

NOTES FROM THE OFFICE

November 20, 2019



Cindy Horgan from Cape Cod Children's Place will present "**What Our Boys Need**"

tomorrow from 6:00-7:30. This presentation will help parents/guardians:

discover the unique needs of boys as they grow and develop

learn to promote skills that support healthy emotional development

become aware of current trends that affect boys

learn to support boys as they make sense of the process of growing up.

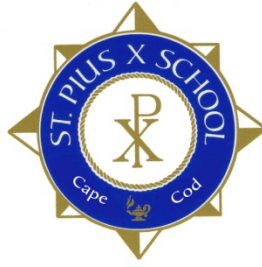
There are still some spots available. Please email the school office or call to reserve a seat. This presentation is for adults.



We love to brag about the accomplishments of our alumni/ae, and this is one of those moments. Pictured above are **Brianna Johnson, Grace Felix, John Fowler, Ahleigh Reen, and Ashlin Enright**. These members of the Class of 2017, were recently inducted into the National Honor Society at JP II. Congratulations!

Our **Christmas Calendar Drive** is well underway, and I am greatly encouraged as I see students return fat envelopes full of entries after each weekend! I want to remind everyone that each family is *required* to sell 20 calendars as of this school year. There are still plenty of opportunities to do so! I also want to remind you that I have something SPECIAL planned IF we exceed the goal of selling of 4,200, and IF we have 100% family participation. All I will say at this point- it involves the game Pie Face!

Middle School students- can you help with the **Create the Good Thanksgiving Drive**? You can volunteer on Nov. 23 and/or Nov. 24th from 11:00-2:00, and earn service hours, while assisting this amazing organization. If you are able to give some time, head to Blue Rock Golf Course this Saturday and/or Sunday. Create the Good helps the student population of Dennis-Yarmouth and their families.



November 20, 2019

Advent is a time of anticipation of the Birth of Christ. It is also a time of reflection on all the gifts that Jesus has given to us. The gifts of faith, family, and love are a part of our lives and our children's lives. There are many children living in the St. Pius X Community and the Town of Yarmouth who are in need of assistance. Some families are experiencing short term emergencies that drain their resources, other families' needs are more long term. In conjunction with St. Pius X Parish and the Yarmouth Food Pantry, our school's families are asked to reach out to just one child during the Christmas Season.

If your family is able to be a part of this Outreach, would you kindly send the lower section of this form back to school by Friday, **November 22nd**. We will then send you a slip stating the age, size, and gender of a specific child. **Please then place the gift in a gift bag (please do not wrap the gift)** and place the label on the outside of the package. **Gifts must be returned to the school office by Monday, December 9th.**

God Bless,

Anne Dailey
Principal



Family Name: _____

_____ Yes, we want to participate in the Christmas giving program.



November 20, 2019

Christmas Performance
Wednesday, December 11th – 9:00am

The students are rehearsing for their Christmas gift to their parents and grandparents.

Wednesday, December 11th – 9:00am – St. Pius X Parish Life Center

Kindergarten – Gr. 8:

St. Pius X School Traditional Dress Uniform



CHRISTMAS GIVING GIFTS



The Christmas Gift Giving Program gift request tags will be sent home early next week. All gifts must be returned to the school office by Monday, December 9th. Please place the gift in a gift bag (**please do not wrap the gift**) and place the label on the outside of the gift bag. If you have any questions, please call the school office.

CHRISTMAS PARTIES

The school's Christmas Parties will be held Friday, December 13th. All students in PreK - Grade 8 will be attending one of the two parties. Students should wear their gym uniform and may add some **green** and **red** to celebrate.

CHRISTMAS RAFFLE CALENDARS

Please return your calendar stubs and money from the sales of your calendars to the school office by Thursday, December 5th. If you are still selling your calendars, please mail the stubs and checks to the school during the Christmas vacation.

Dress Down on November 22nd to
support **Create the Good DY Schools**
\$2 minimum donation

Founded in 2010, Create the Good DY Schools has been providing less fortunate families within the DY School District with complete holiday meals for the Thanksgiving holiday. From turkey to pie and everything in between, Create the Good is helping to create memories for families who most likely would not be able to do so without our support.

In 2018, partly due to SPXS support, Create the Good DY Schools fed 110 families in the DY district.

Dress down on Friday November 22nd and help us meet this years goal!

To find out more information about our organization, and the other ways we help throughout the year, please visit us on Facebook at Create the Good DY Schools. You can also email us at

createthegood@yahoo.com

Thank you so much for your generosity this holiday season! These children and families are so grateful for our support.







St. Pius X School

December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 St. Pius X Parish Brunch - Hosted by Grades 3 & 7 First Sunday of Advent	2 Advent Prayer Service for Students	3 Faculty Meeting 2:30 <u>No Study Hall</u> Advisory Board Mtg. 3:30–5:30	4	5 Christmas Calendar money due into school office	6 Crusader Fun Night	7
8	9 Christmas Giving Gifts due in Office Advent Prayer Service for Students & Honor Roll Assembly	10	11 Christmas Concert Kindergarten–Gr. 8 9:00am Parish Life Center	12	13 Lower & Middle School Christmas Parties	14
15	16 Advent Prayer Service for Students	17 Middle School Christmas Nativity 6:30pm St. Pius X Church	18	19 PK Nativity 9am	20 Mass 9:30am St. Pius X Church (Full Dress Uniform) <u>11:30 Dismissal</u> (after care not available)	21
22	23 Christmas Recess	24 Christmas Eve	25 Merry Christmas ! 	26 Christmas Recess	27 Christmas Recess	28
29	30 Christmas Recess	31 New Year's Eve	January 1 New Year's Day 	2 Christmas Recess	3 Christmas Recess	4
5	6 Classes Resume	7	8	9	10	11

THANK YOU to the families who have sold 20 calendars (or more)!

We are halfway to our fundraising goal (\$42k) and we feel confident we will get there with support from the entire school community! This FUNdraiser directly benefits the students at SPXS because the money we raise will go towards enrichment events, equipment, and activities – FUN for the KIDS. Your support is essential and EVERY single calendar counts!

For those who have not yet turned in their 20 calendars (or more!), there is still time to do so! The deadline for prize eligibility is Thursday, December 5th.

Families who sold OVER 20 calendars* (alphabetical order):

Boghdan	Calhoun	Campbell	Corcoran	Cummings
Dunn	Forde	Fox	Hietsch	Igoe
Jansen	Joseph	Martin	Mayo	McNamara
Mello	Monac	Oliveira	O'Sullivan	Pazakis
Pike	Powers	Prebensen	Renzi	Reusing
Rose	Slowek	Stanney	Theriault	Todd
Williams	Zontini			

Families who sold 20 calendars*:

Alioshka	Berner	Carey	Coholan	Dean
Dunton	Evans	Kilty	Kudarauskas	LaCava
Maker	McHugh	McManus	Mesquita	O'Neil
Phenix	Philbrick	Robinson	Silva	Velasquez
Ward				

****Lists are as of 11/15. Check the Leaderboard later this week for further updates!***



December Parish Brunch

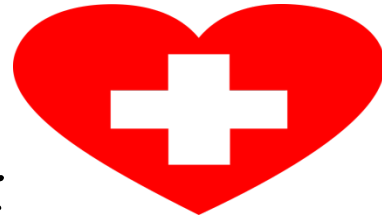
Join us at the December Parish Brunch on Sunday, December 1st! Families with children in **Grades 3 and 7** are hosting this month, however help from other grades is always encouraged.

Thanks to the generosity of the St. Pius X Church Parish, the proceeds from EVERY month's brunch go directly to SPXS. We, as a school community, are responsible for hosting these brunches, so every SPXS family is expected to help out at least once each school year. There are volunteer time slots available on Saturday afternoon and throughout the morning on Sunday.

Working a brunch is a fun experience for the whole family! It's also a wonderful way to teach our students to give back and for us all to show our gratitude for the ever-present support of the St. Pius X Church Parish. We hope to see you there! Click the link below to sign-up for a time slot.



<https://www.signupgenius.com/go/10C0C44AEAE29A6FB6-december5>



NOTES FROM NURSE ANNIE

According to research, screen time among American kids is off the charts, having reached **more than two hours a day for kids age 0 to 8, with 4.5 for tweens and more than six for teens.** (But before you yank that device out of their hands, consider this: *Adults are on screens a staggering nine hours per day.*) The data shows that screen time disrupts sleep, causes family tension, and can affect social and emotional health.

So What's a Parent to Do?

Ask yourself, are your kids:

- Getting enough sleep?
- Physically healthy?
- Connecting socially with family and friends?
- Engaged with and achieving at school?
- Pursuing interests and hobbies?

Pay attention to any "no" answers, consider whether screen use is part of the problem.

Screen time red flags

- **Their online world becomes more important than their offline world**
- **Digital device use demands all/much of their time**
- **You see dramatic changes in mood, grades, and social circle**
- **They are acting secretive and/or don't appear to have many IRL relationships**

5 tips for managing screen time

1. Create a family media agreement. Younger kids especially will respond to being included in decisions around screen rules. When introducing a family media agreement to tweens or teens, take the opportunity to share the research and your concerns, and the agreement will seem like a rational approach.

2. Use parental controls. They can help you monitor time spent, restrict where kids visit and what they can do (or buy), who they're interacting with, and so much more. The only caveat: **Don't let parental controls prevent you from parenting.** Navigating the digital world is a constant conversation.

3. Set up device-free times and zones. No laptops or cell phones in the bedroom. No texting after 8 p.m. Charge phones in the kitchen overnight. No devices at the dinner table. Kids crave structure and are often relieved to be free of their devices (it's actually stressful if you never take a break). But the only way to make this strategy successful is for you to follow these same rules.

4. Pause for people. When someone enters the room or the conversation, pressing pause or putting the phone down is essential for manners, connectedness, and teaching kids that people come first.

5. Choose quality. If your kid is using their device to compose sonatas, watch award-winning documentary films, or even play a game that teaches strategy, there may be no reason to stop them. Active or enriching experiences (versus passive consumption) is the key to time well spent in front of a screen.



SPXS CHEER

Basketball Season Cheerleading

Want to learn the sport of cheerleading? Want to have fun cheering for the Basketball Team? Want to make some great friends and be a part of an awesome team?

Join the SPXS Cheer Squad!

Open to students Grades 4-8

When: Tuesdays and Thursdays

What Time: 3:15pm - 4:30pm

December Practice Days: Dec. 10th, 12th, and 19th

Jan/Feb Practice and Game Days: Tuesdays and Thursdays

What to Wear: Athletic clothes, Sneakers, NO jewelry!

What to Bring: Water and school spirit!



Contact Mr. Corsi (ncorsi@spxschool.org) to sign up to participate and for more information.



FRIENDS OF SPXS MEETING

Friday, November 22nd at 8:00 AM

(SPXS cafeteria)

ALL ARE WELCOME!

- *Calendar Sales!*
- *Event Planning*
 - *Christmas Parties (12/13)**
 - *Catholic Schools Week (1/27-1/31)*
 - *Gala and Auction (5/17)*
- *Enrichment offerings – planning for next session*
- *Grant Researching*
- *Box Tops*
- *Ideas, Suggestions, Feedback!*

***There will be a CHRISTMAS PARTY COMMITTEE meeting right after this (short) Friends meeting.**



Would you like to pick your own Dress Down Day?

The 5th Grade has a special offer for you!

For a limited time, you can purchase a

No Uniform Today Card

Cost: \$3.00

Parents, N.U.T. Cards make great
stocking stuffers too!

Limit: 1 N.U.T. Card per Student

Proceeds go to the 5th Grade NEED Academy Trip

✂-----

If you would like to purchase a **No Uniform Today (N.U.T.) Card**, please return this completed form with your \$3.00 payment. Make checks payable to: SPXS

Yes! I would like to purchase 1(one) N.U.T. Card

Student Name: _____

Grade: _____



CRUSADER FUN NIGHT

FRIDAY, DECEMBER 6, 2019

STUDENTS' NIGHT OUT - PARENTS' NIGHT OFF

FOR SPXS LOWER/MIDDLE SCHOOL FAMILIES ONLY

PreK - Grade 4

- North Pole Game Room
- Santa's Workshop: Holiday Crafts
- Ho-Ho-Holiday Movies
- Legos in the Library
- Reindeer Games in the Gym
- Dinner @ the Kris Kringle Café - salad, pizza, and a beverage are included in the price of admission :)
- DINNER and A MOVIE - for MIDDLE SCHOOLERS ONLY

Supervised by SPXS Staff

5:30-8:30pm

\$25/child - \$50/family of 3 or more

****Pick Two/\$1: Snacks & Bottled Water- available for purchase****

✂️*****

_____ Yes, we would like our child(ren) to attend the Crusader Fun Night

Name: _____ Gr. _____

Name: _____ Gr. _____

Name: _____ Gr. _____





**Newly designed SPXS Spirit Wear is here!
Just in time for your Christmas shopping!**




Orders need to be placed by 11/24.

<https://www.kscopestore.com/spxs/shop/home>

*There are different styles, colors, & sizes (youth & adult).
Show your SPXS Pride!*



ST. PIUS X SCHOOL - DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN NUGGETS OR MOZZARELLA STICKS MASHED POTATOES CORN TOSSED SALAD FRESH FRUIT	3 TACO TRIANGLES OR CHICKEN PATTY RICE BROCCOLI TOSSED SALAD SPINACH CRANBERRY SALAD	4 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW ROLL FRESH FRUIT	5 CHEESEBURGERS OR HOT DOGS EMOJI FRIES CARROTS TOSSED SALAD	6 SAL'S PIZZA CHEESE PIZZA CHICK PEA SALAD FRESH FRUIT SPINACH, STRAWBERRY & BLUEBERRY SALAD
6 CHICKEN TENDERS OR MEATBALL SUBS MASHED POTATOES CORN TOSSED SALAD FRESH FRUIT	7 TACOS OR CHICKEN PATTY RICE BROCCOLI TOSSED SALAD CHOCOLATE PUDDING	8 WG PASTA, PLAIN OR WITH MARINARA & MEATBALLS OR LASAGNA CAESAR SALAD WW ROLL FRESH FRUIT	9 MEATLOAF OR HOT DOGS OVEN FRIES GLAZED CARROTS TOSSED SALAD	10 SAL'S PIZZA CHEESE PIZZA CHICK PEA SALAD FRESH FRUIT SPINACH & AVOCADO SALAD
16 POPCORN CHICKEN OR BUFFALO CHICKEN PATTIES MASHED POTATOES CORN TOSSED SALAD FRESH FRUIT	17 FRIED CHICKEN OR BBQ RIBS SANDWICH BAKED BEANS HASHBROWN ROUNDS BABY CARROTS TOSSED SALAD	18 WG PASTA, PLAIN OR WITH MARINARA & MEATBALLS OR CHEESE RAVIOLIS CAESAR SALAD WW ROLL FRESH FRUIT	19 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT SPINACH, RICE & GREEN BEAN SALAD	20 HALF DAY 11:30 DISMISSAL (NO LUNCH SERVED)
23 NO SCHOOL	24 NO SCHOOL	25 MERRY CHRISTMAS 	26 NO SCHOOL	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL	1 	2 	HIGHLIGHTED PRODUCE OF THE MONTH SPINACH

AVAILABLE DAILY

ASSORTED SANDWICHES TURKEY & CHEESE HAM & CHEESE SUNBUTTER & JELLY SUNBUTTER & FLUFF	ASSORTED SALADS CHEF SALAD WITH HAM, CHEESE AND HARD BOILED EGG OR TOSSED SALAD WITH CHEESE A STICK BOTH SERVED WITH A WW PITA BREAD	LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS FRUIT SMOOTHIES ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKS
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	8oz WATER BOTTLES SOLD FOR \$.50 EACH

FULL PRICED LUNCH \$3.00	REDUCED PRICED LUNCH \$.40

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER