

Dolphin Days



Most Blessed Sacrament Catholic School

January 5, 2023

Dolphin Days is a two-page document. If you are viewing it from your device, make sure you click on the

Happy New Year! I would like to extend my best wishes to all for a happy and healthy new year.

It's a pleasure to see all the children, teachers, and staff back at school after a long, well-deserved break. This week we celebrate the Feast of the Epiphany. It is the manifestation of Jesus as Messiah of Israel, Son of God and Savior of the world. The Feast of the Epiphany celebrates the adoration of Jesus by the wise men (*magi*) from the East, together with his baptism in the Jordan and the wedding feast at Cana in Galilee. Epiphany is steeped with meaning for those seeking enlightenment. It is an invitation to anyone and everyone around the world to follow Christ.

SPECIAL NOTE: Returning student registration begins January 9. Please see the form in this week's Thursday folder. Please pay special attention to the **due dates**. There have been several changes to the process since last year. The new form serves as the re-registration and tuition contract. Several of our classes are at or approaching capacity. We currently have a waiting list which will be utilized on February 13 when new family registration begins.

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 completing this process, please contact Mrs. Gunther at cgunther@mbscs.org

One Body in Christ,
Mrs. Stillman
Principal



School News

Inclement Weather Plans: Just a friendly reminder that if inclement weather may occur, MBS will contact families via messenger to notify them of school delays and cancellations. Students will be directed to follow their Virtual Learning Packets.

School Communications: If you are not receiving emails and/or text messages please email Anna Hoge at ahoge@mbscs.org to request the form to sign up for our school messaging system.

A BIG THANK YOU The faculty and staff would like to thank all of our families for the generous donations. We are blessed to have an amazing MBS family community.



Coming Up

- Jan 6:** Feast of the Epiphany, Blessing of our school doors
- Jan 9:** Registration for returning students/new siblings, Discount until Jan 27.
- Jan 13:** Mini Golf Tournament
- Jan 16:** School Closed
- 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-parents/k-12-calendar/>

From the Health Suite

I would like to wish each and every one of you a Happy, Healthy New Year! I hope you had the chance over the holidays to rest and spend time with your loved ones. While it seems that the big Flu A surge that we experienced prior to break is improving, we are still in the midst of cold & flu season. Please continue to practice diligence in promoting healthy habits for your family, and in keeping your children home when they are in the contagious period of illness. Please reach out to our school nurse or your primary health care provider if you have any questions about illness. Lastly, please remember to email attendance@mbscs.org to report absences for any reason.

January is National Blood Donor Awareness Month. Life is precious, and donating blood can help save a life! If you are interested in learning more about blood donation, and finding a local place to give blood, please visit <https://www.aabb.org/donors-patients/give-blood>

Counselor Corner

SMARTPHONES ARE AN ACADEMIC DISTRACTION

Elementary and middle school years establish the foundation for your child's academic success. Children learn how to productively manage time, projects and homework. Introducing a constant distraction with a smartphone is paving a path for academic mediocrity. The early results of [a landmark study on brain development](#) by the National Institute of Health show children who spent more than two hours a day looking at a screen got lower scores on thinking and language tests. [Research from the University of Texas](#) suggests the mere presence of your smartphone reduces cognitive capacity and test-taking brainpower. [One study](#) demonstrated that using smartphones in classrooms can even lower a student's grade. [Another study](#) found that children who attend schools with smartphone bans did better on tests. – Source - From: <https://www.waituntil8th.org/why-wait>



Athletics

Upcoming Basketball Schedule:

- Mon, 1/9: Girls Practice, 3-5:15pm
- Wed, 1/11: JV Girls Game @ St. Francis, 4pm, Dismissal, 2:35pm
- Thu, 1/12: Varsity Girls Game v Epworth, 4pm
- Tue, 1/10: JV Boys Practice, 3-4pm, Varsity Boys, 3-4:45pm
- Wed, 1/11: JV Boys Game @ St. Francis, 5pm
- Thu, 1/12: Varsity Boys Game v Epworth, 5pm

Concessions will be sold at all Home Games as a fundraiser for 7th and 8th Grades. Please support our students!

“Lettuce” Talk about Hot Lunch

Happy New Year! We'd like to thank all the families that were so kind to remember us at the Holiday season. We appreciate all the thoughtful cards and gifts.

Please note we have two special treat days this upcoming month; National Popcorn Day and National Chocolate Cake Day, so be sure to sign up on the app.

New menu items this month include soup and 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 in 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:

- 1/13—8th Grade is hosting an adults only Putt-Putt tournament. See flyer in Thursday folders
- 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