

# NEWSNOTE

VOLUME 1, ISSUE 6      OCTOBER 17, 2018

## FROM THE PRINCIPALS DESK...

Happy Wednesday!

Next week is Red Ribbon Week. During this week we participate in different activities to remind students of the dangers of drugs, alcohol and bullying. You will be receiving a sheet that details the events of the week.

This past Friday was our Little Sweetheart Dance. It was fantastic to see all of the dressed up young ladies and their “dates” for the evening. I am looking forward to the mother/son bingo in March!

Save the Date: 10/24, 6-8 pm – Parents Only Meeting.

Thank you and enjoy these last warm days of October!

God's Peace and Love,  
Mrs. Kwitowski



## RED RIBBON WEEK

Please see the flyer coming home in your blue folder today with our Red Ribbon Week activities! Here is a breakdown of our special dress up themes per day:

**Monday, October 22nd** Students and staff show your support and dress up in whatever “RED” you have today to show you are drug free. You may wear jeans (tear and rip free) NO sweatpants or leggings/yoga style pants.

**Tuesday, October 23rd** “Use your HEAD- don’t do Drugs”. Students and staff may wear a CRAZY HAT or come in with CRAZY HAIR (students may put color in their hair with temporary colors) *Students are to wear their school uniform* to school.

**Wednesday, October 24th** “Team up against Drugs”. Students and staff may wear their favorite sports team shirt or jersey with their uniform bottoms. No jeans.

**Thursday, October 25th** “Black OUT Bullies”. Students and staff may wear a “BLACK” shirt with jeans (no rips or tears) or uniform bottoms. NO sweatpants or leggings/yoga style pants.

**Friday, October 26th** “SHADE Out Drugs Day”. Students may wear sun glasses AFTER Mass all day in school. *Students are to wear their school uniform.*



### UPCOMING EVENTS:

- 10/22 - 10/26 - Red Ribbon Week
- 10/24 - Parents Only Meeting, Book Fair 6-8:00pm
- 10/25 - Book Fair 8-2:00, Picture Re-Take Day
- 10/26 - Book Fair 8-2:00
- 10/27 - Family Fun Night 6-8:30 pm
- 11/1 - All Saints Day Mass, 8:30 am
- 11/2 - 1:00 Dismissal, HSA Meat Raffle 6:00pm

## SCRIP

From September 1, 2018 to September 30, 2018, the Scrip rebate profit earned for the school was \$783.34. Although we’re happy to see this profit, we are already below our monthly goal by \$716.66.

If sales for the month of October continue at the current pace, our monthly rebate will be higher than September, but still fall short of the goal.

Monthly Scrip	Monthly Scrip
<u>Sales Goal</u>	<u>Profit Goal</u>
\$30,000.00	\$1,500.00
October	Year
<u>Profit-to-Date</u>	<u>Profit-to-Date</u>
\$485.19	\$1,268.53

When we work together on the \$1,500.00 monthly goal, it is less than a \$200 purchase in gift cards per family, per month, through the SCRIP program. Since SCRIP cards can be purchased for Tops Gasoline, Tops groceries, Amazon, Tim Hortons, paying your Kohl’s bill, etc I am sure we can all find easy ways to help with this goal. Each week we will update what we have sold towards the monthly goal of \$30,000 in SCRIP sales. There is a locked box outside the Scrip office so that you can drop off orders whenever it is convenient for you! There is also one in the back of the church.

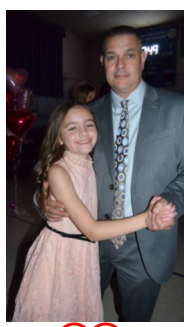
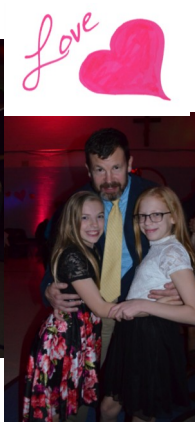
Beginning next week, a few vendors will be offering low denomination gift cards, through December 14<sup>th</sup>. The list below is what will be available as of October 20<sup>th</sup>. There will be a limited number available in the Scrip office, so please plan ahead and order! **\$5 Cards:** Barnes & Noble, Blimpie, Cold Stone, Panera, Starbucks, Taco Bell.

**\$10 Cards:** Amazon, Applebees, CVS, Olive Garden, Home Depot, IHOP, Meijer, Outback, Red Lobster, Target, Wal-Mart.

We thank you for your support in making the SCRIP program a success for our school, our Parish and for our children! Please contact the Scrip office at scrip@smeschool.com to find out how you can support this fundamental program.

## MY LITTLE SWEETHEART DANCE

Thank you to all that joined us for our Annual My Little Sweetheart Dance this past Friday evening!



## ATHLETICS

Basketball registration is closed. Coaches are forming rosters and the online team uniform shop is now open. All players are required to purchase a uniform. This uniform can be worn for this season and seasons to come and it can even be handed down among siblings as there are no plans to change the logo/design. SME spirit wear is available for all parents to purchase. The link is now live on our athletics page. It will only be open for one week. That is due to the fact that uniform orders MUST be filled out and sent in to have them in time for our first games.

Basketball schedules will be posted on our athletics page once they are finalized.



Please make sure to hand your physicals into our school nurse Mrs. Parker, if you have not done so yet. You CANNOT participate without a physical.

More information will be headed your way from your coaches very soon.

Any questions or concerns please contact our athletic director Dan Johnson athletics@smeschool.com.

### INSIDE THIS ISSUE:

PRINCIPALS DESK	1
MY LITTLE SWEETHEART	1
SCRIP	1
ATHLETICS	1
PICTURE RE-TAKE	2
MISSION POSSIBLE	2
MARATHON	2
HSA	2
MEMORIES	2
8TH GRADE INFO	2
PAST DUE	2
STAY IN THE KNOW	2





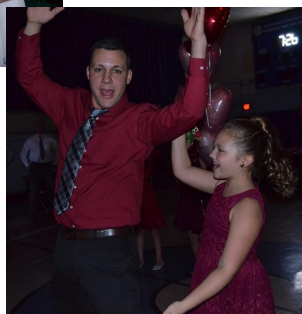
## ST. MARY'S ELEMENTARY SCHOOL

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..."



## PICTURE RE-TAKE DAY

Inter-state Photography will be back on Thursday, October 25th for picture re-takes. Students who were absent on our original date are asked to have their picture taken on 10/25. Families looking to have their student photo re-taken will also be done at this time.

Only students getting their picture taken should dress their best on 10/25.

Order forms are available in the school office or contact Amanda to send one home with your child.

## CATHOLIC SCHOOLS MARATHON

Any student who was sponsored with donations will receive their form back to collect their pledges. All monies will be used to enhance the technology at SME!

Pledge money is due back by October 29th. Thank you!

thank  
you!

## PAST DUE

If you have not yet returned the following items please do so ASAP:

- Parent / Student Sign-off page from the handbook. Forms were due back on 10/1.
- SET Directory Response form. Forms were due back 10/5.



## HSA

**Pie & Coffee Sale Started: 9/26  
Ends Friday: 10/19!!  
Pick up day: Monday, 11/19**



Saturday, 10/27 - Family Fun Night, Trunk or Treat! Please see the invite in your blue folder today!

Friday, 11/2 - Fall Meat Raffle, doors open @ 6. Many hands make light work, and the work is FUN! If you are able to help during the Meat Raffle please see the flyer coming home in your blue folder today!



## MISSION POSSIBLE

Challenge Period 1 takes place Oct. 2nd - Dec. 14th.

Our minimum goal for this period is  
750 cans/boxes of food donated!

This equates to 3-4 cans/boxes of food  
per student donated.

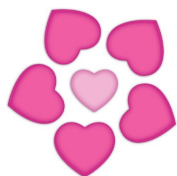
Last fall we exceeded our goal by over 200% and we accomplished this by donating more than our minimum goal.

Suggested Goals by grade:  
Pre-K- 2 = 60 cans each grade  
3-7 = 70 cans each grade  
8th grade = 100 cans  
Teachers/staff = 60 cans  
Grand total = 750 cans



## MAKING MEMORIES EVERY DAY

Mrs. Brinkworth's 4th grade and Mrs. Morrella's 7th grade Social Studies classes attended "Frontier Days" at Fort Niagara on October 11th. The special event series included re-enactors from all eras of the fort's history.



## 8TH GRADE INFORMATION

Parents wishing to have their child shadow at high school must coordinate that with the high school directly.

Please submit a copy of your Catholic High School application confirmation email to the school office once you have received it so that your child(s) transcript can be forwarded to the appropriate school(s).

<http://catholichighschoolswny.com/>

ready?  
high set?  
school!

## STAY IN THE KNOW



**Save the Date:** Wednesday, 10/24  
MP1 Ends, Progress Reports Uploaded

**Save the Date:** Wednesday, 10/24 -  
10/26, Fall Book Fair, Gym

**Save the Date:** Saturday, 10/27,  
Family Fun Night, Trunk-or-Treat

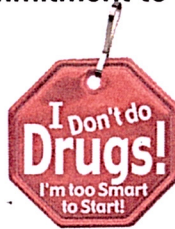
**Save the Date:** Friday, 11/2 1:00  
Dismissal, Meat Raffle 6:00





# National Red Ribbon Week

The effort to keep kids away from drugs and bully free goes on every day, but the Fall is an especially important time of the year. From October 22-26<sup>th</sup>, 2018 SME will participate in "National Red Ribbon Week". This will be observed in schools and communities across the country. During this week people all over the country will wear red ribbons and clothing; decorate schools in red and hold assemblies to show their commitment to living free of drugs and to be bully free.



St Mary's Elementary school will be participating in the campaign to keep students Drug/Alcohol and Bully Free. Please see the information below for our week of commitment to being Drug/ Alcohol and Bully Free.

**Monday, October 22nd** Students and staff show your support and dress up in whatever "RED" you have today to show you are drug free. You may wear jeans (tear and rip free) NO sweatpants or leggings/yoga's. Each student will color and sign a pledge to promise to be Drug & Alcohol Free and receive a red ribbon or tag to wear each day of our Red Ribbon Week.

**Tuesday, October 23rd** "Use your HEAD- don't do Drugs". Students and staff may wear a CRAZY HAT or come in with CRAZY HAIR (students may put color in their hair with temporary colors) ***Students are to wear their school uniform*** to school. Our students will also have a chance to sign a special board during lunch stating they will be drug and bully free. The board will be in a school hallway for the remainder of the school year.

**Wednesday, October 24th** "Team up against Drugs". Students and staff may wear their favorite sports team shirt or jersey with their uniform bottoms. No jeans.

**Thursday, October 25th** "Black OUT Bullies". Students and staff may wear a "BLACK" shirt with jeans (no rips or tears) or uniform bottoms. NO sweatpants or leggings/yoga's.

**Friday, October 26th** "SHADE Out Drugs Day". Students may wear sun glasses AFTER Mass all day in school. ***Students are to wear their school uniform.***





# 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**



St. Mary's Elementary School  
Home School Association

**Saturday, October 27, 2018**  
**6:00 – 8:30pm**  
**in the Parish Center**

**PUT ON YOUR DANCING SHOES & DO THE  
MONSTER MASH!**

Pizza will be served @ 7:00

*This is a Family Event. Children need to be accompanied by an adult.*

\$6.00 per person includes:

Pizza, Drinks, Dessert for all, Treats for the Kids & Door Prize Entry!

***New – Trunk or Treat!!!***

This Event is NOT a Fundraiser –  
Just a night for SME families to have a ghoulishly good time together!

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Please return this portion (which serves as your door prize entry)  
by Wednesday 10/24 Attn: HSA  
Yes! We will be attending Family Fun Night!

Family Name: \_\_\_\_\_

\_\_\_\_\_ Adults + \_\_\_\_\_ Children = \_\_\_\_\_ X \$6 = \$\_\_\_\_\_  
Cash or Checks payable to St. Mary's Elementary School – HSA

*JK*