

NOTES FROM THE OFFICE

March 31, 2021

I've spent my time since Sunday on a NEASC accreditation visit for a school in New Hampshire. It was a unique experience, as those of us not from NH did not travel to the school, but conducted the accreditation visit virtually! Ours was the first group from NEASC to do so, and we discovered the limitations-and kinks- of examining a school and getting to know all the people involved in this manner. It was a unique experience, but I've had enough screen-time to last quite a while!

Unfortunately, I missed out on one of my favorite school events - the Living Stations. A fourth-grade tradition, directed by Mrs. Werner and Mrs. Ubertaccio, this year's presentation was, of course, different than our pre-COVID experiences. One feature that the teachers incorporated into the stations was to include our fifth graders who missed out on this opportunity last year. Although parents were unable to attend, teachers and our other classes walked the stations, and found the experience very moving. Check out the pictures on social media. Though COVID brought difference, some preferred the new touches and hoped this new format becomes a tradition!

Happy Easter to all our families! Enjoy this most-special time in our year. As we do not currently have COVID cases or close contacts at school, we are NOT sending books and materials home for the weekend. We will see you all back on Tuesday after you have enjoyed a safe, healthy, and joyous Easter!



March 31, 2021

REMOTE LEARNER WORK PICK-UP

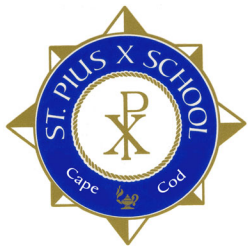
Due to the half day tomorrow, remote learner work will be available for pick up from 8:30 – 10:30am.

HOLY THURSDAY

Students will be dismissed at 11:30am on Thursday, April 1st. The Extended Day Program will **NOT** be available on this day. There will be no interruption in bus service. Buses will depart the school at 11:30.

GOOD FRIDAY & EASTER MONDAY

School will **NOT** be in session on **Friday, April 2nd and Monday, April 5th.**



St. Pius X School

April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Holy Thursday 11:30 Dismissal (No after care)	2 Good Friday No School	3
4 Happy Easter 	5 No School	6 Faculty Meeting 2:30 No Study Hall	7	8	9	10
11	12	13	14	15	16	17
18	19 Patriot's Day Spring Vacation Begins	20 Spring Vacation	21 Spring Vacation	22 Spring Vacation	23 Spring Vacation	24
25	26 Classes Resume	27	28	29	30	May 1 SPXS Day at JB Pride Uniforms in Weymouth 10-4pm

Colourbox

Monday, April 12

\$2.00 Dress Down Day

Remembering Sgt. Sean Gannon



Please help support the
Sean Gannon Memorial
Songbird Sanctuary



THANK YOU to the St. Pius X School Spring Fundraiser Sponsors (to date)

Platinum Sponsors (\$2,000)

Sullivan Family

Gold Sponsors (\$1,000)

Foran Realty (Foran Family)

Reinhart Painting (Reinhart Family)

Campbell Construction (Campbell Family)

Gudenkauf Corporation (Powers Family)

Wequasset Resort and Gold Club (Chun Family)

Hyannis Dental Associates (LaCava Family)

Lauf Family

Silver Sponsors (\$500)

Nauset Optical Eye Care & Dr. Diane Todd (Todd Family)

Puzio Eyecare Associates (Puzio Family)

RK Fox Builders (Fox Family)

Island Pool Company (Evans Family)

Vision Appraisals (Giannakoulis Family)

Chapin's Bayside and Chapin's Fish & Chips

Distinctive Properties (Philbrick Family)

Oyster River Boat Yard (Berner Family)

Bronze Sponsors (\$250)

A.M. P.M. Designs (Meehan/Cunningham Family)

Class/Family Sponsors for "Mr. Correa's Wishlist"

PreK Families

Kindergarten Families

Grade 2 Families

Grade 3P Families

Grade 3K Families

Grade 4U Families

Grade 7 Families

Evans Family

Philbrick Family

Reinhart Family

If you are able to sponsor the spring fundraiser, you can use this link.

<https://spxschool.ejoinme.org/fundraisersponsorships>

More than ever, we extend our sincerest appreciation to these businesses and families!



HOW SNACKS IMPACT OUR CHILDREN'S HEALTH

From Nurse Annie

Nutrition

When the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition. A well-timed snack can even out spikes in hunger and provide energy boost between meals.

For picky eaters of all ages, snacks can be added insurance that they're getting necessary nutrients.

Academic Performance

Nutrition and academic performance are linked. Healthy snacking provides your child's brain with the nutrients it needs, and missing out on healthy snacks can negatively affect school performance.

Children who snack on healthy foods like fruit perform better in school, according to a study published in the journal *Medicine*. On the flip side, children who snack on sugary foods, sugar-sweetened beverages and other unhealthy foods like instant noodles and fast food **don't perform as well academically**.

Mood

Healthy snacking contributes to your child's emotional well-being. Snacking on fruit lowers anxiety, boosts mood and lowers emotional distress, say researchers of a study in the journal *Frontiers in Nutrition*. **Scientists found that snacking on potato chips increases fatigue, poor mood states and cognitive difficulties.**

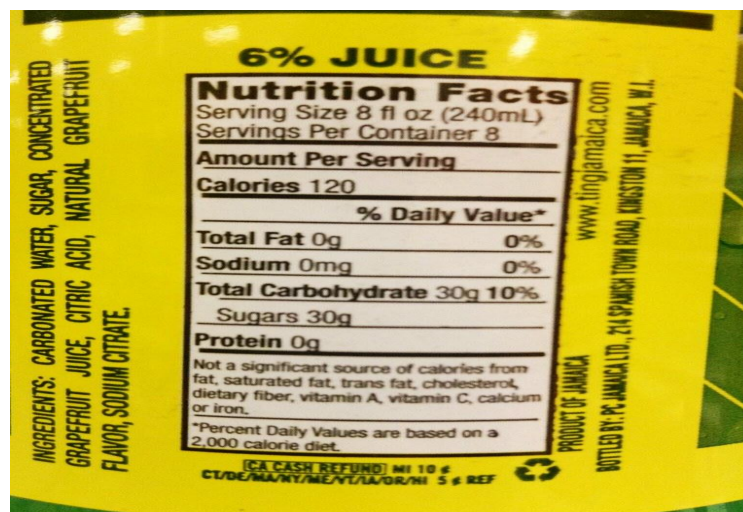
Energy and Focus

According to the Women's and Children's Health Network, **diet has a significant effect on children's study habits.** Junk food and foods with high sugar content deplete energy levels and the ability to concentrate for extended periods of time. Energy and focus are especially crucial for school-age children.

Life long preferences

Eating a lot of processed food during childhood makes it **hard to eat healthy in later life** as childhood food habits solidify by adulthood. This makes it less likely their palates will later savor the less complicated and less spicy flavors of ordinary food.

- **Read serving size information:** What looks like a small package can contain 2 or more servings — which means double or even triple the amounts of fat, calories, and sugar shown on the label.





- **Be skeptical of food claims:**
 - If the fat has been eliminated or cut back, the amount of sugar in the food might have increased to keep that food tasting good.
 - Just because something is "all natural" or "pure" doesn't necessarily mean that it's nutritious. For example, "all natural" juice drinks or sodas can be filled with sugar (which is, after all, a natural ingredient) but all that sugar means they'll be high in calories and give little nutrition.
- **Avoid processed foods and added sugars.** Processed foods (made in a factory and sold in bags and boxes) do not have many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods



- **Avoid foods with trans fats** (also called trans fatty acids). Look for terms such as "partially hydrogenated" or "hydrogenated," which indicate the product contains trans fats.
- **How to read food labels**
<https://healthy-kids.com.au/kids/high-school-2/how-to-read-a-food-label/>

ST. PIUS X SCHOOL APRIL MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 11:30 DISMISSAL NO LUNCH SERVED	2 GOOD FRIDAY NO SCHOOL
5 NO SCHOOL	6 1) TACO TRIANGLES 2) CHICKEN PATTY 3) SUNBUTTER & JELLY SANDWICH 4) LARGE CHICKEN CAESAR SALAD Served w/ Tater Tots Green Beans, Peach Cups, Milk	7 1) PASTA W/ MEATBALLS 2) GRILLED CHEESE SANDWICH 3) LARGE GREEK SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Garlic Bread or Chips Caesar Salad, Fruit, Milk	8 1) HOT DOG 2) BACON EGG CHEESE CROISSANT 3) SUNBUTTER & JELLY SANDWICH 4) LARGE CHEF SALAD Served w/ Hash Brown Patty Vegetable, Fruit, Milk	9 1) PIZZA DAY!! 2) FLUFF & SUNBUTTER SANDWICH 3) LARGE GARDEN SALAD 4) FLUFF & SUNBUTTER SANDWICH Served w/ Baked Chips Vegetable, Fruit, Milk DESSERT DAY
12 1) CHICKEN TENDERS 2) FLUFF & SUNBUTTER 3) LARGE CHICKEN GREEK SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Mashed Potatoes Glazed Carrots, Fruit, Milk	13 1) PIZZA CRUNCHERS 2) TURKEY & CHEESE SANDWICH 3) LARGE CHICKEN CAESAR SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Oven Fries Veggies, Peach Cups, Milk	14 1) STUFFED SHELLS 2) GRILLED CHEESE SANDWICH 3) LARGE GREEK SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Garlic Bread or Chips Caesar Salad, Fruit, Milk	15 1) ORANGE CHICKEN 2) CHICKEN PATTY 3) LARGE CHEF SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Rice, Roll Hot Vegetable, Milk	16 1) PIZZA DAY!! 2) HAM & CHEESE SANDWICH 3) LARGE GARDEN SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Baked Chips Vegetable, Fruit, Milk DESSERT DAY
19 ENJOY	20 YOUR	21 	22 SPRING	23 VACATION
26 1) POPCORN CHICKEN 2) FLUFF & SUNBUTTER 3) LARGE GREEK SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Mashed Potatoes Glazed Carrots, Fruit, Milk	27 1) CHEESE QUESADILLA 2) CHICKEN PATTY 3) LARGE CHICKEN CAESAR SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Hash Brown Patty Vegetable, Fruit, Milk	28 1) PASTA W/ MEATBALLS 2) GRILLED CHEESE SANDWICH 3) LARGE GREEK SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Garlic Bread or Chips Caesar Salad, Fruit, Milk	29 1) MOZZARELLA STICKS 2) MEATBALL SUB 3) SUNBUTTER & JELLY SANDWICH 4) LARGE CHEF SALAD Served w/ Oven Fries Hot Vegetable, Fruit, Milk	30 1) PIZZA DAY!! 2) HAM & CHEESE SANDWICH 3) LARGE GARDEN SALAD 4) SUNBUTTER & JELLY SANDWICH Served w/ Baked Chips Vegetable, Fruit, Milk DESSERT DAY

**ALL STUDENTS WILL RECEIVE FREE
LUNCH FOR THE ENTIRE 20/21 SCHOOL YEAR !!**

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LUNCH FOR THE ENTIRE 20/21 SCHOOL YEAR !!**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*This menu is subject to change



Clothesline Sale!

Where: St. Pius X School

Wednesday, April 28th 8:30-9:30 & 12:30-1:30

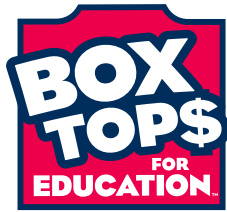
Thursday, April 29th 8:30-9:30 & 12:30-1:30

Friday, April 30th 8:30-9:30

The Clothesline will be set up outside
(weather permitting) on **the dates listed above.**

Appointments must be made to visit the Clothesline to ensure proper social distancing. Appointments will be scheduled in 20 minute increments.

If you have any questions or if you would like to schedule an appointment, please email ashaw@spxschool.org.



Dear Families,

During this challenging time, our teachers and students need more help than ever. No matter what school looks like, Box Tops for Education is a fast and easy way for you to help out from home.

The Box Tops program has been around for over 20 years, and it really works. In fact, Box Tops for Education has helped give almost a billion dollars to schools since 1996. In 2019, the program evolved to become digital so that you can earn for your school with just the touch of a button.

HERE'S HOW IT WORKS: Buy participating products and use the Box Tops mobile app to scan your store receipt. The app identifies eligible products and automatically adds Box Tops to your school's earnings online. Even if you're shopping online or doing grocery pickup, you can still submit your e-receipts and earn Box Tops. Twice a year, our school gets a check!

Your earnings may seem small, but they really do add up. The more people that participate, the bigger the impact we can make. So let's give our teachers the support they need and help give more kids the opportunity to dream. **Little by little, we can help make a big difference.**

**DON'T HAVE THE APP YET?
DOWNLOAD IT TODAY!**



SPX earned \$676.70 last year!
Help us reach our goal of **\$700** this year!
Our lifetime earnings total \$9,771!

LEARN MORE ABOUT HOW BOX TOPS WORKS AT

BTFE.COM

EARN CASH FOR YOUR SCHOOL

LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK
FOR THE
LABEL:

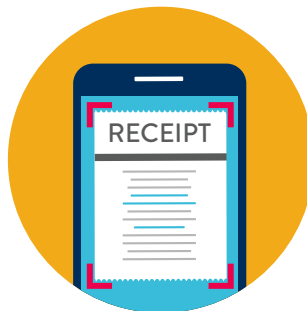


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!

See how at [BTFE.com/emailgroceryreceipts](https://www.btfec.com/emailgroceryreceipts)



St. Pius X School
02664

BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. **You can still clip them and send them to school**, as long as each clip has a valid expiration date.

Send them in an envelope marked LAUREEN FISH!

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT [BTFE.COM](https://www.btfec.com)

DON'T HAVE THE BOX TOPS
APP YET? DOWNLOAD IT NOW:



AUGUST 2 - 5

GIRLS & BOYS BASKETBALL CLINIC

SPONSORED BY
ST. JOHN PAUL II
HIGH SCHOOL



LOCATED IN THE JP II GYM

Open to students entering K through Grade Seven
Full-Day Clinic 9:00 A.M. - 3:00 P.M.....\$275
Half-Day Clinic 9:00 A.M. - 12:00 P.M.....\$150

\$25 OFF SIBLING DISCOUNT

Space is limited to 50 participants.

BYOB - BRING YOUR OWN BASKETBALL

Participants should bring drinks, snacks, and lunch.
Snacks, drinks, and pizza may also be purchased at the canteen.

Contact Coach Fazzi for questions at rfazzi@jp.dfrcs.org

→
Scan Me



Participants may signup online or send a check payable and mailed to:
St. John Paul II High School
Attn: Basketball Clinic
120 High School Road
Hyannis, MA 02601

**ALL CURRENT COVID
RULES WILL BE IN PLACE**

Staff



Director, Former College
Head Coach and Current St.
John Paul II HS Coach and
Athletic Director, Rich Fazzi



Co-Director, St. Pius X School,
Athletic Director, Nick Corsi



Co-Director, Dean College
Associate Head Coach, Joe Cabral