



SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

October 15, 2009

“Alone we can do so little; together we can do so much.” (Helen Keller)

A sincere thanks to everyone who helped make the Centennial Mass so memorable, by attending, encouraging and supporting the day's events. I'm hopeful that we can use this as a momentum builder for increased future school and family involvement in Masses and other faith life activities.

After hearing from Kay Purcell (Archdiocesan Assistant Superintendent) last week, it sounds as though such endeavors will receive particular scrutiny in our upcoming school accreditation. Our efforts to provide data and integrate technology will also be important to examine. Clearly, we are doing many outstanding things educationally at Holy Rosary; everything we can do to provide quantitative and qualitative evidence of the success of these initiatives will be to our benefit.

Thanks to everyone who joined us at Tuesday's Parents Club, as we discussed school and community wellness. *Wellness*, in its broadest sense, is an “active and affirming process through which people become aware of, and make choices toward, a more successful existence.” It is “multidimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment” (for more information, please visit the website maintained by the National Wellness Institute—based at the University of Wisconsin-Stevens Point: www.nationalwellness.org).

At Holy Rosary, we hope this translates to a systemic, community-wide commitment to working toward an environment that promotes and protects children's health, well-being, and ability to learn by, among other things, supporting spiritual and academic growth, “good nutrition, effective health education, and multiple opportunities for physical activity” (P.L. 108-265, 2004).

Such efforts seem even more important within the context of the current state of our national health care approach. Childhood obesity, sedentary lifestyles, poor nutritional practices, and early evidence of heart disease, diabetes, and other preventable diseases are increasing at alarming rates. This is of particular concern, as many more children's activity levels are falling below those thought sufficient to promote even basic health benefits.

Such poor health practices in childhood will have an increasingly negative impact on our aging population (those over 65 will double—and over 85 triple—by mid-century). In addition, more Americans, including a third of the poor, do not have access to adequate health care. As a result, health care costs (currently 15% of GDP) could increase to *half* of GDP later this century. In light of these issues, we hope to initiate and expand a community-wide conversation in the coming months about how we might better use our collective resources—at school, in the parish, and throughout the broader community—to positively impact the wellness of families at Holy Rosary and do our part to help address larger societal health concerns.

JOIN US FOR TOMORROW'S PRAYER SERVICE students will get a brief introduction to Family Promise, a parish ministry providing shelter to homeless families here at Holy Rosary on a rotating basis with other local churches throughout the year. Many of our junior high students have donated their time to this organization. If you miss the prayer service, the organization will also be present at all the masses October 24 and 25 where you can learn more.

MAGAZINE SALES Family Fun Center is tomorrow from 11:10 a.m. – 2:30 p.m. for those students earning that reward. Pizza lunch will be served at the Fun Center. If you volunteered to chaperone, please meet in front of the school by 11:10 a.m. sharp! **Prize Wheel Update** – 11 students, who sold 50 or more orders, spun the prize wheel this week in their classroom. It was great fun and the kids seemed excited by the chance to win fabulous prizes, cash and gift cards. We had two thrilling iPod winners: Jacob Laks in KB won an iPod Shuffle and Catherine Evans in 3A won a fabulous iPod Nano. Congratulations to everyone!

PARENT COMMITMENT HOUR PROGRAM: Enclosed in this FCE are Parent Commitment Hour Quarterly Statements. Hours completed from 3/1/09-9/30/09 are included in this statement. Any hours recently turned in will be included on your next statement. Please remember to turn in your completed parent commitment forms to the office in a timely matter. Hours should be reported within 90 days after they have been completed. Parent commitment hour forms are available in the school office. The Parent Commitment year runs from March 1, 2009 – February 28, 2010. Any uncompleted hours will be invoiced to you at a rate of \$75.00 per hour. Please remember only adult (over 18) family members may contribute to a families hours. Please take a moment to look at the Family Handbook for more information on the Parent Commitment Hour Program.

GREEN TIP Brrrrr! Now that our furnaces are kicking into gear, it's a good time to check the temperature settings, invest in a programmable thermostat, and get out the sweaters. A few degrees cooler for even part of a day/night can save a lot of energy and save you money. Programmable thermostats will pay for themselves as they keep the heat down at night and while no one's home. This is a good time to go through all of your settings and make sure they coincide with this season's schedule. A good sweater lets you keep the heat low and save energy and money!

HOLY ROSARY EIGHTH GRADER, JOEY KANE received The Mayor's Scholar Award for his volunteer work in the community. As part of his award he received \$500.00 to share with his favorite charities and school. Joey gave \$200 to Mt. St. Vincent, \$200 to St. Martin De Porres and \$100 was given back to our school for recess equipment. Thank you Joey for your generous gift. We will think of you on the playground as we enjoy the new toys!

VOLUNTEER OPPORTUNITY We are in need of a volunteer to distribute milk from 11:15 to 12:45 on Tuesdays. If you would like more information about this opportunity please call the school office.

STEWARDSHIP/TUITION REMINDER Please remember to remain current with your tuition payments and Stewardship Commitment. We will be conducting a quarterly review over the next few days. Thank you in advance for your prompt attention.

HOLY ROSARY MONTHLY CALENDAR. Our monthly calendar has a new look. The calendar is now downloadable from our school website and will be discontinued as a paper item in the near future.

SALLY FOSTER GIFT WRAP - DUE DATE EXTENDED TO FRIDAY, 10/16 Last year the Sally Foster Gift Wrap sales total was over \$7,100. This year so far we only have about \$1,000. Originally, we set our sales end date for this Thursday, 10/15 but we are extending it to Friday, 10/16. If you haven't turned in your orders, please do so. Our minimum order has to be \$4,000 to avoid shipping charges. 50% of all proceeds go back to Holy Rosary School. 8th Grade sales benefit their Graduation, 6th Grade sales benefit their Field Trip, 5th Grade sales benefit their Camping Trip, Delivery will be before Thanksgiving. Your out of town friends and family can order on-line. Instructions are as follows: **TO SET A SELLER ID** Go to www.sallyfoster.com. Click on **SELLER SECTION** (on the top left hand corner), Type in your email address, Enter our school code: **63939** Then follow their instructions which will ask you to type in your name and other personal data. The instructions will walk you through how to set up a seller ID so that your child will get credit for the purchases. Please make sure you give the seller ID to your friends and family. **TO PURCHASE ONLINE** Go to www.sallyfoster.com Click on **SUPPORT A FUNDRAISER** (on the top right hand corner which is a green button) Click on **GIVE CREDIT TO A SELLER/STUDENT** Enter the Seller's ID Then follow the instructions and have fun shopping. Please feel free to call or email Irene Merz at 206-933-0742 (irene.merz@msn.com) or call Yoshimi Lorbiecki at 206-937-7528. We really need and appreciate your support. Thanks.

JOIN THE 2010 HEART AUCTION PROCUREMENT TEAM Are you looking for a way to fulfill your parent commitment hours? Do you know someone who does? Are you interested in getting to know other HR parents and your community better? The auction committee is looking for parents like you to join the 2010 Heart Auction Procurement Team. The procurement team has a variety of volunteer opportunities from back-office jobs like stuffing envelopes, making phone calls, and painting signs, to advertising opportunities like creatively packaging and promoting auction items, and meeting with local businesses to gain sponsorship. Please contact Angel Sorensen at angel_sorensen@hotmail.com or Tiffany Fuentes at tcfuentes@comcast.net for a volunteer opportunity to fit your needs.

JOIN THE 2010 HEART AUCTIONPROCUREMENT TEAM Are you looking for a way to fulfill your parent commitment hours? Do you know someone who does? Are you interested in getting to know other HR parents and your community better? The auction committee is looking for parents like you to join the 2010 Heart Auction Procurement Team. The procurement team has a variety of volunteer opportunities from back-office jobs like stuffing envelopes, making phone calls, and painting signs, to advertising opportunities like creatively packaging and promoting auction items, and meeting with local businesses to gain sponsorship. Please contact Angel Sorensen at angel_sorensen@hotmail.com or Tiffany Fuentes at tcfuentes@comcast.net. For a volunteer opportunity to fit your needs.

RAINY DAY RECESS While supervising rainy day recess recently, I noticed that grades 5 through 8 have little or no board games or cards to entertain them. If you have any gently used games or cards that your family no longer uses we would put them to good use. Thank you in advance, Maggie Judd, Playground Supervisor 937-1488 X 221

JOHN HOPKINS TALENT SEARCH The 2009-10. CTY Talent Search sponsored by Johns Hopkins University Center for Talented Youth is underway. The purpose of the Talent Search is to identify, assess and recognize the academic abilities of highly able students. To qualify, a student must score in the 95th percentile or higher on a reasoning section of a nationally-normed test, such as ITBS. Qualified students are offered the opportunity to register for the SCAT test (grades 2-6) or for the SAT or ACT (grades 7-8). A variety of services and opportunities are offered to students after they test. If you are interested in pursuing this opportunity for your child, more information can be found by visiting the website: www.cty.jhu.edu You may determine your child's eligibility based upon last year's ITBS scores. If you have any questions, please feel free to contact either Mrs. McFaul or Dr. Peters. Application forms may be obtained in the school office or on-line at the CTY website. There is a cost of \$37 payable to CTY/JHU to register for the optional testing.

HOLY NAMES ACADEMY 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. This open house takes place Sunday, October 25th, 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.

KENNEDY CATHOLIC HIGH SCHOOL OPEN HOUSE is scheduled for Tuesday, November 3 from 6:30pm to 8:30pm. You are invited to listen to presentations from Academic Departments, Campus Ministries, Athletics and Extracurricular Activities. For more information please call Jim Mesick, Advancement Director at (206) 246-0500 ext. 306.

SEATTLE PREPARATORY SCHOOL OPEN HOUSE is scheduled for Wednesday, November 4 from 5:30 to 8pm. Open House provides an opportunity for parents and students to get a close look at facilities and programs. Seattle Prep is a Catholic Jesuit High School located on North Capitol Hill. Any questions please call the Seattle Prep Admissions office at (206) 577-2146.

SEATTLE LUTHERAN HIGH SCHOOL will have an OPEN HOUSE Thursday, October 22 from 6:30-8pm. Seattle Lutheran is a leader in holistic education where high academic standards and competitive sports programs are balanced with character education and spiritual growth. For more Rachel Bigliardi at (206) 937-7722 X 18.

ST. BRENDAN PARISH SCHOOL is pleased to announce its 30th Annual Holiday Craft Fair on Saturday and Sunday, November 7th and 8th. Featuring over 100 returning and new craft vendors, a holiday gift raffle, kids craft room, refreshments, baked goods and homemade soups. Free admission. St. Brendan's is located at 10049 NE 195th Bothell, WA 98011.

PARENTS NIGHT OUT. Sat October 17th from 6-10 PM We've moved PNO to a Saturday night! Take advantage of this time to go on a date! We have pizza, games, popcorn, TKD, and movies for the kids! Cost is \$25/child, \$40 for 2 siblings. All proceeds go towards our Tuition Assistance program. Please sign up and tell your friends!!!

KIDS SELF DEFENSE. Sun October 18TH 1:00 to 3:00PM. This class focuses on children's self defense. Ages can range from 5 to 11. We focus on how kids should be aware of their surroundings, methods to help stay out of harm's way, and methods to protect themselves if they get into a bad situation. We have a great kids video and do a lot of hands on techniques. Please RSVP to Lisa Skvarla @Lee's Martial Arts (#1 Martial Arts School in West Seattle!!!) 206-938-3375 lmawestseattle.com.

INCLUDED IN THIS FCE

- November Calendar
- Study Hall Enrollment Form (pink)
- November Hot Lunch Menu and Order Form
- Book Fair News (green)
- Mother Son Glow Bowl Registration ((neon green, red or yellow)
- Lee's Martial Arts Academy Information

UPCOMING EVENTS AND IMPORTANT DATES:

- ✚ Family Fun Center Reward for Magazine Sales, Friday, October 16
- ✚ Scholastic Book Fair, Friday October 16 through Thursday, October 22
- ✚ School Dismisses at 2:15 Tuesday, October 20 – Conferences Begin
- ✚ Parent/Teacher/Student Conferences, Tuesday, Oct. 20 through Friday October 23rd.
- ✚ NO SCHOOL for STUDENTS, Wednesday – Friday, Oct. 21 – 23
- ✚ 1A and 1B Field Trip to Remlinger Farms, Wednesday, October 28
- ✚ All Saints Day Mass, Thursday, October 29, 8:45am – Holy Rosary Church
- ✚ SPIRIT DAY, Wear orange and black, Friday, October 30
- ✚ Auction Committee Meeting, Monday, November 2, 6:30pm – Staff Room
- ✚ School Commission Meeting, Thursday, November 5, 6pm – Staff Room
- ✚ Prayer Service by 5B, Friday, November 6, 8:35am – School Hall
- ✚ City Light Climate Change Assembly, Monday, November 9, 8:30am – School Hall
- ✚ Development Committee Meeting, Monday November 9, 6pm – Staff Room
- ✚ Parents' Club Meeting, Tuesday, November 10, 6:30pm – School Hall
- ✚ NO SCHOOL, VETERANS DAY, Wednesday, November 11th
- ✚ Prayer Service by 2A, Friday, November 13, 8:35am – School Hall