



ST. MONICA SCHOOL

*Where Students Are Loved and Challenged
Our 90th Year of Quality Education!*

The Principal's Weekly Newsletter



Go Bulldogs!

2009 - 2010, Number 04
Mr. Vincent Sweeters, Principal

Wednesday, September 16th
sweeters@stmonicasf.org

ITBS Testing Begins Sept. 21st

Next Monday, our standardized testing period begins. Although the official testing period for the S. F. Archdiocese is scheduled for the two weeks of Sept. 21st - Oct. 2nd, the bulk of our student testing will be administered during the 1st week, Sept. 21st - Sept. 25th. This year, we are preparing to have sufficient make up opportunities during the 2nd week, especially with the possibility of students being absent due to illness. Please join me in promoting smart preparation.

My recommendations for preparation are:

1. Good rest - go to bed early and get a good night sleep.
2. Good nutrition - eat a good breakfast and bring healthy, nutritious snacks to school.
3. Be present - if you are sick, of course you should stay at home, but please avoid unnecessary absences.
4. Don't worry - don't stress the test. There is nothing to get overly worked up about, just do your best.

Flu and Illness Protocol and Prevention:

Flu and H1N1 are beginning to affect our school community. If you or your child experience flu like symptoms, the only way to know if you have an H1N1 diagnosis is to go to the doctor or clinic. It is being recommended that if a person has H1N1, they should stay at home for at least a week in order to let all of the symptoms pass. A child should not return to school until they are symptom free for 24 hours.

Also, continue to follow prevention strategies:

1. Stay home when sick, especially if you are experiencing fever conditions.
2. Wash your hands frequently - be sure to use soap and water and/or sanitary hand cleaner.
3. Cover your nose and mouth with tissue when coughing and/or sneezing. Dispose of tissue properly.
4. Keep vigilant in regard to regular cleaning routines, especially in places that have frequent hand contact, such as desk and table tops and doorknobs.

Important Notices

Today two fliers are being distributed:

1. "Parent Sponsored Events 2009 - 2010"

2. "Class & Schoolwide Family Contact Info - Directory Information Request 2009 - 2010"
The calendar covers most of the social and/or fundraising activities for the year. A few events have not yet been scheduled and are noted in the footer. Revisions will be published when info is available. Note that beginning this year, we have discontinued the mandatory class pot luck dinners for each class.

Also note the instructions on the directory info flier. This information is intended to be public whereas the emergency contact info that is collected for our school office at the beginning of the school year is private. This process was introduced at Back to School Night Last week. Please forward this form to the school office by Monday, Sept. 21st.

Finally, a reminder that the Parent/Student Handbook 2009 - 2010 Signature Agreement page was due on Monday, Sept. 14th. Mrs. Dillon will be contacting you if we do not yet have the form.

School News...

Our after school Spanish class, presented by IES Languages, begins today. Although the enclosed booklet states that the sign up has passed, it is not too late to sign up! Science Adventures is set to begin in October. Also, please note the fliers announcing Junior Achievement and orders for the Bulldog Spirit T-shirts.

Thank You...Thank You...

My thanks to all of the parent guest speakers at last week's Back to School Night. I am grateful for the presence and dedication of the following parents who represent various involvement programs: Michele Duffy, Janice Kam, David Walker, and Keith Wilson.

Upcoming Events...

- Sept. 16th: 8th Grade High School Information Night and Dinner, 6:30 p.m. in the Small Hall.
- Sept. 20th: Annual "Grill & Thrill" School Community Picnic, 11:00 a.m. - 3:00 p.m.
- Sept. 21st: ITBS Standardized Testing begins.
- Sept. 23rd: Fall Candy & Gift Fundraiser ends.
- Sept. 28th: Our Student Choir sings at the 10:30 a.m. Mass followed by Friendship Sunday.
- Sept. 28th: 12:30 p.m. Dismissal for Faculty Professional Development In-Service.