



Mission Statement

At St. John of God Catholic School,  
we foster a faith-filled Christian community  
in which we develop the whole person:  
body, mind and spirit.

# September 2011

| SUN  | MON   | TUE  | WED   | THU  | FRI   | SAT                 |
|--|---|--|---|--|---|---------------------|
|  |   |  |   | 1<br>12:15 p.m. Dismissal  | 2<br>Sorry Try Again Class<br>Competition Begins<br>Liturgy: 11:00 a.m. (CH)<br>12:15 p.m. Dismissal                                | 3                   |
| 4  | 5<br>Labor Day<br>NO SCHOOL   | 6<br>PE<br>S & B Lunch Begins<br>Presale Fiesta Ride<br>Tickets After School                     | 7<br>50 Cans/Bottles= Free Dress<br>Sorry Try Again Class<br>Competition Ends<br>12:15 p.m. Dismissal<br>Presale Fiesta Ride Tickets<br>After School<br>Faculty Meeting 1:00 p.m. | 8<br>12:15 p.m. Dismissal<br>Presale Fiesta Ride<br>Tickets After School<br>Fiesta Set Up                | 9<br>Parish Fiesta<br>NO SCHOOL   | 10<br>Parish Fiesta |
| 11   | 12<br>Fiesta Clean-UP<br>NO SCHOOL  | 13<br>PE<br>First Day Drama<br>3:05 p.m. - 3:45 p.m.   | 14  | 15<br>Mandatory Back To School<br>Parent Meeting 7:00 p.m.<br><br>Night Time Care<br>6:00 p.m.—9:00 p.m. | 16  | 17                  |
| 18<br>Catechetical Sunday<br>"Do This In Memory of Me"<br>9:30 a.m. (CH)<br><br>Gr 7 Coffee & Donuts (SH)<br>SCRIP Sales | 19<br>ITBS Testing<br>First Day Decathlon<br>First Day Peer Tutoring<br>Fundraiser #1 Money Due         | 20<br>ITBS Testing<br>8:30 a.m. Drill<br>PE<br>Drama Try Outs<br>3:05 - 4:30 p.m.<br>SCRIP Sales | 21<br>ITBS Testing<br>12:15 p.m. Dismissal<br>Food for the Poor = Free Dress<br>Faculty Meeting 1:00 p.m.<br>Drama Try Outs<br>3:05 - 4:30 p.m.<br>SCRIP Sales                    | 22<br>ITBS Testing<br>Drama Try Outs<br>3:05 - 4:30 p.m.   | 23<br>ITBS Testing<br>After School Sales<br>Student Council<br><br>SCRIP Sales  | 24                  |
| 25<br>SCRIP Sales  | 26<br>ITBS Testing<br>Fresh N Easy<br>Shop for School Night<br>4:00 p.m.—8:00 p.m.<br>(Rosecrans Blvd.) | 27<br>ITBS Testing<br>PE<br>Drama Practice<br>3:05 - 4:00 p.m.<br>SCRIP Sales                    | 28<br>ITBS Testing<br>SCRIP Sales   | 29<br>ITBS Testing<br>Drama Practice<br>3:05 - 4:00 p.m.   | 30<br>Bartolo Picture Day<br>8:30 a.m. (LH)<br>(School Uniform)<br>After School Sales-CYO<br>SCRIP Sales<br>Fundraiser #1 Quota Due |                     |

Please contact the school office if you would like to sign up for service hours and work at the "Sorry Try Again" booth during the Fiesta.

# ST. JOHN OF GOD SCHOOL

# WELCOME BACK NEWSLETTER





SEPTEMBER 2011

## WELCOME BACK

Welcome back and thank you for your continued dedication and commitment to St. John of God Parish School. We have a lot to look forward to in the 2011-2012 school year. Besides our wonderful parents, we are blessed to have teachers and staff members who work together to provide faith formation as well as an excellent academic program for our students. Again, we look forward to a great new school year.

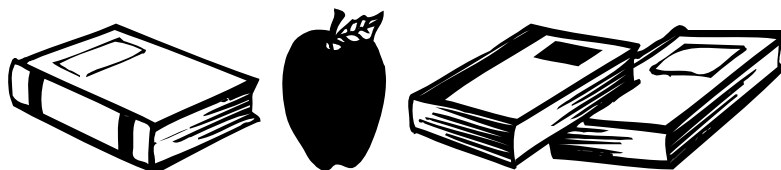
Be sure to attend our Back-To-School Parent Mandatory Meeting on Thursday, September 15, 2011, at 7:00 p.m. We offer Night-Time Care for all parent meetings for children who are four years and up, so that you are able to attend these very important meetings. (*Look for the reservation form in this newsletter*).

Below are a few reminders to help make the new school year go as smoothly as possible.

-  School begins promptly at 8:00 a.m.
-  Your child should come to school prepared with all supplies and ready to work.
-  Label your child's belongings with his/her name.
-  Check the school calendar regularly for minimum days and scheduled activities.

## WELCOME FACULTY AND STAFF

|                     |              |               |  |
|---------------------|--------------|---------------|--|
| Ms. Mary J. Pekarck | Principal    | Mrs. Gosch    | Pre-K Teacher Aide/Day Care Supervisor |
| Mrs. Gutierrez      | Pre-K        | Mrs. Telles   | Teacher Aide/Day Care Supervisor       |
| Ms. Guzman          | Kindergarten | Ms. Ortiz     | Teacher Aide/Day Care Supervisor       |
| Ms. Rodriguez       | Grade 1      | Mrs. Sandoval | Librarian/Teacher Aide                 |
| Ms. Santillan       | Grade 2      | Ms. Starheim  | P.M. Day Care Director                 |
| Mrs. Avila          | Grade 3      | Mrs. Reyes    | Computer Aide                          |
| Ms. Rosales         | Grade 4      | Mrs. Preciado | Receptionist                           |
| Mrs. Gomez          | Grade 5      | Mrs. Duran    | Bookkeeper                             |
| Mrs. Ontiveros      | Grade 6      | Mrs. Hunley   | Secretary                              |
| Ms. Guzman          | Grade 7      | Mr. Sanchez   | Custodian                              |
| Mrs. Marquez        | Grade 8      |               |  |
| Mrs. Derleth        | Music        |               |  |



**WELCOME STUDENT COUNCIL 2011-2012**



|   |                   |
|---|-------------------|
| <b>Office of President:</b>                       | Matthew Borlongan |
| <b>Office of Vice President:</b>                  | Dana Manalo       |
| <b>Office of Secretary:</b>                       | Sandy Alvarado    |
| <b>Office of Finance:</b>                         | Jennae De Guzman  |
| <b>Commissioner of Religion:</b>                  | Annalise Wintz    |
| <b>Commissioner of Safety:</b>                    | Joshua Sales      |
| <b>Commissioner of Spirit:</b>                    | Danielle Enriquez |
| <b>Commissioner of School Affairs:</b>            | Diego Herrera     |
| <b>Commissioner of Sports:</b>                    | Daniel Serrano    |
| <b>Commissioner of Publicity:</b>                 | Dana Berroya      |
| <b>8<sup>th</sup> Grade Class Representative:</b> | Joshua Viola      |
| <b>7<sup>th</sup> Grade Class Representative:</b> | Maria Rebolledo   |
| <b>6<sup>th</sup> Grade Class Representative:</b> | Philip Tafoya     |
| <b>5<sup>th</sup> Grade Class Representative:</b> | Laura Sarmiento   |



**ST. JOHN OF GOD SCHOOL MISSION STATEMENT**

At St. John of God Catholic School, we foster a faith-filled Christian community in which we develop the whole person: body, mind and spirit.

**SCHOOL-WIDE LEARNING EXPECTATIONS (SLE'S)**

**Faith**

*St. John of God Students will:*

- a. be made aware that the liturgy is the cornerstone of the Catholic Faith.
- b. become familiar with the Gospel of Jesus Christ and the traditional prayers of the Church.
- c. develop a working knowledge of the Bible, church history and lives of the saints.
- d. be taught the importance of living an active, prayerful Christian life.
- e. respect life and all of God's creation.

## **Personal Development**

*St. John of God Students will:*

- a. become model citizens by learning to take responsibility for their actions.
- b. develop good study habits, test-taking skills and become independent thinkers.
- c. show respect for self and others.
- d. share their gifts and talents with the community.

## **Knowledge**

*St. John of God Students will:*

- a. master the basic skills in all areas of the curriculum to the best of their ability.
- b. learn the use of logic and critical thinking to solve problems.
- c. use computer technology to enhance work in all subjects.
- d. communicate and apply acquired knowledge and skills to their everyday lives.

|                    |
|--------------------|
| <b>A.C.E AWARD</b> |
|--------------------|

Congratulations to all the students who earned the A.C.E. Award for the month of May, 2011. Way to go!

### **Pre-K**

Nathan Alfonso  
William Gray  
Andre Hernandez  
Damian Lara  
Eric Lopez  
Joshua Perry

### **Grade 2**

Kassidy Alabanza  
Jasmine Bui  
Patrice Dalipe  
Justin Enriquez  
Max Fernandez  
Ethan Hernandez  
Mia Jimenez  
Aaron Lopez  
Jacqueline Lopez  
Melissa Manalo  
Izabela Mancera  
Amaya Mendoza  
Christian Real  
Alyssa Santos  
Jacob Viola

### **Kindergarten**

Joshua Alabanza  
Maegan Bautista  
Michael Belo  
Anaisa Castillo  
Adrian Curiel  
Mitzi Duarte  
Angelica Garcia  
Jonathan Garcia  
Adrian Linares  
Roj Manalo  
Anthony Perkins  
Alyssa Reyes  
Jasmine Reyes  
Ricardo Rodriguez  
Summer Rodriguez  
Marissa Trujillo  
Miranda Williamson

### **Grade 3**

Andrea Bailey  
Niki Bautista  
Andrea Mendez  
Alex Munoz  
Kimberly Obeso  
Madison Sanchez

### **Grade 1**

Janneel Alvarado  
Raquel Barquero  
Joseph Bautista  
Sophia Da Cruz-Rodriguez  
Anthony De La Torre  
Juliana Diaz  
Arlene Garcia  
Sarah Gutierrez  
Paris Hipolito  
Ashley Obeso  
Jayson Pascual  
Elizabeth Preciado  
Andrew-Joshua Rodriguez  
Danielle Trujillo  
Joan Viola  
Loreinice Zilabbo

### **Grade 4**

Maureen Bautista  
Dianne Berroya  
Jessica Bui  
Patrick O'Brien  
Glenn Reyes  
Laura Sarmiento  
Christopher Swanson  
Thomas Toledo  
Jarell Velasco

Continues...

**Grade 5**

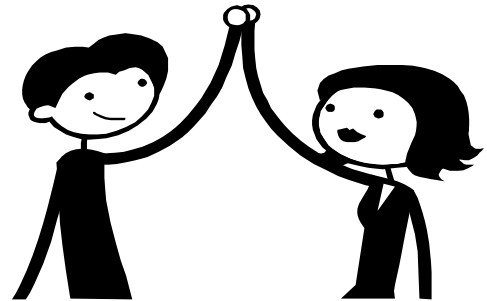
Amanda Almeida  
Jennae De Guzman  
Juan Gonzales  
Nina Rhodes

**Grade 6**

Sebastian Anaya  
Dana Berroya  
Daniel Hall  
David Munoz  
Josephine Riese  
Rebecca Rodriguez  
Kevin Salanguit  
Alyssa Vieyra

**Grade 7**

Matthew Borlongan  
Danielle Enriquez  
Daniel Guevarra  
Marissa Hernandez  
Dana Manalo  
Andrea Pastores  
Cristina Sarmiento  
Janella Velasco  
Joshua Viola  
Annalise Wintz



**HANDWRITING AWARD**

The following students earned the Handwriting Award for the month of May, 2011. Excellent work!

**Pre-K**

Salome-Matthew Chavez

**Kindergarten**

Monique Cardona

**Grade 1**

Joan Viola

**Grade 2**

Melissa Manalo

**Grade 3**

Caterina Almeida

**Grade 4**

Jarell Velasco

**Grade 5**

Eric Avalos

**Grade 6**

Maria Rebolledo

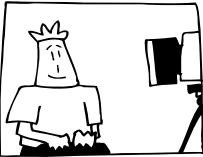
**Grade 7**

Kimberly Hernandez



**ITBS**

The Iowa Tests of Basic Skills will officially begin on Monday, September 19, 2011 and will end on Thursday, September 29, 2011. Please make an extra effort to see that your child(ren) are in school and on time; ready to focus and perform well on the tests. Thank you, in advance, for your cooperation.

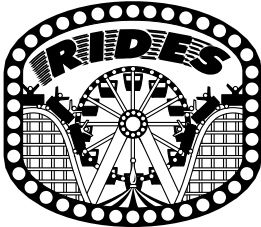
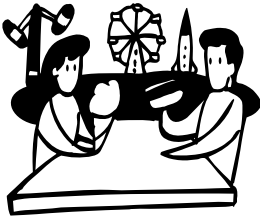


**SCHOOL PICTURE DAY**

Individual school pictures will be taken on **Friday, September 30, 2011**. Students will receive picture packet information. Please remember to send money in the picture envelope on picture day **ONLY**. **Students are to wear their full school uniform on this day.** Thank you in advance for your cooperation.

**ST. JOHN OF GOD PARISH FIESTA**

This year's Parish Fiesta will take place Friday, September 9 through Sunday, September 11. Pre-sale tickets are being sold after every Sunday mass and after school, beginning Tuesday, September 6. Parent volunteers are needed to help run our school sponsored, "Sorry – Try Again" Booth. Also needed are prizes, big and small, and/or money donations to help purchase prizes. Begin earning your Services Hours *and* have fun doing it! (See attached flyer)



*\*Double Service Hours will be given for Fiesta Clean-up. (Up to a maximum of 10 hours only.)*

# Don't Forget

## IMPORTANT NOTE

All school families who were recipients of our Adopt-A-Student Program, Reduced Service Hours, or any approved plan, must renegotiate each year with the school principal. *All previous arrangements made with the school principal expire with the end of each school year.*

**The deadline to submit written requests to the principal for the 2011-2012 school year is Friday, September 2, 2011.**



## DAY CARE

Day Care will begin on the first day of school. All forms must be completed and turned into the school office before the opening of school. Students who are participating in after school activities must first report to the Day Care supervisor.

Students who are not registered in Day Care should **NOT ARRIVE** before 7:45 a.m., and must leave school grounds at 3:00 p.m. Students who arrive before 7:45 a.m. will be placed in Morning Day Care and will be charged accordingly. Students who are not picked up by 3:05 p.m., and not enrolled in After School Day Care, will be sent to Day Care and you will be billed \$1.00 per child for every 5 minutes. Our students must be supervised at all times!

## LUNCH PROGRAM

S & B Foods will begin the hot lunch program on Tuesday, September 6. Pre-order lunch menus were distributed in your family envelopes at the time of registration. The deadline to return order forms is Wednesday, August 31. (For Grades K – 8) Please be sure to keep a record of what you have ordered for your child. **Late order forms will not be accepted after the due date.**

If your child forgets his/her lunch, the school office will attempt to notify you and ask that you bring them a lunch by 12:15 p.m. **NO FAST FOOD IS PERMITTED!** All forgotten lunches must be deposited in the school office and clearly marked with the student's name and grade. Students enrolled in Day Care must bring a lunch on days when school is dismissed at 12:15 p.m.





## UNIFORMS

Students may wear uniform walking shorts when the weather is very hot. **Full school uniform must be worn on the first Friday of every month for our school Liturgy.** Girls may wear slacks **only when the weather is rainy or cold.** P.E. uniforms are to be worn **every Tuesday (Grades K – 8).** Students are asked **not to wear sweat pants on Tuesday for P.E. unless it is rainy or cold weather.**



## MEDICATION

The Archdiocesan “Medication Authorization and Permission Form” must be filled out and completed by the family’s licensed physician and signed by the parent or guardian. It must be filed in the school office **before** any medication(s) may be distributed to a student.

Students suffering from asthma who are required to carry an inhaler **must** have the “Authorization and Permission Form for Inhalers to Be Carried by Students” consent form completed *and* signed by a licensed physician and parents/guardians. The completed form is to be turned into the school office.

## UPDATED PLAN A AND B SCHEDULE

As the new school year begins, we have some reminders from the Parish Office in regard to your contributions:

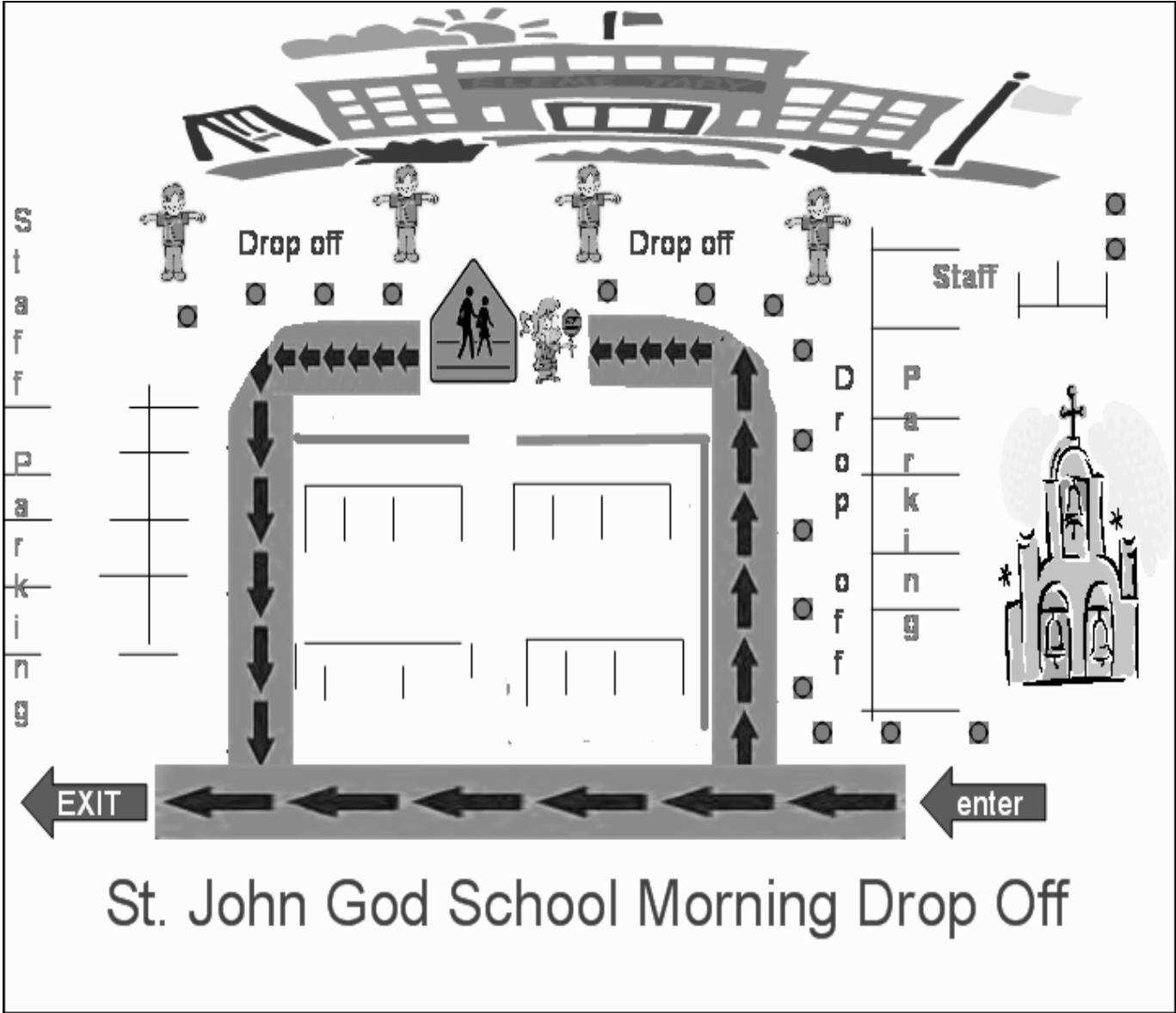
1. You must donate \$5.00 per week to the Church to qualify for Plan “A.” The updated Schedule Plan runs from the first Sunday in June to the last Sunday in November for tuition starting in January 2012, then from the first Sunday in December to the last Sunday in May for tuition starting in July 2012. We can make **NO EXCEPTIONS** for families who turn their contributions in late. If you are planning to be on vacation during these times, be sure to turn in your contributions early.
2. Always clearly mark on your Sunday envelope that you are a “**School Family.**” These envelopes are handled by one person, and have top priority in posting. They are kept on file in case there are any questions regarding your contributions.
3. Always put your name and the amount on the envelope.

***St. John of God Parish Office thanks you for your cooperation in this matter.***



**TRAFFIC SAFETY**

For the safety of students and parents alike, please follow the school's drop-off and pickup map below.



St. John God School Morning Drop Off

**HOLY FAITH SISTERS WAY**

During summer vacation, the “Holy Faith Sisters Way” sign that our school dedicated to the Holy Faith Sisters was installed at the corner of the parish and school office near the rectory. It will serve as a reminder to all of their 58 years of dedicated service to our community.

**EARLY BIRD DRAWING RAFFLE TICKET WINNER**

Congratulations to the Swanson Family! They were the winners of the 2<sup>nd</sup> Early Bird Raffle Ticket Drawing sponsored by the Parish Fiesta.



We welcome any suggestions, comments and/or questions you may have. We depend upon close communications with you in order to make our work effective. We count upon your good example and training to help us assist your child in developing a sense of responsibility as a true Christian in every respect.

May God be with us in our efforts to guide your children.

Sincerely,

***The Administration and Faculty of St. John of God School***

---

---

---

---

Name: \_\_\_\_\_

Grade of Oldest/Only Child: \_\_\_\_\_

Phone Number: \_\_\_\_\_



**school@sjogschool.com**

# St. John of God School



## Mandatory Parent Meeting

**Thursday, September 15, 2011  
7:00 p.m.  
Large Hall**

Night Time Care will be available for parents with children, ages 4 and up. *(Must be toilet trained)* Our qualified Day Care Staff will supervise. The children will be treated to a video, popcorn and drink. If you would like to have your child/ren attend the Night Time Care, please return the bottom portion of this letter along with \$5.00 per family to the school office by:

**Thursday, September 15, 2011, 8:00 a.m.**



-----  
**Night Time Care: Mandatory Parent Meeting**

Yes, please sign my children up to attend the Night Time Care.

Enclosed is the \$5.00 per family fee. *(Checks may be made payable to: St. John of God School)*

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

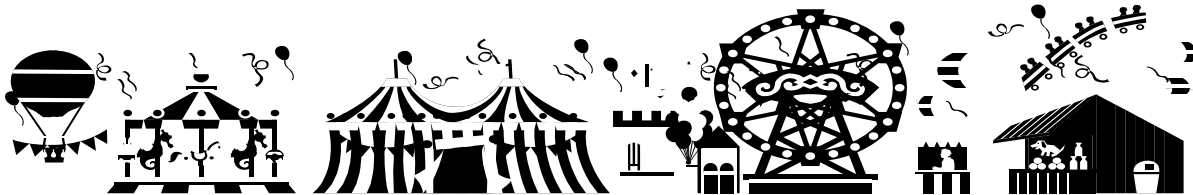
Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_

(Please Print)

(A fee of \$5.00 per family will be charged at the door.)



# St. John of God Parish Fiesta

## September 9- 11, 2011

St. John of God School is the sponsor of the  
“Sorry-Try Again” booth.

We are seeking donations of  
money or large prizes **and**  
volunteers to help to work in the booth.

\*\*\*\*\*SERVICE HOURS WILL BE GIVEN\*\*\*\*\*

If you would like to help, please return the bottom portion of this flyer.



Sorry – Try Again Fiesta Booth

Yes, I would like to work in the “Sorry – Try Again booth during the Parish Fiesta. *(You will be contacted for time and day to work.)*

Yes, I will donate a large prize(s). (Please turn item(s) into school office.)

Enclosed is my donation to help purchase prize(s).  
*(Checks may be made out to: St. John of God School)*

Contact Name: \_\_\_\_\_

Oldest/Only Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## Service Hour Opportunities!

If you have never been short serving hours at the end of the semester or year then you must know all the great opportunities we have available and we thank you for your service! If you happen to find yourself short when hours are due, please, take the time to look over the examples below and let the school secretary know where your talents will serve our school. The Fiesta Booth that our school hosts, the famous SORRY...TRY AGAIN booth, is a great way to book some time and have fun at the same time. The Halloween Carnival is another wonderful time to play and rack up service hours. It sure beats paying for the hours you didn't serve, and the satisfaction of making a difference will be worth every minute. Details of service hour requirements can be found inside your booklet in your registration packet.

The following list is designed to provide a set of examples. The list is not to be restrictive in any way. Only half of each semester's hours can be done in the parish. (10 hours for parish volunteer hours.) Material donations must equal \$10.00 for each hour. (Receipts are required.)

### Parish

1. Fiesta
2. Sorry-Try Again Booth
3. Parish Ministry

### School

- |  |                            |
|--|----------------------------|
| 1. Donations/Prizes(receipts required) | 13. Parent Council         |
| 2. Good Xerox Paper/Office Supplies    | 14. Fundraising Committee  |
| 3. Office Help/Supervision             | 15. Safety Committee       |
| 4. Stuffing Monthly Envelopes          | 16. Room Parents Committee |
| 5. Teacher's work (at home/school)     | 17. Hospitality Committee  |
| 6. Library Aides/Book Fairs            | 18. Publicity Committee    |
| 7. Health Screening                    | 19. Drama Committee        |
| 8. Coffee & Donuts                     | 20. Sports Committee       |
| 9. Halloween Carnival                  | 21. Decathlon Committee    |
| 10. Family Social/Dance                | 22. Religion Committee     |
| 11. Jog-A-Thon                         | 23. SCRIP Committee        |
| 12. Coach/Helper/Driver                |                            |



St. John of God School  
St. John of God Parish Fiesta  
Friday, September 9 - Sunday, September 11, 2011

**Sorry – Try Again Booth Prize Class Competition**  
**(Service Hour Opportunity)**

*School families earn 1 Service Hour for every \$10.00 spent.  
Receipt(s) must be shown to receive Service Hours.*

Students and their Teachers from the winning classrooms will receive a fun afternoon with a movie and snack.

\*Winning classrooms will be based on the highest percentage of donations.



**Primary Level Donations**

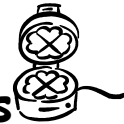
New Stuffed Animals (Sizes: XL, L, Med. & Small)  
Pre-Kindergarten, Kindergarten, Grade 1 & Grade 2



**Intermediate Level Donations**

Board Games  
Grade 3, Grade 4, Grade 5

**Departmentalized Level Donations**



Small Appliances  
Grade 6, Grade 7, Grade 8

Competition Begins: Friday, September 2, 2011

Competition Ends: Wednesday, September 7, 2011

# SCHOOL CENTS NEWS from Mark Luna...



## Help Our School Earn A Share Of \$50,000 – It's As Easy As 1-2-3!

Participating in the School Cents program is an easy and fun way to support our school! Every participating school is guaranteed mall gift cards! Here's what to do:

1. Sign up for School Cents email reminders and earn 1,000 points instantly for our school.
2. Then, beginning September 1, shop and log receipts at Guest Services from any of the businesses at Lakewood, Los Cerritos and Stonewood Centers. Our school earns 5 points for every dollar spent.
3. Watch for School Cents flyers with great bonus point offers.
4. If you are not already a School Cents subscriber, register now! You will experience the registration process first-hand, and earn 1,000 points for your school. Just visit the School Cents website and click on the A+ sign on the right to get started. Then encourage your school supporters to subscribe, since your school will earn 1,000 points for each subscriber (limit one per person).
  - Your school will receive 1,000 points for all existing subscribers, so if people are all ready registered, they do not need to sign up again.
  - People can sign up year-round to earn points for your school, so no need to wait. <http://www.shoppingpartnership.com/points/lakewood.htm>

Thank you for your support!



**FRESH & EASY SHOP FOR SJOG SCHOOL NIGHT**



Shop 'til you drop to raise money for St. John of God School.

Where: Fresh & Easy, 10930 Rosecrans Avenue  
When: Monday, September 26, 2011  
Time: 4:00 p.m. – 8:00 p.m.

SJOG School will receive five percent (5%) of the store sales revenues between these specific hours.

## FRESH & EASY SHOP FOR SCHOOL PROGRAM

The Shop for Schools Program begins September 15, 2011 and ends December 31, 2011. Please save your receipts during this period and turn them in to the school office. There is a specific box set on the counter in the office lobby for the collection of these receipts. For every \$20 dollars spent per visit at a Fresh & Easy store, the school will receive a \$1 cash donation.

## TERRA CYCLE NEWS

For Back to School, DwellSmart has a complete assortment of [eco-friendly supplies](#). And, our feature article below includes tips for packing a "green" and healthy lunch.

DwellSmart has a large assortment of [pencil cases and boxes](#) as well as writing utensils and arts and craft supplies. TerraCycle reuses drink pouch materials and chip bags to make pencil cases in many sizes and styles.



We are pleased to introduce [Lunchskins](#), an assortment of sandwich, snack, and sub bags. They are made with a certified food-safe cotton fabric and hand-sewn in the USA. Lunchskins are dishwasher safe and available in a number of attractive designs and colors.

DwellSmart has several styles of [backpacks and messenger bags](#). With prices starting at just \$12.99, you will find a number of stylish backpacks made from recycled materials. Many schools participate in recycling programs with TerraCycle; please [click here](#) to learn more about these programs.



## Feature Article - Packing a "Green" Lunch

A great goal for the coming school year is to pack **"green lunches"** for your kids that not only are nutritious but are also free of waste. A typical child packing a disposable lunch produces 67 pounds of waste per school year. An average-sized elementary school can send as much as 19,000 pounds of lunch waste material to landfills each year. Below are some simple steps for making those lunches less wasteful.

Use reusable bottles for drinks and use containers for food items. [Disposable bottles](#) are a tempting

convenience, but you'll save money and reduce waste by filling a [reusable bottle](#) with filtered water from your tap or with milk or juice from a gallon jug. Put chips, veggies, crackers, cheese and other lunch items in reusable plastic containers.

You may also consider avoiding the small, prepackaged yogurt containers. It is cheaper to buy the larger containers and scoop portions into reusable lunch containers. An added benefit of this approach is that you can gradually move kids away from the super sweet, flavored yogurts to more healthful plain yogurt mixed with fresh fruit.

Another step is to eliminate the throw-away plastic. Wrap sandwiches in reusable [Wrap-n-mats](#) or [Lunchskins](#), instead of plastic film or sandwich bags. The wrap-n-mats are quite practical because they unfold to form a placemat for your child's lunch. And they clean very easily with a wipe of a damp sponge.

Compared to disposable plastic forks and spoons, stainless steel cutlery or heavy duty plastic cutlery is inexpensive, especially when you consider the amount of re-use over their lifespan (even allowing for periodic episodes where they go missing).



[Cloth napkins](#) are a great substitute for paper towels and napkins. Your child can bypass the trash line in the cafeteria. And, you can save or compost any leftovers.

When choosing lunch boxes, bags, or bottles made from plastic - look for those that do not contain lead, [BPA](#), or [phthalates](#). These unhealthful substances can leach into lunch foods over time. Avoid products made with vinyl (often identifiable with a "number 3" recycle symbol) - they are particularly bad for leaching phthalates, especially when exposed to heat (avoid putting plastics through the "dry cycle" in your dishwasher). See our full line of [school lunch supplies](#).

Finally, don't forget about the "upstream packaging". When shopping for food, use [reusable produce and carry bags](#). And when preparing lunches, [compost](#) any leftover food scraps.

You and your kids can feel good about these small daily steps to reducing your impact on the environment.



## SCRIP VOLUNTEER SIGN-UP SHEET

Please indicate the days and time you are available.

### **Friday Afternoon Sales**

\_\_\_\_ Friday – September 16, from 2:30pm to 3:15pm

\_\_\_\_ Friday – September 23, from 2:30pm to 3:15pm

\_\_\_\_ Friday – September 30, from 2:30pm to 3:15pm

\_\_\_\_ Friday – October 7, from 2:30pm to 3:15pm

### **Sunday After All Morning Masses**

\_\_\_\_ Sunday – September 18, from 7:15am to 12:30pm

\_\_\_\_ Sunday – September 25, from 7:15am to 12:30pm

\_\_\_\_ Sunday – October 2, from 7:15am to 12:30pm

If you can not work from 7:15am to 12:30pm but can work a few hours please indicate the date and time here and fill out the information below

---

---

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Your child's name and grade \_\_\_\_\_

Please fill out this form and return it to the school office.

**YOU WILL RECEIVE ONE BONUS HOUR PER FAMILY PER SUNDAY IF YOU SIGN UP IN ADVANCE TO VOLUNTEER AND SELL SCRIP.**