



3615 Livernois, Troy MI 48083
248-619-0530



October 2010



Calendar Notes

Oct. 6: Fire Safety Program, Toddler - 3rd grade students

Oct. 7: Tuition due

Oct. 19: Picture Day

Oct. 22: Last day for St. Mark students to sign up for childcare for Nov. 5 (½ day) and Nov. 8, full day

Oct. 29: Mad Science Program, 10 AM; Parents invited!

Oct. 29: International Dinner and Bingo, doors open at 6:30 PM. Bring a dish – see flyer on last page!

Nov. 2: Election Day – Vote “Yes” on Proposal 1 for Troy Public Library.

Nov. 5: End of 1st quarter /Half day for St. Mark students- Childcare available for pre-registered students. Regular school day for St. Mary CDC

Nov. 8: No School for St. Mark students Curriculum Meetings Childcare available for pre-registered St. Mark students. Regular school day for St. Mary CDC

School Pictures Tuesday, October 19

Be sure to send your child dressed for school photos and wearing a smile on Tuesday, October 19. Individual and class pictures will be taken on this date. Students who don't normally attend school on Tuesdays will receive a phone call or a note from Mrs. Essak about the time they should arrive on October 19 for pictures.



Purchasing school photos is optional; however, if you would like to purchase photos, your payment must accompany your completed order form and be turned in at the time your child is photographed. Make checks payable to Kaiser Studio. Information, order forms, and reminders about school photos will be coming home soon.

Mad Science Program – Friday, October 29



Pre-school through 5th graders will enjoy the assembly on Friday morning, October 29 at 10 AM. A \$10 fee for this event will be added to your monthly invoice. Parents are invited to attend!



Space is available on the Troy-area school bus. If you are interested in having your child ride the Troy- area bus, please contact the office at (248)619-0530 to reserve a spot.



St. Mark Christian Academy would like to officially welcome two new first grade students to our school. A big welcome to **Joly Makram** and **Anna-Simone Mousaad** who joined our First Grade class last week.



NOTICE For building security, be sure the door shuts completely when you enter and leave the building.



Student Art Work – Troy Library

During the month of October, art work produced by St. Mary and St. Mark students will be on display in a special area of the Troy Public Library. All of the teachers contributed student art work under the direction of Susan McClelland (4/5 Grade) and Regina Werenka (Pre-K) for the Troy Library Art display. Take a few moments this month to visit Troy Public Library to see and enjoy our students' great art work!

A heartfelt thank you

to all of the teachers and support staff at St. Mary CDC and St. Mark Christian Academy. Because of your hard work, we had the smoothest and most successful start of the school year in our school's history! We deeply appreciate all of your efforts!



Cars should **NEVER** be parked at the curb and left unattended. This is a drop off/pick up zone and the bus loading and unloading zone. The Troy Fire Department will ticket and fine those parking in the fire lane.



November 2 – Election Day!

Troy Residents: See links listed below for more information about this important issue.

Friends of Troy Public Library: <http://friendstpl.org/>

Save Troy Library: <http://www.savetroylibrary.com/>



Medication and Illness Policy Review

We thank you in advance for abiding by the following Medication and Illness rules set forth in our Parent Handbook.

Medication Policy

- Only medication prescribed by the doctor will be given to a child. Medication must be in the container from the pharmacy with the doctor's name and prescription number on it and include dosage directions. No over-the-counter medication will be given for fever, coughing, etc. **unless accompanied by written permission from the doctor.**
- **If a child needs to receive medication at the Center, the parent will be required to fill out a permission form.** (Available in the main office.)
- An administrator or classroom teacher will give the medication according to the instructions of the physician.
- The Center will not honor any instructions from a parent which contradicts the instructions of the physician (for prescription drugs) or the instructions on the label (for over-the-counter drugs.)

Illness Policy

It is the policy of the Center to temporarily exclude children from care who may be infectious or who demonstrate physical symptoms that require continual one-to-one care.

Guidelines for Excluding Sick Children

1. Fever over 100 degrees
2. Vomiting or diarrhea
3. Eye discharge (Conjunctivitis is extremely contagious!)
4. Excessive cough and/or nasal discharge (green or yellow in color)
5. Any unidentified or contagious rash
6. Lice (Maybe be included after treatment.)
7. Unusual fatigue
8. Any communicable disease

A Child May Return to the Center When:



1. The child's temperature has been below 100 degrees for 24 hours without fever reducing drugs.
2. The child has been diagnosed as having a bacterial infection and has been on an antibiotic for 24 hours.
3. It has been 24 hours since the last episode of vomiting or diarrhea.
4. The nasal discharge is not thick, yellow or green.
5. Eyes or no longer discharging or the condition has been treated with an antibiotic for 24 hours.
6. The rash has subsided or the physician has determined that the rash is not contagious.



Alternative Childcare Arrangements A Must!

We must plan now to make sure we are ready for the upcoming flu season. An important measure in containing the spread of the flu virus is to keep sick children at home. Please make sure you have alternative child care arrangements set up in the event your child gets sick. Sick children will **not** be allowed to attend school or be in child care. Other steps to help stop the spread of the flu virus include:

1. Get vaccinated.
2. Wash your hands frequently with soap and water.
3. Cover your nose and mouth with a tissue when coughing and sneezing.



Seasonal Flu Shots Available at the Oakland and Macomb County Health Divisions



In Oakland County, flu vaccines are available for a cost of \$11. Flu shots are available to individuals 6 months or older. To find out times and locations for Oakland County residents, log onto: http://www.oakgov.com/health/initiatives/flu_main.html

Macomb County residents can receive flu shots at any Macomb County Health Department location for a cost of \$15. To find out times and locations for Macomb County residents, log onto: <http://www.macombcountymi.gov/publichealth/ClinicServices/fluinformation.htm>



Dress for the Weather

For your child's comfort and safety, dress your child in layers for the next several weeks. A good choice for these cool mornings and warm afternoons is to dress your child in a light jacket and sweater. These clothes can be taken off or put on as the weather changes during the day. All jackets and sweaters **must be labeled**, so we can ensure your child will go home with the correct clothing.

Please Note: Generally, winter jackets are too warm for October weather.

Thursday Liturgy



Children learn many things by attending our weekly liturgy. They are learning to behave respectfully and reverently as well as how to take responsibility for themselves when in the care of their teachers. Therefore, we are asking parents, visiting grandparents, aunts and uncles to allow children to remain with their classes instead of sitting with the family member, so that our children can learn these valuable lessons.



Pointers on How to Help Your Child Succeed in School



1. Create a regular time and place for homework.

2. Review your child's school work. Taking an interest in your child's progress is valuable in motivating your child to do his/her best. Even young children benefit from your interest.

3. Get your child to bed early. Establishing a regular bedtime is very important to helping your child get sufficient rest. Children who do not get enough sleep are not able to focus or to retain information.



4. Limit TV and video games to a combined total of one hour daily. Children who watch TV or play video games for more than one hour a day lose important opportunities to socialize with their families, do not get enough physical exercise, and have trouble completing homework.

5. Prepare for the morning before you go to bed.

- ☉ Lay out back packs in a regular spot.
- ☉ Prepare lunches and store in the refrigerator the night before.
- ☉ Make sure all clothing items, including socks, shoes, and belts are laid out before jumping into bed.
- ☉ Make sure all homework, forms that have been filled out, and other items that need to go back to school are placed in the back pack or near them.



6. Eat a healthy breakfast. It has long been established that breakfast is the most important meal of the day. The brain requires energy to function and children cannot function at optimal levels if they come to school without adequate nutrition. Sugary cereals, while appealing to children, are not a good breakfast food choice. Foods that have more staying power, like oatmeal or eggs, provide more protein and are a more constant source of energy throughout the morning.

7. Be on time for school! Children who come five to ten minutes late everyday end up missing several hours of instructional time each month. Coming late everyday is also very disrespectful to the teacher and other students who are interrupted by the late student.



Hot Lunch Program

We have a new caterer this year for our hot lunch program. **justCATERit!** will be preparing the lunches every Tuesday, Wednesday, and Thursday for a cost of \$3.25 per lunch.

justCATERit! will provide some healthy alternatives including baked chicken nuggets (instead of fried), meatloaf made with ground turkey, and other items made with fresh ingredients. The time to order October lunches is past, but order forms for November/December lunches will be sent home later this month with your child. Payments by check or cash in the exact amount must accompany your order and be sent in by the date listed on the order form. Late orders cannot be taken. Checks need to be made out to St. Mary CDC.

Signing In and Out and Alternate Pick up Arrangements



Please note that St. Mark students do not have to be signed in and out unless they stay for child care before or after school. Parents whose children are in kindergarten or above may drop their children at the front door and watch them enter the building. If your child attends child care, you must come into the building to sign your child in regardless of your child's grade.

No St. Mary CDC child will be released to a parent unless they come into the building.

For all St. Mary and St. Mark students: Besides a parent, only those persons listed in writing on the child's information card will be allowed to pick up a child from school or the center. If someone other than those listed on the information card is to pick up a child, parents **must** notify the teacher or director of this change **in writing and in advance**.

St. Mark Dress Code



Regarding the types of sweaters that are allowed for St. Mark students, please note the following:

The dress code reads **Solid Color Sweaters** (no sweatshirts) may be worn in navy blue.

The following types of sweaters are **not** allowed:

1. Anything made of sweatshirt material is not allowed.
2. Sweaters with hoods are not allowed.
3. Sweater in colors other than navy are not allowed.

Also, now that we are in the month of October, shorts and navy skorts are not allowed until May 15, 2011.



Box Tops for Education

Once again, our schools will participate in this completely cost-free fund raiser. We were able to raise over \$200 for our schools last year by simply

clipping the coupons and sending them to the Box Tops for Education Program. An informational flyer describing the program will be coming home. Please note that we will not be having a competition among classrooms this year. Instead, **all proceeds** from the Box Top for Education program will go toward the purchase of new playground equipment.

