



Newsletter

August 27th, 2025

A Message from Mrs. Thompson

This week students were introduced to our theme for the school year: "Anchored in Hope." Hope is one of the theological virtues of our Catholic faith. Hope allows us to trust in God's promises and rely on the grace of the Holy Spirit. Hope in Christ provides students with a strong foundation, and guides them in their academic and spiritual growth. As we move through this year, students will learn more about this virtue and theme. I am looking forward to a faith filled school year anchored in hope!

Grace and Peace,

Mrs. Jennifer Thompson, principal@olsss.org

Upcoming Events

August

- Fri. Aug. 29th - 12:30 Dismissal (No Aftercare)

September

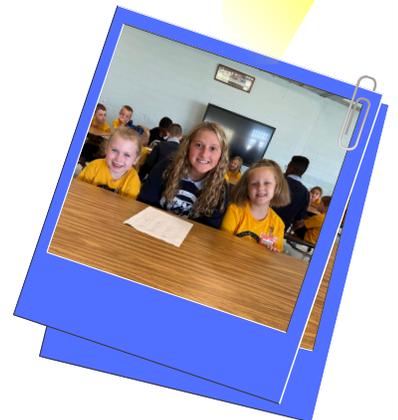
- Mon. Sept. 1st - No School (Labor Day)
- Mon. Sept 8th - Legacy Student Portraits
- Wed. Sept. 10th - Back to School Night 6:30pm
- Sat. Sept. 20th - Crab Fest at Vera's 2:00-5:00pm
- Fri. Sept 26th - 12:30 Dismissal (Fair Day)

October

- 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

What an amazing first week of school! We are excited for a happy, healthy and holy school year!



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."

Yearbooks- Extra 2024-2025 yearbooks are available for \$35. Orders can be paid for by cash, check, or through the online school store.

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- We are in need of help organizing, sorting, and managing the uniform exchange September 19th from 2:00-3:00. VIRTUS training IS REQUIRED for this volunteer opportunity. Volunteers are also needed for the Crab Feast at Vera's September 20th. VIRTUS training is NOT REQUIRED for this volunteer opportunity. Please sign up on Track it Forward to volunteer.

School Pictures- Legacy Studios portrait day is Monday, Sept. 8th. Students may wear dress cloths to school that day. To order portrait packages, visit the Legacy Studios website.

Back to School Night- Wed. Sept. 10th is Back to School Night! The night starts at 6:30pm and is for parents/guardians only. The evening will consist of an introduction of our teachers and staff, a presentation from our Home and School Association President, and classroom visits.

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.

VIRTUS Fingerprinting- Anyone wishing to volunteer at the school is required by the Archdiocese of Washington to complete ALL 5 STEPS of the VIRTUS Child Protection Program before they may volunteer. There will be a fingerprinting session from 6-8pm on Back to School Night for those who need to complete this step of the VIRTUS Child Protection Program. Please email our VIRTUS coordinator Mrs. Muldoon at bookkeeper@olss.org with any questions.

Congratulation Mrs. Thompson!- At the Archdiocese of Washington Opening of Schools Mass, Mrs. Thompson was honored for 25 years of service to Catholic education! We are so blessed to have her leading our school. Thank you for all you do for our school community Mrs. Thompson!

Email Addresses

The contact information for all teachers and staff can be found on the [Staff page](#) of the school website. Please do not hesitate to reach out to your student's teacher(s) with any questions!

Mrs. Thompson- principal@olsss.org
 School Office- olssschoo@comcast.net
 Admissions Questions- admissions@olsss.org
 Billing Questions- bookkeeper@olss.org
 School Nurse- schoolnurse@olsss.org
 Mrs. Shaw- kindergarten@olsss.org
 Mrs. Mautino- grade1@olsss.org
 Mrs. Norris- grade2@olsss.org
 Mrs. Funchion- grade3@olsss.org
 Ms. Weber- grade4@olsss.org
 Mrs. Oster- grade5@olsss.org

Mrs. Dailey- grade6@olsss.org
 Mrs. Sullivan- grade7@olsss.org
 Ms. Quade- grade8@olsss.org
 Mr. Balderson- keithbalderson@olsss.org
 Mrs. Klasko- library@olsss.org
 Mrs. Dwyer- resource@olsss.org
 Senora Dawn- dawnsb@olsss.org
 Mrs. Gross- music@olsss.org
 Mrs. Grater- pe@olsss.org
 Mr. Dickerson- schoolcounselor@olsss.org
 Mrs. Muldoon- muldoonc@olsss.org

September Calendar

Our Lady Star of the Sea School SEPTEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NO SCHOOL Labor Day	2	3 <small>✠ Feast of St. Gregory the Great</small>	4	5 9am: First Friday Mass	6
7	8 Legacy Studios Portraits <i>Wear dress clothes to school</i> <small>✠ Birth of the Blessed Virgin Mary</small>	9	10 9am: Mass ----- 6:30pm: BACK TO SCHOOL NIGHT	11	12	13
14 <small>✠ Feast of the Exultation of the Cross</small>	15 <small>✠ Feast of Our Lady of Sorrows</small>	16	17 9am: Mass	18	19	20
21 <small>✠ Feast of St. Matthew</small>	22	23	24 9am: Mass	25	26 12:30pm Dismissal Calvert County Fair Day	27
28	29 <small>✠ Feast of the Archangels</small>	30				

September Lunch Calendar

SEPTEMBER 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 DOMINO'S CHEESE OR PEPPERONI PIZZA	3 CAFETERIA LUNCHABLES HAM, TURKEY, PEPPERONI, CHEESE, CRACKERS, CARROT STICKS & A COOKIE	4 CHICKEN ALFREDO BAKE W/ GARLIC BREAD & BROWNIE	5 FISH SANDWICHES WITH MAC N' CHEESE, GREEN BEANS
8 DOMINO'S CHEESE OR SAUSAGE PIZZA	9 BLT WITH MAYO BAG OF CHIPS & APPLE SLICES	10 SALAD BAR 	11 MINI CORN DOGS & BAKED BEANS & CHOCOLATE PUDDING	12 BAKED ZITI, GARLIC BREAD SALAD
15 DOMINO'S CHEESE OR HAM PIZZA	16 BEEF & CHEESE BURRITOS GRILLED CORN RICE CRISPY TREAT	17 TATER TOT BAR WITH FIXINGS MINI CHOCOLATE CHEESECAKE CUPS	18 Chicken Nuggets French Fries Carrot Sticks Chocolate Chip Cookie	19 GRILLED CHEESE TOMATO SOUP BROWNIE
22 DOMINO'S CHEESE OR BACON PIZZA	23 SLOPPY JOE SLIDERS WITH BAKED BEANS AND FRUIT CUP	24 CHICKEN FRIED RICE MINI SPRING ROLLS & FORTUNE COOKIE	25 TURKEY OR VEGGIE WRAPS MAC SALAD MINI BLUEBERRY MUFFIN	26 FRENCH TOAST STICKS WITH FRESH FRUIT 12:30 DISMISSAL
29 DOMINO'S CHEESE OR PEPPERONI PIZZA	30 Nacho's with or without meat with toppings Churro Chips			



DAILY MENU

Sandwiches Available Daily:

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

Served with Chips
& Fruit

***Ham and Turkey
not available on
Fridays



Congratulations to Our Lady Star of the Sea School's Pre- Kindergarten Program for earning the Maryland EXCELS top rating!



Maryland EXCELS (Excellence Counts in Early Learning and Schools) is the state's quality rating and improvement system for licensed child care and early education programs. It uses a scale from 1 to 5, with Level 5 being the highest level of quality awarded to programs that meet rigorous standards and are state- or nationally accredited.

Maryland EXCELS evaluates programs across five critical domains. To reach Level 5, a program must demonstrate high-quality practices in each area:

- 1) Developmentally Appropriate Learning & Practice:** Instruction is based on ongoing assessments, reflects each child's interests and skills, includes family and (if applicable) IFSP/IEP input.
- 2) Curriculum Alignment:** Uses a curriculum aligned with the Maryland Early Learning Standards as set by the local education agency.
- 3) Learning Environment:** Offers a welcoming, inclusive, developmentally appropriate setting that reflects children's interests, languages, and cultural backgrounds, balancing child-initiated and teacher-directed activities.
- 4) Staff Professional Development & Collaboration:** All teaching staff (including assistants) receive ongoing professional development, with structured opportunities for collaboration.
- 5) Licensing & Compliance, Staff Qualifications, and Administration:** Programs must adhere to licensing requirements, maintain qualified staff, and have sound administrative policies. (While details aren't always specific to Pre-K, these domains are part of the overall EXCELS framework)



We thank our Pre-K
staff for their
outstanding work and
devotion to reach this
milestone
achievement. We are
grateful for the
excellence they bring
to our Pre-K program
each day.





2025 – 2026 HSA Events



Please Note: Event dates and details are subject to change throughout the year due to scheduling or other unforeseen circumstances

Date	Event
Aug 22	Rita's Spirit Day
Sept 13	Chipotle Spirit Night
Sept 20	Crab Feast/Lucky Duck Derby at Vera's
Oct 1 – 15	The Giving Market Fundraiser
Oct 6	HSA Community Meeting
Oct 24	Trunk or Treat
Nov 9	Mod Pizza Spirit Day
Nov 22	Christmas Bazaar
Nov 25	Turkey Trot
Dec 1	HSA Community Meeting
Jan 15	Spaghetti Dinner (Teacher Hosted)
Feb 2	HSA Community Meeting
Feb 7	Polar Plunge
March TBD	Panda Express Spirit Day (TBD)
March 28-29	Palm Sunday Basket Auction & Bake Sale
April 6	HSA Community Meeting
April TBD	Seahawk Scramble Golf Tournament
April/May TBD	Las Catrinas Spirit Night (TBD)
May 13-22	Boosterthon FunRun Fundraiser
May 27	Sweet Frog Spirit Night (TBD)



Feel free to contact us anytime with ideas or questions!

General Information:

✉ olsss.hsa@gmail.com

📍 Our Lady Star of the Sea School Home and School Association

Volunteer Information:

✉ olssvolunteerhours@gmail.com

Follow us on Facebook



Our Lady is as Good as our Community built by our Families!

OLSS Illness Protocol 2025/2026

Dear OLSS Families,

I hope everyone had a wonderful summer! I wanted to provide a quick reference sheet to families on illness protocol here at OLSS. As our cold and flu season approaches along with other respiratory illnesses on the rise, keeping our students and staff healthy for learning, is of utmost importance to all of us. Most information from the school nurse will come via email, be sure to be checking your emails regularly for updates and important information for your student. Please review the following protocols to assist us in keeping everyone happy and healthy this school year.

If a child is experiencing the following symptoms they should remain home from school. When a student will be absent from school due to an illness, **a parent is required to call or email schoolnurse@olsss.org with the nature of the illness by 8:00am.** The school nurse will reach out (typically by email) to update on when the student is clear to return to school.

- **Fever of 100°F or above**-students with a fever **MUST** remain home until they are fever free for 24 hours **without** the use of fever reducing medications
- Nauseated or ill at home before school starts
- **Diarrhea or vomiting**-Students must be diarrhea/vomiting free for 24 hours without the use of medications prior to returning to school **AND** tolerating oral diet.
- **Severe cough**
- **Yellowish, watery or red eyes**-Students diagnosed with pink eye must remain out of school until 24 hours after antibiotics have been started and eyes are not oozing.
- **Difficult or rapid breathing**
- **Severe headache**
- **Head lice**-must be completely lice free before returning to school. The child will have their hair inspected by the school nurse before they are allowed to return to their classroom.
- **Rashes**- student is not to be sent to school unless a physician's statement indicating that the rash is not contagious is sent with the child
- ***Respiratory symptoms** (Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea) should remain home and complete a **home COVID/Flu test waiting at least 24-48 hours after symptom onset to test.** If negative, they are clear to return to school once symptoms improved. If positive- ***See Respiratory Illness Protocol below.**
- **Step Throat**- Students diagnosed with strep throat are required to be on antibiotics for 24 hours **AND** be fever free for 24 hours prior to return to school.
- ***Flu**- At least 24 hours after fever has resolved and symptoms improved. Please provide a doctors note with clearance date for return to school. (***See Respiratory illness protocol below**)
- **Absences/illnesses for 3 or more days require a physician's note.**

In the event that a child becomes ill at school, the school Nurse or Med Tech will examine them and notify the parents. If the child is experiencing symptoms that require being sent home, **the parent must come to the school asap or within 30 minutes** and transport the child home. In the case of accident or emergency the **parent MUST pick the child up within 30 minutes, or the school will call 911 to have the child transported to the Emergency Room** at Calvert Health Medical Center in Prince Frederick. If you have any health related questions, please reach out to schoolnurse@olsss.org

OLSS Respiratory Illness Protocol
(Includes, but not limited to: COVID-19, Flu, RSV)

Students and staff should stay home if you have respiratory virus symptoms that aren't better explained by another cause. You can resume normal activities once symptoms are improving (**symptoms improving means: a significant reduction in symptoms, have a normal appetite, coughing and congestion/runny nose is minimal and well controlled.**) and you've been fever-free (without the aid of fever-reducing medications) for at least 24 hours.

Respiratory Illness Symptoms list:

- | | |
|--|-----------------------------|
| •Cough | •New loss of taste or smell |
| •Fever OR Chills | •Sore throat |
| •Shortness of breath or difficulty breathing | •Congestion or runny nose |
| •Fatigue | •Nausea or vomiting |
| •Muscle or body aches | •Diarrhea |
| •Headache | |

Students and staff who experience a **NEW ONSET** of any combination of the above symptoms that can not be explained by another diagnosis (for example: seasonal allergies, asthma, etc) **MUST** :

- Remain home for **24 hours after symptom onset**
- Complete COVID/Flu testing 24-48 hours after symptom onset- **If negative and symptoms improved** (see definition of symptom improved above in red)- Student/staff may return to school.
- **IF symptoms persist**, and home testing is negative- Remain home and contact provider for further testing for Flu, RSV, Strep, etc.
- IF **ANY** testing is positive (Flu, COVID, RSV, etc)-Student/Staff **MUST** report the case to schoolnurse@olsss.org and remain home until fever free for 24 hours without the use of medications **AND symptoms resolving/improved** (see definition of improved in red above).
 - **IF positive and No Fever develops**- students and staff **MUST** remain home for **AT LEAST 24 hours**, have a **significant reduction** in symptoms, have a normal appetite, **coughing and congestion/runny nose is minimal and well controlled.**
 - IF symptoms or fever return, you should start back at step one: staying home and away from others until symptoms improving and fever-free for at least 24 hours.

STUDENTS AND STAFF WHO ARE ABSENT FOR 3 OR MORE DAYS RELATED TO ILLNESS ARE REQUIRED BY ADW TO HAVE A DOCTORS NOTE TO RETURN.

* OLSS Staff will have the right to provide a mask to any student with questionable symptoms*



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.