



SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

September 11, 2008

"The final measure of your life won't be how well you live, but how well others live because of you." -Bill Gates

Calling All Parents/Guardians! All families are invited to Open House - Back to School Night for Parents tonight, Thursday, Sept. 11, beginning at 6:30pm in Lanigan Gym. We have a brief, but excellent and fun program, including a couple of surprises from our students and parents, to kick off the evening, followed by three 20 minute sessions in the classrooms. Open House is the best opportunity for parents to learn about new programs and curriculum goals for the coming school year. Your children have worked hard with their teachers to prepare for your visit tonight. We look forward to seeing you!

Did you know that Holy Rosary is *Going Green*? We have an enthusiastic group of parents and teachers who have formed a "Green Team". Soon we will have students on board who will help us practice ways to conserve and preserve our beautiful earth. We will have Green Fridays with the first one happening tomorrow. We are encouraging students to take alternate transportation to school tomorrow, Friday, Sept. 12. You can take the bus, carpool, walk or ride your bike. We realize it's Flashback to Summer Day, but if you decide to ride your bike or walk, it's easy to toss those flip-flops in the backpack and put them on after arriving to school. There will be Green Tips in our weekly newsletters – look for the first one in today's letter. Holy Rosary School is excited to have been chosen to pilot a Green Curriculum this year.

After school study hall for grades 4-8 begins next week. In order for students to attend study hall they must be registered. There is an enrollment form included in today's FCE for you sign up your child(ren) for the next two weeks. Please note that this year we have opened up the study hall to fourth graders – we will correct the form so that it says grades 4-8 next time. Study hall takes place on Monday, Tuesday, and Thursday and will be in the library,

unless otherwise announced. I am so grateful to our teachers for providing this time for our students.

Parent/Student/Teacher Conferences are scheduled for October 21-23, which seems like a long way off; however, we will be sending home sign-up forms in next week's FCE. School will dismiss at 2:15 on Tuesday, October 21, with conferences beginning at 4:00. Conferences continue on Wednesday and Thursday, Oct. 22-23. Please do not request conferences prior to this week. Should you be unable to attend conferences during the scheduled week, the teachers will notify you as to when a make-up conference can be held. We so appreciate you working within our schedule. Thank you.

MAGAZINE DRIVE! Is everyone getting their magazine orders TOGETHER? Our first Turn In Day totaled \$16,000 in sales, a solid start on our way to \$150,000. We look forward to a **huge** day next **TUESDAY!** Making history this week were the Kindergartners came in 1st place, followed by the 2nd and 5th grades. Nice job new families! Check out the school website for all magazine information but remember...you can **Order online** by going to **www.aphearst.com** and enter school code **wc2897**. No need to register your student, just type in the student name and grade. No need to submit any paperwork for online sales. We have it counted! Next week we will post online sales to the website so you can check the status of your customers. **Three more Turn In Tuesday's left!** Extra Catalogs and forms are available in the office. Please visit the school website for all Magazine Drive details. **Gift Idea!** Check out H4867! "World's Greatest Dad" mug...every Holy Rosary dad needs one of these this Christmas! **Attention 7th, 4th, and 6th Grade Students and Parents.** This weekend we ask the 7th Grade to assist in after mass catalog distribution. For whatever mass you attend please ask your student to quietly dismiss themselves after communion and meet **outside the front entrance** to help out. Students will distribute catalogs and answer questions. We would like to have a low key presence so really no hard selling. Thank you for your support on this! 4th and 6th graders stand by...your turn is coming. **Volunteer weekend fundraising hours:** Looking for an adult the next 3 weekends to assist students in after mass sales. It is pretty much an all morning Sunday event. **Thank you Holy Rosary for putting in all the time and effort it takes to make this fundraiser so successful.**

GREEN TEAM TIP. Enjoy the beautiful weather and join in Green Fridays by walking, biking, bussing or carpooling to school/work each Friday! Of course we can save gasoline (and money!), get exercise and be kind to the earth any and every day of the week, but join the special fun on Fridays as the Holy Rosary community takes another step to care for God's green earth.

WESTFEST 2008. Save the Date! Friday, September 19 from 6 -10 pm Saturday, September 20 from 10am – 10pm! WestFest 2008 will be the best ever! We are taking volunteers on our website so if you are looking for a volunteer opportunity, go to the WestFest website. Don't wait because slots are filling up fast! You can reach the volunteer website by clicking here. A special THANK YOU goes out to all of our families that helped with the Pancake Breakfast this past weekend. It was such a fun event! Thank you so much to Tom and Katie Cunningham and Eric and Maria Olson for chairing the event and making it all possible! You did a great job! Reminder to WestFest chair members...upcoming meetings are scheduled for: September 9 at 6:30 - convent dining room September 16 at 6:30 - convent dining room Please try to attend at least one of these meetings if you are chairing an event this year. Don't forget to pick up your WestFest tee-shirts if

you ordered them, at the Open House on Thursday, Sept. 11. We will be in Lanigan Gym. We sold out of many sizes early, so we apologize if you were not able to get what you wanted. Watch the Parish bulletin for additional information and see the goldenrod flyer in today's FCE. Calling all volunteers! **The Italian Dinner** needs your help! If you would like to volunteer to help with this event, please contact Christina Clarke at 425-641-4144 or cclarke@holynosaryws.org. Italian Dinner will be on Saturday, September 13. Earn fundraising hours and have some fun too!

WESTFEST CAKE WALK. Cakes and yummy treats needed for the West Fest Cake Walk. Please drop off your items in the school hall kitchen on Friday morning 9/19 and Saturday morning 9/20. It's a great way to get your volunteer hours! *** Please make sure your treats are covered with plastic wrap. Thanks*** Any questions? Call Heather Campbell 938-6126 or Kim Medica 938-6780.

WESTFEST 7 & 8 GRADE TEEN DANCE. Volunteers are needed to chaperone the 7th and 8th Grade Teen Dance Friday, September 26th from 6:30pm to 10:30pm. If you are interested, please call Marisa L. at (206) 937-3167.

FUNDRAISING CHAIR OPPORTUNITY. It has been our great honor and privilege to serve as chairs & co-chairs of the Tree Lot fundraiser for the past four years. During this time the Tree Lot grossed over \$500,000 in volume (wow that's a lot of Christmas trees!) Thanks to the tireless hard work of Holy Rosary families' volunteer efforts, the Tree Lot has provided approx \$50,000 per year directly to our children's school, while also supporting three deserving local charities with approx \$10,000 per year, as well as spreading plain old good will and Christmas cheer throughout the community! **A NEW TREE LOT CHAIR OR TEAM OF CHAIRS IS NEEDED IMMEDIATELY** to continue the almost 20 year Tree Lot tradition. Scott and I will provide coaching and background support to the incoming team. This is an ideal role for one, two, or more families to take on as a team effort. Interested families please contact Allison Willhite at (206) 854-9831 or Nikki Page, president of Parent's Club. THANK YOU AND HO HO HO! Allison & Scott Willhite (Retired) Tree Lot Chairs.

GUITAR LESSONS. Mr. Mohrbacher is forming a group of 5th graders for guitar lessons. If you are interested, please contact him at tmohrbacher@holynosaryws.org.

CYO BASKETBALL. Are you ready for CYO Basketball? It is that time of the year again. That is right – we are earlier than ever. CYO is moving basketball to start before Thanksgiving this year. Therefore all of our dates move up. Holy Rosary Parish's Basketball program is open to all school and parish young people in grades 4-12. It is important to note that this program is designed to include players of all skill levels with an overall goal of developing self confidence and team work through athletic competition. Registration forms are included in this week's FCE. All registrations are due by October 3rd. Please return the completed forms with the registration fee in the FCE. As always we are looking for coaches, this is a great way to give back to our community in a fun and positive environment. For information please contact Rick Diedrich 937-4473 rdiedrich@msn.com.

CYO CROSS COUNTRY. We are looking to have the largest team we have ever fielded. Can we get 200 runners? Practices – Tues and Thurs at the northern most entrance of Lincoln Park – 4:00 to 5:00. If you are playing soccer and running that practice – just come to the meets. Preliminary Meets – Sept 28th and Oct 5th – Championship Meet – K-3 Oct 12th and 4th – 8th Oct 19th

Fee - \$10 - if you are playing soccer for HRS – the fee will be waived – refunds are being prepared for those already registered. We want to grow the team this year and are in need of parent volunteers, it's a great way to get some exercise and spend time with your kids. Please contact Heather Slee if you can help or have questions. The registration form is available on the school website under forms.

CYO BASKETBALL COACHES. Every year we look for more basketball coaches – We can really use your help please contact Rick Diedrich for information.

CYO BOARD. We are looking for additional members to carry on this extraordinary program in the coming years. Holy Rosary consistently has some of the largest participation in the Archdioceses. We need to add dedicated folks on our CYO Board to ensure we are providing the best opportunity for our kids. We have a varying level of time commitments available. Please contact Rick Diedrich for more information or call the message line at 937-1488 ext. 226.

DOES YOUR CHILD NEED TUTORING? For sixteen years On the Go with Coles' Tutoring has been and will continue to serve the West Seattle Community. We are expanding our one-on-one tutoring services to downtown, Greenwood, Broadview in Seattle and Mercer Island. We have twenty-seven plus years teaching experience. Certified in both Washington and New York State. Tutoring is year round for all ages in Comprehension, English, Grammar, Reading, Writing, Literature, Speed-Reading, Social Studies, Study Skills, Time Management, Mathematics, and Spanish. Highly qualified educators tutor your child one-on-one for two hours a week or more per subject. Our staff and I look forward to working with you and your children. Contact information: Mary E. Coles--206-937-5246

HOLY NAMES ACADEMY (HNA) is pleased to invite 4th through 8th grade girls to their Fall Open House, "ONE OF A KIND...JUST LIKE YOU!" This is a wonderful opportunity to learn more about HNA. The open house takes place Sunday, October 26th, noon to 3pm. School Tours will take place all afternoon. For more information call Michelle Basilio, Director of Admissions and Marketing at (206) 720-7805.

SAINT JAMES CATHEDRAL offers an excellent Youth Music Program for students in grades 1-12. The program includes singing, liturgical music, movement, handbells, percussion, and performance. The cost is \$50.00 per semester and scholarships are available. Classes are on Thursdays, 4:30-6:00pm. Please phone 206-383-4874 for additional information.

SEE THE SCHOOL HEALTH NEWS AT THE END OF THIS LETTER

INCLUDED IN THIS FCE:

- 🕒 Individual Picture Order Form
- 🕒 Study Hall Sign Up Sheet gr. 4-8 (pink)
- 🕒 WestFest Cakewalk Flyer
- 🕒 Westfest Flyer (goldenrod)
- 🕒 Golf Tourney Registration Form (yellow)
- 🕒 CYO Grades 4-8 Basketball Registration Form
- 🕒 CYO Holy Rosary Cross County Information Flyer for Grades K-8 (bright orange)
- 🕒 West Seattle Bowl Flyer (orange)
- 🕒 Stone Soup Theatre Flyer
- 🕒 Piano Lessons Available Flyer

🕒 Guitar Lessons Flyer (green)

UPCOMING EVENTS AND IMPORTANT DATES:

- 🕒 **OPEN HOUSE, TONIGHT, Thursday, Sept. 11, 6:30pm, Lanigan Gym**
- 🕒 First Green Friday, Tomorrow, Friday, Sept. 12 – Take Alternate Transportation to School
- 🕒 Flashback to Summer Day – Bella and Ali Campagnaro, Principal and Vice Principal for the Day, Tomorrow, Friday, Sept. 12
- 🕒 Band Rental Meeting, Saturday, Sept. 13, 12noon – Our Lady of Guadalupe
- 🕒 Italian Dinner, Saturday, Sept. 13, after the 5pm Mass - Lanigan
- 🕒 Youth and Family Mass, Sunday, Sept. 14, 5:30pm – Holy Rosary Church
- 🕒 Magazine Turn In Day, Tuesday, Sept. 16
- 🕒 Seventh Grade Pilgrimage, Wednesday, Sept. 17 – Thursday, Sept. 18
- 🕒 Wear WestFest Tees or Fall Colors, Friday, Sept. 19
- 🕒 NOON DISMISSAL, Friday, Sept. 19 for WESTFEST
- 🕒 WESTFEST, Friday, Sept. 19 6pm-10pm and Saturday, Sept. 20 10am– 10pm
- 🕒 Youth and Family Mass, Sunday, Sept. 21st, 5:30pm – Holy Rosary Church
- 🕒 Individual Pictures, Monday, Sept. 22, FREE DRESS

SCHOOL HEALTH NEWS

It's hard to believe we are talking about school again. Getting ready for a new school year can be challenging – especially with summer plans winding down. The School Health Office has a few items to share with you.

Medications. Washington State requires schools to have an Authorization to Administer Medications Form, completed by a parent, in the office prior to the administration of any medication, whether the medication is given daily or on an as needed basis. In addition, the law requires that any medicine dispensed by the school must not have passed the medication's expiration date (located on the prescription label or the box). Please drop by the office for an Authorization to Administer Medication Form. If the office has medications in your child's name and the child's medication has passed its expiration date, please consult your pharmacy/physician for a new prescription. Please bring this medication to the school office. We will return the expired medication to you at that time.

Common Cold and Viruses. Although it is early for the flu, it is right around the corner. It can be deterred via a flu shot, hand washing and not sharing food and drink. Hand washing is key for preventing other colds and viruses too. We would like to advise both parents and teachers to promote regular hand washing and respiratory etiquette - using a tissue to cover coughs and sneezes and throwing it away or using the crook of an arm if a tissue is not available.

Backpack safety. Choose a backpack with wide, padded shoulder straps and a padded backpack light. Organize the backpack to use all of its compartments. Pack

heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight. Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs.

Head Lice. Head lice are often a concern when school starts up. Please review the policy and information in the Family Handbook. I cannot stress enough the importance of routine scalp checks. It is impossible to eradicate head lice all together (the Washington State Public Health department estimates the infestation rate in this state as 10-12% of the population). However, if we all work together we can help to keep lice infestations at a minimum.

Caffeine and Children. The American Academy of Pediatrics has asked that families be informed about the growing concern regarding caffeine intake in children. Children today drink twice as much soda as they did 20 years ago. The impact caffeinated soda intake among children has been ignored. Caffeine elevates children's blood pressure, and surprisingly, lowers the heart rate of children during exercise, according to new research from Harding University. In addition, children who drink caffeinated soda on their way to school or at lunch often can be agitated during lesson time. Caffeine will also interfere with the child's sleep and rest patterns. According to research conducted by John Hopkins University; the dose of caffeine delivered in a single can of soft drink is sufficient to produce mood and behavioral effects in children. Roland Griffiths, PhD, of John Hopkins states: "Children who haphazardly consume caffeine are at risk for going through alternating cycles of withdrawal and stimulation". To date, few studies have explored how much caffeine is safe for a child. The following is a table that lists the caffeine levels in some popular drinks.

HOW MUCH CAFFEINE IS IN YOUR DRINK?

- Cup of tea: 47mg
- Cup of instant coffee: 65mg
- Cup of drip coffee: 95mg
- Starbucks "grande": coffee 330mg
- Can of cola: 35mg
- Diet Coke: 47mg
- Can of Red Bull: 80mg
- Tablet of Pro-Plus: 50mg

Between 250 and 500mg of caffeine spread over the day is deemed safe for

adults. Pregnant women and those sensitive to caffeine are advised to limit their intake of caffeine to less than 300 mg per day.

Some researchers urge caution over other ingredients contained in self-styled energy drinks, including taurine, deltaglucuronolactone and high amounts of sugar.

Source: Times Database, Food Standards Agency

Welcome back. Wishing your children a wonderful school year.



Patricia McBrien, RN