



SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

February 7, 2008

RETURN TO THE LORD WITH ALL YOUR HEART.

Lent has begun – 40 days to get our lives more right with God! Students have decided on how they will pray more, fast, and give alms during this holy season. On Wednesdays during Lent we are encouraging all students to fast from desserts at lunch and to donate some of their allowance to their Rice Bowl or to help support their class's Ugandan student. On Fridays families are invited to send in a brown bag lunch and one item for the men living at the St. Martin de Porres Shelter – see notice below. This will begin next Friday, February 15 – the extra item is a toothbrush. Each Friday during Lent from 2:50-2:58, all classes will “Drop Everything and Pray” and leave school quietly – leading up to Good Friday, when we will dismiss in complete silence. Classes will be attending the 8:00am Mass together at least once during Lent. Students attending the 8:00am Mass are never counted as tardy. Fr. John hopes the heart hanging in the main school entrance will remind us to be faithful to our Lenten promises, so that we will indeed “RETURN TO THE LORD WITH ALL OUR HEART”.

Midtrimester reports for grades K-8 are included in the FCE. Please review your child's academic and behavior progress carefully, sign the report, and return to school. These reports are given in order to provide time for our students to make any needed improvements before the end of the second trimester. Thank you for your help and support. The second trimester ends on March 7, with report cards going home on Good Friday, March 21.

The Leadership Elective is sponsoring a spirit day on Thursday, Feb. 14, Valentine's Day. Students may come dressed in red, pink, and white – no face paint, body tattoos, or dyed hair. Students must bring Valentines for everyone in their class. Thanks to the room parents for helping with the classroom parties.

Winter break is Monday, February 18, and Tuesday, February 19. The magazine sale reward day is Monday, April 28, not on Friday, February 15. Next week is a full week of school.

If you are planning on withdrawing your children from Holy Rosary next year, please complete and return the form at the bottom of the letter. Thank you.

Thank you again for helping us to celebrate Catholic Schools Week. I hope you checked out the photo gallery which highlighted the week's activities. Truly, a good time was had by all – even our 8th graders who lost the big match with the staff. Our Catholic schools truly do light & lead the way.

I hope to see you at next Tuesday's Parents' Club meeting. I am looking forward to hearing our guest speaker and learning about Sudden Cardiac Arrest.

BROWN BAG FRIDAYS FOR ST. MARTIN de PORRES SHELTER DURING LENT will begin Friday, February 15. You are invited to include a toothbrush with the lunch on the 15th. If you are interested in delivering the lunches one Friday, please contact Peggy Cunningham in the school office. The children who will be taking them to the shelter will be able to tour and learn more about St. Martin de Porres. The items to be included in the lunches for the remaining Fridays of Lent include: February 22 – toothpaste; February 29 – bar of soap; March 7 – a pair of men's socks; Thursday, March 13 - deodorant **March 14 NO SCHOOL**; March 21 (Good Friday) – aftershave, shaving cream. Thank you for your almsgiving during this Lenten season.

PARENTS IN TOUCH FOR LENT. Lent is nearly upon us and it's a wonderful time to slow down a bit and reflect on the blessings, needs and concerns of our daily lives. Parents in Touch is a group of parents who meet weekly to pray the Rosary and offer intentions for our school and parish communities. Would you consider adding this brief time of prayer to your Lenten practice? You are welcome to join us any time. We meet Monday mornings after drop off (8:30am) in the Parish Center Chapel (convent.) We hope to see you Monday, Feb. 11. Questions/ prayer intentions? please call Ginny Kane.

PARENTS' CLUB MEETING THIS TUESDAY, FEBRUARY 12. February is National Heart Month. Come hear a terrific presentation by the founder of The Nick of Time Foundation. Her mission is to foster awareness of Sudden Cardiac Arrest (SCA) in children and young adults through education, legislation and cardiac screenings in an effort to protect kids from SCA. You can read more about her organization at www.nickoftimefoundation.org Refreshment's and childcare will be available. Childcare is \$1.00 per child. See you at 6:15.

AUCTION PROCUREMENT UPDATE. THANK YOU to everyone who has already made their donations to this year's HEART auction. We have some great items. Look in your FCE for more great previews next week! **For those of you who have not made your donation PLEASE do so.** We would like to know what we have so we know what we still need to get with the generous cash contributions. Also, we will begin creating our catalog next week. It really helps us to know what we have to eliminate re-work. If you are stuck and don't know what to donate or are having trouble on-line, please call Katie Cunningham (937-2741) or Karri Lange (938-8352). Thanks again for making this year's auction the *Best in the West!*

AUCTION COMMITTEE MEETING - MONDAY, February 11. Calling all committee members - our next meeting is on MONDAY in the staff room of the school at 6:30pm. We are in full swing of getting organized and moving ahead with creating one wing-dinger of a good time at the auction this year. Please plan to attend to give and get updates on what is sure to be a grand event!

START ROUNDIN' UP YOUR FRIENDS AND FAMILY FOR A RESERVATION AT THIS YEAR'S HEART AUCTION. Last year, tickets to the LIVE Auction sold out in 10 days!!!! We were amazed - and are anticipating another great response this year. Now is the time to start planning if you want to get a table group together. Invitations are scheduled to go home in the FCE on March 6th, 2008. Reservations will be available beginning March 7th on a first come first served basis - with payment in full due at the time of the reservation. Start your planning now so your not left out on the range. . . Any questions - contact Ann Martin (937-0179 or peediedogmartin@aol.com) or Kristen Hinthorn (433-2748 or tkhinthorn1@comcast.net)

THE HEART AUCTION NEEDS NEW LEADERS! The Hinthorns and the Martins are looking for new leaders to head up the HEART Auction in 2009. This is a great opportunity to get to know and work with many of the fantastic families that make up our Holy Rosary community.

If interested, now is a great time to begin shadowing us to see what all goes into making the HEART Auction the schools biggest fund raiser. Please contact us to find out more! Ann Martin (937-0179) or Kristen Hinthorn (433-2748).

AN EIGHTH GRADE PIZZA LUNCH is scheduled for Thursday, March 13. Complete and return the enclosed order form no later than Friday, March 7.

IMPORTANT SAFETY REMINDERS--PLEASE READ CAREFULLY. The good news is that Scott reports traffic is much better than last year. However, some safety concerns have recently been noted at drop-off time. To help us keep your children safe, please read the following and share it with any other drivers in your household. It may be the less experienced dropper-offers who do not know the rules. 1. **PLEASE DO NOT DROP OFF YOUR CHILDREN FROM THE CAR UNLESS YOU ARE PARKED AT THE CURB.** A number of children have recently been seen exiting vehicles in the middle of the street. These children must then weave through the cars stopped at the curb; cars which are running, poised to move, backing up and moving forward, all with the expectation that no children are walking between them. This is extremely dangerous. Please wait to get to the curb before you let your child out of the car. 2. Please do not park in any space marked "No parking." This really means no parking and it really means everybody, including those who will "just be a minute" or plan to do it "just this once." These spaces are near corners and are designed not only to ensure traffic can get through the intersection, but more importantly that there are clear sight lines for drivers to see the crossing guards and the children crossing the street, many of whom are small and hard to see in the first place. Think about it: if someone gets hurt, you won't even remember that you were in a hurry or didn't feel like walking farther. Let's be preventative. 3. Please don't jaywalk. There are three places to cross the street to get to the school: one on each corner and one in the middle. Be a good example for the children and always use a marked crossing. To assist the flow of drop-off, please remember:

- If you are uncomfortable dropping off your child before the doors are open, come later or park on the next block and walk them; please do not sit in your car waiting for the doors to open.
- Please do not get out of your car. If your child needs assistance, park in a designated spot and help them. Getting out of your car in the drop-off lane is a potential danger to you and delays other families.
- Please try not to block both lanes of traffic (the lane at the curb and the one moving up the middle of the street). When you move away from the curb after dropping off, please move all the way over to the moving lane in the middle. Remember to USE YOUR SIGNALS. Thank you.

TUITION ASSISTANCE FOR THE 2008-2009 SCHOOL YEAR. You can now access the application for tuition assistance for the 2008-2009 school year on-line at <http://www.fulcrumfoundation.org/Tuition>. You can apply on line or download the application and fill it in by hand. Whether you apply on-line or in paper form the application needs to be completed and forwarded to Jennifer MacDonald in the school office by February 21, 2008 with your Federal Tax Return. You can e-mail Jennifer at jmacdonald@holynosaryseattle.org.

FREE TICKETS TO UW ATHLETICS. The University of Washington has given Holy Rosary free tickets to several of their athletic events, baseball, softball and women's basketball. If you would like to attend any of these events stop by the school office to pick up your free tickets. **GO HUSKIES!**

HOPE LUTHERAN IS HOSTING A BENEFIT DINNER for Olivia Shain who is in the 5th grade-February 24. Olivia, like most of our kids was an active little girl. She was diagnosed with Crohn's disease, which is an autoimmune disease that is a chronic inflammation of the intestinal tract. During fourth grade Olivia rarely attended school, and since then has been hospitalized dozens of times. Demery Shain who is a single mom and our friend has had to cut down on work to stay with

Olivia, provide tutoring, therapy and medicine. Please reach out during this Lenten season and give to Demery and Olivia. If you can help with the auction/ dinner on the 24th or would like to attend, please contact Elissa Sommer at 206 763 7534. Demery asks for prayers that Olivia has strength and hope for the future. If you have any questions or would like to contribute in ANY way please email me at t.markey@comcast.net

WEST SEATTLE SOFTBALL SEASON! Go to <http://www.westseattlegirlssoftball.org> to register online using our easy and secure online registration process. Our website also gives you the option of requesting a registration form through the mail. If you are a parent of a 7 or 8 year old girl, this is a fun league to be a part of and a great opportunity for your daughter to become involved in the West Seattle Community. The league offers a supportive environment where girls develop the basic skills of softball, learn the value of "team attitude," engage in friendly competition, and most importantly, have fun! Registration is open until February 15, 2008. Practices will start in March and the season will wrap up the first week in June. Questions? Call Steve Peer at 206-935-1104 or click on the "email" quick link on the website!

UPCOMING EVENTS AND IMPORTANT DATES:

- Thursday, February 7, 6:00pm – School Commission Meeting – Staff Room
- Friday, February 8, 8:30am – Prayer Service by Grade 2A – School Hall
- Monday, February 11, 9:30am-11:30am – 8A/8B Field trip to St. James Cathedral
- Monday, February 11, 6:30pm – Auction Committee Meeting – Staff Room
- Tuesday, February 12, 6:30pm – Parents' Club Meeting – School Hall
- Wednesday, February 13, 7:00pm – First Eucharist 2nd Gr. Parent Meeting – School Hall
- Thursday, February 14, VALENTINE'S SPIRIT DAY, Wear pink, red & white!
- Friday, February 25, 8:30am – Prayer Service by Grade 2B – School Hall
- Monday, February 18, **NO SCHOOL** Presidents' Day, WINTER BREAK
- Tuesday, February 19, **NO SCHOOL**, WINTER BREAK
- Wednesday, February 20, 7:00pm – First Eucharist 2nd Gr. Parent Meeting – School Hall
- Tuesday, February 26, 7:00pm – Marketing Committee Meeting – Staff Room
- Wednesday, February 27, 5:30pm – School Budget Committee Meeting – Staff Room

INCLUDED IN THIS FCE: (white unless otherwise stated)

- Procurement Update Flyer
- 8th Grade Pizza Lunch Order Form
- Hot Lunch Menu and Order Form for February 25-March 21
- School Health News (yellow)
- CYO Summer Camp Brochure (green)
- Hope for the Future Flyer

School Health News

Punxsutawney Phil saw his shadow last Saturday....that means 6 more weeks of winter for us all.



Here are few tips to help keep us healthy as we wait for spring.

Flu season continues. Many want to know how to tell the cold from the flu. I hope this chart will be helpful to you.

Symptom	Cold	Flu
Fever	Rare	Usually Present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms gradually appear	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

Please notify Peggy in the office if you do have a child ill with the flu. King County Department of Public Health is tracking the disease this winter and has asked us to report any cases to the state. If you suspect your child has the flu please keep him/her home from school. You may review the Holy Rosary School Family Handbook for the actual policy on returning a child to school after an illness.

This is the season that many of us engage in wintertime activities. The American Academy of Pediatrics (AAP) has asked that I pass the following tips on to you.

Winter Health

If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.

Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other.

Frequent hand washing and reminding your children to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.

Hypothermia develops when a child's temperature falls below normal due to exposure to cold. If hypothermia is setting in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his temperature will decline. If you suspect your child is hypothermic, CALL 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets and warm clothing.

Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. The child may complain that her skin burns or has become numb. If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104F (about the temp of most hot tubs) is recommended. Warm wash cloths may be applied to the frostbitten nose, ears and lips. Do not rub the frozen areas. After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink. If the numbness continues for more than a few minutes, call your doctor.

Ice Skating

Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation department, or call local police department to find out which areas have been approved.

Advise your children to skate in the same direction as the crowd; avoid darting across the ice; never skate alone; and not chew gum or eat candy while skating. Consider having your child wear a helmet while ice-skating.

Sledding

Keep sledders away from motor vehicles.

Children should be supervised while sledding.

Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.

Consider having your child wear a helmet while sledding.

Use steerable sleds, not snow disks or inner tubes.

Sleds should be free of sharp edges and splinters, and the steering mechanism should be well lubricated.

Sled slopes should be free of trees or fences, be covered in snow, not ice, not too steep (slope of 30 degrees or less) and end with a flat runoff.

Snow skiing and snowboarding

A qualified instructor in a program designed for children should teach children.

Never ski or snowboard alone.

An adult should always accompany young children. A friend should always accompany older children.

The AAP recommends that children under 7 not snowboard.

Consider wearing a helmet.

Equipment should fit the child. Check the safety bindings every year. Snowboarders should wear gloves that include wrist guards.

Snowmobiling

The AAP recommends that children under age of 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.

Do not use a snowmobile to pull a sled or skiers.

Wear goggles and a safety helmet approved for use on motorcycles.
Travel at safe speeds.
Never use alcohol or other drugs before or during snowboarding.
Never snowmobile alone or at night.
Stay on marked trails, away from roads, water, railroad tracks and pedestrians.

Sun Protection

The sun's rays can still cause sunburn in the winter. Make sure to cover your child's exposed skin with sunscreen.

Please consult your physician, or email me at mulkey.family@comcast.net if you have any questions regarding the above material.

Patricia McBrien RN

NOTICE OF INTENT TO WITHDRAW FOR THE 2008-2009 SCHOOL YEAR

Family Name _____

Student Information

First Name	Last Name	Grade in Sept 08
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

We plan to withdraw our family from Holy Rosary School.

Parent signature _____ Date _____

_____ * I would like to schedule a meeting with the principal. *
