

Bishop John A. Marshall School

Friday Notes

JAN. 4, 2019

MRS. CARRIE WILSON, HEAD OF SCHOOL

Epiphany of the Lord Sunday, Jan. 6



Mass at BJAMS

Wed., 1/9 8:15 a.m. *Celebrant:* Fr. Schnobrich

Lunch Menu: Jan. 7-8

Mon. 1/7 Cheese quesadilla, salsa, refried beans, corn

Tues. 1/8 Ham & cheese on whole wheat bread, whole grain chips, pasta salad, veggie sticks

Wed., 1/9 Salad bar w/toppings, whole grain mozzarella stick

Thurs., 1/10 Whole grain macaroni & cheese, broccoli, whole grain roll

Fri., 1/11 Whole grain chicken patty, potato wedges, green beans

Christian Character Awards for the Month of December - We were happy to recognize the following students for the month of December at our Dec. 18 assembly: Julia Biedermann (grade 7), Clara Borello (Kindergarten), Ava Buczek (grade 5), Lila Davis (grade 6), Evan Gramas (grade 8), Brinley Hirce (grade 3), Gabe McAlarney (grade 4), Grace Olsen (grade 1) Jack Semprebon (grade 3), and Emmett Youngs (grade 2).

Reenrollment Contracts – Keep your eyes peeled for the 2019-20 reenrollment contracts that will be out within the next month!

PTO News – Our next PTO meeting is scheduled for Monday, Jan. 07 at 8:00am in the multipurpose room. We will be discussing our Spirit Sweatshirt Sale, upcoming Pirate/Princess Dance, and Annual Lenten Fish Fry. All our welcome and encouraged to attend! We also need a new PTO secretary; no experience is necessary ... just a willingness to lend a hand! Please join us on Jan. 7 and help make a difference in our school community! **We need YOU...**

BJAMS Ski and Ride Program - Our program starts this Sunday, January 6th! **Please meet at the space between the Meadows lift and the Sunny Spruce lift at 12:45 dressed to ski or ride.** We will get groups organized there. I am still getting information regarding passes, so please watch for an email with more information. If you have any questions please contact me at esilveira@bjams.org.
~ Erica Silveira

Concert at BJAMS – Spruce Peak Chamber Music Society will do a mini performance for us at morning assembly at 8:05 a.m. on Friday, January 18. Everyone is invited to attend!

Winter Wear Reminders – Winter is upon us so please make sure that your student is appropriately dressed in warm clothing. No student will be excused from recess due to lack of winter wear (with the exception of winter boots which are required)! There is a different policy, however, for the After School Program. Without the proper warm attire (snow pants, gloves, coat, hat, and scarf) children will be unable to play outdoors.



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

Mark Your Calendar!



- ❑ **Winter Ball (grades 6-8)** – Fri., Jan. 11, 7 pm – 9 pm
- ❑ **Spruce Peak Chamber Music Society Concert at BJAMS** – Fri., Jan. 18 at 8:05 a.m. morning assembly
- ❑ **No School** – Martin Luther King Jr. Day – Mon., January 21
- ❑ **Spirit Week** – Mon., January 28 through Fri., February 1
- ❑ **NO School** – Wednesday, February 6 (Staff Development)
- ❑ **Winter Recess** – Mon., Feb. 25 through Fri., March 1

Safety Concerns – The following message applies to everyone in the BJAMS community; there are no exceptions: *Car Idling* is **PROHIBITED** on BJAMS' property in all weather conditions and circumstances. Engines must be turned off if leaving your vehicle—even for a minute! *Parking* is **PROHIBITED** in the



cross-walk, in the fire safety zones in front of the school (designated by yellow lines) and on the inner circle. Cars also **MAY NOT STOP** in the crosswalk to let their children out even for a very brief period. *Speed Limit* is 10 MPH in the school's parking lot. We ask that everyone SLOW DOWN and drive cautiously—being on the lookout for our little ones who frequently dart out between parked cars. If you have friends, babysitters and other family members transporting your children, please advise them of the above school regulations. Thank you for your cooperation in keeping our entire BJAMS community safe.

Vaping/JUULING – The State of Vermont has noticed a decrease in traditional tobacco use among pre-teens and teens. Great news, right? Unfortunately, with that decrease has come an increase in the use of e-cigarettes. In fact, 34% of high schoolers have reported having tried e-cigarettes and the use among middle schoolers has jumped from 3% to 4% (2017 Youth Risk Behavior Survey). Please take a moment to read this informational link regarding tobacco use and prevention: [Tobacco Prevention Toolkit 2019](#).

Here are some quick (and alarming!) facts:

1. JUUL products: highly addictive, containing at least double the nicotine content of other e-cigarettes.
2. JUUL products have a discreet design, resembling a USB charging dock – it even can charge by being plugged into a computer's USB port.
3. Many youth believe that these products are harmless and/or nicotine free. Not true!
4. These devices can easily be modified with substances other than nicotine (such as cannabis extract or honey oil).
5. These products are susceptible to leaking and potentially exploding!
6. These devices can be easily purchased online or among friends. They're more accessible than you think!

To celebrate the New Year, let's ...



A New Year's Prayer:

Help Us Enter the New Year

God of all time, help us enter the New Year quietly,
thoughtful of who we are to ourselves and to others,
mindful that our steps make an impact
and our words carry power.

May we walk gently.

May we speak only after we have listened well.

Creator of all life,

help us enter the New Year reverently,
aware that you have endowed
every creature and plant, every person and habitat
with beauty and purpose.

May we regard the world with tenderness.

May we honor rather than destroy.

Lover of all souls,

help us enter the New Year joyfully,
willing to laugh and dance and dream,
remembering our many gifts with thanks
and looking forward to blessings yet to come.

May we welcome your lavish love.

In this new year, may the grace and peace of Christ bless us now and in the days ahead.

- Vinita Hampton Wright

BASKETBALL

Basketball registration forms must be completed and turned in to Coach Buczek prior to training sessions. Players are not permitted to practice until all registration forms have been turned in. No exceptions!

In effort to keep everyone on the same page, we have created a Google doc that has up-to-date basketball information for all of our teams. Please click here to access rosters, practice schedules, and game schedules: [BJAMS Basketball Info 2018-2019](#).

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

Grade 1/2 Coed

Coach: Mike Foss michaelfoss87@gmail.com

Training: Tuesdays, 3:00-4:00 pm

Grade 3/4 Boys

Coaches: Sara Kinerson sara.kinerson@northernvermont.edu and Laurie Flaherty lflaherty@bjams.org

Training: Mondays & Thursdays from 4:00-4:45 pm

Grade 3/4 Girls

Coaches: Katie Marvin katiemarvin@live.com and Brooke Wright brookebwright@hotmail.com.

Training: Mondays and Thursdays from 3:00-4:00 pm

Grade 5/6 Girls

Coach: Lindsay Barup hotwoody24@gmail.com

Training: Thursdays 4:45-6:00 pm and Fridays 4:30-6:00 pm

Grade 5/6 Boys and 7/8 Boys

Coaches: Michael McCormack Michael.McCormack@RaymondJames.com
and Stephanie Frederick sfrederickvt@gmail.com

Training: Mondays 4:45-6:00 pm and Tuesdays 5:00-6:15 pm

Grade 7/8 Girls

Coach: Lindsay Barup hotwoody24@gmail.com

Training: Thursdays 4:45-6:00 pm and Fridays 4:30-6:00 pm

