

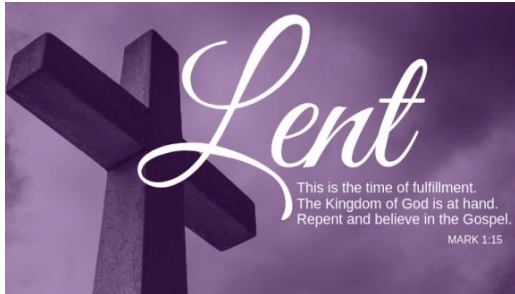
Dolphin Days



Most Blessed Sacrament Catholic School

February 8, 2024

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.



Next week we begin our journey through Lent. This 40-day season of prayer, fasting, and almsgiving begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture, serve by giving alms, and practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. The teachers will spend time with the students preparing them for this journey and reminding them of the importance of our acts of preparation. The students will have the opportunity to witness the burying of the Alleluia, participate in the Sacrament of Confession, perform service activities, and pray the Rosary and the Stations of the Cross to grow closer to Christ during this season of Lent.

We are proud to announce the middle school students for the month of January: Ben Strawhecker (6th), Devyn Dowling (7th Angels), Chase Kirk (7th Saints), and Mia Genga (8th). Congratulations to our outstanding students!

Lenten Activities Schedule

February 14: Prayer service at 9:00am to bury the Alleluia and Ash Wednesday Mass, 10:30am.

March 4: Confessions for grades 2-8, 10:00am

March 14: Rosary prayed, in church, after the 1:00pm Mass, 1st—8th grades

March 18-22: Classes will pray the Stations of the Cross at MBS.

March 21: World Down Syndrome Day, Rock Your Socks Day, \$5 to purchase mismatched socks, \$2 to wear your own mismatched socks.

March 27: Sacred Silence throughout the morning. The 8th grade will perform Shadow Stations, 9:00am

Let Us Build the Kingdom of God

Mrs. Stillman

Principal

Seton Center Food Drive

Thank you to our wonderful MBS community for your generous food donations to the Seton Center. We collected 30 boxes of food that will help feed the hungry. A special thanks to the students who sorted all of the food items: Sadie Mohr, Devyn Dowling, Tenley Littleton, and Delilah Monroe. May God bless our families for doing His work to help others.



Catholic Charities Seton Center 30632 Hampden Avenue Princess Anne, MD 21853

MBS Kicks Off

Read-A-Thon and Hit the Books



The Read-A-Thon is back and will run from February 5-23. Please register your student(s) to start recording their reading minutes and collecting donations. Help us reach our goal of \$20,000!



Every student that reads four (4) books from now until February 23 will receive 2 free tickets to a Delmarva Shorebirds game. Bookmarks were sent home last week. Make sure to fill them out and turn to school by Feb 23. We hope to collect 100 bookmarks!

Contact Mrs. Gunther at cgunther@mbscs.org for information or questions about these events.

Coming Up

Feb 13: Valentine's Day classroom celebrations

Feb 14: Ash Wednesday, Mass, 10:30am

Feb 16: Half Day, Noon Dismissal, Aftercare until 3pm

Feb 16: Parent/Teacher Conferences 12:30-4:00pm

Feb 16: Father/Daughter Dance, 6:00-8:00pm

Feb 19: School Closed

Feb 22: Mass, 1:00pm

Feb 23: Middle School Dance

Link to school calendar below:

<https://mostblessedsacramentschool.com/>

md-catholic-private-school-community/

catholic-school-parents/k-12-calendar/

Health Suite

Hello parents! The Lions Club will be here February 20th to conduct free vision screenings. PreK, kindergarten, and first grade will all be completed. If you have a concern regarding your child's vision and they are not in either of those grades, please send an email to either your child's teacher or myself at cwilkinson@mbscs.org. If you would like to decline the screening, please email either your child's teacher or myself.

Online YEARBOOK Sales begin TODAY!

Be sure to order your MBS 2023-2024 yearbook at the early-bird rate of \$40 until March 2nd. The rate will increase to \$45 after March 2nd. See the flyer in your Thursday folder or click on the link below. Online purchases will have a small service fee. Reminder: All 8th grade students that have a tribute ad running in that yearbook will **not** need to purchase a yearbook, as one is included with their ad fee.

https://www.jostens.com/apps/store/productBrowse/1461083/Most-Blessed-Sacrament-School/2024-Yearbook/2024012504161633089/CATALOG_SHOP/

Yearbook Ads Leave Lasting Impressions: Calling all business owners!! We are currently seeking yearbook business ads and we'd love to include yours. If you're interested, call or email Amanda Evans at 302-236-6703 or amanda.kruper.evans@gmail.com. Space is limited, so reach out right away.

Athletics

Sat, 2/10: 8th grade Boys Varsity @ SCS Tournament (All Day)

Congratulations to our varsity (7th & 8th) **girls basketball team** for finishing the season undefeated (11-0) and winning the Salisbury Christian basketball tournament! Maleah Blake (8th) won tournament MVP and Maia Holland (7th) made the all-tournament team. I want to thank Coach Corey Holland and Coach Simona Holland for all their hard work this basketball season. Beyond leading our varsity girl basketball team to an undefeated season, they truly care about our studentathletes and all aspects of their life.

Congratulations to our JV (6th & 7th) **boys basketball team** for finishing the season undefeated (6-0). I want to thank Coach Travis Fones and Coach Matt Campbell for all their work this season. They quickly got the boys organized and prepared with limited practice sessions available. They also made some key adjustments at pivotal moments in games.

Congratulations to 2nd grader Johnathan Diehl for draining his **buzzer beater basketball shot** last week during Catholic Schools Week festivities. He received a \$50 Amazon gift card for his accomplishment.

Congratulations to the following students for winning the **Knights of Columbus Soccer Challenge** in their age group: Emir Coombs, Clara Gallagher, Patrick Murphy, Sawyer Littleton, Theodore Medairy, Isabella Pascucci, Lane Sirman, Maia Holland, Devyn Dowling, Jayden Sanchez-Perez, Catherine Peranteau, Victoria Campos.

Counseling Corner

Parents, this week I am working with our 6th grade on the dangers of smoking, vaping, drugs and alcohol and also how to use refusal skills. This month, as I visit all grades, we will be working on feelings, our mental health and learning healthy coping tools.

Parents, please take the time to read and print this out. It is a very important tool to help parents have conversations with our children about Social Media.

[Wait+Until+8rth+social+media+guide.pdf](https://www.squarespace.com/Wait+Until+8rth+social+media+guide.pdf)
([squarespace.com](https://www.squarespace.com))

Parents, please use this resource for tools and advice to prolong the introduction of smartphones and other devices. Smartphones and social media are negatively impacting our children's mental health. Let's work together to delay the introduction of smartphones and social media.

[Wait Until 8th Essentials — Wait Until 8th](#)

HSA News

Feb 16: Spirit Day!

Wear your MBS Spirit wear with uniform bottoms and uniform shoes/tennis shoes.

Feb 16: Father-Daughter Dance, 6:00pm

Father and Father figures are invited to enjoy a night with their daughter(s) at MBS. If interested in helping, please sign up: <http://tinyurl.com/MBSFather>

April 19: Mother-Son Event

Help us plan a special night for moms and sons. Email HSA@mbscs.org to join the planning committee.

May 3: Color Run—SAVE THE DATE

Need to record FIP Hours? Click here: <https://tinyurl.com/MBSFIPHrs23>

Our Theme: Let Us Build the Kingdom of God

The Beatitudes

February: Blessed are the merciful, for they will be shown mercy.

Virtue—Mercy