

# NEWSNOTE

VOLUME 1, ISSUE 15     JANUARY 24, 2018

## FROM THE PRINCIPAL'S DESK...

Happy Wednesday!

This past Wednesday night at our HSA Meeting, we had a counselor from Kids Escaping Drugs come in to speak. It was a very informative and eye opening presentation. Thank you to the parents who attended the meeting.

Next week we will be celebrating Catholic Schools Week. Since 1974, National Catholic Schools Week has been celebrated in the United States. We are planning several fun activities for

the week.

We will wrap up Catholic Schools Week with a basketball game and ice cream social on Saturday, February 3<sup>rd</sup>.

God's Peace and Love,  
Mrs. Kwitowski



### UPCOMING EVENTS:

- 1/28-2/3 - Catholic Schools Week
- 1/28 - Pancake Breakfast 8:30am -12:00pm
- 2/2 - Distinguished Graduate Mass, 8:30
- 2/3 - Ice Cream Social following 4:30 mass
- 2/3 - Spirit Games
- 2/5 - 1:00 Dismissal
- 2/6 - New Family Open House 6-7:30pm

## SME SWAG

Did you know that we carry the following SME Swag all year long in the school office:

Note from Home Pads - \$1 *Is there something more/else you'd like to see added to the pads before we order more??*  
Logo Patches - \$1.25  
Car Magnets - \$2.00  
SME Parent T-Shirts - \$10

Contact Amanda Kuhn at secretary@smeschool.com to place your order!

### FUNDRAISERS BY THE NUMBERS

#### SCRIP:

From Jan 15 – Jan 21, 2018, the Scrip rebate profit earned for the school was \$98.14.

Monthly Scrip Sales Goal	Monthly Scrip Profit Goal
\$30,000.00	\$1,500.00
January Sales-to-Date	January Profit-to-Date
\$7,540.00	\$364.73

#### CANDY BAR SALE:

We have 15 lonely boxes of chocolate left - we need your help to get these sold! We have traditional mixes of Gertrude, Fowler and Niagara along with 2 boxes of all Orange. Order forms are on the school website under fundraiser as well as in the office. ALL MONEY IS NOW DUE! Prizes cannot be awarded until our sale ends. Thank you for your support. ~The Chocolate Team

#### Mega Raffle:

Tickets Sold to date: 132  
Tickets Remaining: 518  
*Did you get yours?!*

Last year, we sold out before the event, so be sure to get your tickets soon! Orders will be picked up each Monday and will be sent home or mailed out by the corresponding Friday.

## CATHOLIC SCHOOLS WEEK

### PERMISSION SLIPS & PAYMENT ARE DUE TOMORROW!

Pre-K - Grade 3: Buffalo Museum of Science, \$15  
Grade 4 - Grade 8: Bowling, \$11

**Parents:** We need your 'Whys'! Last week a letter was sent home requesting a letter/poster showing why you chose SME. A copy of the letter is available with the electronic version of today's News-Note. Please return your submission ASAP. Thank you!

**Spirit Game:** Our Annual Spirit Game is scheduled for Saturday, Feb. 3<sup>rd</sup>! A basketball game will be played in the gym with the 7th grade basketball teams vs. the 8th grade basketball teams. (Boys and girls combined) The game will start AFTER the Catholic School Week Mass. Mass is at 4:30 and we invite and encourage families to pray with us together and then we will proceed to the school for the basketball game! Feel free to bring pom poms/signs to show your school spirit! ALL school families are invited to this school wide event!

**Ice Cream Social:** The HSA will be hosting an Ice Cream Social in the Cafeteria following the 4:30 Mass. All are welcome!

#### Schedule of Events:

**Sunday 1/28:** Pancake Breakfast 8:30-12:00, \$5 each or \$20/family  
**Monday 1/29:** Pajama Day (No tank tops or slippers)  
**Tuesday 1/30:** Tye Dye Shirt & Crazy Hat Day (Please wear shirts made in GYM class), Grade 4-8 Bowling Field Trip  
**Wednesday 1/31:** Class Color Day (head to toe!)  
Pk: Neon, K: Red, 1st: Orange, 2nd: Yellow, 3rd: Green, 4th: Lt. Blue, 5th: Purple, 6th: Black, 7th: White, 8th: Grey class shirts  
**Thursday 2/1:** Twinning Day or Sports Day, The Buffalo Bandits will be here for a visit! Grade PK-3 Science Museum Field Trip  
**Friday 2/2:** Dress up Professionally (No Jeans or Costumes), Distinguished Graduate Mass  
**Saturday 2/3:** School Mass 4:30, Spirit Games & Ice Cream Social following Mass



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## ST. MARY'S ELEMENTARY SCHOOL

2 St. Mary's Hill  
Lancaster, NY 14086

Phone: 716-683-2112  
Fax: 716-683-2134  
www.smeschool.com

FOLLOW US ON FACEBOOK!

"...VISIBLE EXAMPLES OF GOSPEL  
LIVING..."

## NURSE NOTES

Flu season is upon us! Flu shots are still recommended; please contact your Pediatrician if your child has not received theirs yet. If your child has symptoms of the flu, which may include fever, cough, sore throat, runny or stuffy nose, body aches, chills, or feeling tired, please keep them home from school and call the school to inform us of their absence. They may return to school 24 hours after the fever is gone. Good hand washing is always important, but especially this time of year-please encourage this at home. We are almost done with vision/hearing/scoliosis screenings. Deficiency letters will be sent home in the next couple weeks. Please call me with any questions or concerns.

Stay healthy!  
Mrs. Parker RN, BSN

## BISON FUND



Giving Parents a Choice.  
Giving Children a Chance.

As we welcome 2018 we are accepting Pre-Applications for funding for the 2018-2019 school year. Families should apply on-line through our web-site at <http://bisonfund.com/our-scholarships> The Pre-Application will only be available electronically again this year. The Pre-Application is only for families **new** to BISON. Our deadline is February 28, 2018.

Current families will be e-mailed a link to complete the requalification process starting on February 15, 2018. The families will log into the scholarship database and upload their financial information. As a reminder the deadline for that paperwork is April 13, 2018.

## SPORTS REPORT

Exciting news for the Athletic Department: **Track** will be added to the Athletic Department as a Spring sport if we have enough interest from school families! Please see the track interest flyer in today's blue folder and return to school by Friday, January 26th. Track includes 3rd-8th grades and the fee to join the track team is only \$20.00! (Do NOT send in any money at this point.)

Congrats to the 3-4 Boys basketball team they beat Nativity Orchard Park 14-10 on Saturday!

**Save the Date:** The Winter sports banquet is will be held Thursday, March 22nd from 6:00-9:00p.m.

## MEGA RAFFLE

As a reminder, the Mega Raffle fundraiser is critical to keeping the tuition costs down for our SME families. So far, **35** of the tickets have been sold or purchased by school families – thank you for your support!! Please feel free to get creative with Social Media (posting this great opportunity to Facebook feeds, etc) as well as encourage multiple people to chip in on one ticket! Every ticket sold gets us closer to our goal and makes sure we have a successful drive! Thank you again for all of your continued support on this important fundraiser.

Prize winners will be announced at the live drawing on  
Friday, June 1st at 6:30 in the Parish Center.



Flyers are available in the front office if you would like to bring them to your place of business to sell - people love a raffle!

If you are interested in joining our committee, or helping out the night of the event, please contact Mary Kate DeMarizo at [megaraffle@smeschool.com](mailto:megaraffle@smeschool.com) or 510-1409.

Here is an example of how easy it is to help us reach our SCRIP goal with your monthly shopping:

Vendor	Card Value	Profit %	Purchased	Purchased	Earned
Tops	\$100	5%	4	\$400	\$20
Kohl's or JC Penney	\$100	5%	1	\$100	\$5
Tim Horton's	\$10	5%	2	\$20	\$1
<b>Monthly total</b>				<b>\$520</b>	<b>\$26</b>
<b>Annual total</b>				<b>\$6,240</b>	<b>\$312</b>

## HSA



Our next Pancake Breakfast on Sunday January 28th to kick off Catholic Schools Week. The breakfast will run from 8:30 - Noon. As always we are looking for help from our NJHS &/or Student Council Members to act as servers. A sign up sheet is available in the cafeteria. Help from younger students is also welcome with a parent. Parents interested in helping should contact Annelis Szuder at [smsszuder@gmail.com](mailto:smsszuder@gmail.com).

Come on out and help support SME's Fundraiser Night with the Buffalo Bandits!



Saturday, February 10, 2018

Game time 7:30pm

Tickets are just \$15 each & \$5 from each sale is Donated back to SME!

To purchase tickets, go to:  
<https://groupmatics.events/Stmarys3>

*Fun Night For The Whole Family!*

## STREAM

Hello SME Families,

I am looking for a few motivated adults to lead a STREAM fundraising team. I would like to organize a color run fundraiser for late spring & a flower sale fundraiser to take place before Mother's Day. I need your help in order to do so. **If you are willing and able to help lead this endeavor please contact Mrs. Hoag ASAP.** Planning needs to get underway immediately. Our SME students & teachers enjoy the STREAM integration that takes place within our school. To be able to continue offering these experiences to our students, ongoing fundraising dedicated to STREAM needs to take place.



Additionally, we are looking to establish community partnerships. I have attached a *sample* letter that I will send to places of business in order to establish community partnerships with us. If you have a recommendation of a business that would be appropriate to send a letter to, let me know the details and I will send the letter. Please email me at [hoagb@smeschool.com](mailto:hoagb@smeschool.com) to let me know if you would like to help me with STREAM Fundraising and/or to send me your business connections contact information.

Thank you all for your help! I look forward to hearing from you. God Bless you all, Mrs. Hoag



## SNOWBALL DANCE

The 7th Annual Snowball Dance will be held on Friday, February 2nd at St. Greg's Ministry Center.

This dance is sponsored by the Catholic Elementary School HSAs in the Northtowns.

Grade's 5 & 6 will dance from 6-8pm

Grades 7 & 8 will dance from 9-11pm

If you have any questions or are interested in helping with chaperoning please contact Amanda Wentland at [tawentland@aol.com](mailto:tawentland@aol.com).

## STAY IN THE KNOW

**Save the Date:** 1/28 Pancake Breakfast 8:30am - 12:00pm

**Save the Date:** 2/3 Spirit Games & Ice Cream Social

**Save the Date:** 2/14 Parish Sponsored Clam Chowder Dinner

**Save the Date:** February Freeze Basketball Tournament 2/15 - 2/18/18





## Celebrate Catholic Schools Week 2018

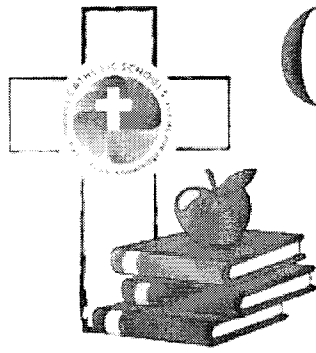
January 28 –  
February 3  
#CSW18

**Dress UP Fun Days!!** Students/Staff please follow the schedule for Catholic Schools Week dress up days. Monday – Thursday you may wear jeans (with NO HOLES) and whatever theme is assigned for that day. Thank you!

- |                                     |   |
|-------------------------------------|---|
| Sunday, January 28 <sup>th</sup>    | Kick off Catholic Schools Week with a Pancake B'fast in the SME Parish Center 8:30am-12:00pm sponsored by HSA. \$5.00 per person or \$20.00 per family. Hope to see you all there!!!  |
| Monday, January 29 <sup>th</sup>    | Pajama Day (no tank tops or slippers)   |
| Tuesday, January 30 <sup>th</sup>   | Tye Dye Shirt & Crazy Hat Day. Please wear the shirt you made with Mr. Norton   |
| Wednesday, January 31 <sup>st</sup> | Class Color Day (head to toe)<br>Pre-K - Neon<br>Kinder - Red<br>1 <sup>st</sup> - Orange<br>2 <sup>nd</sup> - Yellow<br>3 <sup>rd</sup> - Green<br>4 <sup>th</sup> - Light Blue<br>5 <sup>th</sup> - Purple<br>6 <sup>th</sup> - Black<br>7 <sup>th</sup> - White<br>8 <sup>th</sup> - Grey Class T-Shirt  |
| Thursday, February 1 <sup>st</sup>  | Twinning Day {dress like your friend(s)} or Sports Day (Any sports team attire or if you have Bandits gear please consider wearing it because they will be here during the day) "GO team Bandits"   |
| Friday, February 2 <sup>nd</sup>    | Dress up Professionally (NO JEANS ALLOWED and NO costumes) this day is also Distinguished Graduate Award Day  |
| Saturday, February 3 <sup>rd</sup>  | School Mass at 4:30. We would really love to see everyone there to represent our school. There will be an Ice Cream Social in the cafeteria and Spirit Games right after church around 5:30. Please come and enjoy Ice Cream from HSA and stay and cheer on our 7 <sup>th</sup> & 8 <sup>th</sup> grade girls/boys basketball game to end Catholic Schools Week. So much FUN!! Please bring your School Spirit & Pom Pom's if you have them!! |

Hope you all have a terrific time during Catholic Schools Week 2018

*KK*



# Catholic Week

**SME CATHOLIC SCHOOLS WEEK MASS IS SATURDAY FEBRUARY 3, 2018 @ 4:30 PM**

Hello SME Families,

We would like as many students as possible to attend and participate in St. Mary's Catholic Schools Week Mass taking place on Saturday February 3, 2018. This is an important Mass for the parish as many senior citizens come to this Mass. A significant segment of their parish contributions go toward our school. This Mass is a time for our students to be visible in the parish - so that parishioners see that their contributions are being put to good use.

Thank you for your consideration to have your family attend and your children participate!

If attending, students do need to wear their school uniforms.

**Please indicate below if your student(s) will be attending and would like to participate in this Mass.**

**Return the below slip to school (attn. Mrs. Hoag) no later than Friday January 19, 2018.**

Peace and Blessings,

Mrs. Kwitowski & Mrs. Hoag  
Principal Campus Minister/Religion Teacher



**Return to Mrs. Hoag by Friday January 19, 2018**

**SCHOOL MASS Saturday February 3 @ 4:30pm**

My student(s) will be attending this Mass and would like to participate in leading this Mass.

Name(s) \_\_\_\_\_ Grade(s) \_\_\_\_\_ Teacher \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Print Name

Signature

I would like to participate as (*please check*):

\*You can check more than 1. If we get too many responses, we will draw by lottery.

\_\_\_\_\_ Greeter

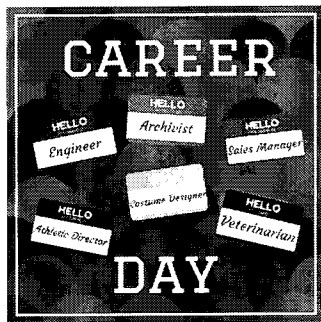
\_\_\_\_\_ Gestures

\_\_\_\_\_ Reader

\_\_\_\_\_ Gift Bearer

\_\_\_\_\_ Usher

Handwritten initials or mark.



Dear Parents,

Career Day is rapidly approaching and we need YOUR experiences! On **Friday February 2, 2018 we are planning to hold a Career Day from 9:45-11:00am.** Whether you are a nurse, mechanic, astronaut, custodian or business owner- we need you! **We are looking for a variety of people interested in talking to our students about their career.** Many of our students are unaware of the career opportunities available to them and this is a fantastic way to provide them with first hand knowledge of

potential career paths. This is also a great way for you to get involved in SME and make an impact on the students' future.

**We are looking for 12 volunteers.** 3 for the PreK students, 3 for grades K-2, 3 for grades 4-6, and 3 for grades 6-8. For each of the groups of 3, we would like to highlight different careers. *For example: Fireman/woman, Radio personality, & Doctor/Nurse.* Your presentation would need to be 20 minutes in length. At the end of each 20 minutes you will rotate to a different classroom. If you are willing and able to volunteer for Career Day, please fill out and return the below form. Please indicate which grade level group you would prefer. 1st come, 1st served!

Thank you in advance for your involvement! If you are not interested but know someone who is, please give them the necessary contact information.

If you have any questions or would like to get further information please contact Mrs. Hoag [hoagb@smeschool.com](mailto:hoagb@smeschool.com)

*Please return below portion to Mrs. Hoag by 1/26/18*

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**I am interested in participating in Career Day on February 2nd 9:45-11:00am.**

Volunteer Name: \_\_\_\_\_

Parent/Guardian of \_\_\_\_\_ Grade \_\_\_\_\_  
(name of student)

Email address/Phone number: \_\_\_\_\_

Please briefly name/describe the career and/or any special arrangements required.

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I prefer to present to: PREK \_\_\_\_\_ K-2 \_\_\_\_\_ 3-5 \_\_\_\_\_ 6-8 \_\_\_\_\_  
NO preference \_\_\_\_\_

AK

# We SME

On January 28<sup>th</sup>, Catholic Schools Week will start and will end on February 3<sup>rd</sup>, 2018. We would love to decorate our main hall with your testimonials as to why you love or chose St. Mary's Elementary School for your child and family. We would like each of our families to please write/type on white paper, special paper or however creative you would like to be, about **WHY** SME is important to you and your children, why do you love SME or what is important to you about Catholic Education here at SME. We hope you would also include a picture of your family or just your child(ren). We will be having our first Open House for NEW families on February 6<sup>th</sup> and we would like to keep these up for this purpose as well (our perspective new families LOVE to read these and what better way to show SME pride). Please be sure to sign your names or just your family name. Again, these will be used in our hallways and around our school to show our school spirit for Catholic Schools Week (the children love seeing their pictures in the hallway too, and they will take a moment to read others as well). This has become a tradition here the past 5 years. Great Job SME, let's do it again! If you are able to help us with this, please return your testimonial to the school office by Wednesday, January 24<sup>th</sup> attention: Mrs. Kierejewski. Thank you!!



## Are you interested in joining the TRACK team at S.M.E.? (Grades 3<sup>rd</sup>-8<sup>th</sup>)

If your child is interested in joining Track this Spring, please fill out the bottom portion of this interest form and **return to school by Friday, Jan. 26<sup>th</sup>**! Attn: Athletics, Julie Wipperman (The track fee will be only \$20.00 to join. Please do NOT send in any money at this point. There will be an official registration form IF we have enough interest to form a track team.)

The Track season will start April 19, 2018 and runs through May 20, 2018. There will be a total of 4 meets. (3 meets and then 1 Championship meet) Athletes that qualify will be in the ALL SITA meet that is tentatively scheduled after the Holiday weekend, May 29<sup>th</sup> or May 30<sup>th</sup>. (Meets will NOT be scheduled on Mondays or Tuesdays.)

The events for Track are listed below. Please check all/any of the events that your child would be interested competing in. If your child plays another Spring sport, they may also sign up for track. Please understand that there may be some conflicts playing two sports in one season.

Additionally, if YOU are interested in assisting with any of the events/help at track practices, please fill out that portion as well. (We will need many extra parents help to make this successful!)

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### Track Interest form- return to main office, Attn: Julie Wipperman by Friday, Jan. 26<sup>th</sup>

Child Name: \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_  
Current Age as of today's date, 1/24/18 = \_\_\_\_\_

My child is interested in the following events: (Please mark with an X if interested)

Running long jump \_\_\_\_\_  
Softball throw \_\_\_\_\_  
Sprints \_\_\_\_\_ • (50m 100m 200m – circle interested distances or all of them)  
800 Relays \_\_\_\_\_ (Must be 10 yrs. & older)  
Mile race \_\_\_\_\_ (Must be 10 yrs. & older)

I am interested in helping coach the Track team \_\_\_\_\_

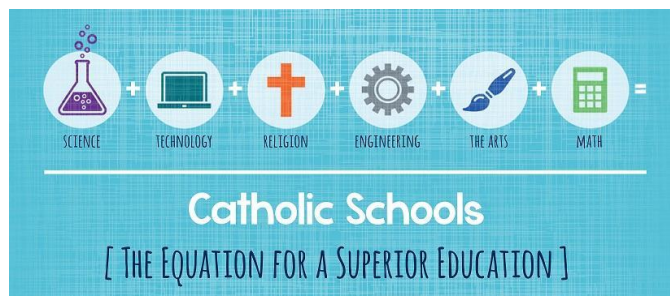
I am interested in assisting the Track team \_\_\_\_\_

I am interested in helping AT the Track meets \_\_\_\_\_

Parent Name \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number(s): \_\_\_\_\_



***“Stress on STEM education will prepare young people for the coming wave of jobs”***

Buffalo News – October 2015

Mr. or Mrs. Business Person

Name of Business

Address

City, State, Zip

Dear \_\_\_\_\_;

As a valued business in our St. Mary's Elementary School neighborhood, thank you for considering a partnership with us as we prepare our young people for a future here in a revitalized WNY.

For the past 3 years, students at St. Mary's Elementary School have engaged in the Diocese of Buffalo's STREAM (Science, Technology, Religion, the Arts and Mathematics) Education Initiative. This dynamic undertaking includes both classroom and after school programming.

Some of the many in-school curriculum enhancements include:

- ESP, Elementary Science Programming, which routinely transforms the classroom into mini-science labs
- Coding: teaching grades 5-8 the language of Computer Science
- Junior Achievement applied math program, which is taught by mentors from the business community
- Experiential science work in partnership with Buffalo Museum of Science and Tiff Nature Preserve
- Darwin D. Martin House, Architecture programming
- And the most recent launch of GEAR UP! which infuses the engineering design process across K-8

In school "STREAM Academy" courses may include:

- PEAP: Primary Engineering Adventure Programs (grades pre-K-grade 2)
- Invention Convention (grades 3-6)
- Future Cities (grades 5-8)
- Next Gen Science Scrimmage (grades 5-8)
- Robotics (grades 6-8)
- Science Olympiad (grades 6-8)

We have been working to establish partnerships with businesses and organizations in the greater Buffalo area to bring opportunities to bring reduced, enhanced, or underwritten programming to our students. We are also seeking to provide students with real life, hands-on opportunities to tour your site, learn about career options and engage with local professionals and industries.

We would be grateful if Name of Organization could financially support or collaborate with us as we prepare for the 2018-2019 school year. I would be happy to meet with you in person to answer any questions or share more about our STREAM program. With your support we can move full STREAM ahead.

Most sincerely,

Rebecca Hoag

STREAM Coordinator/Religion Teacher

St. Mary's Elementary School

2 St. Mary's Hill

Lancaster, NY 14086

716-683-2112

hoagb@smeschool.com





# ST. MARY'S ELEMENTARY SCHOOL FUNDRAISER

**BRING YOUR FAMILY  
TO A BUFFALO  
BANDITS GAME!**



**NATIVE AMERICAN NIGHT**

**vs GEORGIA SWARM  
SATURDAY | FEBRUARY 10 | 7:30PM**

VISIT THIS LINK TO PURCHASE  
BUFFALO CREEK 300 LEVEL  
TICKETS FOR \$15

<https://groupmatics.events/Stmarys3>

For more information please contact Melissa Rugg  
716-855-4420 [melissa.rugg@sabres.com](mailto:melissa.rugg@sabres.com)

**\$5 FROM EVERY TICKET SOLD WILL BE DONATED BACK TO SCHOOL**



# ST. MARY'S ELEMENTARY SCHOOL FUNDRAISER

**BRING YOUR FAMILY  
TO A BUFFALO  
BANDITS GAME!**



**NATIVE AMERICAN NIGHT**

**vs GEORGIA SWARM  
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716-855-4420 [melissa.rugg@sabres.com](mailto:melissa.rugg@sabres.com)

**\$5 FROM EVERY TICKET SOLD WILL BE DONATED BACK TO SCHOOL**

# SME'S 2018 FEBRUARY FREEZE



SME will be hosting the 2018 February Freeze Basketball Tournament from Thursday, February 15- Sunday, February 18. The tournament is for diocesan boys' and girls' basketball teams in grades 5-8. We had twenty teams take part last year and are hoping for even more this year. This event raised \$3,500 for our school's athletics fund. Here are the ways you can help make this year's February Freeze successful:

## **VOLUNTEER YOUR TIME:**

Please click on this link to sign up to volunteer at the tournament:

<https://www.timetosignup.com/smebasketball/sheet/68992/>

## **DONATE A BASKET:**

We are asking each of the SME Basketball teams to donate a basket valued at \$25 for the basket raffle that will be held at the tournament. If you are willing to put this basket together for your child's team, let your child's coach know. You can ask families from your child's team to donate a few dollars each to help purchase items for the basket.

We are also asking SME families to please consider donating a basket for the basket raffle. If you are able to donate a basket please email Julie Wolford at [jmwolford7473@yahoo.com](mailto:jmwolford7473@yahoo.com). Baskets can be dropped off at the athletic office beginning Monday, February 13.

## **SELL PROGRAM ADS:**

New this year, we would like to ask local businesses to sponsor our event by purchasing ads for our tournament program. We would like you to please share the attached letter with your business or other business contacts.

## **ORDER T-SHIRTS:**

This one's the easiest! See the attached order form to order your 2018 February Freeze t-shirts to wear when you cheer on our school! Orders must be received by Friday, January 26.

# ORDER YOUR 2018 FEBRUARY FREEZE T-SHIRT!

Please complete the order form below. Orders must be received by Friday, January 26.



Family Name \_\_\_\_\_ Family email \_\_\_\_\_

Size:

Youth Extra Small (size 2-4)

Youth Small (size 6-8)

Youth Medium (size 10-12)

Youth Large (size 14-16)

Youth Extra Large (size 18-20)

Adult Small

Adult Medium

Adult Large

Adult XL

Adult 2 XL

Quantity:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total

\_\_\_\_\_ x \$12.00 each = \$\_\_\_\_\_

Please return this form along with cash or check payable to "St. Mary's Elementary" in an envelope labelled "February Freeze T-shirts attn: Julie Wolford".

Orders must be received by Friday, January 26.



Dear Friends of St. Mary's Elementary,

Our 2nd annual February Freeze Basketball Tournament is quickly approaching. The dates of the tournament are Thursday, February 15th—Sunday, February 18th. The tournament is for boys and girls basketball teams from 5th through 8th grade. Last year we had 20 teams participate and hundreds of visitors came to the games. In addition to adding teams to this year's tournament, we are looking to enhance the Tournament Program to include advertising and local community support. We are asking your support in sponsoring this popular athletic event. As a local business, we encourage you to promote your business with a business ad or a business card .

If interested, we would encourage you to come catch some of the games during the following dates and times:

- ⇒ Thursday 2/15 5-9 pm
- ⇒ Friday 2/16 5-9 pm
- ⇒ Saturday 2/17 9 am– 9 pm
- ⇒ Sunday 2/18 9 am—2pm (championship games)

We truly appreciate the opportunity to have you consider supporting our 2nd Annual February Freeze Basketball Tournament.

Sincerely,

All of the volunteer Coaches & Parents



Please cut here and return below portion with your payment to St. Mary's Elementary School by Monday February 5th, 2018 to the attention of Mike Wolford

### Payable with cash or check to “St. Mary’s of the Assumption”



1/4 page size ad \$25 \_\_\_\_\_

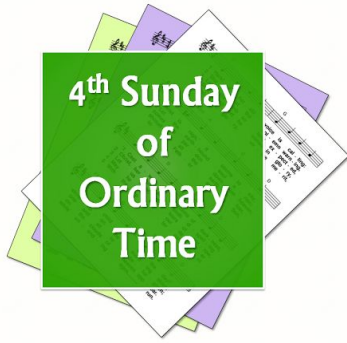
1/2 page size ad \$50 \_\_\_\_\_

Full page size ad \$100 \_\_\_\_\_

**SME**

Please attach a business card, printed sheet or email file to

[mwolford@ppg.com](mailto:mwolford@ppg.com)



### ***Faith Focus***

This week's family connection activity is based on the Gospel reading for Sunday January 28th.

Peace,  
Mrs. Hoag

### **Gospel Reading**

**Mark 1:21-28**

Jesus heals a man with an unclean spirit and his fame spreads throughout Galilee.

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### **Family Connection**

*\*From Loyola Press*

The people who heard Jesus teach and saw him heal in today's Gospel were said to have been astonished and amazed by the authority of his teaching. So compelling were Jesus' words and actions that the news about him could not be contained; it spread quickly throughout all of Galilee. Two thousand years later, the news about Jesus continues to spread. We are called to participate in sharing the Good News of Jesus with others in our words and in our deeds.

Gather as a family and try to name some amazing things, events, or people. In today's Gospel we hear that the people were astonished and amazed by their experience of Jesus. **Read today's Gospel, Mark 1:21-28.** What did the people who saw and heard Jesus find so amazing? (In Jesus, the people heard and saw the power and authority of God at work.) People should see in our lives the power and authority of God at work. Can you name any modern examples of people in whom you have seen the power and authority of God at work? Conclude in prayer together that we will experience wonder at the work of God in our world today. **Pray together the Prayer to the Holy Spirit.**

*Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.*

*Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation.*

*We ask this through Christ our Lord. Amen.*

## Flu Symptom Checklist for Families

- ☐ **Yes** ☐ **No** Does your child have a sore throat, bad cough, or runny nose?
- ☐ **Yes** ☐ **No** Does your child have body aches or chills?
- ☐ **Yes** ☐ **No** Does your child have vomiting or diarrhea?
- ☐ **Yes** ☐ **No** Does your child have a fever of 100 degrees Fahrenheit or more?

How to check your child's temperature using an oral thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take his/her temperature.
- Put the thermometer under your child's tongue. Have your child close his/her lips around the thermometer and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature will show on the thermometer like this:  

100.2 °F
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 The temperature is **about** 100 degrees (one hundred **point** two degrees).  

102 °F
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 The temperature is 100 degrees **plus 2** degrees (one hundred **and** two degrees).

If you are unable to take your child's temperature, you can look for these signs of fever:

- Your child's face may be red. His/her skin may be hot to your touch or moist.
- Your child may be fussy and have a headache.

**If your child has a fever AND you answered "yes" to one of the questions above, your child might have the flu.**

Children with the flu should be isolated from other people in the home. They should also stay home until they are symptom-free for 24 hours. That means until they have no fever without the use of fever-control medicines and they feel well for 24 hours.

### When should my child see a doctor?

If you have a healthy child who now has a mild illness, he/she usually will not need to be seen by a doctor. CALL your health care provider if you think your child is very ill. Be alert for signs that your child is having trouble breathing or that he/she is not drinking enough fluid. If your child is not drinking enough, he/she may have a dry mouth and tongue; dark circles or sunken eyes; no tears and/or less urine output (this means fewer than two wet diapers or urinations per day).





# The Flu:

## A Guide For Parents

### FLU INFORMATION

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

#### How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

### PROTECT YOUR CHILD

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

## What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs.

### These include:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant

according to directions on the product label.

***These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.***



## IF YOUR CHILD IS SICK

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

### What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

### Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

**For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO**