



Newsletter

September 17th, 2025

A Message from Mrs. Thompson

I'm writing today in the spirit of openness and partnership. Yesterday while I was off campus, an incident occurred in one of our classrooms that has raised questions among some members of our school community. While I will not share personal details about any individual student, I do want to provide you with reassurance and clarity.

Yesterday a student brought an item to school that is not permitted. The teacher responded immediately and appropriately by safely securing the item and notifying administration. From there the student's parents were contacted directly and appropriate disciplinary and educational measures were put in place in accordance with our handbook.

There was no threat posed to students or staff at any time. I recognize that in today's climate news of any object that could be considered unsafe naturally creates anxiety. Please know that your children's safety is and always will be our top priority. We are vigilant in maintaining a safe and nurturing environment for your children.

I also want to take this moment to remind our community that situations involving individual students are confidential. Out of respect for the dignity of every child and family, we will never share private details beyond what is necessary. For the safety of our school community I ask for your partnership in closing down rumors and speculation. Gossip only undermines the trust and unity that are so important in our Catholic School family.

As a community rooted in Christ we are called to extend understanding and respect to one another. Let us together model for them how to live out Gospel values of truth, compassion, and care for one another.

Thank you for your support and your continued trust in our school. If you ever have questions about our safety procedures or policies please reach out to me directly rather than relying on second hand information.

Grace and Peace,
Mrs. Jennifer Thompson, principaleolsss.org

Upcoming Events

September

- Sat. Sept. 20th - Crab Fest at Vera's 2:00-5:00pm
- Fri. Sept 26th - 12:30 Dismissal (Fair Day)

October

- Sun. Oct. 5th - Parish & School Picnic
- Fri. Oct. 10th - Grandparents Day & 12:30 Dismissal
- Mon. Oct 13th - No School (Columbus Day; Indigenous Peoples' Day)
- Tues. Oct. 21st - Legacy Studio Portrait Retake
- Thurs. Oct. 23rd - End of 1st Quarter
- Fri. Oct. 24th - No School (Collaboration Day) and Trunk or Treat 5:00pm-7:00pm

Seahawk Spotlight

We are celebrating a lot this week! This week marked the beginning of Hispanic Heritage month. We also had "Triple Square Day" on 9/16/25 where each number of the date is a square number. To celebrate, everyone had square treats at lunch! Thank you Ms. Blancato for making these for our students! Our Lead Altar Server also took time to visit younger grades to discuss upcoming training for our new altar servers.



News & Reminders

Basketball Registration- Students in grades 5-8 in good academic standing may join the OLSS Basketball teams. Registration and payment are due Sept. 24th. Please contact Gladys Nehf at 4nehf@comcast.net with any questions.

Lunch- Orders for lunch must be placed and prepaid through the FACTS parent portal. Orders are available the week prior. To order click on "STUDENT," then "LUNCH." In the top left corner, next to your student's name, you will see "+CREATE WEB ORDER."

Volunteer Opportunities- You can sign up and keep track of volunteer opportunities in Track It Forward. Please do not sign up to volunteer for in-school events unless you have completed the VIRTUS Program, and your fingerprints results are posted in your VIRTUS account. Please let the school office know if you signed up for a volunteer opportunity and aren't able to make it.

Volunteers Needed- Volunteers are needed for the Crab Feast at Vera's September 20th. VIRTUS training is NOT REQUIRED for this volunteer opportunity. Volunteers are also needed on October 9th from 1:00pm-2:30pm to help set up tables for Grandparents Day. VIRTUS training is REQUIRED for this volunteer opportunity. Please sign up on Track it Forward to volunteer.

Grandparents Day- Friday Oct. 10th is Grandparents Day! It is also a 12:30 dismissal. RSVPs are required if Grandparents will be attending. Due to limited space, a maximum of 4 grandparents per family may attend. Please RSVP HERE.

Dismissal- Dismissal begins at 3:00p.m. and the parking lot will open at 2:45p.m. Please plan accordingly if you are picking up in the car line.

Confirmation Candidates- There is a candidate and parent meeting for those registered on Sunday Sept. 21st at 9:45am in the Historic Church.

First Holy Communion Candidates- If you have not already done so, please provide the Parish Youth Catechesis office with a copy of your child's Baptismal Certificate. If your child is not baptized and is 7 years or younger, you can still register for class(es). Please contact Joanne Pensenstadler at youthministry@olss.org.

Children's Mass- OLSS students will have the opportunity to participate in Children's Mass every 3rd Sunday at 11:00am. Please complete the Interest Form if your student is able to participate. Our next Mass is October 19th.

Early Pick Up- If you need to pick up your students early, please inform the office and your child(ren)'s teacher. Early pick ups must be done before 2:30pm. Any student being dismissed after 2:30pm will be dismissed along with the other car riders/walkers.

Altar Serving Training- If your student did not attend their grade level training, please have them attend the last scheduled training session **THIS FRIDAY 9/19 from 6:30pm-8:00pm**. If they are not able to attend the last training session, please contact the OLSS Formation Team at olssformationteam@gmail.com.

Dear Parents,

I mentioned at Back to School Night that I would be referencing Jonathan Haidt's book, *Anxious Generation*. I strongly encourage you to read it yourself, but I will also be summarizing each Chapter and pointing out how it relates to our precious students. Hopefully, you find this worthwhile and relevant.

This book tells the story of what happened to the generation born after 1995, popularly known as Gen Z. " Gen Z became the first generation in history to go through puberty with a portal in their pocket that took them away from people nearby and into an alternative universe that was exciting, addictive, unstable and unsuitable for children and adolescents." (pg.6)

Chapter 1 (Summary as stated by Jonathan Haidt on pg. 44 and 45)

Between 2010 and 2015, the social lives of American teens moved largely onto smartphones with continuous access to social media, online video games, and other Internet– base activities. This (as referenced in his book) is called The Great Rewiring of Childhood, and is the single largest reason for the title wave of adolescent mental illness that began in the early 2010s.

The first generation of Americans who went through puberty with smartphones, (and the entire Internet) in their hands became more anxious, depressed, self harming, and suicidal. We now call that generation Gen Z, in contrast to the millennial generation, which had largely finished puberty when the Great Rewiring began in 2010.

The Title wave of anxiety, depression, and self harm hit girls harder than boys, and it hit preteen girls hardest of all. **(This is where Jonathan Haidt's data becomes relevant to me as a Principal of preteen girls. Unfortunately, I am seeing evidence of the increase of these very things in our students)**

The mental health crisis has also hit boys. Their rates of depression and anxiety have also increased a lot, although usually not by as much as girls. Boys' technology use and mental health difficulties are somewhat different from those of girls. (This will be addressed in Ch. 7)

(I have also become aware of many more boys exhibiting signs of depression and anxiety - not related to the learning at hand and not just as a one time "bad day")

Suicide rates in the United States began rising around 2008 for adolescent boys and girls: they rose much higher in the 2010s.

The increase in suffering was not limited to the United States. The same pattern is seen at roughly the same time among teens in the UK, Canada, and other major Anglosphere countries, and also in the five Nordic nations. Feelings of alienation in school rose after 2012 across the Western world. Data is less abundant in non-Western nations, and the patterns there are less clear.

No other theory has been able to explain why rates of anxiety and depression surged among adolescents in so many countries at the same time and in the same way. Other factors, of course, contribute to poor mental health, for the unprecedented rise between 2010 and 2015 cannot be explained by the global financial crisis, nor by any set of events that happened in the United States or in any other particular country.

How, exactly, does a phone -based childhood interfere with child development and produce or exacerbate mental illness? To answer that question, we must first consider what childhood is and what children need to do in order to develop into healthy adults. That is my (Michael Haidt's) goal in part two of this book. I'll tell the backstory to the Great Rewiring, which is the gradual loss– beginning in 1980s – of the play- based childhood.

CH 2 Summary Coming Soon

OLSS CRAB FEAST 2025

Join your hosts Alex & Cash for an afternoon of fun & food

CRABS, SHRIMP, BBQ, HOTDOGS, CORN ON COB, HUSH PUPPIES, MAC N' CHEESE, SLAW, SOFT DRINKS, DESSERTS & MORE!

Sept. 20th 2 PM - 5 PM
 Vera's Restaurant
 1200 White Sands Dr, Lusby, MD
 Rain Date: Sunday, Sept. 21st
 Down on the Beach

565 Adults \$20
7 to 13

50/50 RAFFLE **Live Music**

Bounce House **Cash Bar**

Our Sponsors

100% Proceeds to OLSS

For Tickets Go To










OUR LADY STAR OF THE SEA SCHOOL INVITES YOU TO

GRANDPARENTS DAY

FRIDAY, OCTOBER 10, 2025

9:00a.m. - MASS
 10:00-10:45a.m. - BRUNCH
 10:45-11:15a.m. - CLASSROOM VISITS

PLEASE RSVP THROUGH OUR SCHOOL WEBSITE WWW.OLSSS.ORG

WE UNDERSTAND THAT MANY CHILDREN DO NOT HAVE GRANDPARENTS WHO ARE ABLE TO COME TO GRANDPARENTS DAY. SPECIAL FRIENDS OR RELATIVES ARE WELCOME TO COME IN PLACE OF GRANDPARENTS.

#ADVENTUREON!

Visit a Den Meeting, and find out what joining our Pack can offer you

There's something for everyone!

Camping - Friendship - Cooking - Character - Service Life Skills - And So Much More ...

Pack 430 is an inclusive and exciting group of children in grades K-5 that are excited to learn about and be in the outdoors.

If you have questions or want additional information contact:
pack430cubmaster@gmail.com
 (240) 317-9533

 

Wreaths Across America

When: Every Sunday at 4pm
Where: Behind St John Vianney Church in Prince Frederick

Cub Scout Pack 430
 105 Vianney Lane
 Prince Frederick, MD 20678





2025-2026 OLSS BASKETBALL PROGRAM REGISTRATION For OLSS students in grades 5-8

Your permission as a parent or guardian is required for your child to be allowed to participate in our basketball program. While we do not require your child to have a physical examination in order to participate, we strongly suggest that he/she have one. Your child will be required to wear proper athletic shoes and clothing during practice. School uniforms and dress shoes are not permitted.

I hereby give my consent for (*child's name*) _____
to participate in the 2025-26 basketball program at OLSS.

I authorize OLSS to obtain, through a physician of its own choice, any emergency medical care that may be reasonable and necessary for my child during the course of such activities.

I also understand that my child must be: (a) covered by a family medical insurance policy, or (b) if no medical insurance policy is listed, would also consent by signature below to pay in full, the dollar amount of any such emergency care as described above and not hold any individual or organization associated with OLSS or its basketball program financially responsible for such care.

Student's Birth Date: _____ Current grade: _____

Mother/Guardian Name: _____ Cell Phone: _____

Mother's Email Address: _____

Father/Guardian Name: _____ Cell Phone: _____

Father's Email Address: _____

Allergies/Medical Conditions: _____

Parent/Guardian Signature _____ Date: _____

The registration fee is **\$100 per child** and may be paid with a check made out to OLSS, or through the online school store at: <http://olssschoo.corecommerce.com/>

REGISTRATION FORMS & PAYMENTS ARE DUE BY SEPTEMBER 24, 2025.

Please contact Gladys Nehf, Athletic Program Director at 4nehf@comcast.net with any questions.