

# St. John the Apostle Catholic School Newsletter

“Where Catholic tradition is combined with academic excellence.”



Volume 15, Issue 2

November 2017

## Message from Principal Miriam Cotton

Dear SJA Parents and Friends,

In a speech on gratitude Pope Francis has shared these words: “We can ask ourselves – Are we capable of saying “Thank you”? How many times do we say “Thank you” in our family, our community and in the Church? How many times do we thank those who help us, those who are close to us, and those who accompany us through life? Gratitude is the attitude of one’s heart. It is so important to recognize that everything we are and all that we accomplish are gifts from God. What we are is God’s gift to us and what we become is our gift back to God.

Speaking of gifts, I am extremely grateful for the support and volunteer work that the Knights of Columbus and Boy Scout group have offered to Saint John the Apostle Catholic School in helping to upgrade and renovate our playground areas. As you know, the existing playground had a make-over and the playground for two to five year old children has been constructed and relocated to the section near the cafeteria. Both areas have a special woodcraft flooring that it used in recreational areas. A company specializing in playground equipment has been the consultants in making sure that the areas are safe as well as entertaining with physical activity for our students.

As part of our Thanksgiving tradition at SJA, we are grateful for the many volunteers who have assisted with the Thanksgiving Feast. Under the culinary guidance of Chefs Bill and Pete, over 400 meals were served and deliciously devoured. A special thank you to our 8th grade boys who helped set up and clean up.

Please save the date on November 29<sup>th</sup> at 6:00 PM to hear a presentation from Sister Patricia McCormack, IHM. Sister is the Director of a parent/teacher support group and has traveled on an international track to share her expertise in cultivating character and virtue in students of all ages and stages of life. We are grateful that she is able to join our SJA community at this time.

Hats off to our volunteers who assisted with the Book Fair! When all reports are completed, we will share the results of the Fair. All proceeds go right back into the library/media center to enhance literary resources and STREAM opportunities. Thank you to Melissa Foster, our Media Specialist for coordinating this great event.

On behalf of the faculty and staff, I wish you a very Happy Thanksgiving. May God continue to bless your endless support of our beloved school. Just a few words of wisdom –“He who gobbles...wobbles!” Who cares? Enjoy your family feast day celebrations!

Lovingly in Christ,

Miriam Cotton, M.Ed.  
Principal

## Upcoming Events

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 2nd Parent’s Night Out 6:00pm - 9:00pm
- 3rd-7th Santa’s Workshop
- 6th Mass 8:00am
- 7th PTO Breakfast & Chat w/Ms. Cotton 7:30am - 8:30am
- 8th Mass 8:00am
- 8th Early Dismissal 1:50pm
- 12th Christmas Proram LR-2nd grade 9:00am
- 12th Christmas Program 3rd-8th grade 6:30pm
- 14th 3rd Grade caroling at Atria Senior Living 10:30am
- 14th Student of the Month 2:00pm
- 15th 5th Grade caroling at the church 8:20am
- 15th Dress Down Day sponsored by the 8th grade class. \$2.00
- 18th 2nd Grade caroling at Sullivan House 10:00am
- 18th 4th Grade caroling at Sentara Leigh 1:00pm
- 20th-31st - Christmas Holiday - No School



# *November Student of the Month - Gratitude*

Mrs. Signorello - Piper Reese

Mrs. Lucas - Alexander Zapata

Mrs. Michels - Grace Pocta

Mrs. Beaulieu - Alisa Dimino

Mrs. Liberatore - Seth Delarosa

Ms. Mohler - Justice Bonanno

Mrs. VanHeest - Olivia Ware

Mrs. Orth - Aiden Sorge

Mrs. Derr - Valeria Martinez

Mrs. Davey - Charlie Waite

Mrs. McAuliffe - Isabella Zaszewski

Mrs. Astrin - Adriana Jerabek

Mrs. Brittan - Beatrice Amankona

6th-1 - Maya Oshana

6th-2 - Kiera Psimas

7th-1 - Jason Heald

7th-2 - Eva Bantelas

8th Gray - Emilie Diedrich

8th Maroon - Isabella Costanzo



## Counselor Corner

Our “Student of the Month” program, which recognizes students from each classroom who have exemplified the ‘trait of the month’, occurred on November 16<sup>th</sup> at our second reception. If your child has been chosen, a letter will go home about a week before the reception to notify you.

November’s Trait of the Month was “Gratitude.” What a wonderful trait and virtue to focus on during the month of Thanksgiving. What are you grateful for and how do you show gratitude? Showing gratitude brings joy to those around you as well as yourself. Because we are all grateful for our friends, during this month’s Classroom Guidance lesson, I also discussed kindness, being rude, being mean and being a bully.

Our Toy Drive to benefit children in Virginia Beach's foster care system is a huge success. It is so nice to see the smiles on our student’s faces as they bring me the gifts for the children. Thank you so much for being our 'angels' and helping other children in our own community to have a wonderful Christmas. Our NJHS will be helping me to organize, collect, and promote this service project. Students were given cards and their wish lists during their class at the beginning of the month. Please turn in any wish list items unwrapped and with the green card by Dec.1. Again, thank you very much for being so kind and generous.

I also have a page on RenWeb under “Resource Documents.” This is an explanation of the School Counseling Program that is available to you and your child.

As always, I am available to you and your child – please do not hesitate to contact me!

~Beth Hunt ~ bhunt@sjavb.org

by phone 821-1100 x254



## *Notes from the Business Office:*

**Virginia's Education Improvement Scholarships Tax Credit** - are you interested in making a donation of \$500 or more where 65% of your donation comes back to you in the form of a dollar for dollar state tax credit to your state tax liability? Additionally, would you be interested in this same donation amount being utilized as a federal and state charitable donation under your itemized deductions on your federal and state tax returns? If this sounds like a fantastic tax savings, you are correct!! Please contact the business office to see what steps can be taken to ensure receiving this donor savings for the 2017 tax year. Information can be found on the SJA website under the SJA Giving tab.

**Tuition Assistance** - the 2018-2019 FACTS Grant and Aid online application will be open on December 1st!

**Please mark on your calendars! The first tuition assistance deadline is March 1<sup>st</sup>, 2018.** More information will be made available through RenWeb on December 1<sup>st</sup>.

**Family Accounts** – Please be sure to keep your accounts up to date. The due date for account balances is the 15<sup>th</sup> of every month.

**2016-2017 Financial Report** – the Diocesan Office has reviewed the school finances for the 2016-2017 school year. I am pleased to share with you the final year end financial report. It is important to note that during last school year, several capital improvements were made to include but are not limited to the following:

- \* Replaced a 2<sup>nd</sup> floor HVAC trunk line and ductwork
- \* Replaced the complete middle section of the HVAC Cooling Tower and Refrigerant Monitor
- \* Replaced the lower roof over the cafeteria and kitchen
- \* Replaced network switches
- \* Replaced and Upgraded the door security and monitoring system
- \* Replaced and upgraded the gym lights to LED Lights

**Upgrades to Classroom Furniture** – the 2<sup>nd</sup> grade classrooms received new individual student desks replacing group tables. Mrs. Brittan's classroom received individual student desks and chairs replacing the one piece student desks. Middle school math replaced the sleigh chairs with chairs that are more ergonomic for the students and better for the protection of the classroom floors.

**Playground** – Many donations and small fundraisers made this updated playground a reality. Additionally, for the past two years, we set aside the Harris Teeter and Box Tops Labels for Education rebate funds in a savings fund earmarked for the playground. **So, yes, those BoxTop Labels and scanning that VIC Card at Harris Teeter really does help!**

A sincere thank you to all who assisted with Phase I of our playground project:

The Boy Scouts spent two days digging out the old mulch from the larger playground and removed the debris.

The Knights of Columbus built the Busy Bee play apparatus for the PK 3 and 4 classes. The combined labor efforts of these two groups provided the school over \$15,000 of cost savings. Please be sure to thank the members of these groups.

Thank you to Fr. Rob and the Parish Gift shop for donating the Busy Bee play apparatus for our little ones.

Thank you to custodians Stephen and Matt for clearing out the remaining mulch and setting up the new PK borders to keep in the wood fill.

Thanks to All Recreation for fixing and replacing the playground fixtures and filling the new pre-fab wood fill. NO MORE black rubber marks on those white uniform shirts!

Thanks to Mr. Wayne Baasch for hauling away the remaining playground debris this past weekend.

Thank you, Patrick Hawkins, our facility manager for the coordination of this project despite the many delays.

Last, but never least, Ms. Cotton for the vision and determination to make this happen. Phase 2 awaits us!

As always, please feel free to contact me with any questions or concerns. It is my pleasure to serve you and your family!

*Tracey Dooley*

*Business Manager*

[tdooley@sjavb.org](mailto:tdooley@sjavb.org)

757-821-1100, Ext 213

**St. John the Apostle Catholic School  
School Operations Sources and Uses Report**

**For the 12 Months Ended June 30, 2017**

**2016-17**

**Sources**

Tuition		\$ 2,021,222
Tuition Assistance		\$ 114,116
McMahon Parater	\$ 8,000	
Parish Sharing - Increased Offeratory	\$ 32,283	
Educational Improvements Tax Credit Scholarship	\$ 53,947	
Other Scholarship Awards Donated	\$ 19,886	
Other Income		\$ 120,636
Cafeteria (Net)	\$ 49,802	
Extended Care	\$ 53,925	
Other Income	\$ 16,909	
Development		\$ 117,677
Annual Appeal	\$ 21,479	
Golf Classic (Net)	\$ 33,030	
Focus on the Future (Net)	\$ 49,051	
Stingray Run (Net)	\$ 14,117	
Parish Subsidy		\$ 80,000
Parish Usage		\$ 21,000
Registration		\$ 44,725
<b>Total Operating Sources</b>		<b><u>\$ 2,519,376</u></b>

**Uses**

Total Personnel Costs		\$ 1,882,295
Total General Operations		\$ 257,210
Utilities	\$ 105,393	
Repairs and Maintenance	\$ 107,112	
Floor Upkeep	\$ 44,705	
Instructional		\$ 61,927
Administrative		\$ 95,945
Technology		\$ 51,262
Capital Improvements		<b>\$ 170,737</b>
		\$ -
<b>Total Operating Uses</b>		<b><u>\$ 2,519,376</u></b>
<b>Net Revenue available for Operations</b>		<b><u>\$ -</u></b>
<b>Additional Transfer from Capital Replacement Fund</b>		<b>\$ 6,869</b>

# Nurse Notes by Marie Kane RN



We all know that the benefits of physical activity are endless. The Centers for Disease Control and Prevention recommends kids get an hour or more of physical activity each day. As the cold weather sets in, some of our children may need more encouragement to get as much exercise as they should. This means that the parents sometimes need to get more creative to see that their kids stay active during the winter months.

Exercise in kids is important because it builds strong muscles and bones, prevents obesity, builds confidence, reduces stress, strengthens immunity, and releases endorphins in the body. Regular exercise also helps children sleep better, improves their overall health, and reduces the risk of diabetes, high blood pressure, and high cholesterol.

Here are some helpful ways to encourage children to exercise in the cold weather.

**Provide Opportunities for Indoor Exercise:** Exercise videos; invest in the kind that requires physical movement to play. Crank up some of their favorite tunes, and let them dance freely around the room. When children freestyle dance, they may pump their arms, move their legs, twirl around, and sway back and forth. These types of movements activate the core muscles, and work large muscle groups to help condition and tone the body. The fast movement of dancing to upbeat tunes also speeds up the metabolism and makes it easier for kids to maintain a healthy weight.

**Give Kids Time to Play Outdoors:** Outdoor play is not only an excellent form of physical activity for children, it gives them a chance to let loose and do things that they typically can't do inside such as running, digging in the dirt, climbing on stuff, and screaming at the top of their lungs. So unless the weather is unbearable, let youngsters spend a few minutes a day frolicking outside – it won't hurt.

**Plan family outing:** During the winter months instead of doing sedentary activities such as taking kids to the movies, look for recreational activities that are physical in nature such as skating, bowling, walking on the track, walking around the mall, or playing ping pong.

**Yoga is a Great Winter Fitness Idea for Kids:** Yoga is a low impact way for kids to burn calories and improve their flexibility. Yoga not only helps youngsters stay in shape, it relaxes them, improves their concentration, and teaches them self-awareness. Yoga DVDS are available in many stores so kids, and family members, can practice in the comforts of their own homes.

**Portable Play Equipment:** Hula hoops, jump ropes and tumble mats can be used indoors during the winter months to help kids stay fit. When children jump rope, hula hoop and flip and roll on mats, they work many different muscle groups to help tone and condition their bodies. The portable play equipment can be easily tossed in the closet when kids are finished.

Exercise is a vital part of kid's health and development. So if the physical activity comes to a screeching halt when winter rolls around, take the initiative to keep kids active by getting kids outdoors, moving as a family, and providing plenty of opportunities to exercise indoors.

Here are just a few things to remember when exercising outdoors.

**Warm up -** Cold temperatures can make your muscles tight and prone to injury. Make sure you do a thorough warm-up prior to your exercise.

**Insulate your body –** If exercising outdoors, wear layers of clothing. Layering provides the most effective heating method and allows you to remove the top layer if you get too hot.

**Drink up -** It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.

**Wear sunscreen –** You can still get burnt in winter, so if you are exercising outdoors slip, slop and slap.

I would like to thank Mrs. Wood and Mrs. Witt for coming to the clinic to help with the screenings, they were an amazing help. The students were screened for height, weight, vision and hearing. If you student had a difficult time with any of the elements, they will be retested after the Thanksgiving break. If there continues to be a concern, I will notify you in writing.

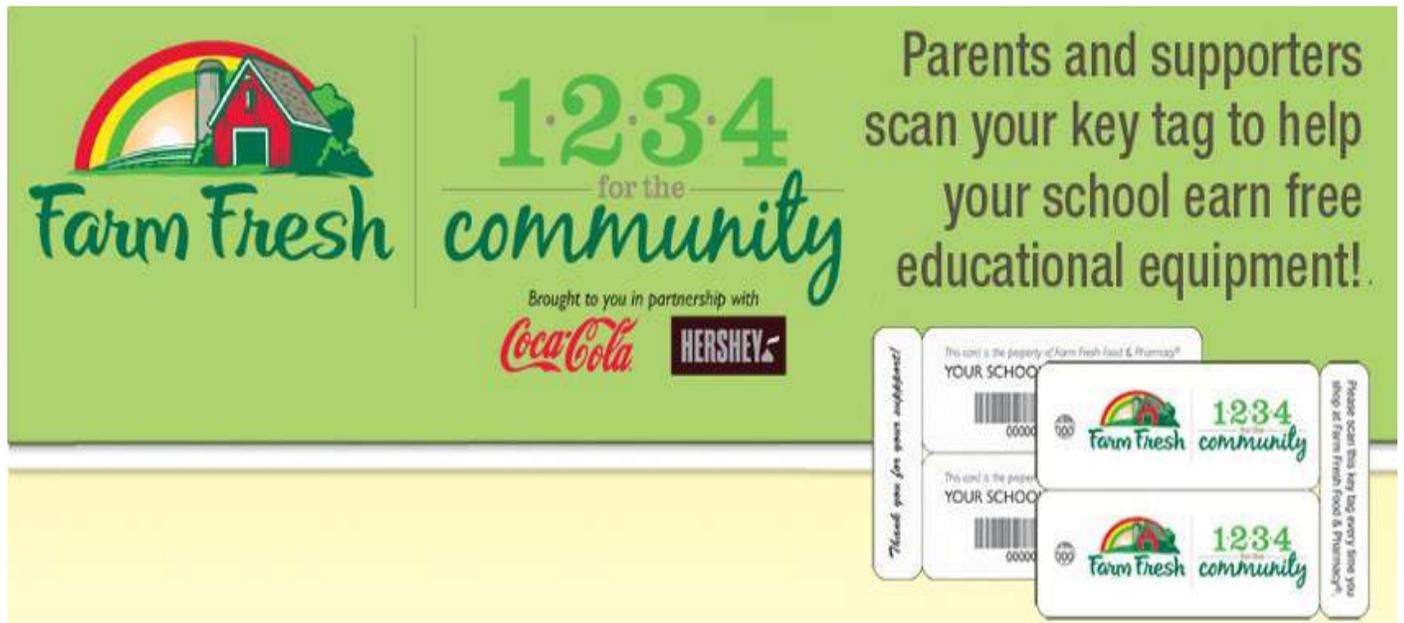
Thank you for letting me help care for your students and I hope that everyone has a great Thanksgiving and can enjoy some time with loved ones. To those in the military, a special thanks for all you do for our country. You are always in my prayers.

# “Teacher Feature”

Mrs. Foster

Thank you to everyone for making our Book Fair the best ever!





From September 6, 2017 - May 31, 2018, we will be able to earn points from Farm Fresh Food & Pharmacy for valuable educational equipment. Please shop at Farm Fresh and scan our school's key tag to earn points for our school.

Pick up your Farm Fresh key tag in the school office!

*Follow us on Facebook!*

**facebook**

Check out class happenings, sports, activities, photos and more!

<https://www.facebook.com/St-John-the-Apostle-Catholic-School>

**Like our Alumni Group at SJA Alumni**

*Follow us on Twitter!*

@SJAstingrays

Follow our alumni! @SJAalum

