



Welcome, Moms!

EVERYTHING YOU WANTED TO KNOW
ABOUT MOUNT CARMEL,
BUT YOUR SON FORGOT TO TELL YOU



Mount Carmel High School
2011 - 2012

Welcome, Moms, to the Mount Carmel Family!

(OR EVERYTHING YOU WANTED TO KNOW
ABOUT MOUNT CARMEL,
BUT YOUR SON FORGOT TO TELL YOU)

If you are like many of our new moms, you are not quite sure how you fit into what seems like the overwhelmingly male world of Mount Carmel High School. Please be assured that moms hold a very respected and cherished place here. Unfortunately, the boys often forget to share this sentiment, along with many other informational items with their moms.

The following booklet was created several years ago by then Mothers' Club President Kathleen Daigler, with the hope of helping new Carmel moms fill in the information gaps.

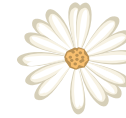
For further information about the Mothers' Club or any of the activities listed, please feel free to contact one of the current Mothers' Club Board Members. Check out the Mothers' Club web page and sign up for and watch for e-mail updates. To add your name to the Mothers' Club database send us an e-mail at mcmothersclub@gmail.com. We are happy to answer questions or help any way possible.

Enjoy your years of "Carmel Life" with your son. He comes to Carmel as a Boy, struggles, works at it, and leaves as a Man-and it passes all too quickly!



**Recognizing that not all our students have "Moms" or "Mothers" in the home, these terms are meant to include any mother-figure or surrogate in the student's life. Please feel free to join us and don't forget to bring a friend!*

DATES TO REMEMBER



The following is a quick list of dates for your calendar. Always check on-line under the Edline calendar or the www.mchs.org homepage calendar for additional updates. Occasionally, you may also receive an automated telephone call from Mount Carmel High School when a sudden major change has occurred. If you have any questions regarding the date, time or place of an event, just call!

SEPTEMBER 2011

Thursday, September 8

Welcome New Moms Reception Mothers' Club General Meeting: All are welcome.

Tuesday, September 12

Bake Sale

Sunday, September 25

Fall Retreat for Mothers, Alumni Mothers and Friends at MCHS Convocation Center

OCTOBER 2011

Thursday, October 6

Teacher Appreciation Luncheon (Senior Class Hosts)

Thursday, October 13

Mothers' Club Meeting & Wine Tasting

All are welcome.

Monday, October 31

Bake Sale

NOVEMBER 2011

Tuesday, Nov. 8

Teacher Appreciation Lunch (Junior Class Hosts)

Sunday, November 13

Open House for Prospective Students and their Families (11am-2pm)

Thursday, November 17

Holiday Craft Fair

DECEMBER 2011

Thursday, December 1

Open House for Prospective Students and their Families (6-8pm)

Saturday, December 3

Mother/Son Dance

JANUARY 2012

Thursday, January 12

Mothers' Club Meeting: All are welcome.

Thursday, January 19

Teacher Appreciation Luncheon (Sophomore Class Hosts)

Tuesday, January 24

Bake Sale

Friday, January 27

BUNCO Night at Mount Carmel: All are welcome.

FEBRUARY 2012

Sunday, February 12

Father/Mothers' Club Family Mass at Mount Carmel

MARCH 2012

Thursday, March 8

Mothers' Club Meeting: All are welcome.

Sunday, March 25

FASHION SHOW

APRIL 2012

Tuesday, April 17

Bake Sale

Thursday, April 19

Teacher Appreciation Luncheon (Freshmen Class Hosts)

MAY 2012

Thursday, May 10

Mothers' Club General Meeting: All are welcome. Elections

Sunday, May 13

Beverly Breast Cancer Walk

Monday, May 14

Mothers' Day Mass at Mount Carmel

GENERAL INFORMATION

Sport Coat: *Your son will need a sport coat for days when Mass is celebrated at school as well as for dances at the school. Because boys can sometimes change sizes very quickly, many parents have learned to shop for bargain coats at thrift stores. Additionally, it is advised that you put your son's name inside his jacket. Sport coats abound at Mount Carmel and it is very difficult to sort through a pile of jackets to find the correct one without a name or other unique identifier!*

Transportation: *Mount Carmel has an excellent bus/van transportation system. Car pools are also a popular way to get to school. Use your new Directory to contact other families in your area. Most Freshmen and many Sophomores do ride the bus.*

Books: *Students buy their textbooks on-line before school begins. To order books, go to the www.mchs.org/homepage and click on the "MBS Direct" link in the menu bar at the top of the page. Be sure that any used books bought from friends are the correct edition. You can compare the ISBNs with a list on the school's website. Also make sure that your son's name is in/on every book before the first day of school, calculators, too.*

Service Program: *Service is an essential component of the Mount Carmel experience. All freshmen through junior students are required to perform service hours and write a reflection paper on their experience. Help your son plan early so he is not scrambling for hours in the spring. The school has a wide variety of service opportunities they can connect your son with. View the opportunities and details of service hours at www.mchs.org/service or contact Mr. Kevin Hansen.*

Mission Collection: *Each day, during Studium, there is an opportunity for students to contribute to the mission collection. The mission collection supports Carmelite ministries and charitable interests. Special mission collections will also take place throughout the year for causes designated by various Mount Carmel groups. Encourage your son's charitable contribution to the collection-every contribution counts!*

Food Service: *The Mount Carmel cafeteria has a variety of food to purchase for both breakfast and lunch every day. The lines can be long, so many boys "brown bag" it. There are also vending machines to purchase pop, water and ice cream to supplement their lunches. Lunch cards are available for purchase.*

Making the high school transition: *Mount Carmel recognizes that the*

transition from junior high to high school can be a difficult one for some young men. Therefore, they have implemented a number of programs to help students through this time, including the Freshmen First Program. Moderated by Mr. John O'Connor, the Freshmen First Program helps students develop healthy study habits, get involved in Mount Carmel activities, and establish quality relationships with Mount Carmel faculty and staff. Please remember, if you notice your son having a difficult time, contact the school. Counselors, teachers, coaches and administrators all care and will provide any support they can to help you and your son.

Reporting Absences: Parents are required to call the Attendance Office (ext. 210) each day their son is absent from school.

SCHOOL EVENTS

Brown & White Day: Friday, August 19 – Soccer Scrimmage; Saturday, August 20 – Football Scrimmage

Kick-off the fall sports season with home scrimmage games. Stop by the Mothers' Club ten/tablet to see some of this year's exciting MC merchandise you can wear and use to cheer on your favorite MC son(s) all year!

Caravan Football at Soldier Field: Friday, August 26th at 2:30 p.m.

For the fourth consecutive year, Mount Carmel's Varsity Football Team has been invited to play at Soldier Field! This year they take on Simeon.

Homecoming Game and Dance: Everyone comes out for the Homecoming Game on Friday evening at Gately Stadium, so come and enjoy! The dance is your Freshman son's first opportunity to go to a Mount Carmel dance. A date is required. Do not be disappointed if your freshman son does not attend as often not too many Freshmen do. Dress is usually a shirt, tie and jacket.

School Masses: There are a number of school Masses throughout the year. Students must wear khaki pants; sport coats that fit, a blue or white dress shirt, and ties that do not clash! Interested students can become more involved in the music and singing for the Masses or as Eucharistic Ministers if commissioned by the Archdiocese.

Retreats: The retreat program at Mount Carmel is a key part in the formation of your young man at Mount Carmel. The Freshmen retreat is held at the beginning of the year and is led by many of the same faculty that will teach your son in class,

as well as by a select group of upperclassmen. The day ends with a Mass where your son receives his first scapular at Mount Carmel. The Sophomore and Junior retreats typically take place on campus.

The Kairos Retreat may be the most memorable experience your son will have at Mount Carmel. In the spring of each year, approximately 50 Juniors (chosen on a first come basis) are given the opportunity to attend the retreat. The rest of the class attends during senior year. The Kairos retreat lasts 3 1/2 days and 3 nights. All of the retreats at Mount Carmel are valuable experiences for the boys. As in anything they do, the more parental support, the more they will get out of it.

Late Starts: If your son tells you he is planning to sleep in an extra hour on a Wednesday, check the online calendar! If it says, "Late start," let him sleep. The faculty has a meeting; buses run an hour later; and school begins at 9:20 a.m.

Edline: Be sure to register for and use your Edline account. Edline is an online record of your son's assignments, tests, and grades listed by class. They are password protected and updated frequently. It helps prevent any surprises in Grade-to-Date Reports or Parent-Teacher Conferences.

Grade-to-Date Reports: Don't panic! He may be in trouble, but all is not lost—yet. Don't be afraid to call or e-mail a teacher. Often the boys have problems identifying or admitting their academic problems and shortcomings. Talk to the teacher and together you may be able to help your son. The faculty at Mount Carmel is among the most dedicated you will find. You normally will receive a response within a day of your message. If not, feel free to call Mr. John Stimler, the principal who will make sure you receive a response. Encourage your son to go to his teachers for help as soon as he is having trouble.

Parent-Teacher Conferences: Parent-Teacher Conferences are a must. Even if your son has good grades, you are encouraged to meet and talk with the people he is influenced by all day. You may gain insight into your son that you had not yet appreciated. If your son's grades are less than stellar, there is no better way to show that both you and his teacher care and want to help him solve his problems.

When there are both afternoon and evening conferences, try to go in the afternoon. The evenings are shorter and can get crowded. You should plan on spending sufficient time to visit all of your son's teachers. Plan ahead! Teachers stop for a dinner break and conferences end "on time," even if there are parents waiting in line.

Trimester Exams: *Trimester exams are spread over a two-day period, three exams per day. The school is on a half-day schedule for those days.*

Advent Action Campaign: *During the Advent Season, all Mount Carmel students participate in the Advent Action Campaign through their Studiums. Each student is encouraged to donate three cans of food, two dollars, and one new toy. The Campus Ministry Department facilitates the distribution of these collected goods and funds to charitable organizations in Chicago.*

Essay Contests for Scholarships: *There are numerous chances for students to win scholarship money for Mount Carmel by competing in essay contests in the spring. Some English teachers require students to enter at least one of the competitions. You will receive information about the various scholarships and eligibility requirements. You might want to encourage your son to enter multiple competitions.*

Caravan Alley Players: *Under the direction of Mr. Taylor and Padre Benjamin, the theatre program at Mount Carmel has blossomed! Each year the Caravan Alley Players typically perform three productions: a fall play, a winter play, and a spring musical. In addition to actors, a crew is also needed for costumes, stage scenery and sound. Tell your son to listen for announcements about further details. If he needs extra encouragement to get involved, remind him that girls from various other high schools also participate in the productions! Many boys wait until they are seniors to “get up the courage” to audition and regret it.*

You and your family should also make an attempt to come out and see one of the plays whether or not your son is involved. It is an enjoyable evening and presents a side of the school not always appreciated!

Walk-a-thon: *All students are expected to participate in this in-school fundraiser for the Athletic Department. Your son needs to solicit pledges for his walk along the lake. After the walk, the boys get a free lunch and are dismissed early. The date will be on your calendar.*

Honors Banquet: *The Honors Banquet in May is the highlight of the academic year. Attending the event with your son, if he is invited, demonstrates your values and commitment to academic achievement. All students who earn a place on both the 1st and 2nd Trimester Honor Roll are invited, as well as any student who wins an individual academic award throughout the year. As quite a few students receive honors, plan to sit back and relax after your meal!*

CARAVAN ATHLETICS

Mount Carmel offers numerous different freshman, sophomore and varsity sports programs, including: baseball, basketball, bass fishing, bowling, cross country, football, golf, ice hockey, lacrosse, rugby, soccer, swimming, tennis, track, volleyball, water polo, and wrestling. Mount Carmel's athletic programs have a dual purpose: to enable a student to enjoy the sport and to achieve success through disciplined hard work and dedication.

While some of the sports programs may be more successful than others, all are quality programs run by competent and caring adults. Most coaches are hired as teachers first; they are concerned about your son's overall development in the classroom as well as on the athletic field. Encourage your son to try one or more sports. It could help him build discipline and character while he makes new friends and has fun. It also tires him out! Make sure he knows how to wash his own uniform the first day of practice!

Contrary to popular belief, Mount Carmel does offer quite a few sports that are “no-cut” sports, meaning any student who wants to can participate! For more information, or to find the best sport for your son, contact Mr. Dan LaCount or Mrs. Sue Doheny in the athletic office. As a former MC mom and past-president of the Mothers' Club, Mrs. Doheny is more than willing to answer any and all questions.

MOUNT CARMEL EXTRACURRICULAR ACTIVITIES

There are numerous student organizations for your son to get involved in, including “Browntown”; Caravan Broadcast Network (CBN); Chess Team; Mock Trial; Newspaper (The Caravan); Respect Life Club; S.A.D.D. - Students Against Destructive Decisions; Scholastic Bowl; Yearbook (Oriflamme); Student Council, MultiCultural Club, Invisible Children's Club, Computer Club, Know Your Heritage Team, Caravan Alley Players and Senior Leadership.

Most of these activities require before or after school time. If your son doesn't see something he's interested in, he can start his own club! Many Mount Carmel activities are created by Mount Carmel students. Encourage your son to broaden his interests and be involved!

GUIDE TO THE MOTHERS' CLUB & SPONSORED ACTIVITIES



The success of the Mount Carmel Mothers' Club depends on your support. If each mom would get involved in a single activity, all of the events would be successful! Additionally, your involvement would serve as an easy and fun way to meet the diverse community of Mount Carmel.

Meetings: *There are five General Meetings scheduled for this year. The first is the "Welcome" to new mothers (of course, like all of our meetings, everyone is welcome). At the last meeting held in May, elections will be held for next year's Executive Board, and volunteers will be solicited for next year's Committee Chairs. In addition to these two meetings, general membership meetings are held periodically through the school year.*

At these meetings, committees report on plans for upcoming events and review past events. A guest speaker may be invited. If there is a specific topic or speaker scheduled for these meetings, you will receive notification through the monthly mailings or through email blasts. If you haven't done so already please send an email to mcmothersclub@gmail.com to sign up for the new email blast list. Feel free to come see how the Mothers' Club works!

Fall Retreat: *After its first general meeting welcoming new mothers, the Mothers' Club starts its year with time for renewal and reflection during a day of retreat. Current and past mothers, as well as their friends and family are invited. Women who have attended in the past have often stated this was one of their favorite activities during their time with Mount Carmel as it is so rare to take "quiet time" for oneself. The retreat is held on a Sunday and includes Mass; it typically begins with coffee and treats, includes times for discussion as well as time to reflect, and ends mid-afternoon after lunch and further activities. Truly, this is a day to re-invigorate your softer side!*

Bake Sales (4 x year): *Bake Sales present an easy way to help out. The boys (and faculty) love the goodies, and the proceeds help subsidize Teacher Appreciation lunches! Just bake something that can be sold in individual servings and send it to school with your son on the morning of the sale. You can tell him not to eat or share the goodies on the way, but some mothers have learned to bake*

extra as a precaution! By the way, if you don't bake, don't worry. The boys also love candy! Ask about some of their favorite varieties!

Teacher Appreciation Lunches (4 x year): *During the year, each class provides a luncheon to show their appreciation to the faculty and staff of Mount Carmel. The first lunch is sponsored by Senior moms; the second, by Junior moms; and so forth. Please volunteer to send in one of your favorite dishes. When called, let the committee know if transportation is a problem. You may be able to drop the food off at someone else's home the night before or morning of the lunch. Another way to help is through a monetary donation as the main food item is often purchased. The teachers at Mount Carmel are wonderful; this is but a small way to show them our appreciation!*

Open Houses for Prospective Students: *Two Open Houses are held in the fall for students considering Mount Carmel High School. The Mothers' Club provides a food table for these events that is typically the envy of all our rivals! Mothers are needed to help set up, cook, bake, and help serve the days of the Open Houses. This is one of those occasions where there is never "too much" food or help. In addition to the prospective students and their families, there are numerous current faculty, staff and students present to help with the day, and they get hungry too!*

Craft Fair: *In lieu of a meeting (and because it is a lot more fun than a meeting), the Mothers' Club sponsors a Craft Fair in November to help you on your way to holiday shopping. The number and quality of crafters has increased throughout the years; and, beverages and food are available to make for an enjoyable evening. This is your chance to catch up with other moms and find some interesting and unique items for Christmas gifts and decorating. Additionally, many "Mount Carmel" items are available for purchase; feel free to bring your family and friends along.*

Mother Son Dance: *Another highlight of the Carmel tradition! Begin your holiday with this special evening, which includes an opportunity for a professional photograph of you and your "beau", a D.J. and dancing, a raffle including the acclaimed Alumni Mothers' chosen quilt for the year, and general fun. Don't let your son say he doesn't want to go. Everyone who comes has fun; those who come in later years regret the years they missed! Four years of photographs of this special night truly show your boy growing into a man. Note that each "couple" is asked to bring a new, wrapped toy (labeled boy or girl and the age) to donate to the Advent Action Campaign.*

Bunco Night: *Whether BUNCO Night is a new or old tradition at Mount Carmel is a matter of some dispute. Apparently, BUNCO nights were held routinely years back – before most can remember. And now BUNCO Night has returned. This is the one night the ladies and whatever relatives and friends they can corral come together for purely unadulterated fun and games. The men have been kind enough to serve the bar, leaving the women free to roll the dice! The game is easy; no experience is required. Come out, meet new people, see old friends, and enjoy yourself!*

Home or Basket Parties: *Mount Carmel moms open their homes for an afternoon or evening of relaxed socialization. Instead of bringing a hostess gift, bring an item that can be used in the Caravan Raffle baskets at the Fashion Show! If it is something you love, somebody else will love to win it! This is your chance to meet and visit with other moms and friends in a relaxed, home setting. Keep an eye out for dates, and be advised, some parties are co-ed and tend to be a big draw!*

Mothers' & Fathers' Club Family Mass: *Plan to join the Mothers'/Fathers' Clubs Family Mass. You'll have a chance to share a special liturgy with other MC families, and enjoy a light brunch afterwards. This event is a wonderful tradition for the whole family.*

Fashion Show: *The Fashion Show is the Mothers' Club "big event" and main fundraiser for the year. An incredible amount of work goes into this event resulting in a beautiful, enjoyable Sunday in the spring. Besides a gourmet lunch, enjoy the fun-filled fashion show, and try to win one or many of the myriad of prizes and baskets available that day. Gather your moms and sisters throw in a few friends, and have fun for the day. You're worth it!*

Beverly Breast Cancer Walk: *Encourage your son and your whole family to join you on a 5K Walk in the Beverly neighborhood to support breast cancer research and treatment. The Mothers' Club hosts a tent, makes t-shirts and walks to gether as a community. This is a great way to kick-off your Mothers' Day celebration.*

Mothers' Day Mass: *Plan ahead to come to a very special morning that includes student awards and a Mass dedicated to mothers. Although the Mass is for all moms, moms of Seniors are specially recognized by their sons. Also, the new Mothers' Club officers are installed at this Mass. Sons are encouraged to take their moms to lunch following the Mass.*

GUIDE TO THE FATHERS' CLUB & SPONSORED ACTIVITIES

The Mount Carmel Fathers' Club welcomes all fathers and guardians of students to their membership. The Fathers' Club sponsors events and supports many events throughout the school year. As their work requires the help of many dads, all are encouraged to actively participate as a member of the Fathers' Club.

The Fathers' Club holds regular meetings — always with food and beverages and often with speakers of note.

The first general meeting, the "Freshman Fathers Welcome Night," will be announced and you will be notified as to when this will occur.

The Fathers' Club sponsors the following events:

- Family Mass & Breakfast
- Father & Son Dinner
- Fight Night & Raffle
 - Facility Projects
- Father/Son Service Projects

The Fathers' Club also provides support for:

- Athletic Events
 - Fundraising
- Student Club Activities
- Fall Play and Spring Musical
- BUNCO Night (for the moms)
 - Walk-a-thon

The Fathers' and Mothers' Clubs are an integral part of the Mount Carmel family. Every mom and dad is needed to ensure the success of events and the continued community" of Mount Carmel. You will receive a more complete schedule of all events, activities and meetings in the monthly mailings and find more details on MCHS website.

Please get involved; you will be glad you did!

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www.mchs.org/mothersclub