

Bishop John A. Marshall School Friday Notes

JAN. 19, 2018

MRS. CARRIE WILSON, HEAD OF SCHOOL

Winter Ball Friday, Jan. 19



Mass at BJAMS

- Wed., 1/24** 8:15 a.m. *Celebrant:* Father Privé
- Lunch Menu: Jan. 22-26**
- Mon. 1/22:** Shepherd's pie, whole grain roll, salad
- Tues. 1/23:** Salad bar, whole grain roll, whole grain pasta w/kale pesto & chickpeas
- Wed. 1/24:** Whole grain pancakes, turkey sausage, roasted potatoes, yogurt & granola
- Thurs., 1/25:** Chicken fajita on whole grain tortilla w/toppings, black bean salad
- Fri., 1/26:** **HALF DAY** - *Bag lunch to go:* Sunbutter® & jelly on whole wheat bread, apple, carrot sticks, whole grain Goldfish®

Change to Dismissal on Fri., Jan. 19 - Due to the set up of the winter ball, all upper school students will be dismissed from their homerooms. Waterbury bus riders will still be dismissed from the 5th grade classroom.

BJAMS Thank You - Many thanks to Shane Semprebon for printing our new banners! They will be proudly displayed at future community and sporting events.

Cross-country Ski Program for Sixth, Seventh, and Eighth Graders - Our cross-country program will start -- weather permitting -- next Tuesday, Jan 23. Skiing will take place during the school day. Please make sure your student has appropriate outdoor gear for the weather including snow pants, hat, and gloves/mittens. Cross-country equipment (including boots) will be provided for all. If your student has his or her own equipment, please bring it to school on Tuesday and also contact Barry Lyden at drlydes@aol.com or cell (text) 802-272-8789 to let us know your student will have his or her own equipment. In addition, any parents who would enjoy skiing with their child's group on Tuesday morning, please contact Barry. Volunteers are always welcome and it's a fun way to spend some time with your child and his or her classmates. Thank you!

Polar Splash at Lake Elmore (February 10th at 11am) - Thank you volunteers for jumping! We are happy to announce our 2018 Team: Rick and Wiley Barnett (former Board member and his 8th gr. son), Robbie Robinson (gr. 8), Erica Silveria (1st gr. teacher), Destiny Wilcox (ASP, substitute teacher), Brian Tomlinson (parent of Avery - gr. 3 and Riley - K), Jeremy Ayotte (parent of Isaac - K), Katie Marvin (parent of Grace - gr. 3 and Lucy - gr. 1). Next week, starting on Monday, January 22, there will be a donation table set up in the front hall. Each of our jumpers will have a jar to accept donations. The jumper that receives the most donations will earn the right to pick the theme for our next Dress Down Day. All proceeds will be donated to the Morrisville Rotary's Polar Splash. This year's recipient of the donations is the North Country Vermont Recovery Center. Please consider making a monetary donation to support one of our BJAMS jumpers!

Request from the Kitchen - We are seeking donations of maple syrup. Thank you in advance for your generosity!

Scholastic Book Fair - Mrs. Dewey is once again organizing this year's Scholastic Book Fair. It will be set up in the ASP room and will be open for shopping the following dates/times:

1/29	2 pm -5:15 pm
1/30	12 pm – 5:15 pm
1/31	Not open
2/1	2 pm-5:15 pm
2/2	11 am – 2 pm

Community Service Project for Lamoille Food Shelf - During Catholic Schools Week, Pre-K through 8th grade will be participating in a school-wide community service project for the Lamoille Food Shelf. Classes will be collecting non-perishable food items as well as compete in a coin challenge. Students may bring in items starting next week if they want to get a jump start on this competition. The class that collects the most non-perishable food items and the class that raises the highest value in coins will win a dress-down day. All the money raised will be donated to the Food Shelf along with the food items.

Chess Club - The chess club has begun! All BJAMS K through 5th grade students are welcome to join the fun on Wednesdays from 3:15-4:15 in the first-grade classroom. This club will go through Wed., February 21 per organizer, Katie Marvin. No experience is necessary! If students have a board, they can bring it. Any parents who enjoy chess are welcome to join in and help teach! Please note if students are not picked up at 4:15, they will automatically go to ASP afterwards.

Kindergarten and Pre-K Screenings for 2018-19 - Do you know a family who might have age-appropriate children for our upcoming 2018-19 screenings for Kindergarten (must be 5 by Sept. 30) and Pre-K (must be 4 by Sept. 30)? If so, please let them know: Kindergarten screenings will take place on **Tues., March 13** from 1:30 - 2:30 and Pre-K screenings will occur on **Tues., April 24** from 1:30-2:30. Please ask them to register at www.bjams.org/admissions/pre-k-kindergarten-screenings or call Maryellen Kohl at 888-4758 to schedule their child's screening. Thank you!

Flu - We have had several students in our upper school out sick with the flu. Per the CDC website, here is some information that may be helpful to you:

Flu Symptoms - Influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms: fever (although not everyone with the flu has a fever) or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, some people may have vomiting and diarrhea although this is more common in children than adults.

Flu complications: Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death. Pneumonia, bronchitis, sinus and ear infections are examples of complications from the flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

People at High Risk from Flu: Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children. What are the **emergency warning signs** of flu sickness? **In children:** fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, fever with a rash. **In adults:** difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms that improve but then return with fever and worse cough. In addition to the signs above, get medical help right away for any infant who has any of these signs: being unable to eat, has trouble breathing, has no tears when crying, and significantly fewer wet diapers than normal.

Second Grade Donations Sought - We need your help! Second grade is in need of a CD player with a working headphone jack and a pair of computer speakers that can be plugged into the headphone jack for the classroom. If you would like to donate these items (new or used) please see Ms. Greene in second grade. Thank you!

Are you on Front Porch Forum? Would you submit a recommendation for BJAMS? BJAMS is entering its busiest season for admissions and when people in the community hear from a BJAMS parent, it speaks volumes. We recommend keeping it brief and to the point. Pick a few of your family's favorite things and convey how BJAMS has made a difference in your child's life. Be sure to include a link to the website - www.bjams.org - and encourage readers to visit the school in person to witness it for themselves. If you aren't yet on www.frontporchforum.com, maybe you will think about creating an account to lend a hand? The more who can do this the better!

BJAMS Student-Referral Discount – Spread the word—BJAMS is the place to be! Do you know a family who might be thinking about BJAMS for their student(s)? BJAMS families can receive a \$250 discount on their student’s tuition (or hot lunch/ASP account) by referring a new *family* to BJAMS! The discount would be applicable providing the new student remains at BJAMS through (a minimum of) one trimester.



- ❑ **Winter Ball** – Fri., Jan. 19 from 7 pm – 9 pm (grades 6-8 only)
- ❑ **Half Day - Staff Development** - Fri., Jan. 26. Dismissal is promptly at noon. No ASP.
- ❑ **Catholic Schools Week** – Jan. 28 – Feb. 2 (schedule attached!)
- ❑ **Polar Bear Plunge** - Sat., Feb. 10 at 11 at Lake Elmore. Come and cheer on our BJAMS team!
- ❑ **Fish Fry** - Fri., Feb. 16 (stay tuned for details!)
- ❑ **Winter Recess** - Mon., Feb. 26 through Fri., March 2

Price Chopper Tools for Schools - (Note correction to link!) If you have not already done so, please take a moment to enroll your AdvantEdge Price Chopper card on-line at <https://www.pricechopper.com/tools-schools>. (Only half of our families have registered to date.) Our school code is: **15309**. BJAMS receives valuable school supplies through this program and we greatly appreciate your help with it!

Rice Memorial High School for a Day (HS4D) - All 8th graders are invited to attend Rice’s High School for a Day (HS4D) program on Monday, February 5th! HS4D is a unique opportunity for 8th-grade students to familiarize themselves with Rice, our faculty and students. It’s also an occasion to meet new friends they may attend classes with at Rice. To find out more information and register for this event: <https://rmhsvt.myschoolapp.com/page/event-detail?siteId=820&ssl=1®ister=23741>

Rice Memorial High School's Prospective Parent Luncheon - This event will be on January 31st from 12 pm until 1 pm. To reserve your spot, go to:

<https://rmhsvt.myschoolapp.com/page/event-detail?siteId=820&ssl=1®ister=23685>

Business Office Reminder: Zero Balance Fridays! All Hot Lunch/ASP charges must be paid in full to ensure charging privileges the following week.

Catholic Schools Week Schedule 2018

Mon., 1/29	Tues., 1/30	Wed., 1/31	Thurs., 2/1	Fri., 2/2
<p>Monkey Around Monday</p> <p>Dress up like an animal today.</p>	<p>Turn Around Tuesday</p> <p>Wear your clothes backwards and do everything backwards for one period.</p>	<p>Wacky Wednesday</p> <p>Wear your hair in a crazy hairstyle or wear a crazy hat. (Pre-K - 5).</p>	<p>Take a Guess Who I am Thursday</p> <p>Dress like someone famous today.</p>	<p>Flannel Friday</p> <p>Wear your favorite flannel.</p>
		<p>Mass at St. Joseph Co-Cathedral</p> <p>Grades 6-8 8:30 departure 1:30 return</p>		
<p>Geo Bee</p> <p>8:30 am (gr. 6-8)</p> <p>It's a Zoo Costume Contest and Animal Trivia</p> <p>1:15pm (Pre-K - 5)</p>	<p>Survival of the Fittest</p> <p>10:15 am (Pre-K - 8)</p> <p>Compete for the most physically and mentally fit award.</p>	<p>Gratitude Project</p> <p>1:45pm (Pre-K-8)</p> <p>Card showers for local Catholic priests and the Bishop.</p>	<p>Lip Sync Battle</p> <p>1:15 pm (Pre-K - 8)</p> <p>Each class performs one song (2 min. max).</p> <p>Lower school teachers vs. upper school teachers battle.</p>	<p>Community Service Project</p> <p>1:15pm (Pre-K - 8)</p> <p>Announce winners of the Community Service Project (for Lamoille Food Share).</p> <p>Outdoor Fun Day (weather permitting) or Marshmallow Challenge</p> <p>1:30 pm</p>

BJAMS BASKETBALL

Bishop Marshall's basketball teams, coaches, training times, game schedule, and notes are:

Grade 1/2

Katie Marvin KatieMarvin@live.com

Dana Clapp danalclapp@gmail.com

Training: Monday 3:15-4:15

Grade 3/4 Coed

Casey Dewey Celticdewey@yahoo.com

Training: Tuesdays/Thursdays 5:45-7

3/4 Coed Game Schedule:

January 20th Stowe Boys 9:00am

January 24 Wolcott 5:00

January 31 Wolcott 5:00

February 1 5:30 Johnson

February 3 10:00 Peoples

February 7th at Johnson 5:30

Girls 5/6

Casey Dewey Celticdewey@yahoo.com

Lindsay Barup Hotwoody24@gmail.com

Training: Mon. 4:30-5:45 & Fri. 3:15-4:30 (unless the coach advises differently)

5/6 Girls' Game Schedule:

January 22 Wolcott 5:00

January 26 and 27 - Tournament. Details TBA.

February 1 Johnson 6:30

February 2 6:00 Stowe

February Cambridge Tournament 3rd (first weekend) 10th (second weekend)

February 5 Wolcott 5:00

Boys 5/6

Stephanie Frederick Sfrederickvt@gmail.com

Michael McCormack Michael.mccormack@raymondjames.com

Training: Monday 5:45-7:00 and Wednesday 5:30-6:45

5/6 Boys' Game Schedule:

January 22 Wolcott 6:00

January 26th Stowe 5:00

February 2 Stowe 5:00

February 3 Peoples 8:00am

February 5 Wolcott 5:00

February 7 Johnson 6:30

5/6 Boys' Wolcott Tournament

Game 8: Jan. 18 at 6:15 Stowe vs. W4

Game 9: Jan. 19 at 5:00 W5 vs. L8

Game 10: Jan. 20 at 9:00 W6 vs. BJAMS

Game 11: Jan. 20 at 12:00 Morrisville vs. W8

Game 12: Jan. 20 at 11:00 W9 vs. W10

Game 13: Jan. 20 at 2:00 W12 vs. L11

Game 14: Jan. 20 at 4:00 W11 vs. W13

Game 15 (if necessary): Jan. 20 at 5:00 rematch of Game 14 if either team has only one loss

Girls 7/8

Casey Dewey Celticdewey@yahoo.com

Lindsay Barup Hotwoody24@gmail.com

Training: Mon. 4:30-5:45 & Fri. 3:15-4:30 (unless the coach advises differently)

7/8 Girls' Game Schedule:

January 18 Craftsbury Academy 5:00

January 30 Crossett Brook 5:00

February 9 Craftsbury Academy 5:00

Note from Coach Barup: Practice on Friday, Jan. 19 is cancelled.

Boys 7/8

Andrea Jones Andreaj@manosh.com

7/8 Boys' Practice and Game Schedule:

Thurs., January 18 *Game* Craftsbury 6:00

Tues., January 23 *Practice* BJAMS 4:30

Thurs., January 25 *Practice* BJAMS 4:30

Tues., January 30 *Game* Crossett Brook 6:00

Thurs., February 1 *Practice* BJAMS 4:30

Mon., February 5 *Game* Craftsbury 6:00

Note from Coach Jones: All boys **must** bring a water bottle to all games and practices. It is taking up too much time with everyone lining up at the water fountain during water breaks. We have limited time!