

HNS NOTES

OFFICE HOURS

Mon—Fri. 7:00 a.m. to 3:30 p.m.

EXTENDED CARE

(Available when school is in session.)

Closes at 5:30 p.m.

When the office closes at 3:30 p.m., please use the gym door entrance.

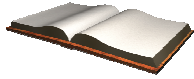


EXPLORE TESTS FOR 8TH GRADERS

cmcfarland@holynameschool.org



The eighth graders will be taking the EXPLORE test on **Wednesday, December 9, 2009**, during the school day. The EXPLORE test is very important because the high schools use this test to place students in freshman courses. **Please make sure your child is rested, well fed, and at school on time on Wednesday, December 9.** No make-ups are scheduled, so please do not schedule your child for a doctor's visit on this date. Once the results are in, Mr. Hagan, Mrs. Farina, and Mrs. McFarland will meet individually with each eighth grader to read scores, as well as discuss high school and career plans.



HOLY NAME SCHOOL YEARBOOKS

hfarina@holynameschool.org



Holy Name School yearbooks will be on sale from November 1 through December 11 for \$20 each. As in past years, Sureway Markets are partnering with Holy Name to offer free yearbooks with completed yearbook saver cards. **PLEASE NOTE: The yearbook saver cards are different from their regular stamp saver cards. Please use the cards designated as yearbook saver cards to ensure proper credit. We are unable to accept regular saver cards.** Yearbook order forms will be sent home shortly with your child.



SOCKS AND BELTS

mcaton@holynameschool.org



Socks must be a **SOLID COLOR** and worn at all times. Belts must be **SOLID** black, brown or khaki. If your child has a difficult time remembering a belt, please put an extra one in his or her backpack. St. Vincent de Paul's store is generous enough to donate belts to the school, but the supply goes fast and they often are not returned. Do you have any belts you could donate?



FEVER POLICY

nurse@holynameschool.org



If your child has any respiratory symptoms with body aches, (i.e. cough, congestion, sneezing, body aches, etc.) that **are accompanied by a fever >100 degrees, they must have no fever for 24 full hours without the use of fever reducing medications (i.e. acetaminophen or ibuprofen) prior to returning to school.** For example, your child is coughing or sneezing, or is congested or achey, and has a fever of 101 on Sunday afternoon at 2 p.m., and you give them Tylenol and it takes two hours for the temperature to drop below 100, and it never goes up again. That child would not be considered free from fever for 24 hours until 4:00 p.m. the following day. Please know that this is in adherence to the current CDC recommendation and the Diocesan policy. Your continued cooperation is most sincerely appreciated.



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IMPORTANT PTO MEETING—WE NEED YOUR INPUT!

Sarah Wilson, PTO President

The next PTO meeting will be Thursday, November 5, at 6:00 p.m. in the cafeteria. Pizza and childcare will be provided. This long-range planning meeting is extremely important. We will be looking for your suggestions for goal setting for Holy Name School through the year 2015. Your ideas are needed to help shape our future! Please mark your calendars now to attend this most important meeting!

CHILDREN'S CHOIR

nbiggers@holynameparish.net

The Holy Name School children's choir will be singing at the Saturday 4:00 p.m. Mass one or two times every month. Contact Janet Barkley (826-9724) or Neal Biggers (826-2096), if you have any questions.

Rehearsals

November 10, 17
December 1, 8, 15, 22

No rehearsal 11/3, 11/22

Saturday Masses

(Arrive in choir loft at 3:45)

November 14
December 12
December 24th Christmas Eve
(4:00 PM Mass—arrive by 3:30)

No choir at Mass 11/28, 2/26





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MESSENGER BAGS, BACKPACKS, ROLLING BACKPACKS...

CHOICES, CHOICES, CHOICES!

nurse@holynameschool.org

Does your child complain of sore muscles, shoulder aches, back pain, tingling in their arms? It could be related to their backpack. According to a recent article on kidshealth.org, when you incorrectly place a heavy weight on your shoulders, such as a backpack filled with books, the weight's force can pull you backward. To compensate, you may bend forward at the hips or arch your back, and this can cause your spine to compress unnaturally. This can result in symptoms described above, and continued use can result in more chronic, long-term problems. Here are a few tips that will help make your backpack work for you, not against you:

Consider the construction. Before you grab that new bag off the rack, make sure it's got two padded straps that go over your shoulders. The wider the straps, the better. A backpack with a metal frame (like the ones hikers use) may give you more support, too, although many lockers aren't big enough to hold this kind of pack. Make use of another hiking tip: Look for a backpack with a waist belt, which helps to distribute the weight more evenly across the body. Backpacks with multiple compartments can also help distribute the weight more evenly.

Try a pack with wheels. Lots of kids use these as an alternative to backpacks, but there are guidelines and considerations to keep in mind with this kind of pack, too. Many schools don't allow rolling packs because people can trip over them in the halls.

Use your locker. Try not to load up on the textbooks for a full day's classes. Make frequent locker trips to drop off heavy textbooks or extra stuff, like gym clothes or project materials. Figure out the non-essentials, too. If you don't need an item until the afternoon, why carry it around all morning?

Plan your homework. Plan ahead and spread your homework out over the course of the week so you won't have to tote all your books home on the weekend.

Limit your backpack load. Doctors and physical therapists recommend that people carry no more than 10% to 15% of their body weight in their packs. This means that if you weigh 120 pounds, your backpack should weigh no more than 12 to 18 pounds. Use your bathroom scale to weigh your backpack and get an idea of what the proper weight for you feels like. – you will undoubtedly be surprised!!

Pick it up properly. As with any heavy weight, you should bend at the knees when lifting a backpack to your shoulders.

Strengthen your core. A great way to prevent back injury is to strengthen the stabilizing muscles of your torso, including your lower back and abdominal muscles. Weight training, pilates, and yoga are all activities that can be effective in strengthening these core muscles.

So what's the best way to carry a backpack? Learn from the hiking pros and wear both straps over your shoulders. Keep your load light enough so that you can easily walk or stand upright, and pack your backpack with the heaviest items closest to your back.

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FUNDRAISERS FOR HNS—YOU CAN HELP!

Sarah Wilson, PTO President



The following are items you can collect and send in to HNS to help our fundraising efforts!
Remember to save your Box Tops for Education for the PTO Box Top Blitz and your Capri Sun drink pouches for the Capri Sun Craziiness contest!

- **Campbell Soup labels** (we need the barcode with the Labels for Education symbol attached from most products, the lid from others)
- **Box Tops for Education** (I even found one on the plastic wrap bag around toilet paper and the bottom of Kleenex boxes – please look for them everywhere). Save up for the Box Tops Blitz!
- **Best Choice bar codes** (from any Best Choice Products including egg cartons and canned goods)
- **Tyson Foods A+ Points** from selected frozen foods
- And our newest collectible, **Capri Sun drink pouches** (please remove the straws). Watch for details on the “Capri Sun Craziiness” contest.

More recycling news from our Community Problem Solving team can be found in this issue!



ANGEL FOOD MINISTRIES

jholland_htc@hotmail.com



November orders for Angel Food Ministries are now being accepted. Order online at www.angelfoodministries.com or at Holy Name Church. Thanksgiving boxes are available to pre-order for the holidays. Questions? Call Holy Name Church at 826-2096 or e-mail Jennifer Holland at jholland_htc@hotmail.com.



ALTAR SERVER SCHEDULE

nbiggers@holynamesparish.net



Our monthly schedule for altar servers is available on the Parish website at www.holynamesparish.net/Schedule1.pdf.

FIRST RECONCILIATION INFORMATION

lspalding@holynameschool.org

There will be a mandatory parent meeting for those families with children making their first Reconciliation. The meeting will be held November 18, 2009, at 6:00 p.m. in the Parish Hall. One parent must be in attendance. The dates for Reconciliation are November 30 at 6:00 p.m. and December 1 at 6:00 p.m. Please mark your calendars now with these important dates! Questions? Email Sandy Fleming at sfleming@holynameschool.org or Sr. Laurita Spalding at lspalding@holynameschool.org.