
ST. MARY SCHOOL

DATE: SEPTEMBER 29, 2016
TO: PARENTS/GUARDIANS
FROM: MS. LEPORE
RE: WEEKLY MEMO

Attached to this memo are flyers for: October's Growing in Faith Flyer from the Pastor, a flyer for an Out of Uniform Day on Wednesday, October 5 for Breast Cancer Awareness, Dine Out Night at Sundaes Ice Cream, Family Fun Night at Confreda Farms, an 8th grade fundraiser, a flu clinic consent form and a flyer explaining Project 3.8 which is a photography exhibit to raise awareness about childhood cancer. Please try to come out to support our 2nd grader Amya Devine!

We will conduct a test alert on RenWeb parent alert system tomorrow morning at 11:30am. Please call the school ONLY if you do not receive the alert message.

***Grandparents Breakfast is MONDAY Oct, 3rd at 9:00AM. A photographer will be available if you would like to purchase a photo.**

IMPORTANT DATES TO REMEMBER:

AS OF OCTOBER 1ST WE WILL NOT BE SENDING HOME HARD COPIES OF FORMS. PLEASE CHECK YOUR E-MAIL OR THE WEBSITE TO PRINT THEM FROM HOME. IF YOU DO NOT HAVE A PRINTER YOU MAY CALL THE OFFICE FOR A FORM TO BE SENT HOME.

Friday, September 30th – Deadline for Model Club registration forms (grades 5-8)

Monday, October 3rd - Grandparents Breakfast 9:00-10:00

Tuesday, October 4th - Dine out at Sundaes

Wednesday, October 5th - 2:30-5:00 Flu Clinic

Friday, October 7th – grades 4-8 One On One basketball registration forms due

Monday, October 10th - no school Columbus Day

Tuesday, October 11th – All Pre-K students will begin drop off and pick up at the front doors of the school.

Wednesday, October 12th – Grades K-3 One On One Basketball registration forms due

Monday, October 17th – Halloween Ceramics Class

Thursday, October 20th – Family Fall Outing at Confreda Farms 6:30-8:30

Thursday, October 27th – Candy sale ends, ALL money due

Friday, October 28th – Trunk or Treat

Please return the Email forms, Emergency Care Cards, Photo Consent forms and the Technology Consent forms.

The Parent/Student Handbook is available for you to view on our website, please print it down, sign and return the affirmation page as soon as possible.

If you would like to volunteer at school for anything you must fill out the Disclaimer form (this needs to be notarized and sent in with a copy of your license – both front and back). We can only submit these on a monthly basis which will be done at the end of each month. The first batch that will be sent need to be in the office by Friday, September 30. Any disclaimers that come in after that will have to wait until the October date.

If your child is out sick, please call the office between 7:15 – 7:45 to let us know. We also need a note stating the reason for the absence when your child returns to school. If your child is absent for 3 or more consecutive days you must get a doctor's note for your child to return to school. (This is a state law.)

For 'No School' Announcements we follow the Cranston public schools. If there is no school in Cranston, there is no school at St. Mary's. You can sign up at www.turntoten.com - go to Weather – Closings – School Alerts and you can sign up to receive calls or text messages when school is canceled or delayed.

Please continue to collect Box Tops and send them in to school.

Have a wonderful weekend!

St. Mary's School lives the Gospel Values of
Faith, Hope and Love through our kind thoughts and deeds.

Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

October 2016

St. Mary's Church, Cranston

Rev. William J. Ledoux, Pastor

One Minute Meditations

St. Francis of Assisi

St. Francis was born in Assisi, Italy, in 1182 to a rich cloth merchant.

He enjoyed good food, fine clothes, and a busy social life. All that changed when he fell seriously ill on his way to a battle. St. Francis took the Gospel message literally and devoted his life to living in poverty. Followers gathered around him, wanting to imitate his way of life, and in 1210, he received approval to found the Franciscan Order.

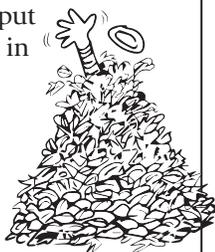
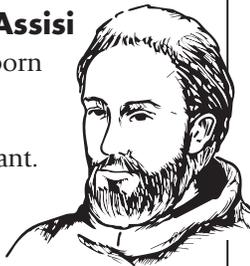
Ignore

Ever notice how good it feels to walk away from a fight? That's why Jesus said, "When someone strikes you on (your) right cheek, turn the other one to him as well" (Matthew 5:39). Next time someone picks a fight, walk peacefully away.

"Receive Communion often, very often...there you have the sole remedy, if you want to be cured.

Jesus has not put this attraction in your heart for nothing..."

St. Therese of Lisieux



Love the Rosary during the month of the Rosary

The Rosary is a powerful prayer to which popes, saints, and Catholics over the centuries have turned for miraculous help in seemingly impossible situations. As a devotion, the Rosary is deeply ingrained in our Catholic identity.

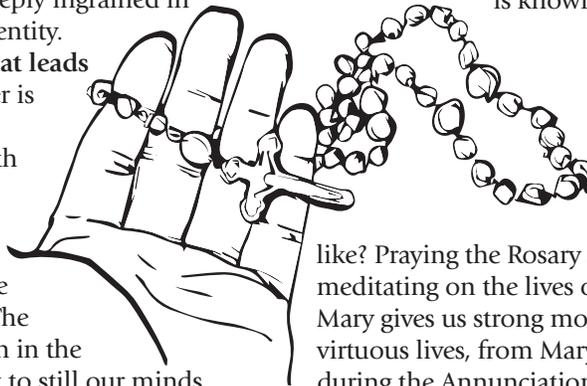
The prayer that leads to prayer. Prayer is key to a close relationship with God but it's difficult to raise heart and mind to him when we are distracted. The gentle repetition in the Rosary is meant to still our minds and direct our hearts to communion with God. This meditative prayer places our focus on God and takes it out of the world.

A connection to the Gospels. The mysteries of the Rosary describe the

events of Jesus' life, death and resurrection. By praying the Rosary, we visit these events as they are told in Scripture. To invert St. Jerome's famous quote, knowledge of Scripture is knowledge of Christ.

The prayer of virtue. We are called to be holy and virtuous, but what does that look

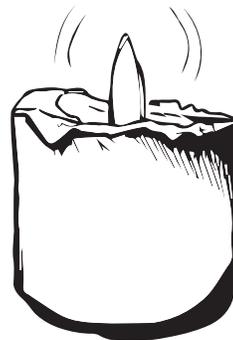
like? Praying the Rosary and meditating on the lives of Jesus and Mary gives us strong models of virtuous lives, from Mary's obedience during the Annunciation and her fortitude during the crucifixion, to Jesus' entire life of virtue – justice, temperance, and courage, in particular. Regular Rosary meditation opens us to the graces needed to acquire those very virtues.



Why Do Catholics Do That?

Why do Catholics light prayer candles?

Ancient Jews kept a light perpetually burning near the Ark of the Covenant to show reverence for the presence of God. In a similar way, the lit candle symbolizes for us Christ's presence, recalling that he said, "I am the light of the



world" (John 8:12).

Votive candles in church also symbolize prayer intentions others have offered to God. Lighting a candle is a way of expressing our desire to remain present to God after we have left the church.

Love your neighbor AND yourself

"You shall love your neighbor as yourself" (Matthew 22:39) commands us to treat other people with love. In truth, we can only love our neighbor to the extent that we love ourselves. Do you have trouble believing that you deserve love? Consider this:

God doesn't make mistakes. By nature he is perfect and can't make anything bad. God created each of us and *"looked at everything he had made, and he found it very good"*



(Genesis 1:31). That means you, too.

Look with God's eyes. Don't chase after other people's approval. Too much of how we see ourselves depends upon how others see us. God loves us as we are and considers us precious. *"See, upon the palms of my hands I have written your name"* (Isaiah 49:16).

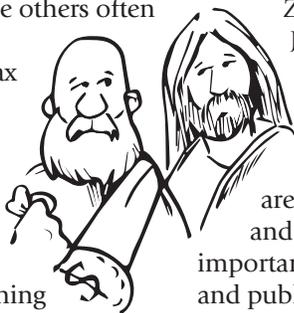
Love with God's heart. Spend time with Jesus by praying, reading Scripture, and attending Mass. When you let yourself be filled up with Jesus' love, you will find yourself so full that love will overflow to those around you – just like he commanded.

from Scripture

Luke 19:1-10, Jesus is the friend we want to be

Jesus didn't evaluate people the way others did. Instead of gravitating to the best of society, Jesus included in his inner circle of friends those others often excluded. Consider the example of Zacchaeus, a tax collector.

As the chief tax collector in Jericho, Zacchaeus was not a popular man. He probably took more in taxes than was required and became wealthy. Learning Jesus was passing through, Zacchaeus climbed a tree to get a better view of Jesus. Imagine the crowd's reaction when Jesus spotted Zacchaeus and invited himself to dinner at the tax collector's home. Jesus wasn't dissuaded



by the fact that Zacchaeus was unpopular and dishonest but saw him as a child of God. In return, Zacchaeus' eagerness for Jesus' friendship changed his life forever. He was inspired to make generous amends for his past sins.

As followers of Jesus, we are called to be open, forgiving, and accepting of others. It is important to look beyond the gossip and public perception. Try to adopt Jesus' habit of being quick to forgive and welcoming in your relationships with others. Perhaps a friendship with you can change someone else's life, just as friendship with Jesus changed Zacchaeus for the good.

Q & A How can I get more out of going to Mass?

Start by getting into the right frame of mind. You can do this by reviewing the readings before Mass to really absorb their message.



Next, notice and greet the people near you. A nod and a smile is a start but a handshake and "hello" is the right spirit. That tells

others you're happy to be there and happy to see them, too.

Change your spot. If you normally sit in the back, move to the front. If you sit on the side, move to the center. Sometimes just a change of scene helps you take on a fresh perspective.

Sing every song. Pray every prayer. Mass is not a spectator sport.

Take with you a small pad. Then you can jot down prayer requests, intercessions, or thoughts from the homily to review later. Take the Mass home with you and live it all week long.

Receive Communion if your soul is in the proper disposition. (Go to Confession if you aren't sure.) That's the main point of attending Mass.

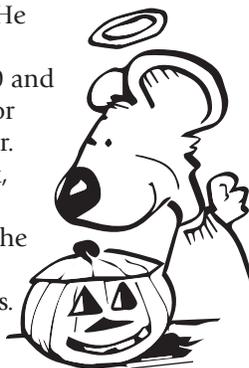
Feasts & Celebrations

Oct. 1 – St. Thérèse of Lisieux (1897). At the age of 15, Thérèse Martin became a Carmelite nun in Lisieux, France, and served others with "quiet acts of love." Her autobiography, *The Story of a Soul*, is an easy read for older children.

Oct. 10 – St. Francis Borgia (1572). St. Francis was a nobleman who served in the Spanish imperial court. After the death of his wife, he gave away all his possessions and joined the Jesuits. He proved to be a good administrator, and

as superior general of the Jesuits, he helped to spread their presence all over Spain and Portugal.

Oct. 20 – St. Paul of the Cross (1775). Born in Italy to a poor, pious family, Paul felt called to start a religious order dedicated to the Passion of Christ. He founded the Passionists in 1720 and was elected superior general of the order. He became a priest, lived a penitential life, and cared for the poor and sick. He also worked miracles.



Our Mission

To provide practical ideas that promote faithful Catholic living.
 Success Publishing & Media, LLC
 Publishers of Growing in Faith™ and Partners in Faith™
 (540)662-7844 (540)662-7847 fax
<http://www.growinginfaith.com>
 (Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)



DRESS DOWN DAY

WEDNESDAY October 5

*OCTOBER IS BREAST CANCER AWARENESS
MONTH*

ALL DONATIONS GOING TOWARD THE GLORIA GEMMA
FOUNDATION IN HONOR OF ALL THAT HAVE BEEN TOUCHED BY
THE OBSTACLES OF BREAST CANCER

***** *WEAR PINK* *****

THANK YOU

TRACEY HENEBURY

Let's Kick off the Fall with some Pumpkin



Ice Cream

Join us for the October Dine Out on
October 4, 2016



CRANSTON
775 Oaklawn Ave
Cranston, RI 02920
(401) 942-8150 2:30 - 6:30

15% of sales will come back to the school. Please bring the flyer and hand it your server!

The students who bring in their receipts from that night will receive a Dress Down Day Pass.

Hope to see you all there!!!!!!

Come Join us for a Fall Family Outing

Confreda Farms

2150 Scituate Vista Dr. Cranston

October 20, from 6:30 – 8:30

Lots of Fall fun

Hay Ride and Walk the Corn Maze

Bon Fire with Smores' and Cider

Each Child will get a Special Flashlight for the
Hayride and Maze

Family Photos can be taken by Event
Photographer Tracy Jacques

\$10.00 per person under 2 free

Deadline is October 13

Student's Name : _____

Student Gr: _____

Number attending: _____ Amount Enclosed: _____



2016-2017 School-Located Flu Vaccination Consent Form

Last Name <i>(Please print)</i>		First Name	MI	Age	Date of Birth ____/____/____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address			City		State	Zip
Phone Number		Email		Name of Doctor		
If student, print name of school he/she attends:					Grade	

HEALTH INSURANCE INFORMATION
Indicate insurance provider and subscriber number. Please include all letters/numbers.

<input type="checkbox"/> Blue Cross & Blue Shield ID# _____	<input type="checkbox"/> Tufts or Tufts/Carelink _____
<input type="checkbox"/> Neighborhood Health Plan of RI _____	<input type="checkbox"/> Neighborhood Health Plan of MA _____
<input type="checkbox"/> UnitedHealthcare ID# _____ Group # _____	<input type="checkbox"/> Aetna _____
<input type="checkbox"/> Medicare _____	
<input type="checkbox"/> Other Insurance _____ <i>(Insurance Name & ID Number)</i>	<input type="checkbox"/> No Insurance

**Flu Mist is not being offered this year based on CDC recommendations.
We apologize for any inconvenience this may cause.**

SCREENING FOR FLU VACCINE ELIGIBILITY

If the answer to any question is "Yes", then we cannot vaccinate in school. Please contact your doctor to discuss options.

1. Any serious allergy to eggs?	Yes	No
2. Ever had a serious reaction to previous dose of flu vaccine that required medical attention?	Yes	No
3. Ever had Guillain-Barre Syndrome (temporary severe muscle weakness) after receiving flu vaccine?	Yes	No
4. Any allergy to Thimerosal or Latex?	Yes	No

I have answered "NO" to questions 1-4. I have viewed the Vaccine Information Statement(s) at www.immunize.org or viewed a hard copy obtained by calling the Rhode Island Department of Health (401-222-5960).

I understand the benefits and risks of the vaccine.

The injectable flu vaccine should be given to the person named above for whom I am authorized to make this request. I understand that I can review a Notice of Privacy Practice at the time of vaccination.

Signature of Parent/Guardian/Patient _____ **Date** _____

Print Last Name _____ **Print First Name** _____

FOR ADMINISTRATIVE USE ONLY **VIS Date: 8/7/2015**

Vaccine	Route	Manufacturer	Lot No.	Signature of Vaccine Administrator _____
Influenza	RA LA			Date vaccination and VIS given: ____/____/____

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn’t exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

- **If you ever had Guillain-Barré Syndrome (also called GBS).**

Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

- **If you are not feeling well.**

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- hoarseness
- sore, red or itchy eyes
- cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/flu

Vaccine Information Statement
Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Office Use Only



PROJECT 3.8

different faces. same fight.

JOIN THE FIGHT!

PRESENTED BY ROBYN IVY PHOTOGRAPHY AND MELISSA MURRAY OF THE DORIAN J. MURRAY FOUNDATION

ABOUT THE EXHIBIT

Project 3.8 is a photography exhibition to showcase Robyn Ivy's portraits of 20 of the hundreds of children currently battling cancer right here in Rhode Island. Combined, all pediatric cancers collectively receive a mere 3.8 percent of all national cancer funding. It's simply not enough. The mission of Project 3.8 is to raise our collective awareness about pediatric cancers, raise funding for much needed research and help ease the financial and logistical burdens these children and their families face while undergoing treatment. The exhibition will travel to multiple venues throughout the state, beginning in September 2016 in recognition of national childhood cancer awareness month and run until mid-November. Each event will be part photography show, part awareness campaign and part fundraiser with all proceeds will benefit the fundraising efforts of the Dorian J. Murray Foundation, a non-profit organization.

SHOW DATES

Sat, Sept 3rd | Ocean House Watch Hill
Westerly, 6-9pm

Sept 10-18th | Candita Clayton Gallery Pawtucket:
Opening Reception Sept 10th 6-9pm

Thurs Sep 22nd | RI State Police Headquarters
North Scituate, 5-8pm

Sat Oct 1st | Izzy Foundation Gala
Providence, 7-12pm

Oct 3-7th | RI State House Providence:
Opening Reception Mon Oct 3rd 5-8pm

Sat Oct 15th-21st | Blazing Editions East Greenwich:
Opening Reception Oct 15th 6-9pm

Sun Oct 23rd | Newport Vineyards
Middletown 12-5pm

Sat Oct 29th | Jamestown Art Center
Jamestown, 6-9pm



For more information visit:
3point8.org