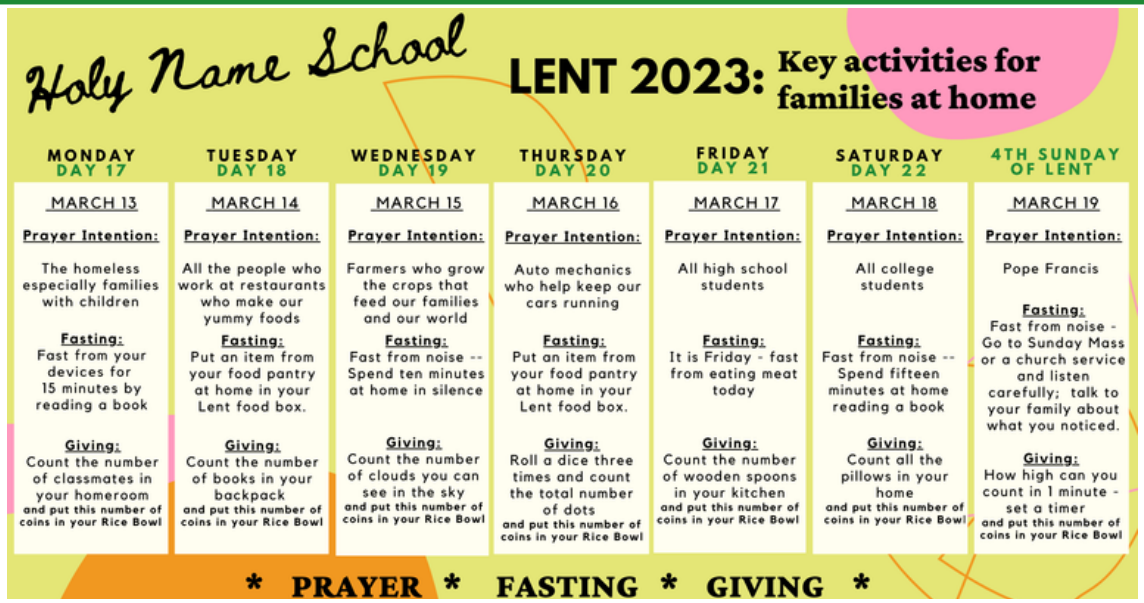
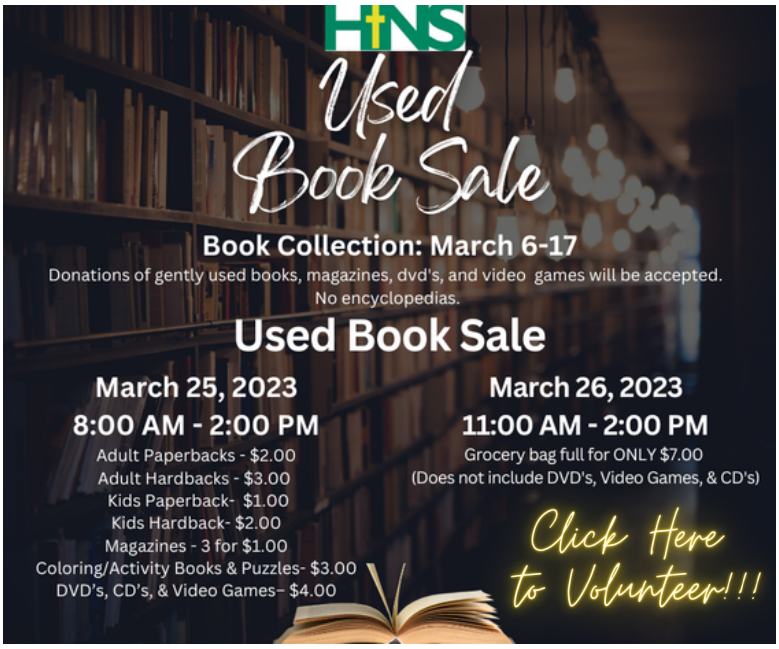
HOLY NAME SCHOOL

weekly newsletter

HNS Est. 1872

MONDAY MARCH 13	TUESDAY MARCH 14	WEDNESDAY MARCH 15	THURSDAY MARCH 16	FRIDAY MARCH 17	SATURDAY MARCH 18	SUNDAY MARCH 19
Used Book Sale Book Collection! 6th Grade Truth Talks	Used Book Sale Book Collection! Zero Demerit Reward Day (Grades 4-8) 6th Grade Truth Talks	Used Book Sale Book Collection! **5:30 PM** School Council Meeting 6th Grade Truth Talks	Used Book Sale Book Collection! **8:00 AM** All School Trinity House Mass - All students may wear their House shirt with uniform bottoms. **9:00 AM** 3rd Grade Reconciliation 6th Grade Truth Talks	Used Book Sale Book Collection! **House Reward Day** **2:00 PM** HoUSe Time 6th Grade Truth Talks **5:30 PM** Men's Club Fish Fry **Good Luck Cardinals** State Archery Tournament		





IT'S NOT TOO LATE!

SAVE ON TUITION & HELP THE SCHOOL

TUITION REBATE

KUDOS TO THOSE FAMILIES WHO HAVE MET THEIR $150 COMMITTMENT TO TUITION REBATE!

- The deadline is April 30
- Any money earned over $150 will be split 50/50 with the school. Your portion will be applied to your May tuition statement
- If you have not earned $150 or you opted out of this opportunity to save, the unearned portion will be billed to your tuition account

Please contact Mrs. Yvonne in the Tuition rebate office if you have questions. thank you for using this program and supporting the school while you save money on tuition.

tuitionrebate@holynameschool.org

SLEEP AWARENESS WEEK

March 12-18 is sleep awareness week. Here are a few tips for better sleep for your children

- Establish a Sleep and Wake Schedule: Setting times for sleep and wake will help children and teens adhere to a regular sleep schedule. Children and teens have different sleep requirements:
  - Children: Preschoolers (3-5 years) 10 to 13 hours
  - School-age kids (6-13 years) 9 to 11 hours
  - Teenagers: (14-17 years) 8 to 10 hours
- Model Good Habits: Reinforce the benefits of sleep for your family by modeling good sleep habits to help children and teens understand the importance of sleep.
- Spend time in natural light. Whether outdoors or inside, bright daylight helps you feel alert.
- Limit use of electronics before bed. Turn off electronics an hour before bed and keep your room dark, cool, comfortable, and ready for sleep.
- Exercise regularly. Physical activity increases your drive to sleep at night as well as reduces stress and improves mood.
- Avoid eating high-fat, high-protein or spicy foods within 2-3 hours before bedtime.

HNS Nurse
SONYA MAUZEY
NURSE@HOLYNAMESCHOOL.ORG

Current Family Registration

Current family registration for the 2023-2024 school year is now open! Please log into the Family Portal to complete the easy 10 step registration process! Families that register during the month of March will pay a $85 registration fee per child. **The registration fee will increase to $95 per child in April**. If you are interested in enrolling a **new** child next school year, the online application in now availble in the Family Portal! Simply log in to the Family Portal and click application in the left side menu! The registration fee for a new student is $100. If you have questions concerning the registration process, please contact Terra Hurtte thurtte@holynameschool.org.

REGISTER NOW!

Quick Links

Click Here to Volunteer

Lunch Menu

School Calendar

Family Portal

My School Bucks

Uniform Swap Request

KAAC

Elementary Governors Cup Regional Competition

Congratulations to the HNS Elementary School Academic Team that recently competed in the KAAC Middle School Regional competition.

Awards listed below are by testing area.

Anna Sights

Language Arts (1st Place)

Emily Tucker

Social Studies (4th Place)

HNS

Spring Break Child Care

April 3rd-6th

Closed Friday, April 7th (Good Friday)

Click Here to Register!

DEPENDENT TAX CARE CREDIT

Families who utilize Holy Name's Child Care, Summer Enrichment and/or Early Learning Program and need documentation of child care payments for filing their tax returns should email Valerie Beckert at vbeckert@holynameschool.org. This information will be provided on an "as requested" basis.

TAX TIME