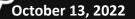
**Most Blessed Sacrament Catholic School** 



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.

Hurry, worry, headaches, and heartaches draw us away from our Call to Family, Community, and Participation. These trials in life force us to turn inward and apart from one another. They strain relationships, challenge interactions, and complicate our lives. So, what's the answer to such threats to our Call to Family, Community, and Participation? A first step may be to seek perspective regarding such challenges. We cannot eliminate the tribulations that may come our way, but we can place them in proper perspective. In addition, we can call upon the support of the Lord. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:28-29) At MBS, we strive to teach our students, families, faculty, staff and community how to place perspective on our burdens and how to lift them onto the Lord.

**Interim Reports:** For grades K-2, the Interim Reports will be sent home on Friday, October 14, in your child's Parent-Teacher Communicator Folder. For Middle School Students: Parents, please login to your PowerSchool account to view your child's Interim grades.

**Renaissance Testing Results** are being sent home today, Oct. 13. Please find these located in your child's Parent-Teacher Communicator Folder.

On Monday, October 31st all MBS students are invited to dress in costume. In conjunction with our HSA, we will be celebrating Halloween festivities in the morning, including games, crafts, trick-or-treating, and a costume parade and contest. Our student council will be judging the costume contest! When planning your child's costume, please do not include skulls, gory details, or weapons of any kind. Parents are invited to join us in the cafeteria for the costume parade from 8:30-9am. Donations of candy, small pumpkins, crafts and toilet paper (for mummy making) are greatly appreciated to help make this day a success! You may drop these off in the bins in the front office or send them in with your student. If you'd like to help out in any way, please sign up here https://www.signupgenius.com/go/60b044baea72fa4f49-halloween1

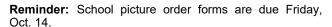
One Body in Christ,

Mrs. Stillman

Principal

### **School News**

The **Spirit Store** is COMING SOON! Stay tuned for dates and link to place orders.



Storybook Pumpkin Patch is back. Please find the information sheet and the entry forms in Thursday's folder. This is a voluntary, child centered event.

**Student Council** permission slips and information have been given out to the students. They seemed very excited and eager at our informational meeting. Good luck to all who are going to run. Please pay close attention to the deadlines.

On the horizon is the **Scholastic Book Fair!** This brings so much joy and fun to the students and provides for our library budget as well. More information to come. Thank you for reading to your children. Their love of books shows!

Email Mrs. Northam: mnortham@mbscs.org



#### Yearbook

Our 4th-8th graders are invited to participate in the MBS Yearbook Cover Art Contest. Instruction sheets were sent home with each student this week. All artwork is due back by Wednesday, Oct. 26.

# **Coming Up**

Oct 14: Trimester 1, Interim Grades, Spirit Day and Night

Oct 14: Student Picture Orders are Due

Oct 31: Halloween Costumes and Parade

Oct 20: Early Dismissal, Noon, Parent Conferences, 1:00pm-7:00pm (Extended Care is from 12-3pm)

Oct 21: Early Dismissal, Noon, Parent Conferences, 1:00pm-4:00pm (Extended Care is from 12-3pm)

Nov 1: Cold Weather Uniform Begins, All Saints Day

Nov 9: 101 Dalmatians Performance, 6:30pm

Link to school calendar below:

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

## From the Health Suite

Cold & Flu season has officially started. The CDC recommends annual flu vaccination for most people ages 6 months and up, and an updated COVID-19 booster vaccination for those eligible. If you have any questions about vaccinations, please reach out to your primary care provider.

To schedule a vaccine, call your primary care provider, or visit one of the following websites:

https://www.atlanticgeneral.org/community-health-wellness/2022-flu-shot-clinics/

https://www.tidalhealth.org/medical-care/staying-well/flu-shots

ILLNESS & ATTENDANCE: If your child will be absent for any reason, please remember to email attendance@mbscs.org with dates of absence and the reason. After 3 days of absence for illness, your child will need a doctor's note to return to school. Students must be at least 24 hours free from fever (without medication), vomiting and diarrhea, and any other symptoms improving, before returning to school, so that they do not spread their illness to others. When in doubt, please reach out to our school nurse or your child's primary health care provider for guidance.

## Counselor Corner

This week I met with grades K, 1, and 2! We did introductions and talked about our monthly classroom visits. We will talk about a variety of topics when I visit monthly – We will always focus on Kindness and Love, we will work on Friendship, Self-Esteem, Safety, Coping/Calming Tools and more. I will always inform you through this newsletter what we cover and work on together.

Socktober: Our 8th grade is sponsoring our first Service Project! Please donate new socks that will be given to Diakonia, a homeless shelter in West Ocean City. The deadline for socks to be donated has been extended to Monday, Oct. 17th. Thank you for anything you can give.

Box of Joy: Our School Wide Service Project - BOX OF JOY- will be coming soon! Look for information next week about this wonderful service project sponsored by Cross Catholic Outreach. The kids love this project!! It is a great way to work together as a family and give to those less fortunate. Stay tuned!

Parents, feel free to reach out to me with any questions or concerns! Love and Prayers, Theresa Gabbard tgabbard@mbscs.org.

## Athletics

Knights of Columbus—Soccer Shoot Out, 10/28/22 The Knights of Columbus will be here on Friday, October 28<sup>th</sup> for their annual Soccer Shoot Out. If your child is in Grades 1-8, please make sure they wear their P.E. uniform and a good pair of athletic shoes on Friday, October 28th.

Upcoming Games: Game Time: 4:00pm

Tuesday, 10/18: Soccer, Home vs St. Francis

Tuesday, 10/18: Golf vs Worcester Prep & St. Francis @

Ocean Resorts

Wednesday, 10/19: Soccer, Home vs Salisbury Christian

Upcoming Practice: Practice Time: 3:15-4:45pm Tuesday, 10/18: V-ball @ MBS Gymnasium

# Lunchroom

We recommend placing orders for the week on Sunday, by 9:00pm. Please go online to order lunches. Log in https://mbscs.ahotlunch.com/login

school code is 137MBS.

Pizza on Wednesday throughout the month of October. Oct. 31—Monster Mash and Mummy and Brains are on the menu. Place your orders by 9pm on the Oct. 30.

November: Look for a way to earn one free lunch...

#### HSA News

Congratulations to Betsey Mihaly on being the winner of the 2022-2023 Spirit Day T-shirt contest!

The HSA is busy planning our 2022-2023 school year and we need YOU! There are several opportunities both big and small for involvement within the HSA and lots of ways to volunteer at the school. Email us: HSA@mbscs.org

Need to record HSA FIP hours, please use this link: https://docs.google.com/forms/d/e/1FAIpQLSeZVLeYuuJu1JrW2he\_kxc4lcehtxPxl4RM-oa6v6omLHrlg/viewform

#### Calendar of events:

10/14—Spirit Day @ Alley Oops

10/31—Halloween Morning Fun, Sign-Up to Volunteer https://www.signupgenius.com/go/60b044baea72fa4f49halloween1

11/18—Spirit Day 11/18—Annual Gala at Lighthouse Sound. Tickets on-sale soon. For gift donations or to sponsor, email HSA. 12/1—Berlin Christmas Parade. To volunteer, sign-up https://www.signupgenius.com/go/20f0b4fabae2aa1f58christmas

12/5-12/8—Little Shoppers. Volunteer sign-up https:// www.signupgenius.com/go/60b044baea72fa4f49-little 12/16—Spirit Day&Night, Drop&Shop at Berlin Activities Depot from 7-9pm (pre-registration required, forms will go home)

Our Theme: One Body in Christ: Part Two—Call to Family, Community and Participation Each person is sacred. Respect others. See each other as friends. Sacrifice and love others. Inspire a life of Self-giving.