

NOTES FROM THE OFFICE

October 21, 2020

Changes under COVID

There are so many aspects of life we miss daily, including two parts of SPXS that I miss tremendously. The first is the daily interaction with the students in the Cafeteria. That was a setting to really engage them and come to know our new boys and girls well. I have been assisting with different class lunches to retain that connection. The other aspect I miss is the absence of volunteers or visitors. As a result, one of the more pleasurable parts of my day is a new task. I love greeting families at arrival and dismissal time at the side door, meeting new parents and chatting with other parents and grandparents who have always been in the building. I treasure the opportunity to see new and old members of our SPXS community- even if it is outside! We hope that sometime soon visitors and volunteers are permitted back in the school. *For now, however, no visitors, whether brand-new or those who have always, always helped out, are allowed into the building.* We are not being rude, but following appropriate guidelines and endeavoring, as we know our families are, to keep everyone in our school community safe!

Dismissal Line

Just a reminder to please be respectful of all who pick up students after school. Park in the lots behind the Life Center and wait until the cones have been removed to move to your line. Those who arrive first, are the first to line up at their appropriate door. Some drivers, picking up at the front and side, have been cut off by later-arriving cars entering from Wood Rd. and going directly to their pick-up spot.

The Christmas Card Calendar fundraiser is returning. It has always been essential to the school as one of our two big fundraisers of the year. This year, it's even more important! To help reach your family's goal of 20, while remaining socially distant, calendars can now be purchased online, with credit awarded to your family! See the attached notes from the Friends of SPXS for additional details.

Olivia Loffredo (Gr. 3) and **Sophie Zontini** (Gr. 7) created the beautiful artwork that will be featured on the cards!

The Pie Sale is returning!

Grade 8 students began their pie sales this past week. Great News!!! They can be ordered online at:

<https://your.mcmfundraising.com/2020-fall-st-pius-x-school-south-yarmouth/st.-pius-x-8th-grade-class/>

Lunch Program

Free lunch will continue to be offered to all students- *through the end of the 2020-2021 school year!*



October 21, 2020

INTERIM REPORTS

Interim Reports for all students are being sent home electronically today. Please sign and return the acknowledgement card that is being sent home with your child(ren). If you have any questions, please contact your child's teacher.

UNIFORM REMINDER

Please note that the last day for Summer Uniforms was Friday, October 9th. The traditional dress code (including school sweater) will be in effect from now until Tuesday, November 24th. **A reminder that the gym pant, wind pant or sweat pant must be worn over the mesh shorts during classroom time. During Physical Education class, the gym pant, wind pant or sweat pant may be removed.**

HANDBOOK ACKNOWLEDGEMENT FORM

Please review the SPXS Family Handbook and sign and return the Handbook Contract and the School Handbook Appendix Acknowledgement Form. (See attached) All families must sign and return both of these forms.

EARLY DISMISSAL

Students will be dismissed at 11:30 on Thursday, October 22nd for Parent-Teacher Conferences and will also be dismissed at 11:30 on Friday, October 23rd for Staff CPR Training. **The Extended Day Program will be only be available on Thursday, October 22nd to students who are currently enrolled in the program.** School lunch **will not** be served on these days. Students attending the aftercare program on Thursday, October 22nd will need to bring lunch from home. There will be no interruption in bus service. Buses will pick up students and depart from school at 11:30am.

PHOTO RE-TAKES

Lifetouch will be here on Thursday, November 5th for photo re-takes. Any Remote Learners that have returned to school by this date will have their photo taken at this time. If a student is still learning from home, then a photo will need to be submitted by his/her parent for the yearbook. More details will follow regarding background, etc. If you have any questions, please call the office.



CALENDAR CHANGE - EARLY DISMISSAL

Tuesday, November 24th - Students will be dismissed at 11:30am. The Extended Day Program will **NOT** be available on Tuesday, November 24th. There will be no interruption in bus service. Buses will depart the school at 11:30.

CALENDAR CHANGE - THANKSGIVING RECESS

School will **NOT** be in session on Wednesday, November 25th, Thursday, November 26th, and Friday, November 27th.



FAMILY HANDBOOK CONTRACT 2020-2021

It is the responsibility of the parent/guardian to

- read the handbook
- be knowledgeable about school policies
- ensure that the student is also knowledgeable of school policies
- note that changes, additions, or procedures which require reminders appear in **red**

After your family has reviewed the handbook, please return this form to school.

We have read and understand all provisions of the *SPXS Family Handbook 2020-2021*, and agree to abide by SPXS school policies.

Student's Name

Student's Name

Student's Name

Student's Name

Student's Name

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Return to school by Friday, October 23, 2020

ACKNOWLEDGMENT

By signing below I acknowledge that I have read and understand the guidelines set forth in this *school handbook appendix* and in the school plan referenced herein and agree to abide by them. I also acknowledge that certain remote learning or other sessions may be recorded for security purposes and agree that the school may do so. Return this form along with the FAMILY HANDBOOK ACKNOWLEDGEMENT (sent in August).

STUDENT NAME (please print): _____

GRADE LEVEL: _____

PARENT OR LEGAL GUARDIAN (please print name): _____

SIGNATURE OF PARENT OR LEGAL GUARDIAN _____

DATED: _____

Study Hall Sign-Up: (Limit 15 students)

Study Hall registration will take place on a weekly basis. Please indicate day(s) your Middle School student(s) will take advantage of Study Hall.

Pick-up is at 3:30 at the cafeteria door.

Family Name _____

Child Name _____ Gr. _____

Child Name _____ Gr. _____

Days Attending:

Check all that apply.

_____ Monday, October 26th

_____ Tuesday, October 27th

_____ Wednesday, October 28th

_____ Thursday, October 29th



IMPORTANT INFO FROM NURSE ANNIE

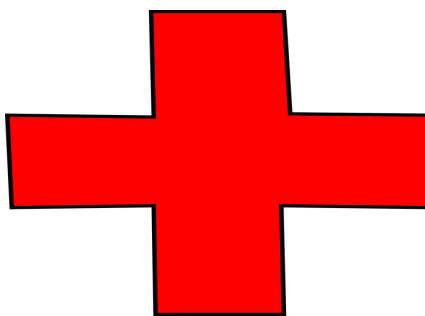
If your student is being tested for COVID, The Department of Early and Secondary Education (DESE) requires a negative **PCR test** to return to school, along with no symptoms for 24 hours without fever reducing medication. **Documentation** of a PCR test must be provided prior to return to school. Please be sure to share this with your healthcare provider.

What types of COVID-19 tests are available?

At this time, there are 3 types of tests that have been [authorized by the U.S. Food and Drug Administration](#) (FDA) for the detection of COVID-19.

- Rapid antigen tests, also known as point-of care tests.
- Molecular tests, also known as nucleic acid amplification, genetic, RNA or PCR tests.
- Antibody tests, also known as serology tests.

Feel free to email Nurse Annie aagurkis@spxschool.org or call at 508-398-6112 between 9:30-1pm with questions or concerns.



FROM NURSE ANNIE

HEALTHY HABITS SERIES TO HELP KIDS AND FAMILIES BE AT THEIR BEST

Perhaps your family has experienced more family meal times at home since COVID-19 restrictions have been in place. Email aagurkis@spxschool.org for me to share in upcoming newsletters some positive ways this has impacted your family. Read about the science below.

FAMILY MEALS = HEALTHIER KIDS

FAMILY MEALS MEAN BETTER RELATIONSHIPS: for younger children, routine family meals can provide a sense of security and a feeling of belonging. Older children and teenagers, too, prefer eating together as a family. In a recent Columbia University study, 71% of teenagers said they consider talking, catching-up, and spending time with family members as the [best part of family dinners](#).

FAMILY MEALS LEAD TO HEALTHIER FOOD CHOICES: a recent survey found that nine to 14-year olds who ate dinner with their families consumed [more fruits and vegetables](#) and less soda and fried foods than their counterparts. Kids who ate regular meals with their families also drank fewer sugary soft drinks than other kids

EATING AS A FAMILY LEADS TO BETTER GRADES: studies have proven that there is a significant link between family meal times and academic performance. A report found that teens who have between five and seven family meals per week were [twice as likely to report receiving mostly A's and B's in school](#)

FAMILY MEALS LEAD TO GREATER HAPPINESS: research examining 5,000 teens showed that when children eat with their parents regularly, they are more likely to be [emotionally strong and have better mental health](#). Teens who ate regular family meals were also more likely to be adjusted, have good manners and communication skills. Research has consistently shown that teenagers who eat dinner more often with their families are less likely to drink, smoke cigarettes, or use other drugs.

HOMEMADE MEALS PROMOTE PORTION CONTROL: the average restaurant meal has as much as [60% more calories](#) than a homemade meal.

FAMILY MEALS ARE A CHANCE TO EXPLORE NEW FOODS:

Family meals have proven to be perfect opportunities for parents to expose children to different foods and [expand their tastes](#).

FAMILY MEALS RELIEVE STRESS: In 2008, researchers at Brigham Young University conducted a study of IBM employees and found that sitting down to a family meal helped working moms [reduce the tension and strain](#) from long hours at work. decreased risk of substance use

BETTER PHYSICAL HEALTH: One study found that family meals at age six predicted [greater levels of fitness](#) at age 10.

EATING AT HOME SAVES MONEY: in 2017 the average household spent about \$13 per meal outside of the home, and only about [\\$4 per meal](#) made in your own kitchen.

MAKE A PLAN

While much of the research emphasizes the importance of eating dinner together, evening meals don't work for everyone. Whether your work schedule or your kids' activities make eating dinner together impossible, don't worry.

You might decide breakfast is the best time for the whole family to get together for a meal. Or maybe you pick two nights a week that family dinners become a top priority, and you make every effort to get everyone there those two evenings.

Either way, decide on a realistic schedule that will help ensure that you're eating together sometimes. Then, during those times, focus on the quality of your time together.

ASSIGN MEALTIME JOBS

Get your kids involved in preparing, eating, and cleaning up after meals by assigning specific duties to each child. When they feel as though they are important members of the team, they'll be more likely to value family dinners together.

Jobs for younger kids:

- Clearing the table
- Setting the table
- Washing the table
- Putting dirty dishes in the sink

Jobs for older kids:

- Washing and cutting vegetables
- Doing the dishes
- Sanitizing the kitchen counters
- Serving food
- Helping with cooking
- Preparing salads and simple dishes

You might assign permanent duties, or you could rotate chores, depending on what works best for your family. **But the goal is to make sure that everyone pitches in and feels like part of the team.**

BANISH TECHNOLOGY FROM MEALTIMES

Eating in front of the TV or scrolling through social media during a meal isn't a good idea. Not only will you miss the opportunity to connect with your kids, but you'll also model unhealthy habits for them.

ENJOY THE CONVERSATION

Family meals are a time when kids will learn a lot. They'll gain social skills, develop a relationship with food, and discover table manners. But you don't need to overtly force these skills and ideas on them.

They'll learn more by watching what you do than what you say. Make meals less about reprimanding, teaching, and scolding. Instead, focus on enjoying one another's company.

Create pleasant conversation by asking everyone to share the best parts of their day. Or allow meal times to be completely unstructured times where everyone can laugh, share, and speak freely about whatever subjects they want.

The key is to make sure that meals are something that everyone looks forward to.

Don't forget Nurse Annie is looking for stories from caregivers and students to share with the school!



Please join us for a

FRIENDS OF SPXS

Socially-Distant Social-Hour ☺

Friday, November 6th at 8:00 AM

(Church parking lot - back corner)

ALL ARE WELCOME!

We will discuss some school-related items and share ideas for future activities. Feel free to bring your favorite hot beverage!

We will meet in the area next to the Sgt. Sean Gannon Songbird Sanctuary, which is located in the far back corner of the St. Pius Church parking lot. You can stay in your car, pop your tailgate, or bring a chair to sit in. Weather-permitting we can sit outside (socially-distanced), for those who feel comfortable. Bring your sense of humor. ☺

IMPORTANT NEWS From the Friends of SPXS

We are excited to kick-off the **2020 Christmas Raffle Calendar Sale!** This is one of two major fundraisers sponsored by the Friends of SPXS and we need EVERY family to participate. **Our goal is to sell 4,000 calendars!**

The net proceeds from this fundraiser go directly to the school – BENEFITTING YOUR KIDS - by enabling the Friends of SPXS to supplement the school budget and provide school enrichment activities, educational equipment, safety/security enhancements, sports programs, teacher appreciation events, and more!

Each family is asked to sell 20 Raffle Calendars at \$10 per calendar from **October 23rd – December 10th.** Selling more than 20 is GREATLY appreciated! Purchasers will be entered into a daily drawing throughout the month of January. The daily cash prizes range from \$50 to \$500. People can win more than once!

This year calendars will be sold through the **Greater Giving® online payment platform**, which we have used for other school events. THANK YOU to Mrs. Abercrombie for making this happen!

You can share this purchasing link:

<https://spxschool.ejoinme.org/MyPages/ChristmasCalendars2020/tabid/1183816/Default.aspx>

via text, email, and on social media. The purchasers will go online to complete the transactions. Please remind them to include your family name in the appropriate field so that your family and your child's class get credit. There are prizes for the families and the class selling the most calendars! If there is more than one student in a family, credit will be given to both/all of those classes for contest purposes. A sales leaderboard will be posted at school and on the Friends of SPXS Facebook page.

We will also have the traditional paper calendars for distribution UPON REQUEST!

If you would like calendars to sell "in person," please send a note to the SPXS office indicating the number of calendars you would like to have.

All raffle ticket payments and stubs must be completed and/or returned to the school by 9AM on Thursday, December 10th to be counted for rankings.

If you have questions about ways to sell, sharing the link, the contest parameters, or anything else, please feel free to contact Lori Boghdan (l.boghdan@comcast.net) or Heather Aboody Williams (haaphoto23@yahoo.com).

While the logistics of this FUNdraiser have changed, the NEED for it is still the same!

THANK YOU SO MUCH for your support of SPXS!

PRIZES, PRIZES, PRIZES!

Sell 20 Raffle Calendars - 1 “mask” card for each student in your family to wear a mask that CAN include designs and logos (NO political phrases or logos are permitted).

Sell 30 Raffle Calendars – 1 NUT (No Uniform Today) card for each student in your family!

Sell 40 Raffle Calendars – 2 NUT cards for each student in the family, a homework pass for Lower School students and 5 House points for Middle School students!

Sell 50 Raffle Calendars – 3 NUT cards for each student in the family, a homework pass for Lower School students and 10 House points for Middle School students, AND 1 school yearbook for the family!

Sell 100 Raffle Calendars – A week’s-worth of NUT cards for each student in the family, two homework passes for Lower School students and 20 House points for Middle School students, 1 school yearbook for the family, AND a \$50 Amazon gift card.

The families that sell the MOST Raffle Calendars win:

1st place - \$300 CASH

2nd place - \$200 CASH

3rd place - \$100 CASH

The class that sells the highest percentage of Raffle Calendars wins:

An extra recess, a night off from homework, AND a \$250 Amazon Gift Card for the homeroom teacher!

Chocolate Chip



White Chocolate
Macadamia Nut



Oatmeal Raisin



Peanut Butter



Triple Chocolate
Chunk



Lyman Orchards® Pie & Otis Spunkmeyer® Cookie Dough



Apple Caramel Walnut



Chocolate Cream



Hi-Top Apple



Banana Cream



Apple Crumb



Chocolate Peanut Butter



Pumpkin



Orchard Blueberry



Strawberry Rhubarb

Thank you for supporting 8th grade!

Date to Start **10/8/2020** Return Order **10/26/2020** Pick-Up Date **11/18/2020**

Name: _____ Phone: _____

Email: _____

Teacher: _____

Organization: St. Pius X School - South Yarmouth

Please Make Checks Payable to: St. Pius X School (SPXS) or cash

Cream Pies are made with Real Whipped Cream.

- Apple Caramel Walnut
- HI-Top Apple
- Banana Cream
- Apple Cream
- Bumbleberry*
- Choc. Peanut Butter Cream w/ Brownie Bottom
- Pumpkin
- Orchard Blueberry
- Strawberry Rhubarb
- Chocolate Chip
- White Chocolate Macadamia Nut
- Oatmeal Raisin
- Peanut Butter
- Triple Chocolate Chunk

Name	Phone	Lyman Orchards® Pies - \$18.00	Otis Spunkmeyer® Cookie Dough - \$18.00	Total Items	Total \$\$													
Register to Sell Online at : https://your.mcmfundraising.com/signup/U7FU																		
Parent's order																		
Check with Aunts and Uncles?																		
Can Mom or Dad sell at work?																		
Grandma's order																		
Check with siblings																		
DONATE A PRODUCT TO LOCAL CHARITIES!																		
		APPL	CHC	HI	BAN	APP	BUM	CHOC	PUMP	BLUE	STRAW	CHOC	WCM	OAT	PB	TRPL	Total Items	Total \$\$
		CAR	CRM	APPL	CRM	CRB	BRY	PB	KIN	BERY	RHUB	CHIP	BAS			CHOC		

Sales Tips:
 1. Ask Family and Friends to help you!
 2. Introduce yourself and your organization.
 3. Smile, be polite and thank them for their order.
 4. Do not sell door to door without adult supervision.
 5. Collect money when taking orders.
 6. Bring a cooler for distribution of large frozen orders!
 Otis Spunkmeyer® contains approx. 36 pre-portioned cookies.

Allergy Information: Lyman Orchards® Pies and Otis Spunkmeyer® cookie dough are produced in a plant that processes nuts. Check our website for ingredient listings.

* Bumbleberry Pie includes Apples, Cherries, Raspberries, Blueberries and Blackberries!

Cream Pies are 8" - thaw and serve
 Fruit Pies are 9" - frozen, unbaked
 Pumpkin Pies are 10" - thaw and serve

MCM Fundraising, Inc. New England Exclusive Fundraising Distributors
 Butter Braid® Pastries, Joyful Traditions Cake Rolls, Lyman Orchards® Pies
 Otis Spunkmeyer® Cookie Dough
 888-774-5889 - www.mcmfundraising.com

All fruit pies are certified Kosher All cream pies are certified Kosher All cookie dough is certified Kosher



TRAVEL SOCCER TRYOUTS FOR SPRING 2021

For NEW players ONLY

Boys & Girls Current Grades 2 through High School

If you were on a YDSC Spring Travel 2020 Roster, you will automatically get an offer.
Questions? Contact registrar@ydsoccer.org

Saturday, November 7th (Rain Date 11/8)

Station Ave Elementary School

Girls: Noon - 1 PM

Boys: 1:30 - 2:30 PM

REQUIRED: Ear loop face mask and shin guards

Pre-Registration is REQUIRED by 11/6 @ ydsoccer.org

NO same-day registration

You will need to log on or create a new account

No obligation if selected to play

No tryout fee...so come check us out!

**Experience a Higher Level of
Training, Development &
Competition!**