



Newsletter

January 7th, 2026

A Message from Ms. Quade

Welcome back! I hope the break was filled with relaxing and joyous times with friends and family for everyone. Mrs. Thompson will not be in the office this week, but I am available should anything be needed in her absence.

Happy New Year!

Ms. Maggie Quade, grade8@olsss.org

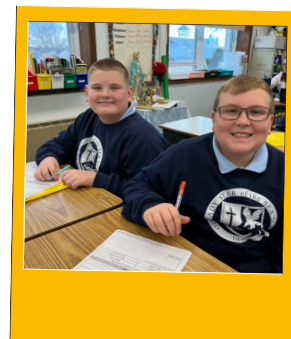
Upcoming Events

December

- Jan. 15th - Spaghetti Dinner 5-7pm and end of the 2nd Quarter
- Jan. 16th - 12:30 Dismissal
- Jan. 19th - No School MLK Day
- Jan. 25th - Open House 9-11am
- Jan 25th -31st - Catholic Schools Week
- Jan. 30th - Open House 9-11am

Seahawk Spotlight

We have been excited to be back together after the break!



News & Reminders

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."

Volunteers Needed- We are in need of volunteers for the Fr. Alexander Gala. Volunteers DO NOT need to have completed VIRTUS requirements. Help is needed on February 14th with set up from 9:00am-1:00pm and clean up from 10:30pm-11:30pm. Sign up information will be sent out shortly. Volunteers are needed for lunch help as well as making Cascarones (confetti eggs). Please sign up on [Track it Forward](#) to volunteer.

Spaghetti Dinner- Thursday Jan. 15th from 5-7pm is our Spaghetti Dinner! Cost is by donation. Any students who attend will earn a free tag day on Friday Jan. 16th! We hope to see you there!


Fr. Alexander Gala- Please see the attached flyer for details on this year's Fr. Alexander Gala. There will also be special guests Sr. Grace and Sr. Paula in attendance!

Catholic Schools Week- We will celebrate Catholic Schools Week January 25th-30th. A detailed calendar of events is to follow.

Talent Show- Auditions for the talent show, which takes place during Catholic Schools Week are going on now through Jan. 16th. Permission slips are required for student participation. Acts, outfits, and song lyrics must be approved by Mrs. Gross. Please contact her at music@olsss.org with any questions.

January Lunch Menu

JANUARY 2026

MON	TUE	WED	THU	FRI
			1 NO SCHOOL	2 NO SCHOOL
DOMINO'S CHEESE OR PEPPERONI PIZZA 5	SWEDISH MEATBALLS, MASHED POTATOES & GREEN BEANS 6	Chicken Teriyaki Rice Bowls Sauteed Veggies Apple Slices 7	CAFETERIA LUNCHABLES HAM, TURKEY, PEPPERONI, CHEESE, CRACKERS, CARROT STICKS & A COOKIE 8	GRILLED CHEESE TOMATO SOUP "SUGAR COOKIE APPLE COBBLER" 9
DOMINO'S CHEESE OR HAM PIZZA 12	Nacho's with or without meat with toppings & Sweet Corn Cake 13	 SALAD BAR 14	CREAMY CHICKEN & BROCCOLI BAKE WITH RICE & A BROWNIE **SPAGHETTI DINNER 5-7PM** 15	FRENCH TOAST STICKS WITH FRESH FRUIT 16
NO SCHOOL 19	DOMINO'S CHEESE OR BACON PIZZA 20	BURRITOS BOWLS, MEXICAN STYLE RICE & CINNAMON ROLL 21	Chicken Nuggets French Fries Carrot Sticks Chocolate Chip Cookie 22	FISH STICKS, TATER TOTS & COLE SLAW 23
DOMINO'S CHEESE OR SAUSAGE PIZZA 26	FREE CHICK-FIL-A DAY!! 27	HAM & CHEESE PINWHEELS, PRETZEL BITES W/ DIPPING SAUCE AND MIXED BERRY POKE CAKE 28	CHEESE TORTELLINI W/ CREAM SAUCE & GARLIC BREAD 29	CEREAL BAR 30 WITH BLUEBERRY MUFFINS

DAILY MENU

Sandwiches Available Daily:

Peanut Butter &
Jelly
Cheese
Ham***
Turkey***
Tuna Salad

Served with Chips
& Fruit

***Ham and Turkey
not available on
Fridays



Catholic Schools
A Faith-Based Education
that Lasts a Lifetime



2026-2027 ARCHDIOCESE OF WASHINGTON TUITION ASSISTANCE PROGRAM NOW OPEN

Apply Now

The tuition assistance awarding timeline for the 2026-2027 school year ended on February 27, 2026. Families **MUST** apply for ADW assistance prior to requesting OLSS Tuition Assistance.

Beginning October 1, families can apply for ADW Tuition Assistance through their FACT Family Portal or by visiting factsmgt.com.

- ****IRS Integration:**** FACT is implementing IRS Integration to enhance your experience.
- ****Faster Award Notifications:**** Expect a quicker turnaround for award notifications.

****Upcoming Meeting:**** Additional information will be provided during the Home and School Meeting on October 6.

Contact Colleen Muldoon if you have any questions: muldoonc@olsss.org

Chapter 4

Puberty and the Blocked Transition to Adulthood

In summary

Early puberty is a period of rapid brain rewiring, second only to the first few years of life. Neural pruning and myelination are occurring at a very rapid rate, guided by the adolescents experiences. We should be concerned about those experiences and not let strangers and algorithms choose them.

Safetyism is an experience blocker. When we make children's safety a quasi-sacred value and don't allow them to take any risks, we block them from overcoming anxiety, learning to manage risk, and learning to be self-governing, all of which are essential for becoming healthy and competent adults.

Smartphones are a second kind of experience blocker. Once they enter a child's life, they push out or reduce all other forms of non-phone-based experience, which is the kind that their experience-expectant brains most need.

Rites of passage of the curated sets of experiences that human societies arrange to help adolescents make the transition to adulthood. It is noted that these rights usually have a separation phase, a transformation phase, and a reincorporation phase.

Western societies have eliminated many rights of passage, and the digital world that opened up in the 1990s eventually buried most milestones and obscured the path to adulthood. Once children began spending much or most of their time online, the inputs to their developing brains became undifferentiated torrents of stimuli with no age grading or age restrictions.

A society that is large, diverse, and secular (such as the United States or the UK) might still agreed to set to a set of milestones that mark stepwise increases in freedoms and responsibilities.

COMMENTS

1. **“Our good intentions may be working against our children.”**
Chapter 4 challenges us to reflect honestly on how modern parenting—though loving and protective— may be unintentionally limiting children's growth. Many of us were raised with far more independence than our children have today. Haidt’s research shows that constant adult intervention can actually **increase** anxiety rather than reduce it.
2. **”Children need real play to build real confidence “**
Haidt emphasizes that unstructured, child– led play teaches problem-solving, builds social skills, allows children to experience manageable failures, and strengthens emotional resilience. When children resolve conflicts on the playground without adults stepping in immediately, they learn skills that no lesson can teach. Not every scraped knee or hurt feeling is a crisis—it is often a lesson learned
3. **”Risk is not the enemy– fear is.”**
Chapter 4 distinguishes between danger and reasonable risk. Climbing, exploring, negotiating rules– these experiences teach judgment and courage. Children who never practice risk in small ways are more fearful when real challenges arise.
4. **“When adults manage everything, children manage nothing.”**
Haidt explains that constant adult oversight can prevent children from learning self-regulation, undermine confidence, increase dependency and anxiety. Sometimes the most loving thing we can do is step back. Children grow when they discover “I can handle this”
5. **“School and home must work together.”**
At school, we intentionally foster healthy independence, social problem solving, and resilience. We ask parents /guardians to support this at home by allowing more unstructured time, fewer adult-managed solutions and fewer screens. This builds trust and unity between families and school.
6. **Practical takeaways for parents ask yourself this week**
Where can I step back just a little? Could my child walk ahead of me, solve a peer conflict, or play without a schedule? These small changes can have a big impact on anxiety.

Our goal as a Catholic school is not just academic success, but the formation of confident, resilient children who know they are loved by God and capable of meeting life's challenges. Chapter 4 reminds us that freedom, play, and trust are essential tools in that formation.

This concludes Part 2, which presented the lead-up to the Great Rewiring of Childhood that occurred between 2010 and 2015.

Jonathan Haidt explained why human childhood has the unique features that it has and why a play-based childhood is so well matched to those features. He showed evidence that the play-based childhood was in retreat well before the arrival of smart phones.

Now we're ready to move on to Part 3, in which he tells the story of what happened when adolescents transitioned from basic phones to smart phones, which began in the late 2000s and accelerated in the early 2010s.

He'll present the evidence that the new phone-based childhood that emerged in those years is bad for children and adolescents, and he will show that the harm goes **far beyond** increases in mental illness.



SPAGHETTI DINNER FUNDRAISER

Enjoy a
night in
Italy
with your
School
Family

**OLSS Teachers and Staff
Invite you to Dinner!**

Thursday,

JANUARY 15, 2026

5:00 – 7:00pm

Spaghetti with or without meatballs, salad,
bread, & drinks

Cost is by donation

Our Lady Star of the Sea School
90 Alexander Lane, Solomons, MD 20688

*OLSS
students who
attend will
have a tag
day on Fri Jan
16th!*

OLSS GOT TALENT

Do You Have a Hidden Talent?

JANUARY 27TH



TIME TBD

Lyrics, outfits, and talent show act MUST be approved by Mrs. Gross

CALLING ALL TALENTED STUDENTS!

DO YOU HAVE A HIDDEN TALENT YOU WOULD LIKE TO SHARE WITH EVERYONE?

HOW TO JOIN THE FESTIVITIES:

- TALENT MUST BE SCHOOL APPROPRIATE
- LYRICS, OUTFITS AND ACT MUST BE PREAPPROVED

AUDITION DATES:
JAN 5-16TH
IN MUSIC CLASS

TALENT IDEAS:

LIP SYNC

RECITE A POEM

SING

DANCE

MONOLOGUE/SKIT

GYMNASTIC ROUTINE

MAGIC SHOW

IMPERSONATION

COMEDY ACT

MARTIAL ARTS DEMO

PLAY INSTRUMENT

PUPPET SHOW

MIME

STEM DEMO

CUP STACK

SHARK TANK PITCH

SHARE YOUR CULTURE

HULA HOOP

FASHION SHOW

SOLVE A RUBIKS CUBE

SHOW AND TELL?

OLSS TALENT SHOW
Tuesday, January 27
Registration Deadline: Monday, January 19th

It's time for our awesome OLSS students to share their talents in our annual Talent Show! Students in all grades are welcome to perform solo or group acts on stage. Parents and students should note the following requirements and guidelines:

1) The Talent Show is open to students in all grades. Students from different grades can perform an act together if they wish. To allow adequate time for all performers, a student may participate in one solo or group act in addition to any large group or class acts that may be organized at school. If your child is participating with other performers, all group members must return a permission form. Auditions will be held during Music classes from Jan. 5-16.

2) All acts must be in keeping with our Catholic school setting, appropriate for all ages, and safe for performers and audience members. Please guide your child to make appropriate choices, especially in music and costume selections. Students may assume a song is fine if it doesn't include "bad" words, not realizing that the theme is not appropriate for children. Students are **REQUIRED** to bring in a copy of the lyrics to any song they wish to perform (singing or dancing) for approval before they can perform it in rehearsal. Students do not need to dress in costume unless they wish. All outfits must be in keeping with our non-uniform dress code.

3) Students should rehearse at home. Limited rehearsals will also be held during school time. Students will also be asked to keep any items needed for their acts (except costumes) at school.

4) Students will be reminded that kindness, inclusiveness, encouragement, and support for all performers are expected to make our Variety Show fun and exciting for everybody.

TALENT SHOW REGISTRATION FORM
Must be turned in by Jan. 19

Student Name _____ Grade _____

Additional students in the act: (a separate form is required for each student):

Act description (skit, dance, etc.) _____

If singing, dancing, or playing an instrument, song title (please attach a copy of the lyrics):

My child _____ has permission to participate in the OLSS Talent Show on January 27. I have read and agree to the attached requirements and guidelines.

Parent name (*printed*) _____

Parent signature _____

Parent email _____



Our Lady Star of the Sea School



Established in 1933, Our Lady Star of the Sea School is a member of the Roman Catholic Archdiocese of Washington and is a fully accredited, private Catholic school for PK-8th grade. Located on the beautiful Chesapeake Bay in Solomons, our school instills a life-long love of learning in a safe, faith-filled environment.



OPEN HOUSES
 For Prospective New Families
 Friday, January 23, 9-11am
 Friday, January 30, 9-11am



- Daily Classes:**
- + Language Arts
 - + Math
 - + Religion
 - + Science
 - + Social Studies

- Weekly Classes:**
- + Foreign Language
 - + Computers/Media
 - + Art
 - + Music
 - + Physical Education
 - + Library



- + Average Teacher/Student Ratio is 1:15
- + Daily Prayer / Weekly Children's Mass
- + Rigorous Academics / STEM Activities
- + Before Care & After Care Programs
- + Tuition Assistance Available



90 Alexander Lane, Solomons, MD 20688
 Phone (410) 326-3171

INQUIRIES



OUR LADY STAR OF THE SEA
– 2026 FATHER ALEXANDER GALA –
HOLLYWOOD FIREHOUSE
BANQUET HALL
SATURDAY, FEBRUARY 14
6:00 PM - 10:30 PM

An Evening in Paris

TICKET PRICING

EARLY BIRD (DEC 1-31, 2025)
\$100 PER TICKET
\$700 PER TABLE

REGULAR (JAN 1-FEB 1, 2026)
\$110 PER TICKET
\$770 PER TABLE


 2026 Gala Honoree
 Deacon Andy Geisz



Wine Pull and Valentine's Day Celebration available at additional costs
Proceeds to benefit the construction of the Pre-K Building
 For more information visit: olss.org/gala or call the parish office at 410.326.3535