has been sent home. Call the school if you need additional information. Place your order today and show your school spirit.

Lunchroom

WACKY Tray Prizes have returned!!

If you have blue or white tape on your lunch tray... come pick a prize.

Friday, March 25-Maryland Day

Celebrating and embracing Maryland and it's history.

Old Bay French Fries

Fresh French fries tossed in classic Old Bay seasoning. -
\$3.00 per student

**Sweet and Pretty Sugar Cookies iced as our State flower -
The Black Eyed Susan served with lemonade - \$3.00 per student.**



From the Health Suite

NUTRITION: March is National Nutrition Month. Eating a well-rounded diet is one of the best things we can do for our health. For tips on improving our children's nutrition please visit <https://www.eatright.org/for-kids/for-gradeschooler>. "Eating a rainbow" helps our bodies get a complete range of nutrients that promote our overall wellness! Visit <https://www.wholekidsfoundation.org/assets/documents/better-bites-eat-a-rainbow.pdf> for more information.



HEALTH FAIR: This week the Salisbury University nursing students visited MBS for a health fair for our students in 5th through 8th grade. Topics included bullying prevention, stress management, social media safety, general hygiene, importance of physical fitness, self-esteem/positive thinking, and healthy eating. We are grateful to provide this opportunity for our students to learn about health.

ATTENDANCE: If your child will be absent for any reason, please remember to email attendance@mbscs.org with the expected dates of absence and the reason. If you have any questions at all, please reach out to our school nurse at mlewis@mbscs.org or by phone at 410-208-1600 during the school day.

Counseling Corner

Our counselor, Mrs. Gabbard, will be visiting all grades over the next few weeks. She will be focusing on ways to help our mental health through learning coping tools. She will use age-appropriate lessons to talk about feelings and how to cope with feelings. Mrs. Gabbard stresses how important it is to go to trusted adults to talk about anything. Lessons will include prayer, breathing tools, and many other ideas and tools that can be helpful in times of stress, worry, and sadness. Please contact Mrs. Gabbard at tgabbard@mbscs.org with any questions you may have.

HSA News

We are always looking for volunteers and have a few more fun activities planned for this school year. If you are looking to earn your FIP hours, or for a fun way to get involved please be sure to email us or sign up today! Email us: HSA@mbscs.org

We love to see our parents come in for lunch and recess: [I want to help with lunch and recess](#)

Calendar of events:

3/18: Potluck breakfast signup for staff lunch
Signup to contribute to staff lunch: [St. Patrick's Day Staff Potluck](#)

3/18: Spirit Day and Alley Oops Fundraiser.
Please join us from 4-9 pm for some Friday fun and dine and donate on food and drinks.

4/8 - Color Run for the playground fund, 'MBS at Play' *
*Rain date 4/29

6/16 - End of the Year Celebration, Sign up to Volunteer: [End of the year Celebration](#)

Sign up today: [I want to run or walk in the event](#)
Sign up to sponsor: [I would like to Sponsor the event!](#)
Sign up to volunteer: [Color Run Volunteer](#)

SOFTBALL- FIRST PRACTICE



Our first softball practice will be Tuesday, March 22 from 3:15 to 4:45pm at Showell Park. Please email me at jhaskell@mbscs.org if your child would like to play and you are not receiving emails through the Team App.

Coming Up:

3/18 Report Cards

SPIRIT DAY – Dress in MBS spirit wear

3/24-Dine&Donate – 8th grade Fundraiser (flyer included)

***Please note that the April book fair has been canceled.**

Link to school calendar below:

<https://mostblessedsacramentschool.com/md-catholic-private-school-community/catholic-school-parents/k-12-calendar/>

Mission Statement

Most Blessed Sacrament Catholic School is dedicated to excellence in education by developing life-long learners and leaders. We foster a faith-filled community emphasizing reverence, respect, and personal responsibility in the traditional spirit of Christian teaching.