

Dolphin Days



Most Blessed Sacrament Catholic School

January 19, 2023

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 day of Prayer for the Legal Protection of Unborn Children takes place on Monday, January 23, 2023. As Catholics we are called to observe this day through penitential practices of prayer, fasting, and alms giving. One of the first Catholic Social Teachings that MBS explored with the students was that of Life and Dignity of the Human Person. We continue to expand on the belief that God made each person, so every life is important and should be protected.

SPECIAL NOTE: Re-registration is open for current families. Forms were sent home in the Thursday folders and can be found in last week's Dolphin Days. The discounted rate of \$50 per family for returning students and new siblings ends on January 27th. Make sure you turn in the signed form along with payment at time of re-registration. Please contact Mrs. Gunther with any questions.

One Body in Christ,
Mrs. Stillman
Principal



Tuition Assistance—Vision for the Future 2023-2024 Applications: If you currently receive any form of tuition assistance or would like to apply for tuition assistance for the 2023-2024 school year, you **MUST** complete the Vision of the Future Application through FACTS. The deadline is January 31, 2023, with no exceptions. If you need assistance with this process, please contact Mrs. Gunther at cgunther@mbscs.org.

Upcoming School Events

This year's Read-a-Thon kicks off Friday, February 3, 2023. Keep a look out for more information to come home with your student during Catholic Schools Week.

Hit-the-Books is back! Students need to read four books in order to receive 2 free tickets to a Delmarva Shorebirds game. Each student will receive a bookmark to record the books they read.

Student Council will be visiting each class during Catholic Schools Week to promote both of these events.

Please contact Mrs. Gunther at cgunther@mbscs.org with any questions.

School News

Catholic Schools Week: January 29—February 3 we will celebrate Catholic Schools Week. Please mark your calendars, so that you will be able to participate in all of the fun activities we have planned!

January 29, Celebrating Our Parish

12:00-1:00: Most Blessed Sacrament Open House

January 30, Celebrating Our Community

All Out MBS Day—Dress in MBS attire and/or blue and white from head to toe!

January 31, Celebrating Our Students

Comfy and Cozy Pajama Day

February 1, Celebrating Our Nation

Red, White, and Blue Dress Day

February 2—Celebrating Our Vocations

Regular Uniforms

February 3— Celebrating Our Faculty, Staff, and Volunteers

Sports Jersey Day



Coming Up

Jan 20: Spirit Day and Family Bingo Night

Jan 29 - Feb 3: Catholic Schools Week

Jan 29: Open House, 12pm-1pm

Jan 31: Vision for the Future, Tuition Assistance Applications are due

Link to school calendar below:

<https://mostblessedsacramentschool.com/md-catholic-private-school-community/catholic-school->





YEARBOOK

Yearbook sales are open. We are selling yearbooks online this year. To order a yearbook go to https://www.jostens.com/apps/store/productBrowse/1461083/Most-Blessed-Sacrament-School/2023-Yearbook/2022101017150409054/CATALOG_SHOP/

As a reminder, eighth graders receive a yearbook with the cost of their tribute full and half page ads.

We have a few spots available to advertise in the yearbook. Please contact Amanda Evans at 302-236-6703 or amanda.kruper.evans@gmail.com if your interested in this fun opportunity to support our school and leave a legacy for years to come!

Counselor Corner

SMARTPHONE IMPAIR SLEEP



Studies show that the use of smartphones and other portable devices with screens affects the quantity and quality of sleep in children and teens. Adolescents are likely restless because they anticipate receiving texts and social media messages from friends, which affects their nighttime routine. Some children even wake up in the middle of the night to check texts or social media. Sleep disturbance in childhood is known to have adverse effects on health, including poor diet, obesity, weakened immune system, stunted growth, and mental health issues. Band together and delay the smart phone. – Theresa Gabbard

Source -: <https://www.waituntil8th.org/why-wait>

Athletics

Upcoming Basketball Schedule:

GIRLS

- Mon, 1/23/2023: Practice, 3:00-5:15pm
- Wed, 1/25/2023: Home v Sussex Academy, 4:00pm
- Thu, 1/26/2023: Home v Salisbury Christian, 4:00pm

BOYS

- Sat, 1/21/2023: Salisbury Christian Tournament
- Tue, 1/24/2023: Varsity Boys Practice, 3:00-4:45pm
- Wed, 1/25/2023: Varsity Boys Game, home v Sussex Academy, 5:00pm
- Thu, 1/26/2023: Varsity Boys Game, home v Salisbury Christian, 5:00pm



“Lettuce” Talk about Hot Lunch

Next Friday we will host another special treat day; **National Chocolate Cake Day Jan 27th**, please sign up on the app the night before.

The students are loving the new menu items. This month we have homemade chicken soup with classic grilled cheese as well as turkey chili with chips!

If there is a menu item you’d like to see, drop us a note.

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.

As always, any questions or concerns, please contact us Ms. Clubb and Mrs. Rutzler cdrutzler@gmail.com

HSA News

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

We are starting to plan for the 2023-24 school year if you are interested if being a part of the HSA please let us know.

Need to record HSA FIP hours, please use this link: <https://tinyurl.com/MBSFIP22>

Calendar of Events:

- 1/20—Spirit Day and Family **B-I-N-G-O Night** If you would like to volunteer or sponsor any prizes, please email HSA@mbscs.org
- 4/28– Save the Date! COLOR Run @ MBS

Our Theme: One Body in Christ: Part Four—Preferential Option for the Poor

We care for people who are POOR and vulnerable.

We are aware of the needs of others. We do not use words or actions to attack or harm another.

One Body in Christ