

Dolphin Days

Most Blessed Sacrament Catholic School



April 27, 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.

We celebrate this third week of Easter and are called to remember the great gift of the true presents of Jesus in the Holy Eucharist. "I am the living bread that came down from heaven; whoever eats this bread will live forever; and **the bread that I will give is my flesh for the life of the world.**" John 6:51. As Catholics, we believe through transubstantiation, the change of the whole substance of bread into the substance of the Body of Christ and the substance of wine into the substance of the Blood of Christ. Is Jesus not only bread, food for the hungry, bread that offers life and strengths you to survive death? Jesus is the divine Word made Flesh and His flesh is the bread that He gave for the life of the world.

The 8th grade completed a service project on Tuesday with the Chesapeake Housing Mission! Our 22 8th grade students volunteered their time to complete a big build project with seven (7) parts to a handicapped accessible ramp for a woman who had a house fire last July. Our 8th graders have helped this woman as she will move back in her home this Summer. We thank Chesapeake Housing Mission, our parent volunteers, and our 8th graders. May God bless our 8th grade and this woman who will benefit from this new ramp.



Dodge Ball Game: Thank you to all who participated in the Read-a-Thon. The 4th grade class raised the most money and are the winners of the faculty/staff dodge ball game. The game will take place in our gymnasium, tomorrow at 2pm. This is sure to be a fun and exciting game.

One Body in Christ,
Mrs. Stillman
Principal

Coming Up

April 28: Dodgeball Game, staff vs 4th grade

May 19: SPIRIT DAY, spirit wear attire

May 15-26: Renaissance Star Assessment

May 26: Half Day, noon dismissal, NO Aftercare

May 29: Memorial Day, School Closed

May 30: Piano/Band Recital, 6:30pm

Link to school calendar below:

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

Join Us—**NEW DATE**

MBS COLOR RUN

Friday, May 5, 2023

Events begin at 5:15pm

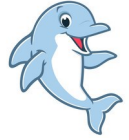


Health Suite

May through August is considered peak tick season, and I have already started removing ticks from children in the health suite at school. Please remember to check your children's skin and hair for ticks daily when playing outside. Although they can be found anywhere, they prefer to burrow in areas on the body that are warm and moist, such as the scalp, behind the ears, around the neck, under the arms, behind the knees, and near the groin. For tick removal tips and more information, please visit <https://kidshealth.org/en/parents/tick-bites-sheet.html>



SAVE THE DATE—MBS night at the Delmarva Shorebirds stadium is Friday, May 26th at 7:05pm. This is their Marvel's Defender of the Diamond Night with a special appearance from Captain America. Game vouchers will be distributed in May.



Counselor Corner

Parents of Middle School – The last few weeks, in the 6th, 7th and 8th grade, we have had lessons on the dangers of cigarettes, vaping, drugs and alcohol. We have had discussions on making healthy choices. We have discussed peer pressure and refusal skills. I stress the need to have open discussion with you all about this topic.

Parents, please talk with your student about this serious topic. We used this resource...

<https://www.naturalhigh.org/storyteller/jon-sundt-natural-high-founder/>

We viewed some videos from this resource Natural High. The founder Jon Sundt shares his reasons for starting this movement. Look into this website and see many videos of athletes and performers that have chosen never use drugs and instead they get a natural high from things they love like sports, music, etc. Parents, please talk with your middle school student about our talk.

"Lettuce" Talk about Hot Lunch

Before you know it, summer will be here!! But first.... **"MAY"** we enjoy a wonderful month of great meals and fun specials.

The month of May we will celebrate several National Holidays to include; Cinco de Mayo, National Eat What You Want Day, National Pizza Party/Devil's Food Cake Day, and National Brown Bag It Day! Be sure to order you specials for the month!

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

Athletics **Softball Season**



We would like to thank our softball coaches for a great season. Head Coach Josh Esworthy and Assistant Coach Carmen Marinelli. Our coaches are always a level or two above the rest. These two are no exception. Tactically, they routinely put our players in the best position to succeed. They also wisely developed the team for success in the future.

HSA News

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. Email us: HSA@mbscs.org

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

Calendar of Events:

May 5: NEW DATE for the COLOR Run @ MBS, Registration is still open. T-shirt orders are not guaranteed after 4/17/23.



May 8-21: MBS
Bethany Book Fair



To sign-up and/or donate please visit our site:
<https://runsignup.com/Race/MD/Berlin/MBSatPlayColorRun>

Our Theme: One Body in Christ: Part Seven—Care for God's Creation

"The earth and everything on it belong to the Lord. The world and its people belong to Him" (Psalms 24:1)
Each and every person belongs to God, and He smiles when we teach the children and each other to love and to care for His world.

One Body in Christ