



# SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

June 5, 2008

God gave you the gift of 86,400 seconds today. Have you used one of them to say – “*Thank you*”?

On behalf of the teachers and staff, I want to extend our heartfelt thanks to you, the wonderful parents! Thank you for helping to make the 2007-08 school year another one of which we can all be proud. I am proud of the dedication and talent of our incredible teachers, the accomplishments and growth of our terrific students, and the unwavering support and sacrifice of our generous parents. Holy Rosary is the school of excellence that it is because of each parent, each student and each staff member. Thank you, one and all!

The results of the ITBS tests that students in grades K, 1, 2, 5, & 6 completed in May have arrived and congratulations are in order! Our school's Core Totals, which include reading, language, and math, are as follows: Gr. K: 98%ile; Gr. 1: 99%ile; Gr. 2: 98%ile; Gr. 5: 91%ile; Gr. 6: 90%ile. The percentiles compare Holy Rosary School with all other participating schools across the country. For the second year in a row, these scores rank Holy Rosary School in the top ten percent of schools nationwide. The ITBS scores, and grades 4 & 7 Cognitive Ability Test results, will be sent home with the final report card. We do not receive the results of the WASL test until August. Students in grades 3, 4 & 7 took the WASL in the areas of reading, writing, and math.

On Thursday, June 12, all students may enjoy free dress. School dismisses at noon on Thursday. On Friday, June 13, the last day of school, students are asked to dress up for our final school Mass, which will begin at 8:45am. School dismisses from the classrooms immediately after the Mass, which is at around 10:00am. Teachers will be dashing off to the West Seattle Golf Course for their annual end of the year Golf Scramble and celebration. Parents are invited to join us for our final Mass, as we gather together to thank God for the many blessings our Holy Rosary School receives.

Eighth grade graduation is this evening. The Class of 2008 has been an outstanding class. They leave a legacy of scholarship, service, and spirit and they will indeed be missed. The graduates are listed in this newsletter. In next week's newsletter we will print the names of the students who were awarded scholarships. The graduation begins in the church at 7:00am, followed by a reception in Lanigan Gym. The 8<sup>th</sup> graders will have their “last dance” right after the reception. Congratulations Class of 2008!

Kindergarteners will graduate Friday, June 6, at 10:00am in the School Hall. Congratulation to our Kindergarten Classes – they are ready for first grade and for summer, and we are proud of how much each one of the students has grown – in all ways (one is almost as tall as Ms. Brown!)

There will be a reception in Lanigan Gym following the graduation program. The names of our kindergarten graduates are listed in this newsletter.

In order for students to receive their final report cards all financial obligations must be met. This includes book fines, payments for camps or the sailing trip, tuition, tithing, or parent commitment hours. We very much appreciate you taking care of these obligations. Thank you.

**CONGRATULATIONS TO OUR 8TH GRADUATES!** Andrew Anderson, Celina Baker, Kira Baker, Will Baker, Madison Beiler, Max Bertellotti, Joseph Blatner, Kelsey Boblenz, Jazmine Brown, Whitney Brown, Eleanor Cain, Thomas Clarke, Hannah Crockett, Gretta Dattan, Dallas DeGabriele, Reilly Dever, Claire Fritts, Olivia Gillies, Bart Hardwick, Anna Heflin, Jason Helle, Amanda Henry, Alex Isner, Colleen Kane, Jim Killeen, Sabrina Klem, Clarissa Koszarek, Alexander MacMillan, Brian McFaul, Charlie McLean, Matthew Meucci, Max Mierzejewski, Hope Miles, Michael Nim, Sabina O'Rourke-Perry, Blake Pedersen, Mitchell Penner, Samantha Pless, Alexis Popich, Chris Porter, Adam Rising, Natalie Robel, Robert Rush, David Salle, Hadley Scharer, Kayli Schulz, Daniel Schuster, Maxwell Schwabe, Pasquale Sena, Paul Sheldon, Lauren Small, Alden Smith, Antonia Spadoni, Kevin Tarabochia, Daniel Thiel, Chad Tuthill, Henry Walker, Danny Werlech, Will Westbrook, Emily Winter.

**CONGRATULATIONS TO OUR KINDERGARTEN GRADUATES!** Joe Baleto, CaSadie Bendzak, Nicole Carns, Joseph Conway, Kelly Corl, Salvador Crockett, Joseph Dolejsi, Grace Dowd, Lily Fitzharris, Mark Fitzharris, Zoe Fuentes, Veronica Furman, Konrad Gerhardt, Grace Ginther, Jonathan Goluciec, Ethan Grassley, Doriana, Hasselbalch, Cory Hinthorn, Brian Hooks, Leighton Joy, Bernadette, Victoria Lange, Anne-Louise Lorentz, Elizabeth Lovell, Quinn Mackay, Patrick McGaughey, James McIntyre, Natalie Miller, Dominick Nagle, Joseph Nevan-Casey, Michelle Nguyen, Grayson Nogales, Charles Olson, Jacob Podany, Audrey Porter, Anna Porth, Garrett Pyscher, Andrew Robertson, Karin Rottler, Connor Savage, Maia Schinkel, Benjamin Schreck, Mikaela Silva, Alena Slee, Kyla Sorensen, Dominic Taylor, Aidan Thomas, Emma Velling, Noelle Wardian, Cassidy Wells, Ligia Wiegand, Jarek Woodward.

**CONGRATULATIONS** to the following students who participated in the Catholic Schools Honor Choir this year at Blanchet High School under the direction of Craig Schell: Drew Anderson, Adam Rising, Clarissa Koszarek, Max Mierzejewski, Amanda Henry and Michael Nim.

**GOOD BYE FROM GRETCHEN HEDMAN.** I have some really exciting news. My family and I have been given a wonderful opportunity and we are moving to Key West, Florida. My husband and I feel that the timing is right for this venture because our son Joshua is graduating from high school this year and will be attending college at Embry-Riddle University in Daytona Beach, Florida. I am very excited about this move; however, it comes with some sadness. I feel that I have been so lucky to be a part of the Holy Rosary community. This has been such a wonderful teaching experience. I will miss everyone so much. Thank you so much for the opportunity to teach your children! Have a great summer. Gretchen Hedman

**PIANO IN THE SCHOOL HALL.** Thank you to Mrs. Lynn Bankhead, the grandmother of Nathan (gr. 4) and Lauren (gr. 8) Small for donating a piano for our school hall. The piano is in excellent condition and replaces a very, very old one. We are very grateful for this generous donation.

**ARCHDIOCESAN ANNUAL APPEAL.** Thanks to the generosity of our parishioners and school families Holy Rosary Parish has met their obligation to the Archdiocese Annual Appeal. All donations that are received now will go toward the remodeling of our school kitchen. An envelope is enclosed in today's FCE. Please consider making a pledge, if you haven't already. Thank you!

**SCHOOL HEALTH NEWS** The **spinal screenings** of the 6-8th graders have been completed. I would like to thank all the following people who volunteered their time and talents during the screenings: Karen Kuhar, Karen Pritchard, Carol Ann Joyce, Andrea Duffy, and Roxanne Gerhardt. A big thank you to Ms Southerland, who allowed the use of the children's Fitness and Health class periods for the screening process. In addition, I am happy to report that the school had no injuries (other than a few bumped heads) to report on **Field Day**. Thank you Sydne Mead- Smith, RN and Roxanne Gerhardt, RN for volunteering their time at Field Day.

**ATTENTION FAMILIES WHO HAVE MEDICATION IN THE SCHOOL OFFICE** . The office will hold those medications for 1 week following the end of this school year. The medications will then be disposed of. Please remember to pick up your medications. Families with children who will require medication to be dispensed by the office staff next year will be required, by law, to have an Authorization for Administration of Oral Medication at School on file in the office as the term begins next fall. Please pick up one of these forms in the office when you drop by to retrieve your child's medications.

**KEEP YOUR SKILLS SHARP THIS SUMMER!** The Summer Bridge Activity Books for each grade level can be ordered through the Summer Bridge website: <http://www.summerbridgeactivities.com/>, Amazon.com, and Barnes and Noble. "This year the bestselling summer workbook features new covers, new activities, new reading lists, updated bonus sections, and a whole lot more to give kids a summer learning experience they won't forget! Designed to keep kids busy, happy, and learning between grades, the NEW Summer Bridge Activities continues to focus on math, reading, writing, and language arts, but also includes new activities in science plus Factoids and fun to-do lists to keep brains and bodies active. Assignments build on one another as children review skills they have just mastered and preview the grade ahead!"

**ALL HANDS ON DECK!** **Magazine Decoration Committee** has at home summer fundraising hours projects. Mark your calendars around that time as well to help decorate the hallways. We still need someone to head this up. You have all summer to work on theme. Watch the summer newsletter/website for some new changes magazine drive changes nothing we can't *HANDLE*. Top turn in students- be ready the first week of school to assist in the kick off assembly. Contact [magazines@holynosaryws.org](mailto:magazines@holynosaryws.org) to volunteer.

**HOLY ROSARY CHURCH TITHING ELECTRONIC AUTHORIZATION FORM.** Included in this FCE is an Electronic Funds Transfer Form for church tithing to use if you would like to have tithing automatically deducted from your bank account.

**GROCERY RECEIPTS 1% BACK PROGRAM.** Thank you to everyone who has been participating in the 1% grocery receipt program. We had a fantastic first school year with a total from Thriftway of \$241.52 and from Metropolitan Market of \$484.03 for a grand total of \$725.55. Great job!! This is a year round program and is going to continue through the summer months with the drop off location being the basket in the Narthex of the Church. Keep turning in those Thriftway and Metropolitan receipts by the 10th of each month and look for exciting contest in the fall. Any questions contact Melody Sarkies

**SAFeway SHOPPER.** Remember to support Holy Rosary School by shopping at Safeway stores this summer. You must be registered with eScrip to benefit HR. To register with eScrip visit [www.escrip.com](http://www.escrip.com) or download a registration form and return it into the school office or email it to [s-rottler@comcast.net](mailto:s-rottler@comcast.net) , or call Sandy Rottler at 935-6220.

**GOLF IS GOOD-** and it is back this fall. Please mark you calendars as Saturday September 27th will be the 7th annual HOLY ROSARY FALL CLASSIC GOLF TOURNAMENT. It may be the only thing in your life that has not gone up in price during 2008. Get your registration in as soon as you can to reserve your spot, and help us raise money for the Mallahan Endowment again this fall. We are getting close to the \$100,000 mark, so sign up today at <http://golf.holyrosaryws.org/> . Also, as many of you requested we moved the tournament to September in hopes of warmer weather. It is more expensive, so we are looking for more sponsors this year, and we have lots of good ideas on how to promote your company. Hit the sponsor button at our web-page to learn more.

**WESTFEST BOOK SALE.** We are starting to take donations of gently used books, recent computer/ game Box games, board games/puzzles (please try to make sure all pieces are there), VHS, DVDs and CDs for the West Fest Book Sale. So as you go through your garage, attic or family spaces doing your spring/summer cleaning keep us in mind. We will pick up or you're welcome to just drop off at our home. Please no magazines, encyclopedias, cassette tapes or records Dave and Suzanne Cullers 206-767-6338.

**FOURTH OF JULY KIDS PARADE.** Celebrate the 4<sup>th</sup> of July by bringing your family and friends to the 14<sup>th</sup> Annual **FOURTH OF JULY KIDS PARADE**. Decorate wagons, bikes, and trikes and join this old-fashioned kids' parade. All are welcome. The Seattle Motorcycle Police and Fire Department will lead the parade **starting at 10:30AM at the 1100 block of 44<sup>th</sup> Ave. SW (corner of 44<sup>th</sup> and Sunset)**. The parade itself is an easy ½ mile through neighborhood streets. Following the parade, enjoy **the fun and games in Hamilton Viewpoint Park**. Bring a blanket and some lunch (leaving room for treats from the Bake Sale concession stand). Last year it was HOT and we ran out of water balloons. If you can donate water balloons, please let me know. If you aren't into water balloons, but would like to help in some other way, please call Sherri Chun at 937-6017 or [sherri.chun@att.net](mailto:sherri.chun@att.net). **This is a word of mouth parade so please tell your friends!** See you there!

**PETER FEWING SUMMER SOCCER CAMPS** are available for your children to sign up for now! You can get more information by going to [www.peterfewingsoccercamp.com](http://www.peterfewingsoccercamp.com) or call (206) 547-4143 if you are interested.

**PARENT'S NIGHT OUT / CHILDREN'S SELF DEFENSE CLASS** is this Friday, June 6th at Lee's Martial Arts. It will include an hour of kids self defense, pizza, popcorn, movies and lots of fun. The event runs from 6pm-10pm. The cost is only \$25 per child or \$40 for 2 kids. Please RSVP by calling Lisa Skvarla at 206-938-3375. Or by visiting our website [www.lmawestseattle.com](http://www.lmawestseattle.com).

**BEAT THE BRIDGE!** Thank you so much to all of the people who did the beat the bridge walk! It was a huge success and we raised an amazing amount of money for a great cause. Our goal was to raise \$5000, but instead we raised \$6019! Thanks again for all the support, and I can't wait to see you all again at the beat the bridge walk next year to beat diabetes! ~Katy Clarke~

### **INCLUDED IN THIS FCE**

- Electronics Fund Transfer Authorization Form for Church Tithing (pink)
- Archdiocese Annual Appeal Envelopes
- Notes from the Nurse
- Elementary Band Program Sign Up for 2008-2009 (gr. 4-7) (bright pink)
- Kid's 4<sup>th</sup> of July Parade Flyer (blue)
- Seattle University Redhawks Soccer Camp Registration
- Seattle University Girls Hoops Camp Registration Form
- Art Wizards Summer Art Program Flyer
- Camp Fire USA Day Camp Information
- Alki Kid's Place New Children's Programs Flyer
- 2008 Sealth Basketball and Life Skills Camp Registration Pamphlet
- A.C.E. World Language Summer Camp Program Flyer
- Camp Zinzanni Flyer (green)
- Seattle Parks and Recreation Brochure

### **UPCOMING EVENTS AND IMPORTANT DATES:**

- Thursday, June 5 – 7:00pm 8<sup>th</sup> Grade Graduation in the Church, Reception, and Dance –in Lanigan Gym
- Friday, June 6 – 10:00am Kindergarten Graduation and Reception – School Hall and Lanigan Gym
- Monday, June 9 – 1A & 1B Field Trip to the Woodland Park Zoo
- Monday, June 9 – 2<sup>nd</sup> Grade Poetry Café, 2A 9:00am and 2B 1:15pm – School Hall
- Tuesday, June 10 – 4<sup>th</sup> Gr. Field Trip to Underground Seattle, Smith Tower & Alki Beach
- Thursday, June 12 – FREE DRESS! NOON DISMISSAL - Closing Day
- Thursday, June 12 – 6:00pm End of the Year School Commission Celebration – the home of Sarah and Joe Dahleen
- Friday, June 13 – 8:45am Mass – Dress up Day (No jeans and shirts without collars)
- Friday, June 13 – Students will return to their classrooms after Mass for report cards then will be dismissed – at approximately 10:00am

## **PRAY FOR SUNSHINE!**

### **NOTES FROM OUR SCHOOL NURSE, PATRICIA MCBRIEN**

Summer break is rapidly approaching and there are several topics I would like to address

#### **Summer Safety**

The National Association of School Nurses, The American Academy of Pediatrics, and Children's Hospital of Seattle has asked that the following information be provided to families as we all move towards our summer vacations.

1. Sunburn.

The No. 1 summer complaint is sunburn. The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or bill, sunglasses (look for glasses that block 99-100% of UV rays), and cotton clothing with a tight weave.

Stay in the shade whenever possible, and limit sun exposure during peak intensity hours-between 10 a.m. and 4 p.m.

Use a sunscreen with a SPF of 15 or greater. Apply 30 minutes before sun exposure and reapply every two hours, or after swimming or sweating. Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.

## 2. Heat Stress in Exercising Children.

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased to accomplish acclimatization to the heat.

Before prolonged physical activity, the child should be well hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes; 5 oz cold tap water or flavored sports drink for a child weighing 90 lbs, and 9 oz for a child weighing 130 lbs, even if the child does not feel thirsty.

Clothing should be lightweight and light colored and limited to one layer to facilitate evaporation of sweat. Sweat saturated garments should be replaced by dry garments.

## 3. Water Safety

Please teach your children to swim.

Avoid inflatable swimming aids such as “floaties”. They are not a substitute for approved life vests and can provide children with a false sense of security.

Caution you children about lakes and rivers. Even excellent swimmers can run into trouble when they overestimate their stamina or underestimate the distance and or speed of a body of water. Several children have drowned already this season in local rivers.

Advise your children to never to swim alone, not to overextend themselves physically and to avoid diving into waters where the depth is unknown.

## 4. Bug Safety

Don't use scented soaps, perfumes or hair sprays on your child.

Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.

To remove a visible stinger from the skin, gently scrape it off horizontally with a credit card or your fingernail.

Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but insect repellents should not be reapplied.

Insect repellents containing DEET are most effective against ticks, which can transmit Lyme disease, and mosquitoes, which can transmit West Nile Virus and other viruses

The concentration of DEET in products may vary. The benefits of DEET reach a peak at a concentration of 30%, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.

5. Bicycle, Skateboard, Skates and Heelys Safety

Helmets should be worn during these activities. Look for a label or sticker that states the helmet meets Consumer Product Safety Commission (CPSC) safety standards.

A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction.

A helmet provides your child from serious injury, and should always be worn.

And remember, wearing a helmet at all times helps children develop the helmet habit.

Skaters, scooter and Heely riders should wear appropriate protective equipment and skate on designate paths, rinks and not on the streets.

## 6. Swimmer's Ear

Swimmer's ear is an itchy and painful condition that can develop when you get water trapped in your ear. To avoid it, do not go overboard cleaning wax out of your ears. Wax repels water, which makes it more likely to drain from your ear canal.

Please consult with your doctor if you do develop Swimmer's Ear as it may develop into an infection and you may need a prescription for some type of eardrops.

## Head Lice Update

It has been reported that several classrooms continue to have active head lice cases. I highly recommend that families practice the following measures as a means to decrease the likelihood of further head lice transmission.

1. No sharing of personnel items. These would include hairbrushes, combs, headbands, barrettes, hats, scarves, bandanas, and pillows.
2. Hair should be tied up in ponytails.
3. Hats should be kept stored in pockets.
4. Sweaters and jackets should be placed on hooks, not thrown in a pile on the floor.
5. Clothing retrieved from Lost and Found should be washed in hot water prior to wearing.
6. Last and most important: DETECTION COMBING (scalp check) at least once a week, more often during periods when there is active cases reported in the school.
7. During the summer months please continue weekly combing sessions. 3 weeks prior to returning to school in the fall I ask that you perform detection combing 3 times a week. Many children spend time at camps and sleep overs during the summer break. A recent study has shown that in a group of 8-11 year old girls with head lice, 81% of them had attended some type of sleep over.

The written directions on how to perform detection combing (scalp check) are located on the FCE archive for May 8<sup>th</sup> 2008.

I cannot stress enough the importance of weekly detection combing. Lice policies vary somewhat from state to state, district to district. The one thing most of them share is detection combing.

Lice are often diagnosed by the observation of a child scratching their scalp. This itching is not due to the bites themselves, but rather to the body's autoimmune response to those bites. It takes approximately 2-3 months for this autoimmune response to take place. The significance of this fact is that by the time the child is itching he/she has already had lice for at least 2 months. Weekly checking of the scalp won't prevent the infestation, but it will catch it early before the numbers of lice can increase.

As you know there are several over the counter (OTC) products as well as "at home" remedies for lice. Independent of your treatment choice, I would like to remind you of the following:

1. Do not treat unless you see live lice
2. "At Home" and OTC products both require the removal of nits as part of the process.
3. If using OTC products, READ INSTRUCTIONS CAREFULLY. These products contain chemicals that can be used safely if directions are followed. Do not treat with the OTC more often than recommended (in other words if you are to repeat treatment in 7 days, do not repeat sooner as a way to speed up the removal of the lice).
4. If your OTC product calls for you to shampoo hair prior to application, do not use a shampoo that contains a conditioner.



5. If using an OTC product do not use a hair dryer during the application process. The product may be flammable.
6. There are several products designed to aid in the removal of the nits. Do not use vinegar-water solutions as recent evidence suggests that the application of the vinegar solution may inhibit the affect of the OTC product you are using.

I wish you and your families a happy and safe summer.

Patricia McBrien, RN