



Dear Parents and Guardians,

From March 4, 2019 to March 8, 2019, students in grades 3-7 will take the *Iowa Assessments*™. The purpose of this letter is to inform you about the tests so that—with your support and encouragement—your student will do his or her best on the tests.

About the *Iowa Assessments*

The *Iowa Assessments* help determine how students are performing on nationwide standards. These assessments measure achievement in several important content areas including Reading, English Language Arts, Mathematics, Science, and Social Studies. The exact tests that your student takes will depend on his or her grade level.

The *Iowa Assessments* help teachers identify a student's strengths and areas that may need additional emphasis. The *Iowa Assessments* also measure student growth and progress in the content areas assessed from year to year and may provide information about college readiness for older students. The assessments produce information that enables sound decision making and provides a focus for teachers to evaluate instruction.

Each test includes sample questions to help students become familiar with the content and format of the tests. Samples help students understand what to do—how to mark answers and move from question to question.

For most tests, students read the questions and mark their answers by filling in a circle for each question. All test questions are multiple choice, and the tests last about 10 to 35 minutes.

How your student can prepare for test taking—and what you can do to help

A student who is well rested, well fed and has a positive attitude about testing is best prepared for testing. You can help your student do his or her best by considering these tips:

- Make sure that your student is in school and on time on test days. Reschedule dentist appointments and other out-of-school time on non-testing days.
- Make sure your student gets a good night's sleep and eats a healthy breakfast before each day of testing.
- Remind your student that these tests are only **one** measure of what he or she has learned. Emphasize that you have confidence in his or her ability to do the best job possible.
- Remind your student to listen to the directions and read each question carefully during testing. Encourage your student to ask the teacher for help if he or she does not understand the directions.

Score reporting and how we use test results

The school will receive test scores in about 6 weeks. These scores will indicate how your student performed on the tests compared with students across the nation in the same grade. Discuss the test results with your student, and if you have any questions, contact your student's classroom teacher. St. Mary School uses test results to measure individual student growth from year to year and to monitor the progress of class groups.

Thank you very much for encouraging and supporting your student during testing. If you have any questions or concerns, please contact me.

Sincerely,
Mrs. Patricia Mancuso
Principal

St. Mary School



Office of the School Nurse

Below are some guidelines to follow if your child is sick or sent home from school with an illness. Hopefully, if everyone follows the guidelines we can reduce the spread of any germs and your child will be healthy and ready to grow and learn.

WHEN SHOULD I KEEP MY CHILD HOME FROM SCHOOL?

Every day we have children who are absent or sent home from school with various illnesses. Please remember to follow these guidelines in determining when your child is healthy enough to return to school.

- Students should be **“fever-free”** (less than 100.0 F) for a **full 24 hours** before returning to school. This is fever-free **without** the aid of medication.
- Students should be able to tolerate foods/fluids for a **full 24 hours** following a “stomach bug” with vomiting and/or diarrhea and be **symptom free for 24 hours**. **If your child is vomiting one day, keep them home the next day.**
- Students diagnosed with a strep infection should have **24 hours** of antibiotic and should feel well before returning to school.
- Students with head lice need to be examined by the nurse before returning to school.

The common cold: Since transmission of the common cold typically occurs before symptoms develop, it is not necessary to exclude children with a mild disease. However, a child with a **fever, fatigue, constant coughing, lack of appetite or inability to concentrate** on school activities should be allowed to remain home.

Having sick children come to school only to be sent home shortly after arrival makes the child uncomfortable, inconveniences the parent, and exposes other children in the school who then become sick. For now, stay healthy. Take some time to observe your child to make sure they are free from these nasty germs that are going around. When children feel well and are healthy, they enjoy school more and learn better.

Plenty of rest, a nutritious diet and **good hand washing** are our best defenses against spreading illness. Please reinforce this with your children. Thank you.



“Jenny’s Garden”

Our school garden was made possible by contributions from families in memory of Jennifer Lowry. Jennifer’s service and dedication to her children and our school will be remembered by all who tend this garden and sit on the memorial bench at this site.

If you’d like to donate to this project or serve on the garden committee, we welcome the help and contributions.

The mission of Jenny’s Garden is to nurture an appreciation of God’s creation as stewards of the land, enhance classroom lessons in science and health by growing a sustainable organic vegetable garden and in time, contribute to our community by sharing fresh vegetables to those in need through our parish food pantry, which helps more than 80 families weekly.

SMS Garden Club

Meetings for Spring will begin on Tuesday, March 5th and will be held every other Tuesday for grades 1-8 from 2:45–4:00 pm.

NEED CHANGE OF CLOTHES, SIGNED PERMISSION SLIP

If your student did not sign up in the Fall and they would like to participate, please fill in below permission slip. We are also asking participating students to contribute \$10 to support our programming and to purchase supplies. Other planned fundraisers will hopefully defray this fee in the future.



Yes, my student has permission to attend the SMS Garden Club:

Name: _____

Grade: _____

\$10 fee for participation enclosed: CASH _____ CHECK _____

SIGNED: _____

SMS Garden Club

GARDEN CLUB IS IN NEED OF ADULT HELPERS, AND GARDENERS!

We are seeking parents and grandparents who would like to join our club & committee by helping with gardening lessons and working with students! Helpers can sign up on a rotating basis. Help is needed every other Tuesday beginning March 5th from 2:45 p.m. to 4 p.m. **Bi-weekly** or **monthly** or as much as you are able to do! No experience necessary, but we would love to hear from parents who have skills to share!

If you can help, please fill out and return slip below.

Yes, I would like volunteer to help at Garden Club:

Name(s): _____

Phone _____

Email Address _____

MANDATORY PARENT MEETING



FOR ANY CURRENT 2ND – 7TH GRADE FAMILIES
INTERESTED IN **CHEERLEADING** FOR THE
2019 – 2020 SCHOOL YEAR

 DATE: Wednesday, March 20th

 TIME: 7pm

 LOCATION: Science Lab

Please contact Nicole Lenhardt (Nicole092405@aol.com) if you have any questions.



Adopt a Shrine Spaghetti Dinner

Saturday, March 2, 2019

3:30 pm to 6 pm.

Eat in and Take out both in Marian Hall and Assumption Hall.

Prices: Advance Sales

Adults: \$6.00

Children 3 to 13 years old \$4.00

All children 3 years and under of age FREE
(eat in only)

At the door, Sale Prices:

Adults: \$7.00

Children: 3 to 13 years of age \$6.00

All Children 3 years of age and under eat FREE
(Eat in Only)

**Tickets will be available after all
Masses this weekend AND next weekend.**

If you would like to become a member of Adopt a Shrine or help with the spaghetti dinner, please contact Deacon John Kacy at 856-629-6142 ext. 38.

Love to have you because many of us could use the help in our areas. And we also have fun in keeping our parish beautiful with love.

Thank you so much for your support
Deacon John and Adopt a Shrine Ministry



From the Desk of Miss Smith

Dear Parents/Guardians,

Kindness Club will be collecting items to send to soldiers from New Jersey that are currently stationed in Afghanistan with the Army. We will be sending them a care package along with homemade cards thanking them for their service. We will begin collecting items any time after our February meeting and go until our March 18th meeting. Students can bring their donations to homeroom to be collected by Miss Smith. Below are some of the sought after items that can be a big boost to soldiers' morale.

Small/easy to carry containers of snacks

Drink mixes (Gatorade, mio, instant coffee/creamer)

Meal enhancers. Anything that can be mixed with MREs (Meals Ready to Eat), such as ramen noodles, seasoned salt, individual packets of hot sauce, mustard, relish, and ketchup.

Quick protein. Energy bars, tuna fish, non-perishable beef jerky, or beef summer sausage. Make sure the meat is labeled USDA Beef.

Candy- avoid anything that can melt such as chocolate and gum or an expiration in the next month.

Small toiletries - Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues.

Personal care. Individually packaged baby wipes, eye drops, lip balm, lotion

Foot care. Moleskin, medicated foot powder, ointment.

Batteries. Size AA and D batteries are in high demand.

Thank you for your support! If you have any questions or concerns please feel free to reach out: counselor@smarys.org / 856-629-6687 (direct line)

Kindly,

Miss Jessica Smith, School Counselor

SPORTS NEWS

Save the Date: Sports pictures will be taken on Sunday, February 24, 2019 see next page for schedule.

We are now accepting registrations for Spring Sports:

Boys Volleyball grades 6th thru 8th

Track grades K thru 8th

Please fill out the registration forms and all required paperwork that is listed on the school website under Athletics.

Please send these registrations in by Wednesday, February 27th.

ST MARY'S
Picture Schedule
SUNDAY, February 24, 2019

**PLEASE HAVE YOUR TEAM SHOW UP 10 MINUTES BEFORE SCHEDULED TIME
WITH COMPLETED ORDER FORM(S) IN HAND**

<i>TIME:</i>	3:45	<i>TEAM:</i>	Intramural Cheerleading K-1	<i>COACH:</i>	Mrs. Lenhardt
<i>TIME:</i>	4:00	<i>TEAM:</i>	Intramural Cheerleading 2-3	<i>COACH:</i>	Mrs. Lenhardt
<i>TIME:</i>	4:15	<i>TEAM:</i>	Competition Cheer	<i>COACH:</i>	Mrs. Lenhardt
<i>TIME:</i>	4:20	<i>TEAM:</i>	Spirit Cheer	<i>COACH:</i>	Mrs. Lenhardt
<i>TIME:</i>	4:25	<i>TEAM:</i>	K-1 Intramural BB/Coll. Corner	<i>COACH:</i>	Mr. Storey
<i>TIME:</i>	4:30	<i>TEAM:</i>	K-1 Intramural BB/Mike's Dr.	<i>COACH:</i>	Mrs. Chezik
<i>TIME:</i>	4:35	<i>TEAM:</i>	K-1 Intramural BB/Dramesi	<i>COACH:</i>	Mr. Dickerson
<i>TIME:</i>	4:40	<i>TEAM:</i>	K-1 Intramural BB/Ind. Controls	<i>COACH:</i>	Mr. Mojica
<i>TIME:</i>	4:45	<i>TEAM:</i>	2-3 Intramural BB/C Sports	<i>COACH:</i>	Mr. Opanowski
<i>TIME:</i>	4:50	<i>TEAM:</i>	2-3 Intramural BB/Keller Williams	<i>COACH:</i>	Mr. Atkinson
<i>TIME:</i>	4:55	<i>TEAM:</i>	2-3 Intramural BB/SMS PTA	<i>COACH:</i>	Mr. Franks
<i>TIME:</i>	5:00	<i>TEAM:</i>	2-3 Intramural BB/ Riley Sales	<i>COACH:</i>	Mr. Totten
<i>TIME:</i>	5:05	<i>TEAM:</i>	Varsity Boys BB (B)	<i>COACH:</i>	Mr. Totten
<i>TIME:</i>	5:10	<i>TEAM:</i>	Varsity Boys BB (A)	<i>COACH:</i>	Mr. Tenuto
<i>TIME:</i>	5:15	<i>TEAM:</i>	Varsity Girls BB	<i>COACH:</i>	Mr. Wolf
<i>TIME:</i>	5:20	<i>TEAM:</i>	JV Girls BB	<i>COACH:</i>	Mrs. Madden
<i>TIME:</i>	5:25	<i>TEAM:</i>	JV Boys	<i>COACH:</i>	Mr. Ciavardone
<i>TIME:</i>	5:30	<i>TEAM:</i>	4 th Grade BB (Boys)	<i>COACH:</i>	Mr. Madden
<i>TIME:</i>	5:35	<i>TEAM:</i>	Track 3-8	<i>COACH:</i>	Shannon
<i>TIME:</i>	5:40	<i>TEAM:</i>	Track K-2	<i>COACH:</i>	Mrs. Trampe



SAVE THE DATE

SAINT MARY SCHOOL CASINO NIGHT / AUCTION DINNER



April 6, 2019
7 ~ 11 PM
ASSUMPTION HALL

**PLEASE LOOK IN YOUR CHILD'S COMMUNICATION FOLDER
ON TUESDAY, FEBRUARY 19TH FOR MORE DETAILS**

NO EXPERIENCE NECESSARY TO COME OUT AND TRY YOUR LUCK.



ALL PROCEEDS BENEFIT OUR CHILDREN AT SAINT MARY SCHOOL



7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



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How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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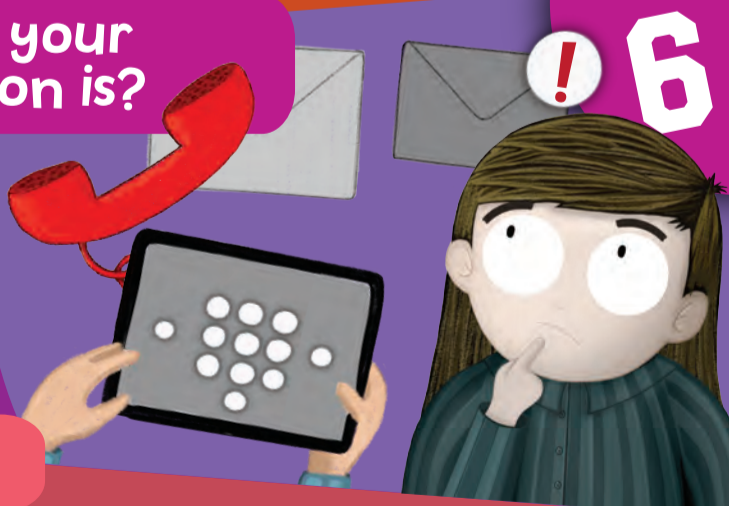


Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



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Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.