



# SCHOOL NEWS

Holy Rosary School Family Communication Newsletter

September 9, 2010

*"Our deepest fear is not that we are inadequate; [It] is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant [and] talented? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same."*  
(Marianne Williamson)

Dear Holy Rosary Families:

Welcome, parents, to our Annual Open House/Back to School Night, held Thursday, September 9 from 6:30-8:30 p.m. in Lanigan Gym and the main school building. The purpose of this event is to provide parents with an opportunity to meet their children's teachers, visit their classroom spaces, and receive an overview of content area curricula and classroom expectations (as opposed to a discussion of specific student concerns, which are addressed at Parent/Student/Teacher Conferences in October). We strongly encourage at least one adult from each family to attend this event.

We are also asking all of our parish families (and anyone else who would like) to attend one of this weekend's Back to School Blessing Masses. In order to demonstrate pride in our school, we are asking students to wear either Holy Rosary uniforms or Gator sweatshirts, and older siblings are encouraged to wear shirts or sweatshirts with the name of their high schools or colleges. New Mass times for Fall and Winter begin this weekend, with a Saturday evening Mass at 5 p.m., Sunday morning Masses at 7:30 a.m., 9 a.m., and 11:30 a.m., and an inaugural Sunday evening Mass at 5 p.m., with music provided by our own Ms. Janet Mudge.

Our parish and school staffs have all now completed the Strengths Finder instrument by the Gallup Organization (for example, Dr. Peters' top five strength areas, according to the online test, are Strategic, Input, Relator, Adaptability, and Learner), and the exercise has shown great potential for facilitating communication and effectiveness, both among, and between, those who work in the parish and school.

In examining our strengths, there is perhaps a larger lesson to be passed on by parents and teachers to our young people. One of the attractions of such programs is simply that they recognize and emphasize strengths, as opposed to weaknesses. Many of our institutions seem to operate in a “deficiency mode,” with an unfortunate focus on what we, individually or collectively, can’t accomplish versus what we *can*. It is refreshing--and critical--to help our children, at this uniquely vulnerable point in their lives, begin to understand, celebrate, and build on their own strengths, as well as those of others.

Finally, we at Holy Rosary would like to congratulate our parents and students for their outstanding efforts to improve our traffic flow issues this year. In order to continue to build on this strength, please respect the requests of staff responsible for traffic duty by pulling as far ahead as possible in the pick-up/drop-off areas, pulling over to the right curb on 42<sup>nd</sup> Avenue, and having students get in and out of the vehicle on the curb side. Please also, on occasion, review the traffic flow chart located on the website ([www.holyrosaryws.org](http://www.holyrosaryws.org)).

Blessings,

Dr. Randal Peters  
Principal

**MAGAZINE ROUND UP!** Are all you Cowpokes rounding up those magazines sales? We are getting into the swing of things with our first Turn In Tuesday sales totaling \$10,100...a very solid start following a 3 day weekend. We are hoping for a Record Breaker next Tuesday on our way to our goal of \$125,000. GO GATORS! We certainly know that our fantastic new Kindergartener’s know what they’re doing – they were in 1ST place in total magazines sold in week one! Way to go Kindergarten! Our opening assembly last Friday was awesome – everyone enjoyed watching our 8th graders play for magazine prizes and “Sheriff” Peters and his horse were not to be missed! We’ll have to wait for our closing assembly on October 8th to see what the “Final Showdown” at the HRS Corral has in store for us. A huge thank you to Jody Shields and everyone who participated!

As always, check out the school website for all magazine information, but remember...you can order online by going to [www.aphearst.com](http://www.aphearst.com) and entering school code wc2897. No need to register your student, just type in the student name and grade. No need to submit paperwork for online sales, we’ve got it all counted. We have 3 more Turn In Tuesdays left! In the words of our deputy at Friday’s assembly, don’t stop kickin’ till the clock stops tickin’ – sell those magazines!

Lastly, another HUGE thank you to everyone for all the time and effort that is put in to prepare, decorate, tally, sell, etc.! Without everyone contributing large and small, we would not have a successful fundraiser.

**Open House:** All families are invited to Open House – Back to School Night for Parents/Guardians Thursday, September 9th, beginning at 6:30pm in Lanigan Gym. We have a brief meeting followed by 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.

**Italian Dinner Help Needed:** We are still in need of help for the Italian Dinner on Sept. 25th from 5:00-10:00 pm. Please contact Christina Clarke at [cclarke@holyrosaryws.org](mailto:cclarke@holyrosaryws.org) or 425-641-4144 to volunteer. Grazie!

### **Pizza Lunch**

Please see the attached information regarding this year's 8th grade pizza lunch fundraiser. There are some exciting changes that you won't want to miss!

**INDIVIDUAL SCHOOL PHOTOS** will be taken on Monday, September 21<sup>st</sup>. Students can wear free dress this day.

**Christian Initiation Information Night** Have you thought about joining the Catholic Church or do you know someone who is? Our RCIA Team will be offering a “no strings attached” information evening on the Catholic Church’s process for bringing in new members Thursday evening, Sept. 30th from 7—9 pm in the School Hall. We will be giving an overview of the process plus an opportunity for attendees to have their questions answered. If you would like to know more about this process ahead of time, you can go to the Holy Rosary Parish web page and click on “Faith Formation and Youth Ministry” and then click on “RCIA” at the top of the screen. Should you have any questions before hand, don’t hesitate to give me a call.

JoAnn Tobin, M.Div.

PA for Adult Faith Formation

206-937-1488, Ext. **203**

**“Called to Protect for Ministries”** This class is now scheduled for Wednesday, Sept. 29th at 6:30 pm in the School Hall. 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 for Ministries 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](http://www.seattlearch.org) Go to the ‘Safe Environment’ link and then ‘Register for Classes’ to find a convenient date and location.

### **Milk Update**

The school milk delivered by Smith Brothers has changed from 2% to 1%.

### **GREEN TIP Waste Free Lunches**

Time to be packing lunches again! Some ideas on how to make our lunches waste free: Choose a lunchbox instead of paper bags. Choose cloth napkins and reusable utensils from home (I send the oldest in case they don't come back). Use tupperware or similar reusable containers instead of plastic bags, and/or reuse the plastic bags, which are washable and last a long time, which is why we don't want them in the landfill. If you need disposable items for some reason, try wax paper bags, which are pretty sturdy and can be reused, but which biodegrade in about 9 days and can be composted.

Please also remind your students of what can be composted (food, used paper napkins, wax paper bags) and what goes in recycling (milk cartons, cans, juice boxes) and in garbage (plastic bags), as they will be sorting at school and it makes the staff's job much easier if the sorting is done well. Thank you for your support of Holy Rosary's green efforts!

**Notes from the nurse** September is National Food Safety Education Month. Did you know that an estimated 76 million cases of food borne disease occur each year in the United States? The CDC estimates that there are 325,000 hospitalizations and 5,000 deaths related to food borne diseases each year. With the recent Salmonella Saintpaul outbreak fresh in our minds, now is an ideal time for food safety education. Campylobacter, Salmonella, and E.coli O157:H7 are the most common bacteria associated with food borne illnesses. Common symptoms include nausea, vomiting, abdominal cramps and diarrhea. Contact your health care provider when diarrheal illness is accompanied by a high fever (defined as 101.5F) measured orally, blood in the stools, prolonged vomiting that prevents keeping liquids down, signs of dehydration, including a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up or if diarrheal illness lasts more than 3 days. Reducing your risk: Do not eat raw or undercooked meat, poultry, and seafood, and do not drink raw milk or eat raw milk products. Safe internal temps are: hamburgers 160F, roasts, steaks, chops 160F, ground poultry 165F, Pork 160F, and hot dogs 165F (source: CDC) In addition to cooking meats to their proper temperature, the following activities will cut down the risk of a food borne illness in your home.

1. **Clean** Clean your hands with soap and warm water before handling food. Clean surfaces before preparing food on them.
2. **Separate** Separate cooked foods from ready-to-eat foods. Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.
3. **Cook** Cook foods to a safe internal temperature (see chart). Use a meat thermometer to make sure foods are cooked to a safe temperature. Color is not an indicator of doneness.
4. **Chill** Chill foods promptly after serving and when transporting from one place to another. Keep you refrigerator at 40F or below. Keep hot foods hot and cold foods cold.

**Pertussis** (whooping cough) Cases of Pertusssis (whooping cough) have been diagnosed within Washington state. Cases of noted this summer in eastern Washington, and now several cases have been noted north of King county. Pertussis is a contagious respiratory infection that is spread via droplets. Please consult your health care provider if you are unsure about your child's pertussis immunization status. For more information regarding Pertussis go to the following web site: [www.doh.wa.gov/cfh/Immunize/diseases/pertussis/](http://www.doh.wa.gov/cfh/Immunize/diseases/pertussis/)

Patricia McBrien RN  
School Nurse



## Community Postings

**Cub Scouts** Are you interested in Scouting? We would like to invite boys in 1st through 5th grade to attend our Pack 793 Meeting at Lincoln Park Shelter #1, near the Park South End Play Ground, at 6:30 pm on Friday, September 10th. This is the best time of year to join the Cub Scouts and we'll have games, snacks, hot cocoa, and a hot fire going, so come see what the Cub Scouts program is all about and join in the fun! Please contact Don Stoll at 206-433-6334 for more information, and be sure to browse our web site at [www.pack793ws.org](http://www.pack793ws.org) to find out more about our Pack.

**Women's/Girls Self Defense Workshop at Lee's Martial Arts!** This defense class is for females only, ages 12 and up. These classes prepare girls and women for a potential life-threatening event. Included in the class are discussions and exercises for awareness and prevention, assessment of environment, man made weapons, demonstrations, and hands on practice of effective techniques with the assistance of Tae Kwon Do black belts. This class is especially recommended for girls going into high school and college years. Please RSVP to Lisa Skvarla @206-938-3375. You can register over the phone (CC#) or send/deliver your check to 3270 California Ave SW Seattle WA. 98116

WHEN: SEPT 12TH 2-4 PM \*\*Please arrive at 1:45PM COST:\$30 (OPEN TO THE COMMUNITY) Thank you!

lmawestseattle.com

**Holy Family Parish of Seattle Street Fair!** Vendors will be serving Hispanic, Vietnamese and Filipino food as well as hotdogs and hamburgers. There will be fun for people of all ages. We will have many types of musical performances, a Karaoke contest, games and a bouncy house for kids, a chili cook-off on Saturday, and a salsa cook-off on Sunday. The street fair will be held on Saturday, September 11th, from 9am – 6pm and on Sunday, September 12th, from 9am – 4pm. Holy Family Parish is located on the corner of 20th Street and Roxbury in West Seattle near White Center.


**Puyallup Fair Tickets:** Parents we have a limited number of free student passes to the Puyallup Fair. Please stop by the office if you would like to pick up some for your family.

### Included in this eFC:

- **WestFest Informational Flyer**
- **WestFest Wristband Order Form**
- **Stone Soup Theatre Audition Information**
- **Italian Dinner Sign Up Form**

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

- 🗓 **OPEN HOUSE, Thursday, Sept. 9, 6:30pm- Begins in Lanigan**
- 🗓 **Kindergarten Free Dress Friday Sept.10 – Magazine Sale Prize**
- 🗓 **Holy Rosary Golf Tournament, Saturday, Sept. 11 – West Seattle Golf Course**
- 🗓 **Band Instrument Rental Meeting, Saturday, Sept. 11 – Our Lady of Guadalupe**
- 🗓 **2<sup>nd</sup> Magazine Turn-In Day, Tuesday, Sept. 14**
- 🗓 **7<sup>th</sup> Grade Pilgrimage, Wednesday, Sept. 15 – Thursday, Sept. 16**
- 🗓 **NO SCHOOL for students, Friday, Sept. 17**

-  No BASE Program Friday, Sept. 17
-  Archdiocesan Teacher In- Service, Friday, Sept. 17 – University of Washington
-  WestFest, Friday, Sept. 17, 6pm-10pm
-  WestFest, Saturday, Sept. 18, 10am-10pm
-  Individual School Photos –Free Dress Tuesday Sept. 21
-  3<sup>rd</sup> Magazine Turn-In Day, Tuesday, Sept. 21
-  Opening Mass – Thursday, Sept. 23 - Leadership
-  Italian Dinner, Saturday, Sept. 25, 6pm – Lanigan Gym
-  8th Grade Ropes Retreat Wednesday, Sept. 29