

Newsletter

January 11, 2019

All families are encouraged to attend the 10:00 Mass at the Church of St. Dominic for the opening of Catholic Schools Week on Sunday, Jan. 27. The church is located at 1050 Flanders Rd. Southington, CT. 06489. On the same day, Jan. 27, there is an open house for new families at 12:00 at the school. We need approximately six volunteers to assist at 11:30.

Jan. 17 Middle School Students will be involved in a program in remembrance of Dr. Martin Luther King Jr presented by the Office of Catholic Social Justice. The younger grades will have a short prayer service during the morning.

- Jan 21 Martin Luther King Day – No School
- Jan. 22 Half day of School After care is available
- Jan. 24 Dress Down Day to support the HSA
- Jan. 27 10:00 Mass for the opening of Catholic Schools Week at The Church of St .Dominic

The early dismissal day on Jan. 22, 2019 is a change from the original scheduled half day of school which was planned for Jan.15, 2019. The Town of Southington made this change.

The National Junior Honor Society is collecting gently used clothes for Big Brother/Big Sister. Donations can be left on the stage.

From the Advancement Office...

Catholic Schools Week- January 27-February 2

As a community, we celebrate the value and mission of Catholic Schools during this special week at the end of January. You are encouraged to invite your friends and neighbors to attend our Open House on Sunday, January 27th, beginning at noon. As an added incentive, there is a tuition incentive (\$500.00) to your family for recruiting a new family for grades K-8. If you are available to assist with hospitality on January 27th, please let us know.

Please remember to return the blue/yellow form regarding registering siblings for the 2019-2020 school year. New families will be registering during our January 27th Open House so please reserve your place now. Several new families have been in to tour already and we will need to limit the class size in both pre-k classes.

Stay tuned to our newsletter for details on our possible events during CSW:

- *A special guest "Mad Scientist" for K-8*
- *Pre-K trip to the library*
- *Social Media/ Internet Safety Presentation by Southington Police Department*
- *Special program on state government presented by Ct State Representative*
- *Visit by Channel 3 Meteorologist*

From the Nurse's Office

Staying Healthy This Season

This is the time of year when an increase in illness can be seen in communities. Below you will find health tips and information on communicable diseases that may be found in community settings.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.

Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces, especially when someone is ill.

Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.

Cold vs. Flu

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems. CDC 2016

Disclaimer: ALWAYS seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this material. If you think you have a medical emergency, call your doctor or 911 immediately.

Car Magnets

Spread the word! Have you purchased a Southington Catholic School car magnet? Displaying our school name on your family vehicle is a great way to promote our school throughout the greater community. Car magnets are only \$2.00 each and available in the Office.

H.S.A. Newsletter

Gala

Please join Michelle Angiolette and Rachel Buck in planning this year's Gala. Bring your ideas and suggestions on how to make this year's Gala the best one yet! Feel free to contact our co-chairs at scsgalacommittee@gmail.com. You will receive commitment hours for attending meetings as well as donations made for the auction baskets (more detailed information will be provided in the coming weeks). Reserve the Gala date on your calendar now - February 22, 2019!

HSA Meeting

Our next meeting is scheduled for March 7th at 6:30pm in the school cafeteria. Commitment hours are awarded for attendance.

Dress Down Day

Our next HSA sponsored Dress Down Day will be January 24th. If you would like to participate and have not already paid ahead for Dress Down Days, you can send \$2 in an envelope marked "Dress Down Day" to the office and participate. Participation is completely optional. If you do not wish to participate, the regular school uniform should be worn.

Box Tops

Thank you for continuing to submit your Box Tops. Our next collection date will be January 25th. Please keep sending your Box Tops in so we can continue to build on our earnings!

Scrip

Monthly Scrip orders are starting again, the next order date is January 28th. Feel free to contact Barb Doherty with any questions on Scrip at bdoherly1@cox.net.

Commitment Hours

Commitment hour letters have gone home with your child. There are many opportunities to volunteer your time and earn commitment hours, help is always needed for events such as our annual Gala (contact scsgalacommittee@gmail.com), upcoming Easter event, and the golf tournament in May. Please contact southingtoncatholichsa@gmail.com.

HSA Contact Information

**southingtoncatholichsa@gmail.com - to reach us via email
Barb Doherty at bdoherly1@cox.net - to arrange in person contact at pick up/drop off**