



# St. Malachy School

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[www.stmalachyschool.catholicweb.com](http://www.stmalachyschool.catholicweb.com)

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## YEAR OF THE ROSARY EVENT

The statue of Our Lady of Good Counsel, along with a large wooden rosary, recently adorned the cafeteria. The opening prayer invited the assembly to model their lives after the Virgin Mary, who said, "Yes", to the ways of Jesus. The Cantic of Mary, read by Allison Carver reinforced the message. Each St. Malachy student received a rosary, a gift from Bishop Daniel Jenky, which were passed out by the school leaders. Mr. Flaherty reminded the students that Pope Benedict XVI has declared 2009, the Year of the Rosary. October is the month of the Rosary. We are encouraged to pray, individuals and as a family, the rosary.

## PARENT NEWS

- ✓ **Parents that were notified last week by a letter concerning birth certificates, physicals and immunization records that are still needed, please turn these in as soon as possible!**
- ✓ **H1N1:** The Champaign –Urbana Public Health Department will be at St. Malachy School in the near future to vaccinate K – 8<sup>th</sup> grade students for the H1N1 influenza virus. We will inform you when they plan on being at our school. You may still turn in the vaccine consent form (yellow). No student will be vaccinated without a signed consent form. There is no cost for this vaccine.
- ✓ In September, grades K,1,2,3,8, preschool, and any new students were tested for Vision and Hearing. If you received a letter from the nurse informing that your child needs a further check, please do so and return the results to the school office.
- ✓ **Parent/Teacher Conferences are Oct. 29<sup>th</sup> and 30<sup>th</sup>. Please call the office if you still haven't set up a time.**

**Concession/Admission workers:** If you are unable to work these times, please find your replacement. More volunteers are needed for upcoming Tournaments. Please call Amy Mayer at 892-2011, ext. 126 if you are able to help. Remember proceeds from these events benefit the Home & School Association.

		<b>Admissions</b>	<b>Concessions</b>	<b>Concessions</b>	<b>Game Time</b>
Mon.	10/26	Wendy Bertram	Ken Medlen	Randi Smith	report to chair at 5:15p.m.
Thurs.	10/29	Carey Taylor	Jan Klimas	Susana Sumitro	report to chair at 5:15p.m.

## **OCTOBER DATES/Mark your calendars:**

**CHANGE ON THE CALENDAR: REPORT CARDS WILL BE ISSUED ON OCT. 26**

29- Dismissal at 12:30 p.m./Parent Teacher Conferences 1:30 – 7:30 p.m.

30- No School or Aftercare/ Parent Teacher Conferences 8:00 to noon

30- Meet the Tigers/Chili dinner 5:30 p.m. and scrimmage @ 6:30 p.m.

## **NOVEMBER DATES**

4- No afternoon bus

11- Veteran's Day/Yes there is school!

12- 4<sup>th</sup> Grade Class Retreat (Parents are welcome to come to Lunch at 11:00 a.m. Please call the office to let us know)

13- Progress Reports Issued

14- Speech Contest

18- No afternoon bus

25- Teacher Institute/No School

26, 27- Thanksgiving Vacation/**NO SCHOOL**

## **DANCE FOR our St. Malachy 6<sup>H</sup> – 8<sup>TH</sup> GRADES**

Oct. 30 at St. Malachy School immediately following the Tiger scrimmage.

\$5.00 admission (Snacks and drinks will be included)



**Congratulations to our 8<sup>th</sup> grade girls' basketball team** for winning the St. Malachy tournament this past weekend. Way to go girls!

## **SUGGESTIONS regarding H1N1**

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face
3. \*Gargle twice a day with warm salt water (use Listerine if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, \*clean your nostrils at least once every day with warm salt water. \*Not everybody may be good at using a Neti pot, but \*blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population.\*
5. \*Boost your natural immunity with foods that are rich in Vitamin C. \*If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. \*Drink as much of warm liquids (tea, coffee, etc) as you can. \*Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.



## **SAVE the DATE**

"A Christmas Carol: Scrooge in Bethlehem" December 17th @ 1:00 p.m. and 7:00 p.m.