

Dolphin Days



Most Blessed Sacrament Catholic School

November 3, 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.

The third theme of Catholic Social Teaching – Rights and Responsibilities – is our focus for November-December. The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected, and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities—to one another, to our families, and to the larger society. At MBS, we strive to educate the students on their rights and responsibilities as students of our community, as a son or daughter and as child of Christ.

We are excited to announce the **2022-2023 Yearbook Cover Contest** winners. Second place winner, which will be featured on the back side of the yearbook is Josephine McTavish. The first-place winner which will be featured on the front cover is Lucy Gunther. Thank you to all artists who provided a submission and congratulations to these two winners.

Vision for the Future 2023-2024: The application process, through FACTS, is open until January 21, 2023. Any family currently receiving or would like to request tuition assistance will need to complete this application. Please contact Mrs. Gunther by email: cgunther@mbscs.org or 410-208-1600, with questions or help with the application process.

Congratulations to our Storybook Pumpkin winners: *Pre-K POD* 1st Place: Carlee Perry, 2nd Place: Katherine Williams, and 3rd Place: Olivia Messinger. *Primary POD* 1st Place: Nora Bunting, 2nd Place Lillian Wright, and tied for 3rd Place: Laila Price and Emi Aniunas. *Intermediate POD* 1st Place: Skylee Perry, 2nd Place: Frances Fulmer, and 3rd Place Theo Medairy. *Middle School* 1st Place: Catie Peranteau, 2nd Place:

One Body in Christ,
Mrs. Stillman
Principal



School News



Yearbook 8th Grade Tribute Page: Orders for full or half page 8th grade tribute ads are due with payment on Friday, November 18, 2022. For any questions please contact Mrs. Amanda Evans. Her email address is amanda.kruper.evans@gmail.com.

The **Scholastic Bookfair** is scheduled for November 7-11. The students will come to the bookfair during their regularly scheduled Library and Tech class. If you would like your child to be able to purchase at this time, please send in cash, check (made out to MBS), or click the link below for e-wallet. Please feel free to visit the bookfair.

The bookfair schedule:
Monday, Tuesday, and Thursday: 8:15am-3:30pm
Wednesday: 8:15am-6:15pm
Friday: 8:15am-1:00pm

<https://bookfairs.scholastic.com/bf/mostblessedsacramentschool>

If you would like to volunteer or if you have questions, please email Mrs. Northam: mnortham@mbscs.org



Spirit Wear Store is Open

Show your school spirit and place your orders by clicking on the link below

<https://mbs2022spiritwear-store.itemorder.com/shop/sale/>

Coming Up

Nov 9: 101 Dalmatians Performance, 6:30pm
Nov 11: Veterans Day: Wear Red/White/Blue Accessories
Nov 18: Spirit Day
Nov 18: EARLY Dismissal, noon, No Aftercare
Nov 22: EARLY Dismissal, noon, No Aftercare
Nov 22: Trimester I ends
Nov 23-27: Thanksgiving Holiday, No school
Nov 27: Advent Begins
Nov 28: School Re-opens

Link to school calendar below:

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

From the Health Suite

November is National Diabetes Month. About 30 million people in the U.S. have some form of diabetes, including adults and children. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high and your body cannot properly regulate it. This can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. Symptoms may include excessive thirst, frequent urination, extreme hunger, unintentional weight loss, fatigue, irritability or behavior changes, fruity-smelling breath, and frequent infections.

As we observe National Diabetes Month, please take this time to commit to a healthier lifestyle. Are you getting enough sleep? Fatigue can contribute to a resistance to the insulin your body needs to regulate blood sugar, and daytime tiredness can stop you from getting health improving exercise. Drink more water because dehydration keeps your body from functioning well. Be adventurous and add some new veggies and fruits to your diet instead of reaching for the less healthy snacks. Make physical activity and healthy eating part of your daily routine.

Counselor Corner

Box of Joy: This is the last week to donate items for BOX OF JOY! The deadline has been extended to **Monday, Nov. 7th**! Please help us fill 100 boxes with items for the children fighting poverty. If you can't donate items, please consider sending in a check made to Cross Catholic Outreach for \$9. Questions? Contact tgabbard@mbscs.org Thank you all in advance.

Athletics

Fall Sports Uniforms: All uniforms used during the fall season (soccer jersey/socks, volleyball jersey) need to be returned to Mr. Haskell. An inventory was taken at the start of the fall season. Any player who does not return their jersey will be charged a \$30 replacement fee.

Fall Sports Recognition: We will have our fall sports recognition assembly on Tuesday, November 29th from 1:00pm-1:45pm. Our golf, volleyball and soccer teams will be recognized and celebrated. All athlete-parents may attend. We will also recognize our 8th grade golf players and their parents at this event.

Basketball Practice Begins:

Girls: Monday, November 7, 2022 from 3:00pm-4:45pm

Boys: Tuesday, November 8, 2022 from 3:00pm-4:45pm

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.

“Lettuce” Talk about hot lunch!

November: Check out the new menu items.

Can you believe November is here...the November lunch calendar and specials are going to be AWESOME. We will celebrate National Sandwich Day, National Vanilla Cupcake Day and we will enjoy our traditional Tour of Italy Day this month. Join in some lunchtime fun by helping us fill Gerty the Grateful turkey's feathers in, as well as a chance to win a free hot lunch in December!

As we look forward to the Holiday Season, we will offer a la carte gift certificates for purchase in the denominations of \$.50, \$1.00, \$5.00, and \$10.00. These make great gifts for your students, their classmates, and of course for their teachers! Order forms will go out later this month so be on the lookout.

Ms. Clubb and Mrs. Rutzler
cdruzler@gmail.com

HSA News

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/1FAIpQLSeZVLeYuuJ-u1JrW2he_kxc4lcehtxPxl4RM-0a6v6omLHrlg/viewform

Calendar of events:

11/18—Spirit Day (no spirit night due to the Gala)

11/18—Annual Gala at Lighthouse Sound. Tickets are on sale now. For gift donations or to sponsor, email HSA.

12/1—Berlin Christmas Parade. To volunteer, sign-up <https://www.signupgenius.com/go/20f0b4fabae2aa1f58-christmas>

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, ages 5+, forms to register will go home)

Our Theme: One Body in Christ: Part Three—Rights and Responsibilities

Each person has a right to life.

We have a responsibility to protect and respect each person's right to life.

One Body in Christ