



**Home and School News**

**Cherrydale Farms Fundraiser:**

The fall fundraiser is now over. Please turn in your packets to the office **today**. Remember, the goal for each family is \$100.00 buyout or \$200.00 in sales. Buyout checks should be made out to SOS HSA. Send to the attention of the Home and School Buyout. All families participating in the buyout will also be eligible for the "Big Blast Party".

**Welcome Back Picnic:**

Thanks to all the families that volunteered at the Welcome Back Picnic. This year's picnic was a great kickoff to the new school year. All leftover food was donated to the Social Ministry. All middle school students that baked will receive credit for their volunteer hours. Thank you!!!

**Room Parent Meeting:**

There will be a meeting for all room parents on Friday, September 18 at 8 am in room 33A of the gym building. This is the multi-purpose room across from the office. We will be reviewing school policies on classroom collections, parent communication, Santa Sale and Auction recruitment and other classroom topics. The meeting will be about 30-45 minutes. Thanks for volunteering! See you there!

**Target Rewards:**

Thank you to all the parents that use their Target RED cards and designate our school. We earned \$493.93 from the Target program last year!! Go Stars!

**Moms in Touch International**

Please join Star of the Sea moms as we pray for the needs of the children, teachers and staff. We meet on Friday mornings from 8:15 to 9:15 in room 32 of the gym building.

**BIBLE STUDY**

The Catholic Women's Bible Study Group will be meeting on Mondays at 9:00 a.m. We will meet at Star of the Sea Church in the nursery. If you have any questions, please contact Ann Mooney at 496-2595.

**FALL MILE RUN—WEDNESDAY, OCTOBER 7**

<http://www.sosschool.org/documents/FallMileRun09.pdf>

Follow the link provided for all of the information and the schedule for our Fall Mile Run/Walk. Students will start at 15th Street on the boardwalk and run/walk to 8th Street and back. All students in grades 1-8 participate in this Presidential Physical Fitness endurance test. Please sign and return the field trip permission slip in your child's Wednesday envelope by September 25th. If you have any questions, please email or call Mrs. O'Konek at [louise.okonek@sosschool](mailto:louise.okonek@sosschool) or 428-8400 ext. 34.

We need many parent volunteers to help with the Mile Run/Walk. Print and return below form to let us know how you can help.

Check one: \_\_\_\_\_

- \_\_\_\_\_ I will be able to help during my child(rens) run only
- \_\_\_\_\_ I will be able to help until it's time for my child(ren) to run and then until completion
- \_\_\_\_\_ I will be able to help for the entire event (8:15am-12:00noon)

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Child's Name \_\_\_\_\_ Homeroom: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Star Dollars for Scholars Scrip Program

### Homeroom Contest, Order and Win!

Support your school and you will win a Cold Stone Cake for your Homeroom. The contest runs from September 18 to October 15th. The twist is that in this contest **it does not matter how much you buy but that you buy!** So for a homeroom of 20 students, if all 20 families make a purchase from Scrip, their participation is 100%. This is multiplied over the five weeks of the contest. In order to get 100% participation over the contest, every family would need to make an order every week—a total of 100 orders. The winner will be the homeroom with the most percentage participation in Star Dollars for Scholars. Here are the rules...

- o All orders made by Thursday morning are eligible for that week's participation.
- o Multiple orders made in a week count as one order, so you need to order every week.
- o Teacher's orders only count toward their children's participation, not their homeroom.
- o Orders made by family members, e.g. grandparents, count toward your family's weekly participation but remember you only can get one participation point per week per family.

### Follow us on Facebook

Star Dollars for Scholars is on Facebook, become a fan and you will receive updates on sales and specials in your news feed. All you need to do is search for Star Dollars for Scholars Scrip Program and become a fan. This is an easy way to get your scrip fix.



Star Dollars for Scholars Scrip Program

Betsy Leese, Coordinator 962-7426  
[sssacrip@soschool.org](mailto:sssacrip@soschool.org)  
[www.shopwithscrip.com](http://www.shopwithscrip.com)



Do you buy gas at Wawa, Exxon/Mobil, BP, Farm Fresh?

Do you buy your groceries at Farm Fresh, Sam's Club, Walmart?

Do you shop at TJMaxx, Gap, Aeropostale, J Crew?

Do you want to buy a VISA gift card?

Just buy any of the numerous gift cards available through [shopwithscrip.com](http://shopwithscrip.com) and the school receives a rebate at no cost to you!

I can answer your questions and explain to you why you should be shopping with SCRIP every Wednesday.

I will help you get started with this easy opportunity to help raise money for the school through the Star Dollars for Scholars Program.

Call or email: Susannah Uroskie 233-9201 214-2227  
[tsuroskie@verizon.net](mailto:tsuroskie@verizon.net)



### **BASKETBALL / CHEERLEADING "SIGN-UPS"!**

Although Winter Sports, registration for Star of the Sea's TCBL teams (3rd-8th grade), "in-house" Grommet basketball training program (K-2nd), and Cheerleading (K-8) will take place very early this year, in order to meet League deadlines. Please see our website for program specifics and objectives.

- TCBL participation fees remain at \$50 for 1 player / \$90 for 2 or more.
- TCBL practices begin in late Oct. The season runs through Feb.
- Grommet Fees will be \$25 for 1 player / \$35 for 2 or more.
- Grommets is a non-competitive intro to basketball (and coaching.)
- Grommets is slated to run Saturday mornings in November.
- Cheerleading fees are \$50 for 1 Cheerleader / \$90 for 2 or more.

Please contact our Athletic Director, Tom O'Dowd at 580-6462 with questions.

To complete registration for basketball and cheerleading you must complete the SOS registration form as well as the TCBL form.

SOS Athletic Registration Form Required for all Sports:

<http://www.sosschool.org/documents/AARegistrationForms.pdf>

TCBL Form for Basketball and Cheerleading:

<http://www.sosschool.org/documents/TCBLplayersregform.pdf>

TCBL Coaches Application:

<http://www.sosschool.org/documents/TCBLCoachesapp.pdf>

### **SOCCER CHALLENGE**

All boys and girls ages 10-14 are invited to participate in the local level of competition for the 2009 Knights of Columbus Council 4632 Soccer Challenge to be held on Saturday, September 19<sup>th</sup> at the Salem High School soccer field from 1-3 pm. Bring please proof of age when you come. The Soccer Challenge is a competition designed for players to demonstrate the most basic of soccer skills – the penalty kick. The goal is divided into 5 scoring zones. Each participant is given 15 kicks. The highest scorer in each age group will advance to the District competition in October. Contact John Byzewski at 409-3788 to register in advance.

### **Language Arts Tutoring**

- ◆ Phonics
- ◆ Grammar
- ◆ Reading Comprehension and Learning Strategies
- ◆ Writing
- ◆ Vocabulary Studies

Contact: Lauren Manson, M.S. Ed. 422-4502



**FOOTBALL FRENZY** 109



# \$1,720 CASH PRIZES!

- **\$215 given away each week!**
- **Tickets are valid for 8 weeks of the football season from November 15, 2009 - January 3, 2010**
- **48 BIG chances to WIN!**  
**6 chances to WIN each week!**
- **Prizes awarded for Highest & Lowest 3-Team totals!**
- **CHECK RESULTS ONLINE!**  
**Results can be checked online by going to the website [www.sosschool.org](http://www.sosschool.org) and click on the Football Frenzy Logo.**

<p><b>DISCOUNT COUPON</b></p> <p><b>SAVE 20%</b></p> <p><b>OVER 200 OFFERS!</b></p> <p>Expires 12/31/09. See website for details. Not valid on alcohol, tobacco, or other restricted items. See website for details.</p> <p>SAVINGS CODE: <b>20OFF2009</b></p> <p>SEE <a href="http://WWW.SOSSCHOOL.ORG">WWW.SOSSCHOOL.ORG</a></p>	<p><b>\$1,720 CASH PRIZES!</b></p> <p><b>NET SHOW TOTAL: \$1,720</b></p> <p>100 TICKETS ..... \$100</p> <p>100 OFFERS ..... \$100</p> <p>100 20% OFF ..... \$100</p> <p>100 10% OFF ..... \$100</p> <p>100 5% OFF ..... \$100</p> <p>100 1% OFF ..... \$100</p> <p><b>TOTAL: \$1,720</b></p> <p><b>YOUR 3 TEAMS EACH WEEK FOR 8 WEEKS!</b></p> <table border="1"> <thead> <tr> <th>WEEK</th> <th>TEAM 1</th> <th>TEAM 2</th> <th>TEAM 3</th> </tr> </thead> <tbody> <tr> <td>WEEK 1</td> <td>ARK</td> <td>GRN</td> <td>TRM</td> </tr> <tr> <td>WEEK 2</td> <td>GRN</td> <td>TRM</td> <td>ARK</td> </tr> <tr> <td>WEEK 3</td> <td>TRM</td> <td>ARK</td> <td>GRN</td> </tr> </tbody> </table>	WEEK	TEAM 1	TEAM 2	TEAM 3	WEEK 1	ARK	GRN	TRM	WEEK 2	GRN	TRM	ARK	WEEK 3	TRM	ARK	GRN	<p><b>STAR OF THE SEA CATHOLIC SCHOOL</b></p> <p><b>LEADING THE WAY TO EXCELLENCE</b></p> <p><b>FOOTBALL FRENZY</b></p> <p><b>2009-2010</b></p> <p><b>100 TICKETS</b></p> <p><b>100 OFFERS</b></p> <p><b>100 20% OFF</b></p> <p><b>100 10% OFF</b></p> <p><b>100 5% OFF</b></p> <p><b>100 1% OFF</b></p> <p><b>TOTAL: \$1,720</b></p> <p><b>YOUR 3 TEAMS EACH WEEK FOR 8 WEEKS!</b></p> <table border="1"> <thead> <tr> <th>WEEK</th> <th>TEAM 1</th> <th>TEAM 2</th> <th>TEAM 3</th> </tr> </thead> <tbody> <tr> <td>WEEK 1</td> <td>ARK</td> <td>GRN</td> <td>TRM</td> </tr> <tr> <td>WEEK 2</td> <td>GRN</td> <td>TRM</td> <td>ARK</td> </tr> <tr> <td>WEEK 3</td> <td>TRM</td> <td>ARK</td> <td>GRN</td> </tr> </tbody> </table>	WEEK	TEAM 1	TEAM 2	TEAM 3	WEEK 1	ARK	GRN	TRM	WEEK 2	GRN	TRM	ARK	WEEK 3	TRM	ARK	GRN	<p><b>2009 FOOTBALL FRENZY TEAM TOTALS</b></p> <p>WEEK 1: ARK 100, GRN 100, TRM 100</p> <p>WEEK 2: GRN 100, TRM 100, ARK 100</p> <p>WEEK 3: TRM 100, ARK 100, GRN 100</p> <p>WEEK 4: ARK 100, GRN 100, TRM 100</p> <p>WEEK 5: GRN 100, TRM 100, ARK 100</p> <p>WEEK 6: TRM 100, ARK 100, GRN 100</p> <p>WEEK 7: ARK 100, GRN 100, TRM 100</p> <p>WEEK 8: GRN 100, TRM 100, ARK 100</p> <p>WEEK 9: TRM 100, ARK 100, GRN 100</p> <p>WEEK 10: ARK 100, GRN 100, TRM 100</p> <p>WEEK 11: GRN 100, TRM 100, ARK 100</p> <p>WEEK 12: TRM 100, ARK 100, GRN 100</p> <p>WEEK 13: ARK 100, GRN 100, TRM 100</p> <p>WEEK 14: GRN 100, TRM 100, ARK 100</p> <p>WEEK 15: TRM 100, ARK 100, GRN 100</p> <p>WEEK 16: ARK 100, GRN 100, TRM 100</p> <p>WEEK 17: GRN 100, TRM 100, ARK 100</p> <p>WEEK 18: TRM 100, ARK 100, GRN 100</p> <p>WEEK 19: ARK 100, GRN 100, TRM 100</p> <p>WEEK 20: GRN 100, TRM 100, ARK 100</p> <p>WEEK 21: TRM 100, ARK 100, GRN 100</p> <p>WEEK 22: ARK 100, GRN 100, TRM 100</p> <p>WEEK 23: GRN 100, TRM 100, ARK 100</p> <p>WEEK 24: TRM 100, ARK 100, GRN 100</p> <p>WEEK 25: ARK 100, GRN 100, TRM 100</p> <p>WEEK 26: GRN 100, TRM 100, ARK 100</p> <p>WEEK 27: TRM 100, ARK 100, GRN 100</p> <p>WEEK 28: ARK 100, GRN 100, TRM 100</p> <p>WEEK 29: GRN 100, TRM 100, ARK 100</p> <p>WEEK 30: TRM 100, ARK 100, GRN 100</p> <p>WEEK 31: ARK 100, GRN 100, TRM 100</p> <p>WEEK 32: GRN 100, TRM 100, ARK 100</p> <p>WEEK 33: TRM 100, ARK 100, GRN 100</p> <p>WEEK 34: ARK 100, GRN 100, TRM 100</p> <p>WEEK 35: GRN 100, TRM 100, ARK 100</p> <p>WEEK 36: TRM 100, ARK 100, GRN 100</p> <p>WEEK 37: ARK 100, GRN 100, TRM 100</p> <p>WEEK 38: GRN 100, TRM 100, ARK 100</p> <p>WEEK 39: TRM 100, ARK 100, GRN 100</p> <p>WEEK 40: ARK 100, GRN 100, TRM 100</p> <p>WEEK 41: GRN 100, TRM 100, ARK 100</p> <p>WEEK 42: TRM 100, ARK 100, GRN 100</p> <p>WEEK 43: ARK 100, GRN 100, TRM 100</p> <p>WEEK 44: GRN 100, TRM 100, ARK 100</p> <p>WEEK 45: TRM 100, ARK 100, GRN 100</p> <p>WEEK 46: ARK 100, GRN 100, TRM 100</p> <p>WEEK 47: GRN 100, TRM 100, ARK 100</p> <p>WEEK 48: TRM 100, ARK 100, GRN 100</p>	<p><b>STAR OF THE SEA CATHOLIC SCHOOL</b></p> <p><b>LEADING THE WAY TO EXCELLENCE</b></p> <p><b>FOOTBALL FRENZY</b></p> <p><b>2009-2010</b></p> <p><b>100 TICKETS</b></p> <p><b>100 OFFERS</b></p> <p><b>100 20% OFF</b></p> <p><b>100 10% OFF</b></p> <p><b>100 5% OFF</b></p> <p><b>100 1% OFF</b></p> <p><b>TOTAL: \$1,720</b></p> <p><b>YOUR 3 TEAMS EACH WEEK FOR 8 WEEKS!</b></p> <table border="1"> <thead> <tr> <th>WEEK</th> <th>TEAM 1</th> <th>TEAM 2</th> <th>TEAM 3</th> </tr> </thead> <tbody> <tr> <td>WEEK 1</td> <td>ARK</td> <td>GRN</td> <td>TRM</td> </tr> <tr> <td>WEEK 2</td> <td>GRN</td> <td>TRM</td> <td>ARK</td> </tr> <tr> <td>WEEK 3</td> <td>TRM</td> <td>ARK</td> <td>GRN</td> </tr> </tbody> </table>	WEEK	TEAM 1	TEAM 2	TEAM 3	WEEK 1	ARK	GRN	TRM	WEEK 2	GRN	TRM	ARK	WEEK 3	TRM	ARK	GRN
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**TICKETS GO ON SALE OCTOBER 1<sup>ST</sup>!**



# THE THERAPY CHOICE

OCCUPATIONAL THERAPY SERVICES

1157 FIRST COLONIAL RD. SUITE 301 VIRGINIA BEACH, VA 23454

757-422-6342

Dear Parents,

Your child's school will be offering screenings for **Occupational Therapy** services on September 23, 24 and 25, 2009. Students who may benefit from occupational therapy include those with fine motor, visual motor or gross motor delays or sensory processing problems that affect their success in the classroom in a number of ways.

Does your child have difficulty with any of the following tasks? **Manipulating objects** that affect independence in the classroom (scissors, glue, notebooks); **Holding a pencil** correctly; **Coloring** within boundaries; **Handwriting** legibility; Appropriate **social responses** such as turn-taking and frustration tolerance; **Sensitivities** to noise, textures, changes in routine/adapting to new situations; Managing their **personal care** (feeding and dressing themselves); Keeping track of notes, assignments and materials to include **organization** of desk and locker.

If you would like your child screened, please complete the permission form below and return the form to school with the fee (\$30). We will contact you following the screenings to discuss the results and make recommendations for your child.

If you have any questions about occupational therapy, please feel free to contact us at 422-6342.

Sincerely,

Amy Petersen, OTR/L

Heather Daniels, COTA

-----

By signing this form, I give permission for my child \_\_\_\_\_ to be screened for occupational therapy at Star of the Sea School. I have enclosed \$30 (please make check payable to Therapy Choice).

\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Teacher/Grade: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Home Address: \_\_\_\_\_



## Disaster Preparedness Day 2009!

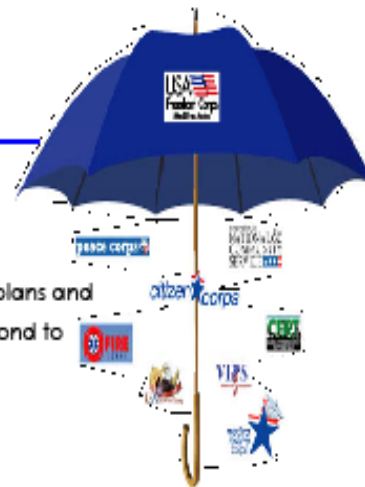
Hosted by the Virginia Beach Citizen Corps Council

Saturday, September 26: 1pm-4pm

Location:

Landstown Middle School  
2204 Recreation Drive  
Virginia Beach, VA 23456

**Disaster Preparedness Day** is an opportunity for our community to gain a better understanding of the role of Citizen Corps and its program partners in an emergency or disaster. This year, attendees will have the opportunity to participate in workshops that will aid in the development of emergency plans and will better prepare faith-based organizations, businesses and families to respond to disasters and emergencies. In addition, attendees will have the chance to observe demonstrations from local and regional emergency responders.



### Workshop sessions to include:

- **Emergency Preparedness For Businesses/Workforce-Personnel Preparedness:** Learn how to develop your own business emergency operations plan in order to further your company's continuity of operations in the event of an emergency.
- **Faith Based Community Emergency Preparedness & Planning:** Learn how your faith-based organization can develop its own internal emergency operations plan to further ensure your facility and its members are prepared in the event of an emergency or disaster.
- **Emergency Preparedness for Kids (Grades K-8):** In this session kids will learn about what they can do to help their families prepare, and then build their very own Disaster Kit to take home!
- **Family Emergency Preparedness:** Learn what you and your family need to know and what you can do to be ready to face any emergency or disaster.

In addition, Citizen Corps programs and partners will also be in attendance to provide various demonstrations and information on emergency preparedness and response volunteer programs. Some of the organizations represented at this event in the past have included: Amateur Radio, American Red Cross, Coast Guard Auxiliary, Community Emergency Response Team, Emergency Medical Services, Medical Reserve Corps, Neighborhood Watch, Virginia Beach SPCA, Virginia Beach Police Department and more!

**Attendance is free!**

**Space is limited.**

**You must register in order to attend this event.**

**Registration ends September 23rd**

Register online by going to:

[www.dpd2009.com](http://www.dpd2009.com)

Call 757-518-2776 for more information

**We look forward to seeing you there!**