

ST. JOSEPH SCHOOL THE TIGER'S TALE



August 19, 2019
First issue of
the year

MARK YOUR CALENDAR

- Mon, August 19th: 1st Day of School - 10:30am dismissal for everyone
- PTG Meeting at 8:15am in the gym - all are encouraged to attend
 - Welcome for new and existing families with support and light
 - Breakfast
 - TK / Kindergarten dismissal at Noon
 - Tiger's Den Extended Care is available until 6pm
- Tues, August 20th thru 23rd: Noon dismissal - TK through Kindergarten only
- Extended Care available
 - TK / Kindergarten dismissal at Noon
 - Scrip orders due
- Fri, August 23rd: TK / Kindergarten dismissal at Noon
- State of the School Town Hall Meeting - 6:30pm in church..
 - Ice Cream Social following in Parish Hall
 - Reporting on survey - all school discussion
 - Registration for Tiger's Den Extended Care Due
- Tues, August 27th: Back-to-School Night at 6:30pm, Grades 6-8
- Thurs, August 29th: Back-to-School Night at 6:30pm, Grades TK-5
- Fri, August 30th: Noon Dismissal - Tiger's Den available
- Mon, Sept 2: Labor Day - No School
- Wed, Sept. 11th: PTG meeting at 6:30pm
- Fingerprinting for New family members who what to volunteer at 3:00 to 6:00pm in the library

A Prayer for the

New School Year

Almighty God, We give you our school.
We give you all the teachers and staff who work here,
We give you all the children who study here.
We pray our school would be place of great discovery, adventure and creativity.
May St. Joseph School be a place where we love to learn and where we learn to love,
A place where everyone is respected and all are deeply valued,
So that the wonderful world you have made becomes more beautiful every day.
Thank you Lord for looking after our school.
Thank you that you love each and every one of us here.
We ask all this through Jesus Christ our Lord. Amen

THINGS YOU NEED TO KNOW and/or TAKE ACTION

Welcome to the 2019-2020 school year: The teachers and staff have been working hard to get the school ready to receive your children. We are all so very excited for this new year with new students, families and staff.

Together we will listen and learn from one another with the goal of moving the school forward supplying the best education and "Whole Child" learning experience in the East Bay area!

Extended Care - The Tiger's Den will be available at 10:45 until 6:00pm.

New Policies for the Tiger's Den - Extended Care: Registration will be opened for the year until **Friday, August 23rd**. Please include the completed registration contract form with your \$50 check. You will not be considered registered unless we receive the form and the fee. To clarify, we are trying to streamline the process for you and the school. There will be NO monthly calendar sent out. When you register, you choose how many days per week you want your child to use Extended Care. You can still pay hourly if that is what you initially choose when you register. If you choose not to register you will pay \$6.50 per hour for hours used. If you do register, you will be billed \$5 per hour and even less if you choose the per week fees.

New Communication System for Teachers: We have all agreed to use a new communication system called **Class Dojo**. It is a quick and easy way for your child's teacher to send you information, a photo or quick video of what your child is doing in class. Likewise, it is a great tool for you to send a quick text about how your child is feeling or an issue they may be having at home or in class...a great conversation starter! Your child's teacher will be sending you a text requesting that you accept the invitation this week. Our goal is that every parent in every grade will do so!

Town Hall Meeting: The principal will be holding a Town Hall meeting in the Church on Friday, August 23rd at 6:30pm in the church. Families who attend will receive a volunteer hour. We will discuss the results of the Parent survey...thank you to the 54 parents who provided input. As we move forward with a new administration, new societal and 21st Century demands, it is important to discuss the future of the school moving forward. There will be ample time to ask questions and share in this rich discussion. After the meeting we will enjoy Ice Cream Sundaes in the Parish Hall. I hope you will be able to come!

Volunteers needed: Thank you Ms. Kay Cunningham, a grandparent of a 1st grader, who volunteered to coordinate the Ice cream Social after your Town hall meeting on Friday August 23rd. Please go to <https://signup.com/go/Eksddis> help set up, clean up and supervising the making of ice cream sundaes. You will receive volunteer hours for your time.

New Opportunities for Parent Volunteer Hours:

NEW St. Joe's Maintenance Committee: We are forming a maintenance committee to help with small repairs that come up around the school. We will need a few people to be "On Call" and others who want to lead a Work party a few times a year. If you are interested, please email Natalie at nlenz-acuna@cndo.org. Of course you will receive parent volunteer hours for your time. Thank you!

Lunch Duty Volunteers: This year we will be inviting parents and extended family members to help with Yard Duty at lunchtime. We will accept volunteers in September. We are working with staff and the PTG on the Volunteer handbook that will provide informational needs and tips on yard duty and other volunteer opportunities. All volunteers who will be working with and around children must have TB clearance, Virtus and Fingerprinting finished and cleared. All Volunteer opportunities will be advertised on Signup.com. They will be listed in this weekly newsletter, via Class Dojo and through your Classroom room parent.

SJS Emergency System: In order to receive emergency messages via text - parents and staff will need to opt-in to receiving automated calls and texts from SchoolMessenger by texting "Y" or "yes" to 68453. To opt-out, text STOP to 68453. We will be using this Free system this year as our Emergency contact and some communication. There will be no class phone tree this year. Thank you for responding to this important request.

Welcome back Choice Lunch: Our lunch provider is at www.choicelunch.com. They have a variety of hot and cold lunches that include a snack, fruit and drink. Log in and create an account. This company is very reliable and flexible. There is even an app for your phone to make it even easier for you to order!

Reminders: all paperwork including the signed handbook agreement, documentation of current physicals/TB tests/TDAP, etc. must be in the office no later than close of business - 4:00pm on Mon. August 30th. The new parent handbook will be up on the website for your review in the next few days.

Reminder about those homework packets and reading: Please support your child by carving out some quiet time to keep up their academic skills and encourage them to finish up their summer academic packets and continue to take time out for reading.

GOOD TO KNOW!

Finger Printing Opportunity for New Families: New families and family members who will be volunteering around children will have the opportunity to get fingerprinting through the Diocese of Oakland at NO COST. The Diocesan team will be in the Library from 3:00 to 6pm on Wednesday, September 11th. We will send out a sign up sheet for you and/or your family members who plan to volunteer on your behalf this school year.

Walk-A-thon Update: Friday, September 13 at 10am is St. Joseph's 9th annual Walk-a-thon fundraiser, promoting health and fitness, as we walk through fun-filled obstacle courses, while raising money for our school. We will have the pledge packet ready to be distributed for the first day of school. This is the current flyer and pledge form attached to the manila envelope. We are looking to make available the opportunity to submit your donation online, so parents/caretakers can copy and paste to their own Facebook or social media pages with a link to their PayPal or payment app. linked to the Walk-a-thon page on our school site. See flier attached...

Oktoberfest: The most awaited fundraiser of the year is Saturday, October 5th and Sunday, October 6th! The committee asks that you take the Sponsor letter attached to this newsletter, to the businesses you frequent requesting that they donate to this event benefiting the school and church communities. Please consider attending the Pasta Dinner on Saturday, Sept. 28th encouraging your friends and family to attend. The flier is also attached.

We need You! The school would like to add a few booths to what has traditionally has been offered by the school:

- Glitter Tattoos
- Spin Art
- We need a few new games
- Make up, hair and nail painting
- Filipino food booth that includes Lumpia!
- Dia de los Muertos sugar skulls - decorating with icing and sequins

If you are interested in organizing and/or running these booths, please email Natalie at nlenz-acuna@cndo.org

Volunteer Hour Rules for Oktoberfest: Parents may volunteer for a total of 22 hours: of those hours, 7 may be fundraising and the remaining 15 will be counted as general. Oktoberfest Committee Chairs may claim their 35 hours. Please turn in your hours sheet. If you are working in a booth at the event, you still cannot claim more than the 22 combined hours. After 22 hours, you become a volunteer only. If there is a job category that is usually hard to fill, Mrs. A may make an exception to the 22-hour rule, but her approval must be given in advance. Please check with Mrs. A to see if your event qualifies for that exception. All volunteers must have their volunteer paperwork up-to-date. This includes TB, Live Scan and Safe Environment. The school will be listing the volunteer and booth needs on SignUp.com in the near future...stay tuned!

CYO board: The school is looking to re-establish the CYO Board. If you are interested in helping develop our stellar sports program and other physical learning opportunities for our students, please email me at nlenz-acuna@cndo.org We will be meeting in early September.

Improvement to Facilities: This summer we have been hard at work with refreshing, renewing and replacing so to get ready for the new school year. We have cleared and repaired of the gutters around the buildings - expecting another heavy rainy season. The stairs of the Tiger's Den have been replaced with composite wood that is strong and will last for many years. We have built outdoor cabinets to store our tables instead of putting them back into the gym. I plan on the large cabinets to be a canvas for a mural later in the year.

Still to do: It is disappointing, but the gym floor is about three weeks behind schedule. We hope this week the school logo will be painted on the floor...the floor sealed, baseboards attached and bleachers installed. Please include the quick completion of this project in your daily prayers!

Over the next few weeks, we will be hanging the projectors from the ceiling in each classroom. This will free up space in the classroom and allow all students access without any viewing obstruction.

Understanding the bill for Incidentals sent by bookkeeper: We want to clarify that every family will receive invoice for the year's volunteer hours equal to a dollar amount. As you volunteer your time, the hours will be subtracted. If you complete your contracted volunteer hours, you should have a ZERO balance at the end of the year.

Scrip: One of the ways we fundraise is to sell Scrip gift cards. It does take some forethought, but for each card you purchase a percentage go to the school. You can purchase cards from a wide variety of retail establishments online and/or in the office. So as you spend at Target, Safeway, get coffee on your way to school, or gas up your car....you can help your child's school. Find the link to purchase on the left hand side of our home page at www.stjosephinole.com

You are encouraged to always check the school calendar on our website - www.stjosephinole.com This year we are indicating all the masses, fieldtrips and days off. It will be the most up-to date changes and additions. Go to the right bottom of the calendar to add to your devices.

Pizza Lunch Fundraising Days: We are happy to announce that most Wednesdays, will be Pizza Days!. The 7th grade class will be sponsoring this fundraiser with the proceeds earned going toward their Caritas trip. The menu choices will include pizza, chips cookies and a drink. The cost is \$3 per slice with amenities at \$1 each. We will begin Wednesday; Sept 11 continue most Wednesdays. Fundraiser sponsored by 7th grade.... proceeds go to help pay for Caritas in the 8th grade.

Heating up Lunches: We will be unable to heat up lunches. If your child wants or needs a hot lunch, please bring your lunch in a Thermos or pre-order with Choice Lunch..

Need Uniforms? If you missed the Classic Design Uniform sale, you can still purchase uniforms and uniform pieces at (415) 661-4700 or www.eclassicdesigns.com. Your purchases will be sent directly to the school at no cost to you.

"Tell two Friends": We are still enrolling for most of our classes. 6th & 8th grades are full. Tell your friends who may be looking for a school who provides a "Whole Child" education with an abundance of learning opportunities and rigorous academics that it is not too late to enroll. **We need your help to spread the word! Thank you for your partnership!**

[DON'T FORGET TO MARK YOUR CALENDAR!](#)

Tuesday, August 27th: Back-to-School Night at 6:30pm, Grades 6-8

Thursday, August 29th: Back-to-School Night at 6:30pm, Grades TK-5

COMMUNITY EVENTS, ACTIVITIES AND RESOURCES

Help your Child Eat a Healthy Lunch

When your child goes back to school you can't guarantee she will eat healthy food in her lunch every day, but there's a lot you can do to steer her in the right direction.



by: [GreatSchools Staff](#) | August 13, 2019

Do you feel like it's a never ending challenge to come up with healthy lunch ideas that will entice your children? Use these tips to pique your child's interest in eating a healthy lunch:

- Bring your child with you when you go grocery shopping so he can pick out foods he likes to eat. Read food labels together so he can see what makes one food better for him than another.
- Encourage your child to pack her own lunch. Help her pick healthy choices that are fun to eat, such as string cheese, fruit, carrot sticks, and pudding cups. If she packs it, she will be more likely to eat it.
- Keep a variety of foods on hand so you're not packing the same lunch every day.
- Thermoses help to add variety with hot and cold foods such as chili, soups or smoothies. A cold pack can help keep yogurt appetizing - and safe from bacteria.
- Encourage your child to choose 1 percent or 2 percent milk, even if it's chocolate. Milk is always a better choice than juice because most fruit drinks contain very little actual fruit.
- Vary bread offerings. Include sliced whole wheat, raisin, pita, dinner rolls, tortillas or bagels.
- Offer plenty of healthy snack food options such as fruit, cheese and crackers, hard boiled eggs, or peanut butter and crackers.
- Make mini pizzas: Use toasted English muffins or round crackers, spread with tomato sauce, shredded cheese and pepperoni slices.
- Try a sesame noodle dish or pasta with a favorite tomato or Alfredo sauce.
- Pita pocket sandwiches are easy to make and offer an alternative to the usual sliced bread versions. Try stuffing pockets with hummus and sliced vegetables or cream cheese, cucumbers and shredded carrot.
- Cut sandwiches into fun shapes. Use a knife to cut sandwiches into triangles or diamond shapes. Or for a variety of shapes, use cookie cutters.
- Provide different shaped pastas. Although macaroni is a perennial favorite, other shapes including snowmen, bunnies and letters are also available. Offer with mild sauces or as a salad with olive oil, cubed meat, and Parmesan cheese.
- It doesn't have to be a sandwich. Kids love dips. Try hummus or a cream cheese dip and veggies, or bean dip and toasted pita chips or bagel chips for a protein-filled addition.
- Make a roll-up. Try spreading cream cheese and dates and/or raisins on lavash bread and roll it up. Shredded carrots and cucumbers or additional veggies can also be used instead of raisins.
- Make fruit kabobs. Be sure to use fruits that aren't too messy and cut off sharp tips of wooden skewers before packing into lunches. Chunks of watermelon, pineapple and grapes are good choices.

Once you've packed your child off to school with a healthy lunch, how do you make sure he's not trading it for a friend's corn chips or just throwing the whole bag away? You probably can't. But don't despair. Dietitians say it's important to focus on what your child eats throughout an entire day, rather than just concentrating on lunch. If you plan a balanced breakfast and dinner, that gives you two meals and at least one snack to pack in a full day of nutrients.