

# OLMC CHRONICLE



## CHRISTMAS BASKETS 2024

**In gratitude we are human; in generosity we are divine: “You received without pay, give without pay” (Mt. 10:8).**

Christmas is a time for giving. What a better way to get into the Christmas spirit than to bring Christmas into the lives of families who would otherwise do without! Preparing Christmas baskets is a long-standing tradition at Our Lady of Mount Carmel, and this year is no exception. We will begin collecting for Christmas baskets through homerooms starting Monday, December 2, 2024. The collection will culminate on Friday, December 20, 2024, when staff will deliver the baskets to families in our area. Through their homeroom classes, students and staff will collect food, sundries, gift cards, and monetary donations that will ensure that all families in our community have a wonderful Christmas season!



## THE BREAKFAST CLUB HAS A NEW SPONSOR

The OLMC Student Nutrition Program (affectionately known as the Breakfast Club) has launched once again this year, but with a new sponsor!

The Breakfast Club is a YMCA / Peel Region supported program that provides a FREE nutritious breakfast to our student community daily. In addition to their amazing support, we are pleased to announce that we have been given a grant by a new sponsor Presidents’s Choice Children Charities, as part of their new education and program management platform designed to combine regular meals and snacks with activities that encourage students to connect with each other and their food.

Funding from the PC Charity Power Full Kids™ Program, will not only allow us to continue to provide daily nutritious meals, but do so on a consistent basis, with a much more robust menu and at the same time increase awareness to healthy living choices.

Especially now, it is very important to promote healthy eating and provide students an opportunity to get the nourishment they need, so that they can concentrate throughout the day and set themselves up for success. Proudly, this is open to ALL students daily - especially for the student who may not have access to a source of nourishment at home or may have missed their breakfast due to their busy lifestyle.

A team of dedicated students and teachers continue to give the gift of time and volunteer their services to make this happen. Through their endless effort our school community continues to grow and strengthen.





# SHSM RETREAT TO YMCA CEDAR GLEN

On October 1st OLMC's Expanding Horizon's SHSM program kicked off the 2024 / 25 year with our annual full day retreat. The program's 41 Grade 11 and Grade 12 students journeyed to YMCA Cedar Glen in Schomberg, Ontario to spend the day experiencing a variety of team building and leadership skills as well as a certification in customer service. Benefitting from amazing weather, students were able to enjoy the outdoors and connect with each other in a meaningful way. From archery to skill testing games and a "hike at night" the entire day was packed with fun and challenging activities students that created new bonds amongst students. One of the highlights was the end of day bonfire with singing, laughter and smores to highlight an amazing day. The retreat is only the beginning of this year's activities with events and activities planned throughout the year. Next in the calendar is a trip to downtown T.O. to experience the Profusion Media Expo as well as a visit to TMU's Media Production Campus as well as a trip to Humber College.



SHSM (Specialist High Skills Major) is program for Grade 11 and 12 students who are interested in exploring and studying information communication technology. Combining course work, coop and a variety of reach ahead activities and certifications SHSM is a great way for students from all walks of life at OLMC to find a focus and pathway for post-secondary as well as potential career opportunities.

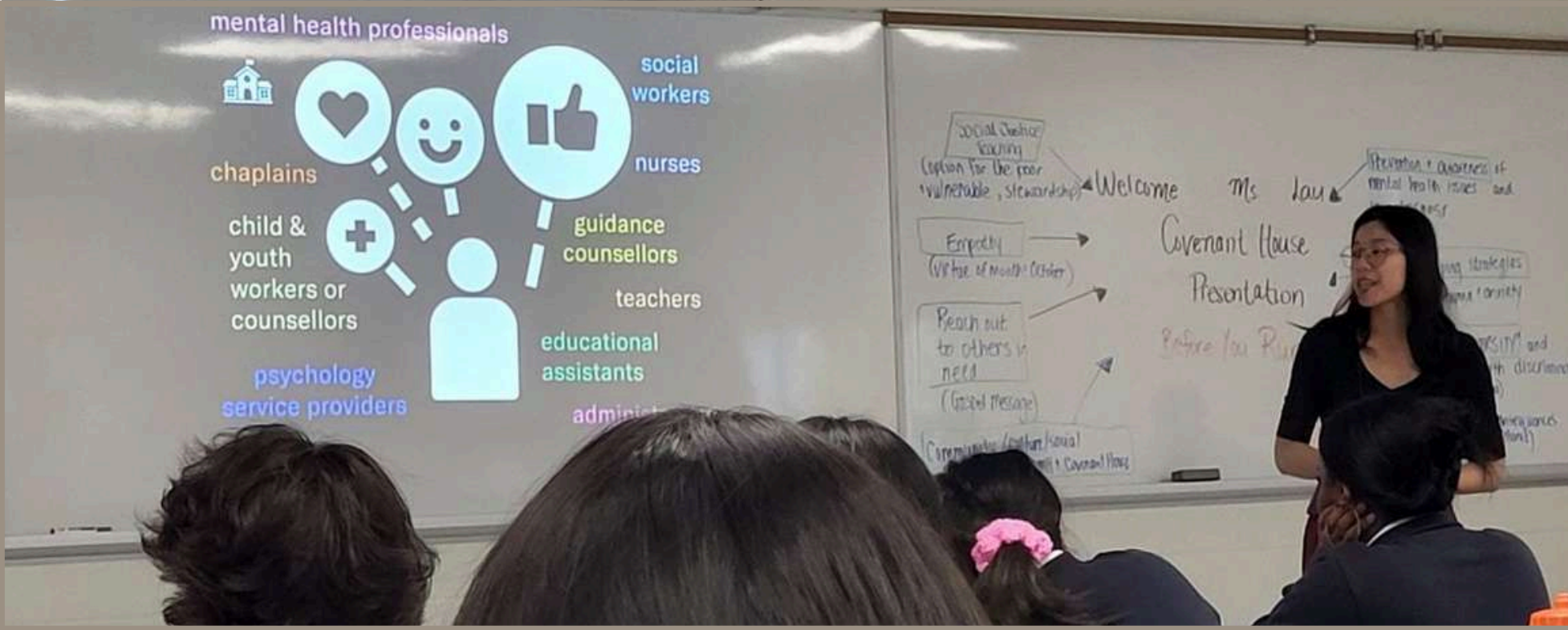
An introduction session is planned for Grade 10 students and parents in December who might be interested in joining the program for next year. The tentative date is December 4th in the OLMC library at 6:15 p.m.





# THE COVENANT HOUSE

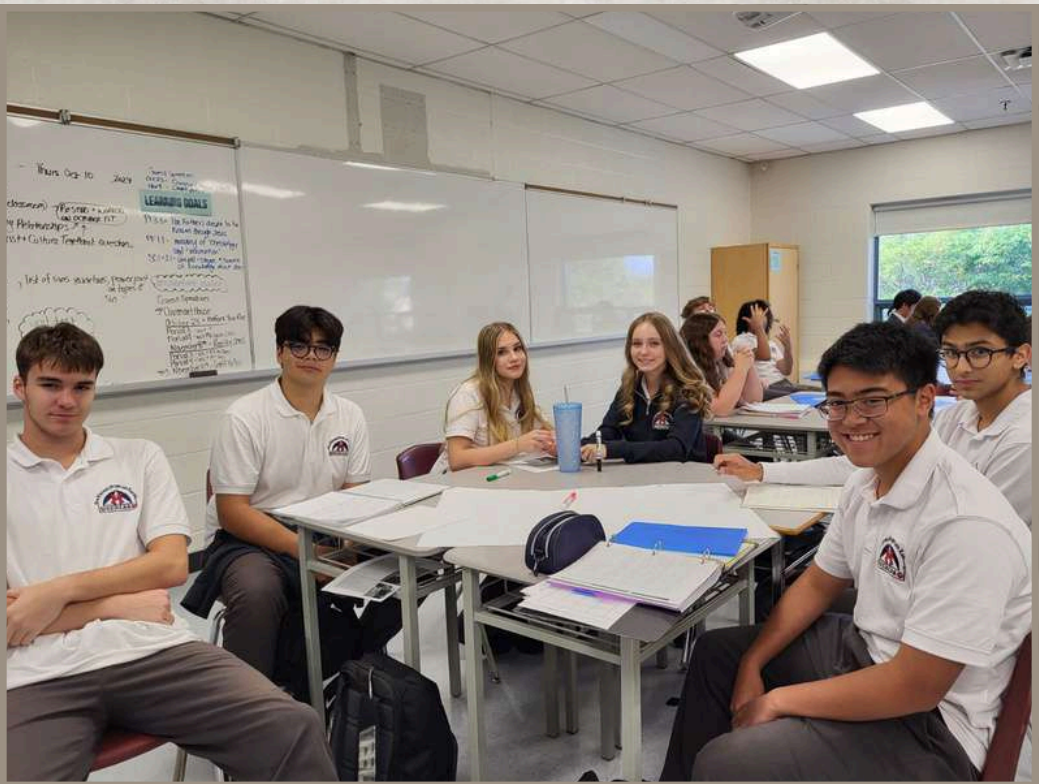
On Wednesday October 23rd, 2024, Ms. Malatesta's religion class and Ms. D'Agostino's drama class at Our Lady of Mount Carmel Catholic Secondary School attended a presentation about The Covenant House, a non-profit organization that services youth, ages 16-24, who are homeless, trafficked or at risk. Ms. Lau, the speaker for Covenant House's presentation titled "Before You Run," discussed youth issues / challenges, coping strategies for stress, support resources and social responsibility (our duty as humans to show compassion and care to one another). She discussed factors that contribute to youth homelessness, such as family matters / breakdown, child abuse and neglect, mental health issues, drug addictions, bullying, trafficking / exploitation, and stress. She even pointed out a fact mentioned previously in class: 1 in every 5 students will experience a mental health issue in their lifetime. 6,000 youth experience homelessness on any given night in Canada and 50% of young people state that mental health was the reason they had to leave home. The presentation connected to the Grade 10 Religion curriculum, stressing concepts such as stewardship and volunteering, the common good, social justice teachings such as care for the poor and The Catholic Graduate Expectation (7e) promoting equality, democracy, and solidarity for a just, peaceful, and compassionate society.





# INTEGRATING FAITH WITH LIFE

On Monday October 7th, 2024, Ms. Malatesta's grade 10 religion class took part in a lesson in that involved "integrating our faith with life." Students discussed what it meant to be "created in the image and likeness of God" and used their textbooks to review the "Human Vocations / Traits" (i.e. being called to happiness and holiness). We are often motivated to do good and spread cheer and joy when we see the positive impacts of our actions. Students learnt that many private Christian schools promote God in their education, stressing the importance of seeing "Christ" in others and working towards achieving common goals. By being socially responsible, even companies gain a competitive edge, leading to more profits. Companies such as Cheerios and Tim Hortons, know the benefits of spreading cheer by creating do-good campaigns. Tim's uses the proceeds from smile cookies for local charities and Cheerios has their "Be The Cheer Project" which promotes random acts of kindness. The ultimate message is: Being good to others makes sense because it feels good to do so. Positive feelings improve our health, well-being and outlook. Since we are created in the image of God, we are capable of good and it feels good to be good. Students demonstrated a) respect for the dignity of the human person, b) an understanding of solidarity in one human family and c) the effects of mental health on relationships by answering questions and watching, listening and analyzing words used in popular song lyrics such as "You're Only Human," by Billy Joel. Students also examined reports for The Centre for Mental Health and Addiction which reports 1 in 5 Canadians will experience a mental health issue at some point in their lives. Documents from The Institute for Catholic Education tell us that strong friendships and relationship support structures have a positive impact on our mental health. We need each other to feel safe and strong, to grow as a person and to be happy. Songs like "One" by U2 provided a concluding thought to ponder regarding our call to show solidarity as humans: "We are one, but we are not the same. We get to carry each other." Sometimes, in our hustle and bustle in the everyday, we forget about others and our impact on them. We have to remember we are "one." Like section 1702 of The Catechism of the Catholic Church says, the divine image is present in every man. It shines forth in the communion of persons. We are stewards of creation and are responsible for one another.



Faith





# SILVER CREEK OUTDOOR EDUCATION CENTRE



On September 25th, the Alternative Education class ventured to Silver Creek Outdoor Education Centre. Led by Mr. Resendes, the students participated in a variety of team building activities. The students enjoyed participating in the low-ropes activities the most. Since the weather was so nice, the students were led on a hike through the beautiful fall forest and along the stream that runs through Silver Creek Conservation area. They had photo opps with a frog and a crawfish!! It was a wonderful day to spend time together as classmates and to disconnect from their phones. Thank you to all our students (and



their invited friends) who took part and courageously immersed themselves in the experience. We look forward to our next visit in second semester, where students will get to experience the emergence of spring in the woods!





# GUIDANCE DEPARTMENT

On Wednesday October 9th, OLMC's annual College / University fair was held in our Gymnasium. We had 32 post-secondary schools along with some international options at our event, answering student questions about programs, financial aid, and campus life. It was wonderful to see our students engaged and excited about planning their next steps!

The guidance department has also been busy preparing our future grade 9s with their transition to high school by visiting all 7 feeder schools. In collaboration with our grade 8 teachers, students have been introduced to high school graduation requirements and the course selection process on Myblueprint. This site will become a valuable tool for academic planning and will be the platform for grade 9 course selection in December. Students were also introduced to the new OSSD requirements which will now include Technology, STEM and Financial Literacy components.

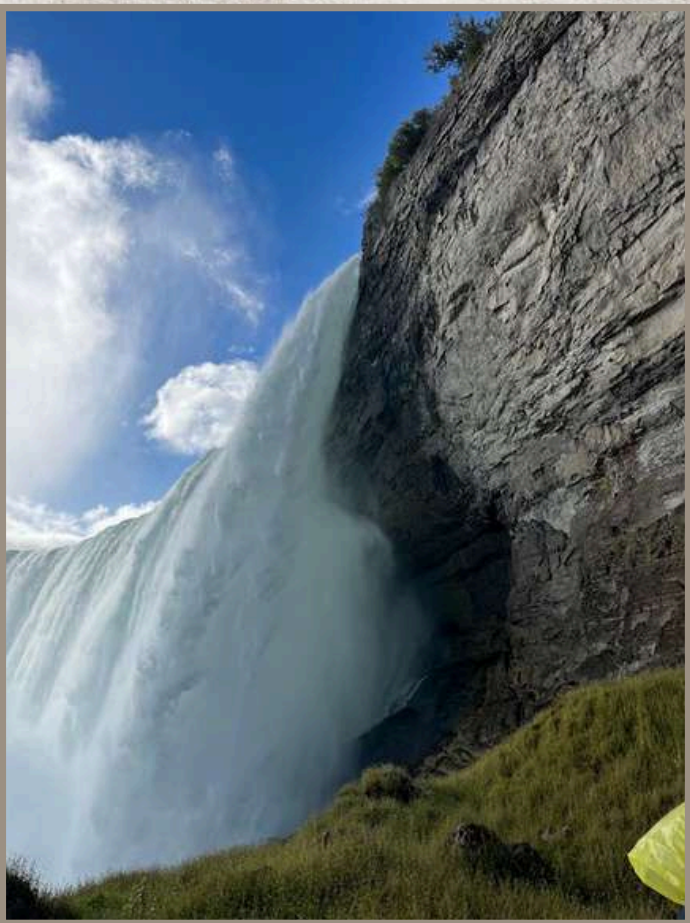
On Thursday November 7th, Our Lady of Mount Carmel will host our annual Grade 8 Information Night from 6pm - 8pm. The event is open to all families in our community. The evening is always a spectacular night which showcases all that OLMC has to offer.

On Thursday November 21st, Our Lady of Mount Carmel will host the Academic Awards Night from 6pm - 8pm. Invitations and more information is still to come.



# GEOGRAPHY STUDENTS TRAVEL TO NIAGARA FALLS

On October 10th, Ms. Sgambellone's grade 9 and 11 geography students travelled to Niagara falls and experienced Journey Behind the Falls and Clifton Hill. This trip enriched the grade 9 geography curriculum whereby students learned how Glaciation carved out the landscape leaving behind the pools of the Great Lakes, sedimentary rock and Niagara Falls. For grade 11 geography students, this trip showed students first hand how this natural phenomenon made the local community a thriving tourist destination in Canada. This trip was a great learning experience for both groups.





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# MODERNS DEPARTMENT

## VETERANS WEEK

Every year, from Nov. 5 to 11 is Veterans' Week, an opportunity for Canadians to honor the extraordinary efforts and sacrifices of our veterans and those who continue to serve. During the First World War, thousands of Indigenous peoples voluntarily enlisted in the Canadian military. It is estimated that well over 4,000 Indigenous peoples served in the Canadian forces during the conflict. They served war and participated in all the major battles in which Canadian troops fought. Hundreds were wounded or lost their lives on foreign battlefields. Even Indigenous women were active on the Homefront, contributing to the war effort through fundraising and other means.

## TREATIES RECOGNITION WEEK

In 2016, Ontario passed the first legislation of its kind in Canada declaring the first full week of November as Treaties Recognition Week. The Land Acknowledgement that educators and students honor in their classes reflects the Indigenous treaties, a right and entitlement to their lands and territories. Reconciliation requires constructive action on addressing the ongoing legacies of colonialism that have had and continue to have destructive impacts on Indigenous peoples and their lands. Reconciliation also requires a commitment to actively learn and participate in correcting the inaccuracies and misinformation about the land, treaties and the original peoples.

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## INDIGENOUS REMEMBRANCE DAY POETRY BY ANONYMOUS INDIGENOUS AUTHOR

The Drum beat steady and deeply resonant reaches into the past, present and future:

Pulsing with medicines the drum is our heartbeat, a gold glow that always moves beneath the surface of all that takes place.

Everywhere there is war, but streaming from the four directions, the sky is filled with legions of thunderbirds young and old sacrificing life to restore peace and love.



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## NEW STEM CLUB AT OUR LADY OF MOUNT CARMEL

You may have heard of the acronym STEM before. It stands for Science, Technology, Engineering, and Mathematics.

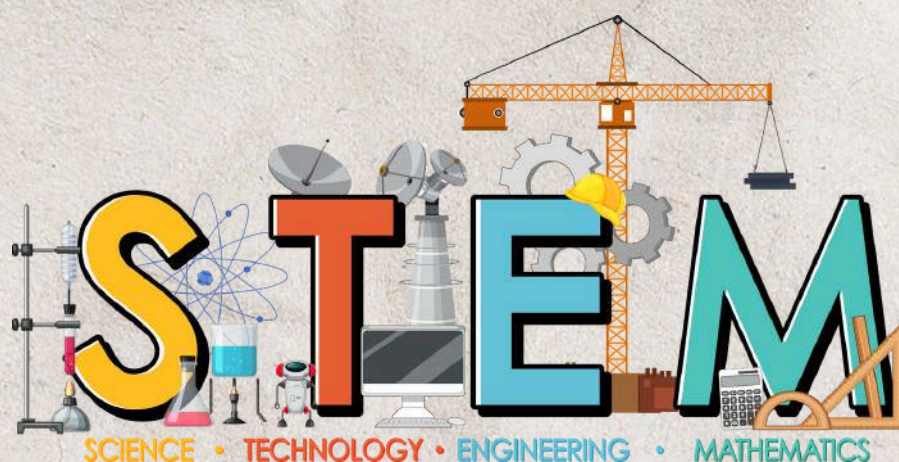
The new STEM Club is a weekly fun and interactive event open to all students in grade 9 – 12, who want to work with and learn from like-minded people who are interested in STEM disciplines. When the club meets, members will have the opportunity to try a different hands-on activity where they will have the chance to engage with other STEM students and teacher role models.

This student driven initiative hopes to not only build STEM knowledge, but also increase interest among the members in pursuing STEM careers, provide an environment where students can work on inquiry- or problem-based activities related to science, technology, engineering, and mathematics outside of the regular classroom and possibly connect participants with local leaders in various STEM related fields.

The club meets every Monday in Room 009 under the supervision of Ms. Vukelic.

Planned activities include: DNA extraction, popsicle stick bridge competition, egg drop carrier competition, activities with static electricity and the van de Graff generator, cell examination under the microscope and guest speakers.

It is our hope that this new club can provide students hands-on learning that builds practical and leadership skills. Additionally, through project-based learning, foster collaboration in our STEM minded students.



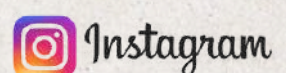
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[WWW.DPCDSB.ORG/CARMS](http://WWW.DPCDSB.ORG/CARMS)

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@our\_carmel



@olmcstudentcouncil



# OLMC LIBRARY & LEARNING CENTRE NEWS

## OCTOBER: CANADIAN LIBRARY MONTH

OLMC Library celebrated this wonderful event by holding a school wide raffle! Anyone who showed us a book checked out or renewed from any Canadian Library was eligible to win a daily prize from October 21-25. Congratulations to all raffle winners!



## HAUNTED LIBRARY 2024

Congratulations to all who helped make this year's Halloween Haunted Library a great success! Thank you to students who created the maze, actors, scavenger hunt guides, crowd control assistants, artists, entertainers, decorators, and all who attended! A special thank you to staff who facilitated in this great day: Ms. Marasovic, Ms. Giovino, Ms. Grbic, Mr. Gasparini, Mrs. Downes, Ms. Cindric, and others. All proceeds will be going to the Terry Fox Foundation.



## TRUTH AND RECONCILIATION WEEK

September 23-27 marked this very significant time in our calendar. To recognize and improve our understanding of Indigenous people's history, OLMC Library hosted lunchtime film screenings throughout the week.

## OLMC TABLETOP CLUB

The tabletop club continues to meet every Wednesday after school, with two Dungeons & Dragons campaign currently running. If you're interested in playing D&D or want to play some board games with friends, please see Mrs. Downes at the Library.

## OLMC LIBRARY SITE

Please see our website (using the QR code below) for answers to your questions and links to your go-to research sources.



## UPCOMING EVENTS

Canada Reads Day and Treaties Recognition Week are upcoming – please visit the library and join @OLMC Library Instagram site for more information on these and other upcoming events recognized by the library.





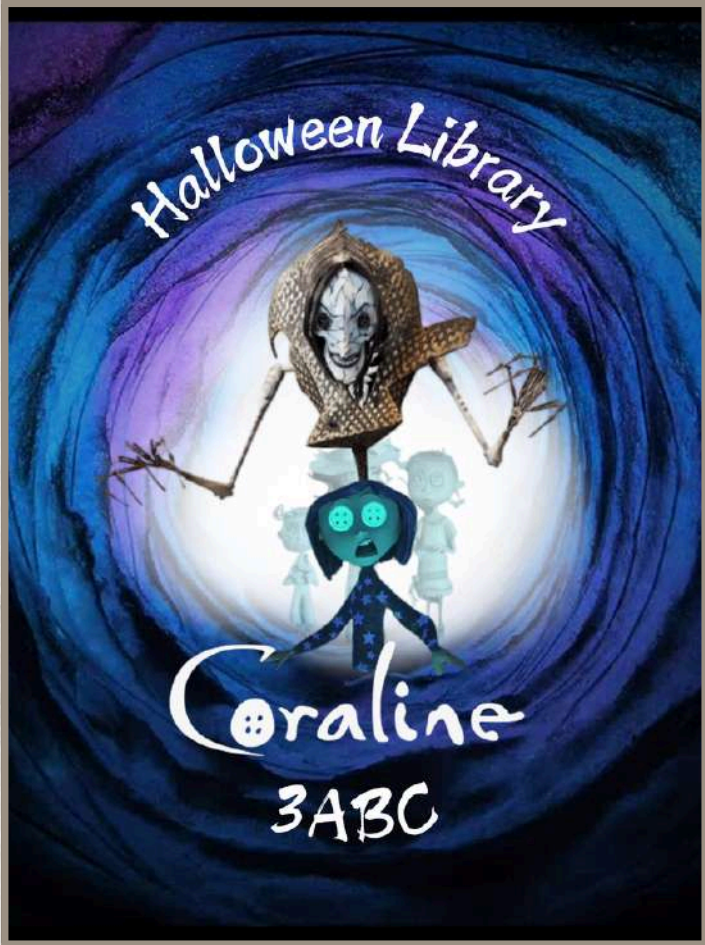
# HALLOWEEN “CORALINE: ENTERS THE OTHER WORLD”

This year the Library Club and the Interact Business Club joined efforts to transform the library into the Coraline: Enters the Other World Halloween Event”. The students could not have done it without the artistic abilities of Ms. Downes. The library looked amazing.

The Library students recited Halloween literature and poetry, led students through Halloween inspired crafts and organized a scavenger hunt. It was not easy and we want to acknowledge the great talents of all the Mount Carmel students who helped out in the library.

A special thanks to Ms. Grbic, Ms. Marasovic, Ms. Downes, and Ms. Eric for organizing this event. Thank you also to Ms. Cindric for having her class display their artwork. Lastly, thank you to Ms. Giovino, Mr. Gasparini, Mr. Resko, Mr. Kameka, Ms. Isidori-Rao and Mr. Price for their help on the day of the event.

This year’s fundraising effort will be donated to the Terry Fox Foundation.





# BEST BUDDIES

## OVERVIEW

Best Buddies is dedicated to supporting the PIP students and building strong friendships through planned activities amongst one another.

## MONTHLY EVENTS

### CLUB FAIR

This month, Best Buddies participated in many activities. As a club, we participated in the Club Fair to share some information on what the club is about. We wanted to show everyone the fun and enjoyment in being in the Best Buddies club and how it can be a positive experience for the PIP classroom. The Best Buddies club was showcased in the library for the Club Fair and was successful in earning a few new members!

The Best Buddies club also participated in Halloween festivities on October 31. The PIP classroom had a great time with the Best Buddies members during period 2. We assisted the students in making a spider craft using hand painting, and they also played Just Dance!The classroom was filled with

laughter and happy students. The students loved showing their creative Halloween costumes as well, some even entered the Halloween contest!

Overall, Best Buddies had a great month, filled with fun activities and making connections. Thank you for your support!





# JUNIOR TENNIS TEAM

Our Lady of Mount Carmel's Junior Tennis Team did a fantastic job representing our school at the ROPSSAA qualifying tournament on Wednesday October 9. They played with heart and Carmel Courage against their opponents. As usual, your coaches are so proud of your hard work.

OLMC's mixed doubles team will continue their matches today as well as our single boy's player. If they come in the top two positions, they will be competing at the ROPSSAA Tennis Championship on Friday October 18.

Good Luck!



# SENIOR TENNIS TEAM

Our Lady of Mount Carmel's Senior Tennis Team did a fantastic job representing our school at the ROPSSAA qualifying tournament on Thursday September 26. They played with heart and Carmel Courage against their opponents. As usual, your coaches are so proud of your hard work.

OLMC's mixed doubles teams cleared the competition by coming in first and second place just like they did last year. Congratulations to Daniela Cordoba, Dominik Glen, Sara Sutanty and Leandro Duric who will be competing at the ROPSSAA Tennis Championship on Friday October 18.

Good Luck!





# MIXED DOUBLES ROPSSAA CHAMPIONS



Daniela Cordoba and Dominik Glen

Our mixed doubles teams are unbeatable once again! As usual, Our Lady of Mount Carmel's Tennis Team did a fantastic job representing our school at the ROPSSAA Championship on Friday October 18.

OLMC's Junior team of Amber Coulter and Dominik Pasek competed for the first time and won third place.

OLMC's Senior mixed doubles players once again cleared the competition by coming in first and second place just like they did last year.

Congratulations to our Gold medalists Daniela Cordoba and Dominik Glen as well as our Silver Medalists Sara Sutanty and Leandro Duric who will be going to OFSAA in the spring.

Good Luck!



Sara Sutanty and Leandro Duric

# GIRLS FLAG FOOTBALL TEAM

Congratulations to the OLMC Girls Flag Football Team who have had an amazing season so far! Through hard work and determination, the team has seen tremendous growth and their undefeated record has secured the first place spot in the Tier 1 Varsity Girls Flag Football - Mississauga South division. Wishing the team the best of luck in the Semi Finals coming up on Tuesday, November 12, 2024. Good luck Carmel!

Photos taken by @dopepicsandfilms

