

# Dolphin Days



Most Blessed Sacrament Catholic School

April 28, 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.**



I am thrilled to share two special awards that we presented this week, Teacher of the Year and Volunteer of the Year. Each year the Knights of Columbus Council #9053 and Most Blessed Sacrament Catholic School honor the educator of the year. This year's recipient has been instrumental in the navigation and success of MBS. She consistently emphasizes her Catholic faith through her actions and words. She led the school with determination and poise to complete and pass the Middle States Accreditation process for MBS. Her most outstanding quality is her determination to advance and promote each student within her classroom. She has profoundly impacted the trajectory of her students academically, socially, and emotionally. The 2022 Most Blessed Sacrament Catholic School Teacher of the Year is **Mrs. Robin Hayes!** Mrs. Hayes will be honored on May 18 at a community awards gathering held at the Knights of Columbus Hall.



This year Most Blessed Sacrament Catholic School would like to honor one of the many volunteers that have consistently given their time and talent towards enhancing and forwarding the educational opportunities for our students and staff. This year's recipient goes to a parent who has spent countless hours helping streamline our facility. He has helped organize the systems and spaces to create a facility that meets the demands of our outstanding school. He served on several essential committees ensuring that MBS would complete and pass the Middle States Accreditation process. In addition, he continues to donate items that are necessary and/or enhance the school. He and his family sponsor many of the Home and School fundraisers as well as donating educational supplies for the faculty and staff. Currently, he is supporting the performing arts by enhancing the current state extensions. He believes in supporting others so that they in turn become the best self that God intended them to be. He is an exceptional example of our Spiritual Works of Mercy in action. We are graciously pleased to acknowledge and honor **Mr. Rick Deale** as the MBS Volunteer of the Year!

Next Monday, May 2, 2022, MBS will be having the annual visit from the Bishop. For the very first time, Bishop Koenig will be gracing the halls of our school. He has three sessions planned with our students who have prepared a few questions for him. While here, the Bishop will enjoy the vocal sounds of the intermediate POD as well as pose for a photo with the 8th grade class.

*Mrs. Stillman*  
Principal

## School News



**The Production of  
High School Musical**  
Thursday, May 5 and Friday, May 6 at 7pm.  
Tickets—\$5 at the door  
Concession stand will be available

### **Attention Maryland Residents**

The Maryland Department of Education is now accepting applications for 2022-23 BOOST scholarships for grades K-12. Apply now through April 29, 2022. BOOST provides scholarships for those who are eligible for the free or reduced-price school meals program (FARMS) to attend eligible nonpublic schools. Awards are granted based on household income, with the lowest income served first. The BOOST application is available until April 29, 2022, at 11:59 PM. Click on the following link to apply. <https://marylandpublicschools.org/Pages/boost/index.aspx>

## Coming Up

5/2—Bishop visiting MBS  
5/5-6 – High School Musical Play—7pm  
**5/6—2022-2023 tuition contract is due**  
5/13 – MBS SPIRIT DAY— spirit wear  
5/17-26 – Renaissance Star Testing  
5/24—Piano Recital  
5/26—Early Dismissal, 12pm  
5/27 & 30—NO SCHOOL

**Link to school calendar below:**

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

## **From the Health Suite**

**ATTENDANCE:** If your child will be absent for any reason, please remember to email [attendance@mbscs.org](mailto:attendance@mbscs.org). After 3 days of absence for illness, your child will need a doctor's note to return to school. If you have any questions at all, please email our school nurse at [mlewis@mbscs.org](mailto:mlewis@mbscs.org) or by phone at 410-208-1600 during the school day.

**ALLERGIES:** Allergy season is in full swing! We all know that children need to get outside to play, but if anyone in your family suffers from seasonal allergies there are some fairly simple things you can do to help. If your child gets itchy, red eyes from pollen, I encourage you to send a simple, non-medicated, saline solution to school so that they can flush the pollen out of their eyes after coming back inside from recess or PE. Our school nurse is happy to help them with this process to keep them comfortable. Children with long hair should keep it pulled back so that the pollen that collects in their hair while outside does not get into their eyes or nose. Once home, remove clothes that have been worn outside and shower to rinse the pollen from your skin and hair. Use an over-the-counter saline solution to rinse the nasal passages and flush out the allergens from the eyes. For more suggestions, please talk with your child's pediatrician or visit <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>. Please remember that seasonal allergies do not typically cause a fever. If your child develops a fever while experiencing allergy symptoms, please consult with your pediatrician.

## **Counselor Corner:**

This week I will be speaking with the middle school students. We will review coping tools when stressed, trusted adults to speak with, and how to help a friend if they are concerned about a friend. As always, please reach out to me if you have any questions or concerns, [tgabbard@mbscs.org](mailto:tgabbard@mbscs.org)



### **Social Media: Is it better to introduce your kids early?**

If it weren't already hard enough for adults to guide young people through the stress and anxiety of life, the dawn of social media and its meteoric growth has added another layer. Is social media negative? Can its use by children and teens be positive? Take a moment to read this article and study. <https://health.clevelandclinic.org/dangers-of-social-media-for-youth/>

**Limit Exposure.** The American Academy of Pediatrics recommends avoiding television and other entertainment media for children under 18 months. After 18 months parents can begin introducing "high quality" programming, but the AAP cautions that parents should watch with their children to answer any questions they might have.

<https://childmind.org/article/media-guidelines-for-kids-of-all-ages/>



### **DELMARVA SHOREBIRDS Game DAY**

Saturday, May 21 at 7:05pm.  
Fireworks night!

## **Athletics**

Upcoming Softball Schedule:  
May 3—Away game @ Holly Grove, 4pm  
**Early dismissal for players, 2:15pm.**



## **Lunchroom**

Please go online to order lunches.

Log in <https://mbscs.ahotlunch.com/login> - school code is 137MBS.

### **May Lunch Specials**

May 19—National Devil's Food Cake Treat

May 25—Tour of Italy Day

**Lunch Program: Any questions or concerns with the lunch program or if there is something your student would love to see on the menu, please contact Mrs. Rutzler at [cdrutzler@gmail.com](mailto:cdrutzler@gmail.com)**

## **HSA News**

### **Help us treat our staff to lunch**

The HSA is looking for families to volunteer for the staff lunch on Thursday, May 5th for a Cinco de Mayo fiesta. This is our last potluck of the school year. If you have it in your heart to donate a lunch item for the staff, please sign up today. <https://www.signupgenius.com/go/60b044baea72fa4f49-cinco>

### **Calendar of events:**

5/5 – Staff "Cinco de Mayo" Luncheon

5/13 – SPIRIT DAY and Rope Walk Bethany Dine & Donate

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

If you are interested in being a part of the HAS next year, please let us know. Email us: [HSA@mbscs.org](mailto:HSA@mbscs.org)

## **Companions on the Journey—Spiritual Works of Mercy**

Instruct the Ignorant Counsel the Doubtful Admonish the Sinner Forgive Offenses Willingly  
Comfort the Sorrowful Bear Wrongs Patiently Pray for the Living and the Dead