



SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

September 24, 2009

Dear Holy Rosary Families:

Hopefully everyone is enjoying the beautiful early autumn weather! One of our primary areas of focus this week (as always) is the ongoing safety and health of our students. In that light, please take time to read all sections of the FCE, including those on the H1N1 virus and other health-related issues, as well as the updates on traffic and pick-up/drop-off procedures. We have generally had excellent assistance and compliance with regard to these areas, but we would like to request some additional help in providing a safe environment.

Specifically, it will help us to ensure students' safety if they are not dropped off until the 8:05-8:15 a.m. time frame before school and if they are picked up by 3:15 after school. These are the hours in which there are adults assigned to supervise students on school grounds. If students are dropped off prior to the established morning supervision or are left after the afternoon supervision time, it is necessary for us to escort them to BASE (which requires a fee), so that they remain under adult supervision.

As a reminder, all adults who volunteer in the school in any capacity, including field trip drivers, need to have a Background check and the Archdiocesan sponsored Safe Environment Training completed. The form to request a Background check can be downloaded from the Holy Rosary School website. Training sessions for the Safe Environment training are listed on the Archdiocesan website: www.seattlearch.org Go to the 'Safe Environment' link and then 'Register for Classes' to find a convenient date and location.

Also, we would like to remind parents to please sign up for conferences, if you have not already done so. Again, please consider signing up for a session later in the week if you are not going to be travelling over the long weekend. Finally, this is a reminder that starting in October, the envelope that accompanies the FCE letter will only go out on the first and third Thursdays of the month. We will still send an online letter each Thursday and post it on our website.

TRAFFIC CONCERNS. For the safety of students and families during drop off and pick up times, it is imperative all family members responsible for transporting your children understand the following rules. Please never let your child out on the street side of the car. Please don't exit your car to assist passengers when you are in the drop-off or pick-up loading zones. If you need to get out of your car, please park in a designated parking spot. Remember to use your blinker when pulling into and away from the curb when exiting so that new drivers can pull into the curb to load/unload. Look for Scott Stoefer to help direct with this function. When using 42nd, please do not pull over to load/unload too close to the corner of 42nd and Genesee, leaving the rear of your car sticking out so close to the crosswalk. This is dangerous for the pedestrians using the crosswalk, and it also prevents other cars from getting around you, which clogs up the entire flow of traffic in this intersection. There should be no eastbound traffic on Dakota during the drop-

off/pick-up times. That means no right turns at the intersection of 42nd and Dakota. If you are using the alley for drop-off/pick-up, you should travel westbound on Dakota and then make a left turn into the alley. Do not enter Dakota off of California Avenue. When using the alley, pull ahead as far as possible **before** allowing your children to exit your car. Please wait until you are parallel to the school building before allowing your children to exit your car from the left side. If extra time is needed for loading/unloading, please pull over behind the faculty parking, making sure your car is not blocking the flow of traffic in the alley. Never leave your vehicle unattended behind the faculty cars and do not park in or block the Heart Auction space. Thank you for your cooperation in this matter.

VOLUNTEER OPPORTUNITY: DOUBLE HOURS!! Daily morning supervision needed between 8:00-8:25 in the playground/drop-off areas. Please contact Maggie Judd if you are interested. This position can be shared.

MAGAZINE MANIA ENDS NEXT WEEK! The final turn in day is next **Tuesday**. It will all come down to the Final Turn in Tuesday to see what happens – we need a HUGE turn in. We're at \$55,000 in sales as we reach for our goal of \$125,000. We're down just over \$12,000 from last year. Come on, Gators, we can do it! Thank you to all of our families who are putting in the extra effort to make us the #1 magazine selling school! **8th Graders** are on their Ropes Retreat next Monday and Tuesday, so make sure that you get your orders in (you can turn them into the office before you go or send with a friend on Tuesday). Those unstoppable **1st graders** were the top turn in grade this week and they all received a giant pen to celebrate! **Who is in the lead overall?** The **8th graders** lead in total subscriptions sold. The **1st graders** are in 2nd place nipping at their heels – only 5 orders separate them. The **5th graders** aren't far behind in 3rd. It's still anyone's race. Sell! Sell! Sell!. **Volunteers needed on Thursday** (10/1) evening to pull prizes together. If you are interested, please contact Sharlene McCambridge at sharelene82@msn.com. Come earn those fundraising hours! **Volunteers needed on Tuesday** (9/29) for counting. Meet outside the school entrance after drop off. **How Final Turn in Tuesday will work** – We will do a final cutoff on Tuesday (9/29) for the prize competition, but we will continue to take orders for the rest of the week. Results, top sellers and prizes will be announced at our **Closing Assembly** next **Friday, October 2 at 2:15 p.m.** All are welcome and "Final Jeopardy" will be played! We will also reveal our special prize for every student that sells at least 1 order – we NEED 100% participation, big or small! If for some reason your family is unable to sell a magazine or you're one away from that awesome prize your student wants, email magazines@holyrosaryws.org. No guarantees but we can certainly try and find an order for you! **Family Fun Center** has been scheduled for **Friday, October 16**. If your student sells 25 magazines or your family sells 40 magazines, you'll earn this reward. Permission slips will be in next week's FCE and must be **returned by Monday, October 5**. Please get these in so we don't have to call you and please chaperone if you are able (11 a.m. – 3 p.m.). These are **FUNdraising** hours! **Mark Your Calendars!** The School Commission has approved **Friday, February 12** (before mid-winter break) as a **potential Day Off** - IF we reach our goal of selling \$125,000 in magazines! Let's do it!

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK EVERYONE IN THE HOLY ROSARY COMMUNITY FOR THEIR PARTICIPATION AND HELP IN MAKING WESTFEST 2009 A HUGE SUCCESS. A special thank you to the following people:

All Food Booth and Beer Garden Coordinators:

Sam & Jodi Sherwood, Joe & Cassandra Keppler, Brian & Marti McGaughey, Albert Raines, Karen Raines, Jack Miller, Jill & Troy Fulmore, Todd & Geralyn Bertellotti, Dan & Viviane Pisciotta, Melissa & Chris Ardales, Kristin Paskett, Tara Stordahl, Karri Lange,

Sheila Cosgrove, Mark Moorleghen, Katie Jergens, Al & Lisa Bajocich, Monica Wingard,
and all of your Volunteers
Jodie Underwood & Regina Schulz (Kid's Carnival Game Coordinators) and Volunteers
Katherine Gudel (Kid's Ride Coordinator) and Volunteers
Michelle & Ed Wardian (Cashier Room) and Volunteers
Jennifer Durante & Suzanne Nevan (Kid's Crafts and Facepainting/Tatoos)
Kamila Kennedy (Childcare Coordinator) and Volunteers
Kimberly Tish (Raffle) and Volunteers
Our energetic Cakewalk Volunteers
Ann Summers (T-Shirt Sales)
Bob & Currie Baker (Hi-Yu Parade Coordinators)
Sherri Chun & Lisa Mosher (Used Book/Media Sale) and Volunteers
Genne Baleto & Curious Kidstuff (Wristband Sales)
Tom Hubbard & Jim Dever (Stage Line-Up)
Carol Ann Joyce & Lisa Roach (Prize Room) and Volunteers
Kristi DuPuy & Bruno Tarabochia (Bingo Coordinators) and Volunteers
Nancy Stillger (Publicity & Neighborhood Relations) and Volunteers
Maggie Hooks (Recycling & Composting)
Christine & David Tweedy (Information & First Aid)
Chris Dormaier (Sponsorship)
All Security Personnel
Steve & Laura Antush (Parish Centennial Table) and Volunteers
Christina Clarke, Tricia Mclean, Steve Hulsman (Italian Dinner) and all of your Volunteers
Brenda Oczkewecz (Classroom donation for Cakewalk items)
Diane Blanco (Classroom donation for power. Sorry about the residual BBQ smell!)
Sue Harris (Library donation for childcare)
Maggie Judd (Office donation for laminator)

And an extra big THANKS to the following SUPERSTARS who went above and beyond the call of duty:

Randy Peters (a very efficient sign-maker)
Fr. John
Sandy Rottler (Food Inspections/Fire/Electrical – and everything else under the sun!)
Dave Hartley (New layout design, set-up & take down) and all Set-Up & Take-Down Volunteers
Ed Merklin (Graphics/Signs)
Kara Klem (FCE/Bulletin/Flyers)
Tag Gleason (Overnight Security x 2 nights)
Frank Newman (Overnight Security)
Sarah Dahleen (Advisor & Sponsorship, as well as office space donation)
Jodi Sherwood (Advisor and New layout graphics)
John Campagnaro (Electrical)
Dave Bauman (Everything under the sun, as usual!)
Joe Keppler (Electrical & Set-up))
Bart Eldredge (Electrical & Set-up)
Mike Grueter (Website)
Mike Go (Website)
Jefferson Square Safeway & David DuPuy (Cakewalk donations)
David Jerge (Everything under the sun)
Scott Stoefen (Everything under the sun)
Phuc Phung (Custodian)

Mike Lindblom (Everything under the sun)

Alex Gardner (Pizza & Potatoes)

Celine Leigland (Everything under the sun)

West Seattle Christian & Suzanne Nevan (Table donations)

Peggy Cunningham, Janise Jordan, Jennifer MacDonald, Mary Simpson & Melissa Tuthill
(Support Staff)

Plans are already underway for WestFest 2010, so if you are interested in coordinating a booth or participating in any other way, please feel free to contact us.

With much appreciation, Meg Peterson & Erin Podany, 2009 WestFest Co-Chairs

FROM YOUR WESTFEST BINGO CHAIRS. THANK YOU to all the hardworking volunteers, **Tanya Blayney, Ann Bowers, Dave DuPuy, Roxanne Gerhardt, Patrick Kennedy, Cameron and Malinda Newstrom, Ralph Poole, Tom Richmond, Melody and Michael Sarkies, Tammy Simmons, Barb Schreck and Todd Waltier**, who helped make BINGO such a great success this year. We had so much fun and we couldn't have done it without all of you. Special thanks to **Shelley Neal** (*A Child Becomes Preschool*) for the crayon donation, and to our guest callers, **Dr. Peters** and **Father John**, who helped work the crowds. We'd also like to thank the following sponsors, whose generous donations helped create all the excitement for our Jackpot Blackout Games: Teresa and Paul Brown, Len and Laurie Quadracci, Tom Richmond, Brian Duffy (*Edward Jones*), Patrick Henry (*M & T Bank*), **Menashe & Sons Jewelers**, Rick Diedrich and Chris Teppner (*CYO*), and Donna Jerge-Nass (*Holy Rosary BASE*). With your support, we had another record year! And to **Bruno Tarabochia**...as always, we have to mention how much we appreciate all your hard work, as well as the fun and excitement you bring to this adventure. You really are the BINGO King—**Kristi DuPuy & Janet Richmond**.

A HUGE THANK YOU TO WESTFEST CHAIRS Meg Peterson and Erin Podany for their amazing efforts to make this year's WestFest awesome and super fun for everyone! We are all so grateful!

\$1 ON ONE BEGINS NEXT WEEK! Thursday October 1, we begin our "\$1 on One" program where students are asked to bring in \$1 on the 1st of each month to support our all school service projects. Donated funds are first used to support our Ugandan students (*link to Ugandan*). The \$1 on One campaign will be promoted in the classrooms and prayer services throughout the year as students appreciate how those dollars can add up and make a huge difference to those in need. Thank you for supporting our ongoing service project!

HEALTH NEWS. Patricia McBrien, RN, our school nurse, would like to wish all of your children a happy and healthy school year. While she can't promise to keep all of your children happy, She has enclosed information to share with you that can be used to help you keep your children healthy. Please refer to the end of this letter for information about the H1N1 and Head lice.

GREEN TIP Back by popular demand, the Waste Free Lunch! With a lunch box, a reusable water bottle, a cloth napkin, a spoon/fork from home and some Tupperware, you can pack a waste free lunch for school or work. Reusable sandwich wraps are increasingly available and double as placemats. Regular plastic bags take centuries to biodegrade, but if you already have some, they can be washed and reused many times. If you need a disposable lunch, wax paper bags biodegrade in about 9 days so are a much greener alternative. Leftovers go in the compost bin and there you have it, a waste free lunch.

PICTURES OF SERVICE! Keep your camera handy this year and take pictures of your student or classrooms to share service in action! We'd love to have lots of pictures for hallway displays and prayer services to celebrate our students in volunteer action! Whether they're volunteering for a church event, getting service hours, helping in classroom projects, or picking up projects in your own home...we'd love to have lots of snapshots. Email Jody at shields.jody@comcast.net

CYO BASKETBALL Are you ready for CYO Basketball? It is that time of the year again. That is right – we are again this year. Last year CYO has basketball games starting before Thanksgiving. 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 teamwork through athletic competition. **NEW THIS YEAR** – Every player must return the attached head trauma information form, signed by the parent and athlete before the athlete participates in practice. Players will not be allowed to practice without the signed head trauma information sheet being on file – please return this with your registration. Registration and head trauma information forms available on the school website. ALL REGISTRATIONS ARE DUE BY OCTOBER 9TH. Please return the completed forms with the registration fee in the FCE. For information please contact Rick Diedrich 937-4473 rdiedrich@msn.com.

CYO BASKETBALL COACHES – As always we are looking for coaches, this is a great way to give back to our community in a fun and positive environment. We can really use your help, please contact Rick Diedrich for information.

BAND NEWS. The band is off and running! (Old Miss McKamey is walking briskly!) We have a wonderful group of enthusiastic musicians this year! Special thanks to our veteran players that demonstrated the instruments to our fifth graders. The seed is already taking root! Gratitude to the Beginning Band parents/students for your interest! Your presence at the instrument rental meeting was appreciated. Need to reach Miss McKamey? The best way is voicemail at Kennedy Catholic High School: (206-246-0500 X370)

FIRST SATURDAY YOUR MASS BEGINS OCTOBER 3 @ 5PM. Good news! The Youth Mass is not gone! It is moving to the FIRST SATURDAY of each month, beginning Saturday, October 3rd at the 5pm mass! Music will be led by our junior and senior high teens, with all the great songs we love to sing! 7th and 8th graders are invited to our first practice on Thursday, October 1st from 3-4pm in the church. **TEXTING ALL TEENS:** Come and sing! See the school web page for schedule information. Paul Dolejsi, Music Director

PARENTS IN TOUCH will be cancelled next Monday, Sept. 28. We will resume meeting Oct. 5 and will begin a month focusing our prayers on our new kindergarteners. Kindergarten parents are encouraged to join us! Any questions please contact Ginny Kane or Jillian Kane.

CALLING ALL NEW 2009-2010 HOLY ROSARY STUDENTS. Enclosed in this FCE is a Student Demographic Form, which contains information about your student(s). Please fill in any missing information and/or make any necessary corrections and return the form to the school office. Thank you.

VENDORS WANTED! JFK Arts & Crafts Fair. Sat., December 5th 9am - 4pm Call Julie (206) 431-6662

MOMS GROUP is back at Lee's Martial Arts, Fridays from 10am to 1130am. Join us for playtime with the kids and conversation with the adults. If you have any questions, contact Erin Piegari at 206-280-4409 or Kristin Bentler at 206-932-2609.

Included in this FCE:

- **October Calendar (yellow)**
- **Asbestos Letter**
- **Student Demographic Page (New Students Only)**
- **Health News**

UPCOMING EVENTS AND IMPORTANT DATES:

- ✚ **Archdiocesan Principals Retreat, Thursday, Sept. 24 – Friday, Sept. 25**
- ✚ **Prayer Service by 7B, Friday, Sept. 25, 8:30am – School Hall**
- ✚ **Holy Rosary Golf Tournament, Saturday, Sept. 26 – West Seattle Golf Course**
- ✚ **Italian Dinner, Saturday, Sept. 26, 6pm – Lanigan Gym**
- ✚ **8th Grade Ropes Retreat, Monday, Sept. 28 – Wednesday, Sept. 30**
- ✚ **LAST Magazine Turn-in Day, Tuesday, Sept. 29**
- ✚ **Health Committee Meeting, Tuesday, Sept. 29, 6pm – Staff Room**
- ✚ **Grants Committee Meeting, Wednesday, September 30, 6pm – Staff Room**
- ✚ **\$1 on 1 Day, Bring \$1 for Uganda, Thursday, October 1**

HEALTH INFORMATION:

H1N1 This is a type of influenza (flu). The flu is an infection of the nose, throat and lungs caused by influenza viruses. The H1N1 flu outbreak has been in the news frequently since the outbreak began last spring. The information regarding the outbreak, as well as recommendations offered to families and schools on managing a H1N1 outbreak has been changing as public health departments at the local, state and federal levels collect data regarding the virus and how it behaves. The media updates and the frequent altering of recommendations can lead to confusion and anxiety as we all try to determine what we need to do to ensure the health of our families. Holy Rosary School has been keeping abreast of the situation by staying current with the information updates provided by various health agencies and participating in weekly teleconferences with the Public Health Department. Below is some recent information provided by the Center for Disease Control (CDC) and the King County Department of Public Health (KCDPH).

1. The strain appears to behave more like the “seasonal flu”. The Flu can be a very serious illness for younger children and children of any age who have one or more chronic medical conditions (please check with your child’s physician to determine if your child falls into one the high-risk groups).
2. The H1N1 virus had not mutated into a more lethal version of the virus, as health officials had earlier feared.
3. A H1N1 vaccine has been developed and approved by the Federal Drug Administration (FDA). The vaccine is being produced in both injectable and nasal spray forms. The first shipment should be arriving in Seattle mid-October. The KCPHD will notify school nurses when shipments have arrived, and will provide nurses with a list of where this vaccine will be offered.

You may also contact your child's physician for more information regarding this vaccine.

NOTE: The H1N1 vaccine does not replace the seasonal Flu vaccine.

4. The H1N1 vaccine will not be mandatory.
5. The H1N1 virus is currently active in our community. If you or your family member becomes ill with the flu now, it is most likely the H1N1 strain. The current recommendation is that you treat your child at home and not bring him in to his physician for testing. Please contact your child's physician if your child appears very sick (for example: trouble breathing, bluish or gray skin color, severe or persistent vomiting, flu-like symptoms that seem to improve but then return with a fever and worse cough) or if your child falls into a high-risk category. Please consult with your child's physician for a complete listing of warning signs.
6. Tamiflu and other antiviral medications may or may not be used to treat family members who have the flu. Please consult your child's physician regarding administration of an anti-viral to your child.

Holy Rosary School, along with the CDC and KCPHD, would like to make the following recommendations for the school year.

1. Please keep your child home if he is running a fever of 100F or higher. Keep your child home till he is fever free, without the use of Tylenol or Motrin, for 24 hours.
2. Please keep your child home if your child is demonstrating flu-like symptoms (with or without a fever): dry cough, extreme weakness, sore throat, stuffy or runny nose, and a headache. Stomach symptoms, such as nausea, vomiting, and diarrhea can also occur, but are more common in children than adults. *Keep your child home till symptoms have subsided and the child is well enough to return to the classroom and resume his class work.* Please note that a persistent cough may linger for several weeks, and in itself, does not require the child remain at home.
3. Remind your child to cover his nose and mouth with a tissue when coughing or sneezing. Toss tissue in the trash after it was used. Use the small of your elbow if a tissue is not available.
4. WASH YOUR HANDS often with soap and water, especially after coughing or sneezing. Wash hands for at least 20 seconds. Hand cleaning gels are also effective if soap and water are not available. Rub hands together till gel is dried. Note: When selecting a hand cleaning gel product to bring to school, please keep in mind that some of these products can be heavily scented. These scents can sometimes serve as triggers to classmates with asthma or other respiratory conditions.
5. Try to keep your family members from having close contact (about six feet) with sick people, including anyone in the household who is sick.
6. Keep surfaces like bedside tables, bathroom surfaces, kitchen counters clean by wiping them down with a household disinfectant according to directions on product label.
7. Throw away tissues and other disposable items used by sick persons in your home in the trash.

Holy Rosary School will carry out the following measures as a means for decreasing the spread influenza:

1. The staff will remind students to practice hand hygiene and coughing etiquette.
2. The staff will send any ill appearing child to the health room for assessment of symptoms. If child is ill and requires being dismissed from school, the child will remain in the health room, separated from other students, until he is released to his family.
3. Ill staff members will stay home till they are fever free (without the use of Tylenol/Motrin) for 24 hours.

4. Routine cleaning. Our custodial team frequently cleans areas and surfaces that students and staff touch. The CDC does not believe any additional disinfection of environmental surfaces beyond the recommend routine cleaning is required.
5. The Parent's Club will be offering a flu vaccination clinic in November. The Swedish Visiting Nurse Services will provide Flu vaccinations and Pneumonia Vaccinations to the student body and their families. More information regarding the clinic will be provided in future FCEs.

HEADLICE. It must be fall if the topic of head lice has come up!

Approximately six to twelve million children have head lice infestations each year. Head lice are insects found only on human hair. Adult head lice are about the sized of a sesame seed. Their bodies have light and dark areas that help them blend in with the color of the hair. Head lice lay eggs and attach them close to the scalp. The eggs and their empty shell casings are called nits. The nits are attached with a glue- like substance that holds them tightly to the hair. The empty shell remains attached to the hair and may take many months to fall off.

Below are a few recommendations that can be helpful in the identification of lice infestation and also may help contain the spread of the infestation.

1. Please perform weekly scalp checking/detection combing (description located in handbook) once a week. I recommend checking more often if active cases are identified in school.
2. Please remind your children not to share combs, hats or other personal items as lice can spreads by "hitching a ride".
3. Remind your children to store hats and scarves inside coat pocket/sleeves
4. Remind your children not to share pillows or blankets.
5. Keep long hair back in a ponytail or braid.
6. Remind your children not to pile coats or sweaters on the school floor.
7. Be sure to wash items returned from Lost and Found prior to wearing.

Please refer the Family Handbook for the Holy Rosary School head lice policy

I would like to remind you that there are several types of over-the-counter chemical treatments and non-chemical treatments available.

Do not use a chemical agent on your child unless LIVE LICE are seen. Using a chemical treatment for nits will not kill lice. The chemicals in these treatments cannot penetrate the hard shell of a nit.

The American Academy of Pediatrics does not recommend the use of lice sprays. The sprays are not helpful in ridding lice from furniture and will expose your family to harmful chemicals.

The web sites below may provide you with some additional information.

<http://www.hsph.harvard.edu/headlice.html>

<http://www.cdc.gov/lice/>

<http://www.visualdxhealth.com/child/pediculosisCapitisHeadLice.htm>

<http://www.nlm.nih.gov/medlineplus/headlice.html>

Health Screenings Vision and hearing screenings of the student body will take place in late fall this year. Scoliosis screening of the upper grades will take place in the spring.

Patricia McBrien RN