

September 23, 2009

Wednesday Memo

CATHOLIC SCHOOLS



DIVIDENDS FOR LIFE

Dear Families,

I just wanted to take this opportunity to thank the many volunteers that have worked so hard for some of the events coming up at Star of the Sea. The Home and School is busy working on the Cherrydale fundraiser that is turning out to be a big success. Stay tuned for more information about the Big Blast Party that will be coming up.

There are many working this week to make the golf tournament a success this Friday. Thank you especially to Mrs. Keenan for coordinating this event.

Thank you to everyone that is giving of their time and talent in so many ways to make this a successful year for our students!

God bless,
Dr. Whisman

EDLINE IS HERE!

Look for the blue letter in the oldest child's Wednesday envelope today. If you have more than one child in the school an activation code is required for each child. The letter explains how to set up your Edline account and what you are able to see on Edline.

At this point in time the teachers should have posted homework, calendars, notes, worksheets, forms, etc. In the next few weeks teachers in grades 3-8 will be required to update grades online every two weeks. You will receive an email when grades are updated in Edline.

WEBSITE LINKS

(Cut and paste link into your browser)

SCRIP Order Form:

<http://www.soschool.org/SOSScrip.htm>

Click on "Order Form" in the left column.

Calendars:

<http://www.soschool.org/cal.htm>

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STAR Dollars for Scholars SCRIP Program

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 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

Home and School News

Big Blast Party: The date for the party will be announced within the next few weeks. This is the party your children will not want to miss. If you did not participate in the Cherrydale Fams sale and sell at least five items or you did not buyout, it is not too late. You can still be part of the fun by "buying out". \$100.00 per family buyout will get your children tickets to the party. Checks can be made out to **SOS HSA**. Send to the attention of the Home and School Buyout. All families participating in the buyout will be eligible for the "Big Blast Party".

Cherrydale Farms Fundraiser:

Thanks to all the families that submitted their returns for this year's fundraiser! the sale was a huge success. So far we have raised over \$9,000.00!

Tally Night:

Thanks to all the mothers that volunteered for Tally Night for the fall fundraiser. We couldn't have done it without your help!

Farm Fresh Receipts!!

It's time to start saving your farm Fresh receipts again! Please send the entire receipt to school so we can add them up to purchase FREE equipment for our school! September is double points month so PLEASE send them in!! Fill out & return the attached Farm Fresh 123-4 community form for a chance to win an I-pod & free groceries. Our school code is 42820. Only receipts dated September 8th thru May 31, 2010 can be submitted. Please check the dates before sending to school!

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 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
sssascrip@sosschool.org
www.shopwithscrip.com



WAVE OF EXERCISE

Our school will be participating in the "Wave of Exercise" on October 1, 2009 at 8:15 am. The entire nation will be a part of 10 continuous hours of exercise from 8:00 a.m. Eastern time and finish at 3:00 p.m. Pacific time. All time zones in the United States were considered when the program was created. Each school is given 15 minutes to exercise. We will be finished at approximately 8:30 a.m. The concept behind the EXERCISE US program is to motivate children to become physically fit and healthy. The American Heart Association is now reporting that 25 million children and adolescents (ages 2-19) in the US are overweight or obese! That's nearly 1 in 3 American children. We all need to teach children the value of leading a healthy lifestyle! They need to get at least 60 minutes of activity everyday. Whether it is playing sports, simple calisthenics, or going on a family walk, adults need to get their children up and moving.

ALL STUDENTS in grades pre-k- 8 grade will participate. ALL STUDENTS will come to school dressed in their P.E. uniform for the day.



From the Athletic Director:

The final open session for Basketball and Cheerleader registration will be held in the gym after school on Thursday, Sept 24th @ 3:00 pm.

Bishop Sullivan Catholic High School is providing an introductory Lacrosse program for girls in grades 4-8. The program will run for 6 weeks (Fridays 4:00-5:30) beginning Friday, Sept 25th. Cost is \$100. A limited number of sticks are available. POC is Coach Lee Murphy: 496-9609 or e-mail: LMurphy130@cox.net

Cross Country practice has begun, and registration is on-going for any of our middle school students still interested in participating. Help us hang another banner, or compete against yourself to better your own times! Learn what it takes to run through your personal "wall"!

PLEASE SEE THE SCHOOL'S SPORTS CENTRAL WEBPAGE FOR MORE INFO!
www.sosschool.org/sosports.htm

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 19th 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.

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.

Dear Star of the Sea Parent/Guardian,

New this year is a Parent Advisory Committee (PAC)

Similar to traditional PTA's, we hope to provide:

- Enhanced communication between parents and the principal
- A way to enhance family involvement through communication with the school in issues of events, fund raisers, or opinion seeking.

PAC Details

Each grade has an assigned representative who will be your "go to" person for issues that come up during the year.

They are as follows for the 2009-2010 school year:

PK-Kate Robichaud	K-Laura Gadsby	1-Tish Long
2-Tysha Edwards	3-Genie Glaser	4-Kate Robichaud
5-Cindy Pincus	6-Gretchen Hudome	7-Kathleen Edge
8-Gretchen Rupert		

With the exception of personnel issues or concerns about students or other parents, which should be brought to the principal directly, any issue may be brought to a member of the PAC.

Every question, concern or response will be acknowledged and explored. Feedback will be communicated by email.

Look for a personal email in the next few weeks from your representative and get involved by giving us your opinions!!!

Thank you, have a great year!

Kate Robichaud
Chairman of PAC 2009-2010
krobichaud@mindspring.com

Art of Dance after School Dance Program

The after school dance program will start Tuesday September 29th and Wednesday September 30th. The program is for Kindergarten thru 4th grade. Registration forms were sent out in the Wednesday envelope. If you would like to register your child please email Dawn Wall at two-monsters@verizon.net or call at 376-0889.



Disaster Preparedness Day 2009!

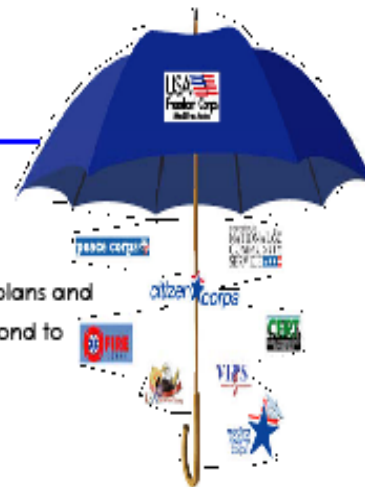
Hosted by the Virginia Beach Citizen Corps Council

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

Call 757-518-2776 for more information

We look forward to seeing you there!