Dear St. Lawrence School Families,

We are all excited for the start of our Healthy Lunch Program. This program promotes healthy food choices by rewarding students for eating fresh fruits and vegetables during lunch. Any student eating a fresh fruit or vegetable during lunch will receive a punch from one of our lunch monitors on a Healthy Lunch Card. Once a student receives 20 punches, they can turn the card in for a key chain prize and enter their card into a drawing for a larger prize later in the school year. I would like to thank Ms. Toscano for organizing this program and helping our students have a healthy start to the New Year!

As a follow-up and deepening of our “Bucket Drop Filling” program from last year, we have come up with a new initiative for encouraging good Christian behavior here at St. Lawrence School. We are calling this “The Heart of St. Lawrence.” Recognizing that the heart is essential to a healthy body, and we as a community comprise a Christian body – the body of Christ – it is important for us to do what we can to build up the body, especially its heart. We build up the body by doing things that truly give of ourselves to others – we share a piece of our own heart. Starting this week, any student “caught in the act” of building up the heart of St. Lawrence will earn a paper heart with the act written on the heart. They will then be given the opportunity to place their heart on our tree of hearts near the main entrance of the school building. The type of act worthy of a heart might be including a child left out, offering to help a teacher, settling an argument among other children – things that really require one to give of oneself. Some examples of words that may be written on the paper hearts include: Trustworthiness, Respect, Being Responsible, Kindness/compassion, Leadership, Honesty, Thoughtfulness, Consistent good choices, Peacemaker, Being encouraging, Teamwork, Sharing. I will share some of these acts during morning program as we continue to strive to build up our tree of hearts.

This year, instead of a school musical, we will be having a talent show. St. Lawrence School’s Talent Show will be on May 18th at 1:00 PM and 7:00 PM in Deacon Hall. Rehearsals will begin after school in March. We are all looking forward to seeing our students share their talents!

On June 11, 2017, St. Lawrence will be holding a Golf Tournament Fundraiser at Timber Ridge Golf Club. Registration information for this tournament will be available soon. Please see the flyer attached below today’s Newsletter. I look forward to seeing you all at this event!

I pray that you are having a pleasant and peaceful start to your week. As always, thank you for all that you do for our students!

God Bless,

Frank Arvizzigno
Principal
Please Note:

Lunch and Milk Orders Open 1/10
Martin Luther King, Jr. Day No School 1/16
PreK Visit Day 8:30am 1/18
Birthday Pizza Lunch (Jan & July) 1/19
Lunch and Milk Orders/Payments Due 1/23
Session 3 Clubs Begin 1/23
PreK Information Night 6:30pm 1/24
Kindergarten Information Night 6:30pm 1/25
PreK Visit Day 8:30am 1/27
2nd Quarter Ends 1/27
Catholic Schools Week 1/30 – 2/3
Open House & Book Fair 6:30pm 1/31
Report Cards Available on MSP 2/7
Fine Arts Night 6:30pm 2/8
Birthday Pizza Lunch Feb./August 2/9
February Break No School 2/20-2/24

Today’s Envelope includes:
- Hilton-Parma Recreation
- Book Fair Wish List Form
- Adopt A Hydrant Information
- Roller Skating Permission Slip for Catholic Schools Week
- Flu Information – Electronic
- DOR Social Media – Electronic
- St. Lawrence Golf Tournament Fundraiser - Electronic

PreK Music Class with Mr. Laird

A Message From The Health Office

To help keep you informed, we have seen an increase in the number of absences due to illness. It's been a mixed bag - from coughs and colds to strep, from the stomach bug to students who have tested positive for the flu. Please help remind your child the importance of washing their hands, covering coughs and sneezes, keeping hands away from their faces, and getting a good night's rest.

And please, if your child exhibits the above, keep them home. Don't forget to call the school to report any late arrivals/absences. Thanks for your help with this.

Stay healthy, Eileen

Reminders:

The lunch order for the next session is open on our website as well as the milk order for the remainder of the year.

Sign up for the next session of clubs beginning on 1/23 is open on the website.

SAVE THE DATE!

This year St. Lawrence School will be putting on a talent show. It will take place on May 18th with rehearsals beginning later in March. Details to follow!
What is the flu?
Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year. The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?
Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?
Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?
Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?
People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can infect others for longer periods of time, especially if they still have symptoms.

How can I protect my child against the flu?
To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

▶ Vaccination is recommended for everyone 6 months and older.
▶ It’s especially important that young children and children with long-term health conditions get vaccinated. (See list of conditions in “How serious is the flu?”)
▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for several months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.
**Is there a medicine to treat the flu?**

Antiviral drugs are prescription medicines that can be used to treat influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It’s very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

**What are some of the other ways I can protect my child against the flu?**

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs:

- Stay away from people who are sick.
- If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.

**IF YOUR CHILD IS SICK**

**What can I do if my child gets sick?**

**Talk to your doctor early if you are worried about your child’s illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age — especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, are at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.

**What if my child seems very sick?**

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

**Can my child go to school, day care or camp if he or she is sick?**

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

**When can my child go back to school after having the flu?**

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.
FOLLOW US!

#RocCatholicSchools

@RocCatholicSchools

@RocCathSchools

/DioceseOfRochesterSchools
SAINT LAWRENCE
FIRST ANNUAL
GOLF TOURNAMENT
FUNDRAISER

Date: June 11, 2017
Location: TIMBER RIDGE GOLF COURSE
7061 West Ridge Road, Brockport

Join us for the 1st Annual St. Lawrence Golf Tournament!!
We hope that you and a group of friends or associates will join us by
playing 18 holes of golf, being a sponsor, making a donation, or joining
us for our awards dinner.

More details to come, but SAVE THE DATE!!

We are also looking for volunteers to help in any way.
Please contact Wendy in the Rectory Office for more details. 723-1350