

OLMC CHRONICLE



ADVENT SEASON

The OLMC community entered the Season of Advent with a sense of purpose. Our community celebrated the start of the season with Grade level liturgies. We were reminded of the importance of seeing the season as a call to simplicity and detachment from all the distractions and busyness of the preparation for Christmas. We celebrated the Sacrament of Reconciliation and had Advent Meditations. Bring on the real meaning of Christmas!



DAY OF HOPE

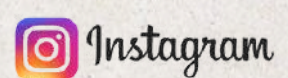
On, Thursday, November 28, 130 students and 13 staff immersed themselves in the Day of Hope. They ventured out in small groups to 13 agencies and organizations. Among the placements were; Peel Family Shelter, SEVA Foodbank, Brampton Food hub, Regeneration Brampton, Canadian Food for Children, Alzheimer's Society Peel, and downtown Toronto to distribute lunches. Each small act of service provided a tangible example of hope and each student. It was an incredible day of blessing!



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HOODIES FOR THE HOMELESS



SERVE organized an extremely successful hoodie drive for this year's Hoodies for Homeless. Our original goal was 200 hoodies. We finished with a total of 589 with a tie between Grade 10 and 12 homeroom classes who each brought in 171. The Hoodies were distributed to Peel Family Shelter and downtown Toronto. The generosity of the OLMC community continues to shine!



SERVE THRIFT SALE

SERVE organized a very successful Thrift exchange. The exchange ran for 5 days and was a huge success. Students were not just helping their wallets - they were making a difference. Over \$300 was raised and given to Canadian Food for Children.



CHRISTMAS BASKETS 2024



Our traditional Christmas Basket drive was a huge success! Thank you to parents, students, and all staff for contributing to our Christmas Basket initiative this past December. Through your generosity, we were able to support 26 families in our community this year! Non-perishable food items, toys, household items and gift cards were donated as Our Lady of Mount Carmel worked together to support families this Christmas. A true testament to faith, hope, and charity in action!

STAFF ADVENT INITIATIVE

On Wednesday, December 18, staff from OLMC came together for an evening of Advent Outreach. Staff went to Peel Family Shelter and hosted a BBQ for over 100 people. It was a powerful way to remind us of the need to see beyond our own comfort and help those in need, especially during the Advent Season.



JORDAN'S SOCK DRIVE

A huge thank you to Dylan Krayzman for his donation of socks for Jordan's Sock Drive. Dylan's mom and her colleagues at Creation Technologies collected 178 pairs of socks for this special drive. Thank you for this amazing donation which will keep a lot of toes warm during the winter season.



CREDIT VALLEY CONSERVATION PRESENTATION

On Monday November 4th, 2024, students of Ms. Malatesta's grade 10 religion classes were joined by representatives from Credit Valley Conservation, one of the 36 conservation authorities in Ontario that manages and protects the Credit River watershed, which includes the surrounding forests, wetlands and waterways from Orangeville to Mississauga. Credit Valley Conservation monitors the Credit River watershed's water quality and forest health, protects natural spaces (i.e. conservation areas and parks), educates about climate change (i.e. school talks and student programs) and restores areas of the watershed (which is essential to preserve biodiversity and the variations of birds, fish and turtles). The presentation connected to The Institute of Catholic Education's Christian Moral Development Unit, explaining how human beings, as stewards of creation are expected to care for the environment – one of the social teachings of the church (CMI.2 and CM2.4). Credit Valley Conservation provides two programs designed to encourage students to become good stewards of creation, actively involved in preserving the environment. Program 1: Conservation Youth Corps – This is a one week eco-camp, an intense 5-day program in the summer with daily projects like tree maintenance, wildflower planting, electrofishing, urban gardening and invasive species removal. Students can earn up to 35 volunteer hours. Program 2: Frontline – This program runs through the school year (Sept-May). Participants can engage in activities like snowshoeing while taking nature walks and learning about the environment. Hours earned from the program can go towards a high school student's mandatory service hours. All high school students (Grades 9-12) in the province of Ontario are required to complete 40 hours of community service as a graduation requirement. Based on the number of volunteer hours, students in Frontline can be awarded the title of "Eco-Ambassador" and obtain gold, silver or bronze. In addition to learning about volunteer programs, students had a quick cross-curricular history lesson on the Canada's popular fur science lesson on climate change's damaging impact on biodiversity and were able to touch and explore exhibits such as bark impacted by The Emerald Ash Borer, an invasive species known to cause irreparable damage to the trees in our community.



**Credit Valley
Conservation**

PETER'S INITIATIVE: THE TOY STUFFY DRIVE

For the last 17 years, Peel Children's Aid hosts a Christmas event with about 400 people on Christmas Day, complete with a meal and a gift from Santa. Peter, a student in Ms. Malatesta's gr 10 religion class at Our Lady of Mount Carmel Secondary School, initiated a toy drive so Santa would have enough toys for the event. For weeks leading up to Christmas, Ms. Malatesta advertised the charity toy drive with classroom signs, emails to the



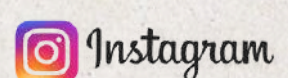
neighbouring classroom teachers and on google classroom, encouraging students and staff to bring in a gently used stuffed toy or a new boxed toy or stuffy. The initiative was supported and praised by the school principal. By December 18th, 2024, the day of the toy pick up from Peel Children's Aid, over 4 large boxes of toy donations were collected. Some teachers, such as Mr. Resko and Ms. Williams, donated generously to the collection of toys. We are very grateful to be part of a community that is inspired to live by the beatitude "Blessed are they who hunger and thirst for righteousness, for they shall be satisfied." A continuous desire for justice and moral perfection will lead one to a fulfillment of that desire – a transition and conversion to holiness. Charity participation like this toy drive gives us the opportunity to seek the common good and to practice stewardship – protecting creation by reducing waste and reusing / recycling gently used toys. Often at Christmas, we forget the true meaning of the holiday and are lured by the temptations of the advertising world, giving into materialism and sins such as greed and envy. However, charitable participation and events such as this toy drive can help us to prepare our hearts and homes for the arrival of Christ in the true spirit of Advent, redirecting us to focus on Christ during the holidays.



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COVENANT HOUSE PRESENTATION

On Friday November 8th, 2024, Ms. Malatesta's and Mr. Wey's religion classes at Our Lady of Mount Carmel Catholic Secondary School attended a Covenant House presentation with Ms. Lau titled "Reality Check" about the realities of "life on the street." The Covenant House is a non-profit organization servicing youth, ages 16-24, who are homeless, trafficked or at risk. The Covenant House offers basic needs (i.e. food, shelter), a place for spiritual / religious thought (i.e. mindfulness or prayer) as well as educational and employment services (i.e. resume writing assistance). In Canada, 6,000 youth experience homelessness on any given night. 50% of young people state that mental health was the reason they had to leave home. 20% turn to substance abuse as a coping mechanism for street life. 42% of Covenant House youth have reported that they have tried suicide at least once. Canada's RCMP reported over 2000 organized crime groups and 430 street gangs, many of which recognize the lucrative sex trafficking trade that lures youth through manipulation and the promise of materialism and wealth. The average life expectancy of people living on the streets is 39 years old. A resource guide with a list of GTA organizations and the number for the What's Up Walk In Mental Health Counselling (1-866-585-6486) was provided. Students learned about the challenges of independent living, participating in a budgeting activity with costs of transportation, housing, communication, food and fun. Students tested the knowledge they gained through a Kahoot using their personal electronic devices. The presentation addressed the injustices, myths and stereotypes associated with youth homelessness - encouraging students to become good stewards of creation by being more empathic and compassionate towards others. The presentation connected to the Grade 10 Religion curriculum, stressing concepts such as demonstrating an understanding of the principles of justice and moral decision making (CM2.1), caring for God's creation (CM2.4), examining healthy patterns of relating with a focus on friendship, intimacy, sexuality, communication, boundaries, consent and having a healthy sense of self (FL1), being formed in Catholic tradition (CGE7a), and witnessing Catholic social teaching by promoting the creation of a compassionate society (CGE7e).



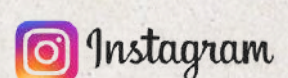
**Covenant
House**



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ATHLETIC COUNCIL

The Athletic Council has been super busy spreading holiday cheer and supporting a great cause this season with several exciting events! The council hosted a Volleyball Tournament, bringing together students and staff for some friendly competition, all while raising funds for the Christmas Basket Initiative. In addition, the council organized Candy Gram sales, allowing students to send sweet treats and thoughtful messages to friends, as well as popcorn sales with all proceeds going towards helping the Christmas Baskets! These efforts are helping provide for a joyful holiday season for families in our community that are in need! The Athletic Council's hard

work is making a real difference in ensuring that everyone can enjoy a joyful holiday season!!! On behalf of the Athletic Council, we would like to wish each and every member of our school community a very Merry Christmas and an amazing New Year!



REMEMBRANCE DAY

Through many wars and conflicts, brave Canadians have made unimaginable sacrifices—leaving behind their families, homes, and dreams—to protect the values and freedoms that make our country what it is today. Their courage and selflessness allow us, and generations yet to come, to live in peace.

During World War I and II, thousands of Indigenous men and women voluntarily enlisted in Canada's armed forces. Over 4,000 Indigenous peoples served in the Canadian forces even though they were not subject to conscription efforts. They volunteered and stood as allies with their settler brothers-nation to nation—in defence of the land and our collective freedoms.

These determined volunteers were often forced to overcome many challenges to serve in uniform, from learning a new language and adapting to cultural differences, to having to travel great distances from their remote communities just to enlist. They sought the same principles of democracy, freedom, and equality for which all Canadians had fought and died.

Indigenous Poem for Remembrance by an Anonymous Writer

The Drum beat steady and deeply resonant reaches into the past, present and future. Pulsing with medicines the drum is our heartbeat, a golden 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.



OLMC LIBRARY AND LEARNING CENTRE NEWS

Treaties Recognition Week

OLMC Library's lunchtime film screenings during the first week of November provided an opportunity for us to expand our knowledge of the history of Treaties and their impact on Indigenous communities.

Guest Speaker Maurice Switzer Bnesi shared his rich knowledge of treaty relations between First Nations and the Canadian government on Tuesday November 5th in the library. Organized by Mr. Commandant, this well-attended event allowed us an opportunity to view some meaningful artifacts and was capped off by Mr. Switzer signing our library copy of his book entitled *We Are All Treaty People*.



White Pine Books Have Arrived

Anyone interested in reading the latest books nominated for this year's White Pine Award – and voting for their favourite – is welcome to do so! Please see Ms. Eric, who will join you with reading and discussing your thoughts on the books.



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.

Christmas at the Library

Twas the week before Christmas and all through the library, Christmas movies were shown every lunch hour!

We hope you enjoyed the Christmas puzzles, DIY Holiday cards & Ornaments ... and the free candy canes and hot chocolate on the last day of classes!

Merry Christmas, Happy Holidays, and a Happy New 2025 Year to everyone!

Christmas at the Library (LUNCH 3ABC)	
Monday, December 16 Movie: How the Grinch Stole Christmas Craft: DIY Holiday Cards Christmas Puzzle	Tuesday, December 17 Movie: The Muppet Christmas Carol Craft: DIY Holiday Cards Christmas Puzzle
Wednesday, December 18 Movie: It's a Wonderful Life Craft: DIY Holiday Cards Christmas Puzzle	Thursday, December 19 Movie: Home Alone Craft: DIY Holiday Cards Christmas Puzzle
Friday, December 20 Movie: Elf Craft: DIY Holiday Cards & Ornaments Treats: Free Candy Canes & Hot Chocolate	

GRADE 12 BUSINESS TRIP TO TORONTO

On Wednesday, December 4th, the Grade 12 Business students embarked on an exciting trip to Toronto, visiting the Museum of Illusions, St. Lawrence Market, and the Toronto Christmas Market.

Museum of Illusions

The day began with an immersive experience at the Museum of Illusions, where students explored mind-bending exhibits such as the Reversed Room, Tilted Room, Vortex Tunnel, Cloning Table, Beuchet Chair, and Hologram Wall. The museum challenged their perceptions and sparked curiosity about the science behind the illusions.

Following the tour, museum staff shared insights into the business aspects of running this global franchise. The Museum of Illusions, which operates in over 50 locations across 25 countries and 4 continents, has proven to be a successful business model. Museum staff explained how the Toronto location managed to recoup its start-up costs within just 1.5 years. Afterwards they explained their marketing strategy and how strategic marketing on platforms like Facebook, Instagram, and Google Ads, as well as hosting corporate events, have served and help reach significant revenue streams.

Students had the opportunity to ask questions about the museum's operations and its recent expansion into Montreal, learning how marketing strategies and effective business planning drive success.

St. Lawrence Market

After the museum, students enjoyed lunch at the historic St. Lawrence Market, exploring the diverse food offerings and bustling atmosphere of this iconic Toronto landmark.

Toronto Christmas Market and Distillery District

The next stop was the Toronto Christmas Market, located in the Distillery District. Students participated in a guided tour, delving into the history of the district's economic development. They learned about William Gooderham, an early entrepreneur who arrived in 1832 and established several businesses, including a highly profitable distillery that significantly contributed to Toronto's growth.

The tour concluded with a visit to the district's stunning Dior Christmas Tree, a nod to a major sponsorship by Christian Dior. Students also explored the Holiday Market's kiosks, showcasing small businesses and festive goods.

A Memorable Experience

The trip offered students valuable insights into entrepreneurship, marketing, and business operations while immersing them in Toronto's cultural and economic history. Both students and teachers enjoyed the enriching experience, making this annual field trip a resounding success.



CROSS COUNTRY TEAM

Congratulations to the Cross-Country Team on Another Successful Season!

This year's team was significantly larger than last year's, with more Grade 9 and 10 students representing Carmel at the meets. The hard work put in at practices paid off, with every runner achieving their personal goals for the season.

A special congratulations goes out to Madeline Murchland, who continued her success by earning the silver medal at the ROPSSAA Championships and advancing to the OFSAA Championships for the second consecutive year. Madeline placed 13th in Ontario in the Junior Division at OFSAA. In her novice year, Emily Austerberry also advanced to the OFSAA Championships. The future looks bright for Emily and the Cross-Country team, as she is set to become a key leader in the coming years. Senior runner and current team leader Mateo Lopez made his return to the OFSAA Championships this year after just missing out last season. Mateo has now qualified for OFSAA twice—once in Grade 9 and again in Grade 11, a remarkable achievement.



While the team enjoyed much success, there was also some heartbreak. The senior girls' team—Joanna Wrona, Niamh Tennyson Sharpe, Miya Matthews, Megan Thompson, and Mia Ramirez—narrowly missed qualifying for OFSAA this year, losing to Brampton Centennial by just three points. This group of athletes had qualified for OFSAA in each of the previous three years, but were unable to secure a spot in their final year, mainly due to injuries. Despite this setback, it was still a successful season, and the coaches wish them the best of luck in their future endeavors. This was one of the hardest-working groups of athletes the Cross-Country team has ever had, and we are confident they will continue to achieve great things in their post-secondary pursuits. Finally, a big thank you to the entire team for being such a dedicated and supportive group of student-athletes. We look forward to seeing you all next year!



GIRLS FLAG FOOTBALL

On Thursday, November 14, 2024, the Mount Carmel Girls Flag Football Team capped off an undefeated season with a dominant 19-12 victory over St. Martins in the 2024 Tier One Girls Flag Football Championship. From start to finish, the Courage displayed their strength and skill, combining a powerful offense with an unyielding defense. The team's relentless drive throughout the game reflected the heart and determination that carried them to this title. Coaches Palmateer, Price, Jones, and Williams couldn't be prouder of their players, praising their commitment and teamwork in earning this well-deserved championship. As the season comes to a close, the coaches also wish to recognize the senior players whose leadership and contributions have been vital to the team's success throughout their time at Mount Carmel. Their performances will continue to inspire future generations of athletes.



Our Lady of Mount Carmel Varsity Girls Flag Football ROPSSAA Champions 2024

SCHOOL BAND

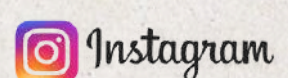
Our Lady of Mount Carmel's Band has been working hard and have done a fantastic job since their first practice on October 31st. Since then, they have performed at the grade 8 night, the academic awards night and will be performing on December 20th, playing Christmas Carols to bring in the festive season as we all head off for the Christmas Break. The band members' commitment, long hours and positive energy make the band the wonderful group that it is.



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