

November 18, 2009

Dear STM Families,

To date, in our consideration of the nine fruits of the Holy Spirit, we have examined joy, gentleness, goodness and peace. Today, our subject is self-control. Every person who has ever walked on the face of the earth has encountered situations in which the gift of self-control can make the difference between being able to handle a challenging situation confidently or allowing the situation to spiral out of control. When the latter happens, we are basically allowing a situation to "handle" us rather than the other way around. It's when we lose control of our emotions that we most often injure our relationships with family, friends, and associates. We say things that we wish we could take back; we do things that we often regret; and we create images of ourselves and impressions about us that we wish we could erase. The gift of self-control enables us to think before we respond; to consider the impact of our actions before we act; and to fashion better impressions of our abilities to deal with difficult situations rather than to instill fear in others as to what our reactions might be. Asking the Holy Spirit to bless us with an abundance of self-control will enrich our lives, provide us with greater confidence in our abilities to deal with otherwise explosive situations; and bless others with greater comfort in the knowledge of our presence whenever difficulties arise.

Have a great week and God bless,

Eleanor McCormack

### DID YOU KNOW???

...that the Kindergarten classes discussed positive words in order to create a more kind and caring environment in each class and are preparing for their Annual Corn Feast by memorizing their parts in the Thanksgiving story??

...that Mrs. Meehan's 6<sup>th</sup> Graders performed *Where the Wild Things Are* for a delighted audience of Kindergarten and 1<sup>st</sup> Grade students??

...that the 7<sup>th</sup> Grade Rosary Posters are on display and that the students said a decade of the Rosary every day at the beginning of Religion class??

...that Re-registration for the school year 2010-2011 is already underway here at STM??

### PICTURE RETAKES - Monday, November 23

School pictures retakes are this Monday, November 23, 2009. If you received pictures you don't want, have your child bring the package back and give it to the photographer when your child has his or her new pictures taken. If you didn't order pictures but want to, you need to get an order form from Mrs. Meehan in Room 8 before Monday, November 23.

Fill out the order form and enclose a check to Splendid Portraits. If you have any questions, please e-mail Mrs. Meehan at STM at [nmeehan@stmschool.org](mailto:nmeehan@stmschool.org). Please see the attached flyer.

## ADVENT MASSES

Weekday Masses during Advent will be at 7:00 am, 8:15 am, and 12:05 pm.

## FACTS DIOCESAN TUITION GRANT PROGRAM

Please see the attached FACTS flyer for dates and information.

## STM BREAKFAST WITH SANTA

STM's annual Breakfast with Santa is on Saturday, December 5<sup>th</sup> from 9:30-11:30 in the school cafeteria and gym. If you would like to attend this popular event, please fill out the attached reservation form and return it to the school. Breakfast will be served in the cafeteria, and seating will be in the cafeteria and the gym. Santa will arrive at 10:30 in the gym. There will be a Secret Shop where kids may buy gifts for their loved ones, a Christmas craft table run by the Girl Scouts, and a basket raffle. The Breakfast with Santa Committee is still looking for donations for the Secret Shop. Please help out by bringing your new/never used items to the area at the base of the stairs in the school cafeteria. If you have any questions, contact Jane Posey at [jposey@mwcoq.org](mailto:jposey@mwcoq.org) or 703-924-7190.

## NOTES FROM OUR NURSE – NOV. 18, 2009

### H1N1 NEWS

*The health department is coming tomorrow afternoon (11/19) to give H1N1 vaccine to 2<sup>nd</sup> and 3<sup>d</sup> graders only (with valid consent forms). If your child has already received the vaccine, please call the office by 4 p.m. Wed. to let us know and we will remove them from the list.*

Last week our pre-K through 1<sup>st</sup> grade children (with valid consent forms) were vaccinated against the H1N1 flu by the Arlington Health department. Thanks to all the parents that came out and volunteered, making our operation run smoothly. The health department will now come sometime after Thanksgiving to vaccinate the older children.

No new cases of H1N1 flu this week. There have been several children with sore throat and cold symptoms. Please monitor your child's condition and make sure they are fever-free and symptom-free (no nausea and vomiting) for 24 hours before returning to school.

### Hearing/Vision Screening rescheduled to Monday, December 7<sup>th</sup>, 8-12, need volunteers

The Lion's Van will be here with the hearing and vision screening equipment on December 7<sup>th</sup>. We need volunteers to operate the machines (training provided) and also to walk the children to and from their classes. We will be screening the Kindergarteners in a separate area and the older children on the van. It is a great way to get your volunteer hours! *If you have not filled out a form and want your child screened, you can download a form from the nurse's page and send in to your child's teacher by December 2nd!*

**Parents, take note:** Following the hearing/vision screening, for those that fail either test, I will retest the children in two-three weeks. I will then notify you if they do not pass. If you would like your results before then, please contact me.

**NEW nurse page on the website!** Under *About STM*, scroll down and choose nurse which will open my new page. It will have the weekly notes posted on it. Below the notes if you scroll down to the bottom, **all the medical forms have been placed there for your use.** Our fax number here to fax documents is 703-528-5048.

### **Nurse's Hours**

Mon-Wed 7:30-3:30, Friday 7:30-3:30 On Thursdays, Mrs. Bauer staffs the clinic.

*Virginia Physical Forms: Those students needing physicals need to have them completed and turned in to health office by December 1<sup>st</sup>. Please do this as soon as possible.*

Donna Lorge, RN, BSN  
STMC school nurse  
(703)528-6781 ext. 28  
[nurse@stmschool.org](mailto:nurse@stmschool.org)

### **MARK YOUR CALENDARS!!**

- Nov. 23 – Makeup for School Pictures
- Nov. 25 – 11:30 Dismissal – **NO EXTENDED DAY**
- Nov. 26 – Nov. 27 – School closed for Thanksgiving Holiday
- Dec. 2 – 11:30 Dismissal
- Dec. 3 – 8<sup>th</sup> Grade HSAPT Test
- Dec. 5 – Breakfast with Santa
- Dec. 6 – Lessons and Carols in the Cathedral – 7:30 pm
- **Dec. 7 – Lion's Vision Screening (rescheduled from Nov. 19)**
- Dec. 8 – Immaculate Conception – 10:00 Mass
- Dec. 9 – Middle School Service Day
- Dec. 9 – Interim Reports home
- Dec. 18 – 11:30 Dismissal – Extended Day Open
- Dec. 21 – Jan. 1 – School closed for Christmas holiday
- Jan. 4 – Classes resume

### **ATTACHMENTS**

- Picture Retakes Reminder
- Breakfast with Santa Reservations Reminder
- Breakfast with Santa Baskets flyer
- Breakfast with Santa Secret Shop Flyer

- [FACTS Diocesan Tuition Grant Program Overview](#)
- [Cub Scout Pack 194 White House Ornament Flyer 2009](#)
- [2010-2011 Re-registration form](#)
- [December Calendar](#)

Are you busy???

*We know you are! The Breakfast with Santa Committee has an easy way to help you earn volunteer hours ...*

Donate a gift basket to the breakfast with santa raffle.

*Did you know that every \$10 you spend counts as 1 volunteer hour?*

*Baskets can be simple (gift cards have been popular in the past). You can even purchase a gift basket already assembled!*

*These gift baskets really add to the fun and excitement of the breakfast, and we don't have nearly as many as in year's past.*

**Please contact Jane Posey at 703-924-7190 or [jposey@mwkog.org](mailto:jposey@mwkog.org) if you would like to donate a basket.**

Thank you!



St. Thomas More Cathedral School  
Cub Scout Pack 194



# 2009 White House Christmas Ornaments

Order now to guarantee delivery by Thanksgiving



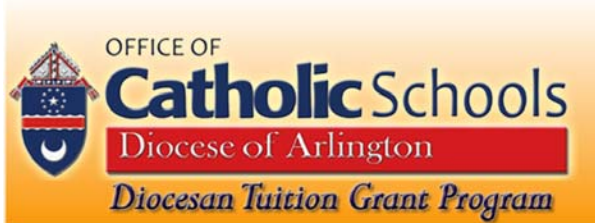
The 2009 White House Christmas ornament illustrates the special place of the Christmas tree in the holiday celebrations of President Cleveland's young family. The reverse side of the ornament recreates a scene for the tree-trimming parties President and Mrs. Cleveland held annually for their children and those of the cabinet members.

Price Per Ornament	Quantity Ordered	Total Amount Due
\$20		

Name			
Home Phone		Email	
Payment Method			

*Please make checks payable to: Cub Scout Pack 194*

Return this completed form with payment to Susan Lawrence c/o Will Lawrence, grade 4, room 3.



**\$2.3 Million Annually!**  
**Parish Supported!**

### **WHAT IS THE PROGRAM?**

The Diocesan Tuition Grant Program is intended to provide assistance to families seeking a Catholic education in the Arlington diocesan schools. It is open to all qualified students whose parents might not otherwise be able to pay the full cost of tuition. The program receives approximately \$2.3 million annually from the parishes in the Diocese and from the *Rooted in Faith~Forward in Hope* endowment.

### **WHO IS ELIGIBLE?**

The Diocesan Tuition Grant Program eligibility requires that students in grades Kindergarten through grade 12 (*Pre-K is not eligible*) fulfill all of the following criteria:

- Student attends or is accepted by a Diocesan Catholic school
  - *Students of private Catholic schools associated with the Diocese are not eligible*
- Student is a Catholic, member of a parish in the Diocese of Arlington or a military base parish
- Family resides within the boundaries of the Diocese of Arlington
- Family is a registered and active member of a parish in the Diocese of Arlington or a military base parish

### **HOW DO STUDENTS APPLY?**

All families requesting assistance must submit an application along with the processing fee and all supporting documentation to FACTS by the deadline listed below in order to be considered for an award through the Diocesan Tuition Grant Program. FACTS is an independent assessment company contracted by the Diocese of Arlington to provide confidential and objective economic analyses to determine families' financial need for tuition assistance. Paper applications are distributed through individual schools or an application may be completed electronically online at [www.factstuitionaid.com](http://www.factstuitionaid.com). Only one application is required per family. Please be sure to answer all questions and submit all supporting documentation requested in the instructions. The deadlines for submitting an application with supporting documentation are as follows:

#### **DEADLINES:**

High Schools (*See Note*) • January 25, 2010

Elementary Schools • March 15, 2010

**NOTE:** All families with children enrolled in both high school and elementary school will need to submit an application by the high school deadline.

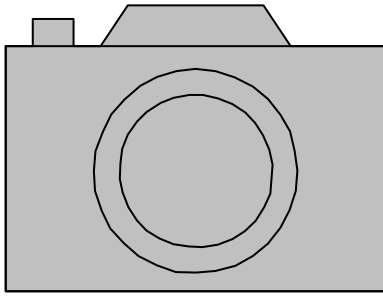
Diocesan Tuition Grant Program awards are made for one academic year. Returning students' families must complete a new application for each year that the students enroll. Applications must be completed on time and all supporting documentation submitted in order for consideration. Late applications will be handled as they arrive and as funds allow. Only complete applications will be considered.

### **HOW MUCH IS AWARDED?**

Awards are made for one academic year and are based on each family's demonstrated financial need. Individual schools make the determination on the amount and distribution of all awards for each academic year. The schools will contact families when award decisions have been made. Once these final award decisions have been made, the Office of Catholic Schools directs the funds from the Diocesan Tuition Grant Program to the schools for credit to the tuition accounts of approved families.

### **FOR MORE INFORMATION**

Contact Mary Manilla-Smith at 703.841.2551 or [m.manilla-smith@arlingtondiocese.org](mailto:m.manilla-smith@arlingtondiocese.org).



## **Picture Retakes!!**

**Monday, November 23, 2009**

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It is time to reserve your space for

# *Breakfast with Santa*

Saturday, December 5th at 9:30 a.m.

St. Thomas More School Cafeteria and Gym

*\* pancakes \* sausages \* muffins \* coffee \* tea \* juice \**

*\* Photos with Santa \* Secret Shop \* Basket Raffle \**

Tickets for the breakfast are \$5 per person; \$20 max per family.

Seating is limited, so please make your reservations early!

Send payment in an envelope marked "Breakfast with Santa"

with your student to the school office,

or contact:

Amy Plaza 703-553-0357 or amyisaleo@hotmail.com

# REMINDER

## *2009 BREAKFAST WITH SANTA RESERVATION FORM*

*Family Name:* \_\_\_\_\_ *Home Telephone:* \_\_\_\_\_  
(please print)

*Number Attending:* \_\_\_\_\_

*Amount Enclosed:* \_\_\_\_\_

*Please return this form with payment to the school office in an envelope labeled  
"Breakfast with Santa"*

*Make Checks payable to STM PTO*



We are off to a really slow start and need help with our Secret Shop!

*Please consider donating items to the Breakfast with Santa Committee for the Kids' Secret Shop. These items will be reasonably priced so that the children can purchase them as holiday gifts for their loved ones.*

*Bring your donations (vases, candles, picture frames, toys, jewelry, books, ceramics, etc.) to the school cafeteria, and place them in the boxes near the bottom of the stairs leading out to the black top.*

**REMEMBER: NEW/NOT USED ITEMS ONLY!**

**This is a very popular part of Breakfast with Santa.**

**Please help us have a well-stocked shop!**

*If you have any questions, please contact Jane Posey at (703) 924-7190 or [jposey@mwcoq.org](mailto:jposey@mwcoq.org).*