

# St. Stanislaus Kostka School

"Do not walk through time without leaving worthy evidence of your passage." Saint John XXIII

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Mrs. Elena Malinconico  
Principal

[www.sskschool.org](http://www.sskschool.org)  
732-254-5819

"For prayer is nothing else than being on terms of friendship with God." Saint Teresa of Avila

March 1, 2018

Dear St. Stan's Families:

One of the most lovely benefits of a Catholic education is the ability to form that friendship with God daily in prayer as a community and alone in silence. During this season of Lent, we look at ways to infuse prayer (our conversations with God) into our students' lives.

Today, we had our St. Jude's Math a Thon kick off program. This fundraiser is annually, one of our most successful, we have been able to raise thousands of dollars annually to help St. Jude's treat children with cancer. The permission slips will be sent home today and are due back to Mrs. Grover Tuesday, March 6<sup>th</sup>.

On Wednesday, March 7<sup>th</sup> from 6pm to 7:30pm we will be hosting our annual Literacy Night event for grades Pre-K through 5. RSVP's are due back Monday, March 5<sup>th</sup>. We hope we will see you for this fun filled event. Also March 7<sup>th</sup> is an early dismissal for students as is Monday, March 12<sup>th</sup>. On both dates we will have after care services.

On Friday, March 9<sup>th</sup> we will have Lifetouch Photographers here for spring pictures. This day will be a dress up, out of uniform day. No jeans, sneakers, t-shirts etc. can be worn. These pictures should be back to us in time for Easter.

Finally, after Easter break we will be having our standardized tests. The diocese has changed tests from the Terra Nova to the Iowa Assessment. I will have more information for you as we draw closer to those dates. As always, please contact me if you have any questions or concerns.

In His Peace,

Elena Malinconico  
Principal





# Foundation for Catholic Education Scholarship Fund

## FACTS Grant & Aid Assessment 2018-2019 SCHOOL YEAR - Application Instructions

### Eligibility Requirements:

- Student must be Catholic;
- Student must be entering grades K-12 in September 2018;
- Student must be attending one of our 22 diocesan, parochial, or regional elementary schools, or Bishop Ahr or Immaculata High School; and
- Student must be registered in one of the parishes within the Diocese of Metuchen (see list of eligible schools and parishes on reverse side or go to [www.diometuchen.org/tuition-assistance](http://www.diometuchen.org/tuition-assistance) for an official list).

Families applying for financial aid will need to complete an online application at <https://online.factsmgmt.com/aid>. The application period is now open and will officially close on **March 31, 2018**. Online applications are available in Spanish and English. The application fee is \$30, and **must** be paid online at the time you submit your application, otherwise your application is considered incomplete and cannot be assessed. Forms of payment include debit cards, most major credit cards, or an electronic check.

Once an online application has been completed and paid for, the following information will need to be provided to FGAA to finalize the application process:

- Copies of your 2016 Federal Income Tax Return Form 1040, 1040A, or 1040EZ (as filed with the IRS) for the applicant and co-applicant, including all supporting tax schedules.
- Copies of your 2017 W-2 form/s for both you and your spouse or co-applicant.
- Copies of supporting documentation for Social Security Income, Welfare, Child Support, Food Stamps, Workers' Compensation, and TANF.

Supporting documentation can be scanned and uploaded in .pdf format directly to your application. Documentation can also be faxed to 866.315.9264 or mailed to FACTS Grant & Aid Assessment, P.O. Box 82524, Lincoln, NE 68501-2524. **Please be sure to include your applicant ID on all faxed or mailed correspondence. Do not mail documentation after April 6, 2018.**

FACTS Online Application Workshops are available, please see the schedule attached. If you wish to attend a workshop, please sign-up online at [www.diometuchen.org/tuition-assistance](http://www.diometuchen.org/tuition-assistance). Space is limited. If you are not able to sign up for a workshop online, or have questions or concerns about the application process, please call our Tuition Assistance Hotline at 732.562.1990, ext. 1610, or speak with a FACTS Customer Care Representative at 866.441.4637.

**Parishes will be asked to verify that applicants are registered parishioners. If your parish registration is not confirmed, your application will be considered incomplete and will not be reviewed for an award. If you are not registered at the Diocese of Metuchen parish you selected, you will be notified by email and it will be up to you to contact the parish and resolve the matter by April 30, 2018. Questions? Please call our Tuition Assistance Hotline at 732.562.1990, ext. 1610.**

**THE DEADLINE FOR ONLINE SUBMISSION OF APPLICATIONS TO FGAA IS MARCH 31, 2018, INCLUDING SUPPORTING DOCUMENTS (the link will be deactivated on April 16). NO APPLICATIONS WILL BE ACCEPTED BY MAIL.**



Foundation for Catholic Education Scholarship Fund  
Eligibility Requirements

**To be eligible, a student must:**

- be a practicing Roman Catholic entering grades K-12 in September 2018
- attend or plan to attend a Diocese of Metuchen School (eligible schools listed below)
- be verified as registered at a Roman Catholic parish in the Diocese of Metuchen (eligible parishes listed below)

**School List (by city):**

**High Schools**

Edison – Bishop George Ahr  
Somerville – Immaculata

**Elementary**

Basking Ridge – St. James  
Bernardsville – School of St. Elizabeth  
Carteret – St. Joseph  
Clinton – Immaculate Conception  
Colonia – St. John Vianney  
East Brunswick – St. Bartholomew  
Edison – St. Helena  
St. Matthew the Apostle  
Kendall Park – St. Augustine of Canterbury  
Metuchen – St. Francis  
Old Bridge – St. Ambrose  
St. Thomas the Apostle  
Perth Amboy – Perth Amboy Catholic  
Phillipsburg – Ss. Philip and James  
Raritan – St. Ann  
Sayreville – Our Lady of Victories  
St. Stanislaus Kostka  
Somerset – St. Matthias  
Somerville – Immaculate Conception  
South Plainfield - Holy Savior Academy  
Spotswood – Immaculate Conception  
Woodbridge – St. James

**Parish List (by city):**

Alpha - St. Mary  
Annandale - Immaculate Conception  
Avenel - St. Andrew  
Baptistown - Our Lady of Victories  
Basking Ridge St. James  
Belvidere - St. Patrick  
Bernardsville - Our Lady of Perpetual Help  
Blairstown - St. Jude  
Bloomsbury - Annunciation

Bound Brook - St. Joseph  
St. Mary of Czestochowa  
Bridgewater - Holy Trinity  
St. Bernard of Clairvaux  
Califon - St. John Neumann  
Carteret - Divine Mercy  
St. Joseph  
Colonia - St. John Vianney  
Dunellen - St. John the Evangelist  
East Brunswick - St. Bartholomew  
Edison - St. Helena  
St. Matthew the Apostle  
Edison-Highland Park – Transfiguration of the Lord  
Far Hills - Peapack –  
St. Elizabeth - St. Brigid  
Flemington - St. Magdalen de Pazzi  
Fords - Our Lady of Peace  
Great Meadows - Ss. Peter & Paul  
Hackettstown - Assumption of the Blessed Virgin Mary  
Hampton - St. Ann  
Helmetta - Holy Trinity  
High Bridge - St. Joseph  
Hillsborough - Mary, Mother of God  
St. Joseph  
Hopelawn - Good Shepherd  
Iselin - St. Cecelia  
Jamesburg - St. James the Less  
Kendall Park - St. Augustine of Canterbury  
Lambertville - St. John the Evangelist  
Laurence Harbor- St. Lawrence  
Manville - Christ the Redeemer  
Martinsville - Blessed Sacrament  
Metuchen - Cathedral of St. Francis of Assisi  
Our Lady of Mt. Virgin Middlesex  
Milford - St. Edward the Confessor  
Milltown - Our Lady of Lourdes  
Monmouth Junction - St. Cecilia  
Monroe Twp - Nativity of Our Lord  
Montgomery Twp - St. Charles Borromeo

New Brunswick - Holy Family  
Our Lady of Mt. Carmel  
Parish of the Visitation  
St. Peter the Apostle  
North Brunswick - Our Lady of Peace  
North Plainfield - St. Joseph  
St. Luke  
Old Bridge – Most Holy Redeemer  
St. Ambrose  
St. Thomas the Apostle  
Oxford – St. Rose of Lima  
Parlin - St. Bernadette  
Perth Amboy – Most Holy Name of Jesus  
Our Lady of Fatima  
St. John Paul II  
Phillipsburg - St. Philip & St. James  
Piscataway - Our Lady of Fatima  
St. Frances Cabrini  
Pittstown - St. Catherine of Siena  
Plainsboro - Queenship of Mary  
Port Murray - St. Theodore  
Port Reading - St. Anthony of Padua  
Raritan - St. Ann  
St. Joseph  
Sayreville - Our Lady of Victories  
St. Stanislaus Kostka  
Somerset - St. Matthias  
Somerville - Immaculate Conception  
South Amboy – Sacred Heart  
St. Mary  
South Bound Brook - Our Lady of Mercy  
South Plainfield - Our Lady of Czestochowa  
Church of the Sacred Heart  
South River - Corpus Christi  
St. Mary of Ostrabrama  
St. Stephen Protomartyr  
Spotswood - Immaculate Conception  
Three Bridges - St. Elizabeth Ann Seton  
Warren - Our Lady of the Mount  
Washington – St. Joseph  
Watchung - St. Mary - Stony Hill  
Whitehouse Station – Our Lady of Lourdes  
Woodbridge - St. James



*"You can find magic wherever you look. Sit back and relax all you need is a book!" Dr. Seuss*

Join us on March 7, 2018 from 6:00 pm to 7:30 pm for our Literacy Night activities.

You can enjoy:

- Arts and Crafts
- A reading corner
- Teacher read stories
- Spanish Stories
- Parent seminar on Helping your child read
- Cookies and Milk

Grades PreK-5 are invited

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I can't wait to attend! RSVP By 3/5/18

Student(s) \_\_\_\_\_

This adult will be attending with me.

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(Parents/Guardians Must remain with children for the duration of the evening!)





# 2018 MIDDLESEX COUNTY SPRING FOOD DRIVE

## To Benefit MCFOODS:

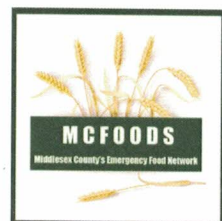
Middlesex County's Emergency Food Distribution Network serves over 100 local food pantries, soup kitchens and social service agencies each week.



Please bring your donation to school between March 5th and March 16th to help replenish our supply of food and ensure that all Middlesex County residents in need have access to nutritious foods and necessities, such as:

- Canned Chicken
- Vegetables
- Fruits
- Soap, Shampoo, Toothpaste
- Canned Meats
- Peanut Butter
- Paper Products
- Macaroni & Cheese
- Granola Bars
- Diapers & Wipes
- Dry Beans (red, black & Pinto)
- Stew
- Pasta

*(Canned and packaged goods only. NO glass items please.)*



The 2018 Middlesex County Spring School Food Drive is supported by the Middlesex County Board of Chosen Freeholders, The Middlesex County Improvement Authority, MCFOODS and the Middlesex County Superintendent of Schools.

**\*\* New This Year** – Monetary contributions accepted year round by Feeding Middlesex County, the new non-profit organization supporting MCFOODS and emergency food providers.

Checks can be made payable to Feeding Middlesex County and sent to:

PO Box 781, Edison, NJ 08818, 732-723-8106

**CONTACT MCFOODS:** 101 Interchange Plaza, Suite 202, Cranbury, NJ 08512

**Web:** [www.mciauth.com](http://www.mciauth.com) \* **Phone:** 732-729-0880 \* **Email:** [ja@mciauth.com](mailto:ja@mciauth.com)

**Facebook:** [Mcfoods Network](#) \* **Twitter:** [@MCFOODSNetwork](#) \* **Instagram:** [mcfoods\\_network](#)







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## Lenten Action for Dreamers: Congressional Call-In Campaign

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Please participate in the Call-in Day to Congress on **Monday, February 26, 2018!** Your advocacy is critical to help the nearly 1.8 million Dreamers, young people who were brought into the United States by their parents as children. They may face deportation as soon as March 6, unless Congress reaches a bi-partisan deal to protect them. Please follow these easy steps to help:

1. Please call 855-589-5698 to reach the Capitol switchboard, and **press 1 to connect to your Senators.** Once you are connected to each Senator's office, please ask the person on the phone to **deliver this simple message:**

*"I urge you to support a bipartisan, common-sense, and humane solution for Dreamers:*

- *Protect Dreamers from deportation and provide them with a path to citizenship.*
- *Reject proposals that undermine family immigration or protections for unaccompanied children.*
- *As a Catholic, I know that families are not "chains," but a blessing to be protected.*
- *Act now to protect Dreamers, our immigrant brothers and sisters."*

2. Please call 855-589-5698 a second time to reach the Capitol switchboard again, and **press 2 to connect to your Representative.** Once you are connected to the Representative's office, please ask the person on the phone to **deliver the same message as above.**

After completing your call, please go to <http://www.justiceforimmigrants.org> to learn more about Dreamers and find other ways to voice your support.



UNITED STATES CONFERENCE OF  
CATHOLIC BISHOPS

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# FREE COMMUNITY EDUCATION PROGRAM

## Community Perspectives on the Opioid Epidemic: What You Need to Know

**March 21, 2018**

**6:30 PM – 8:30 PM**

**Sister Marie de Pazzi Conference Center**

**6:00 PM**

**Registration and Light Refreshments**

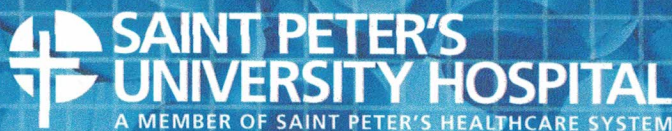
**6:30 PM – 8:30 PM**

**A parent's personal story, laws and law enforcement,  
drug trends, red flags and other warning signs.**

**RSVP by March 13 to Marcia Linico at [mlinico@saintpetersuh.com](mailto:mlinico@saintpetersuh.com) or call 888.682.8636.**

**SAVE THE DATE: April 24, 2018**

**The Opioid Crisis: Getting on the Road to Recovery**



**254 Easton Avenue, New Brunswick, NJ 08901**



# OPIOID USE AND MISUSE EDUCATIONAL FACT SHEET

## Keeping Student-Athletes Safe

School athletics can serve an integral role in students' development. In addition to providing healthy forms of exercise, school athletics foster friendships and camaraderie, promote sportsmanship and fair play, and instill the value of competition.

Unfortunately, sports activities may also lead to injury and, in rare cases, result in pain that is severe or long-lasting enough to require a prescription opioid painkiller.<sup>1</sup> It is important to understand that overdoses from opioids are on the rise and are killing Americans of all ages and backgrounds. Families and communities across the country are coping with the health, emotional and economic effects of this epidemic.<sup>2</sup>

This educational fact sheet, created by the New Jersey Department of Education as required by state law (N.J.S.A. 18A:40-41.10), provides information concerning the use and misuse of opioid drugs in the event that a health care provider prescribes a student-athlete or cheerleader an opioid for a sports-related injury. Student-athletes and cheerleaders participating in an interscholastic sports program (and their parent or guardian, if the student is under age 18) must provide their school district written acknowledgment of their receipt of this fact sheet.

### How Do Athletes Obtain Opioids?

In some cases, student-athletes are prescribed these medications. According to research, about a third of young people studied obtained pills from their own previous prescriptions (i.e., an unfinished prescription used outside of a physician's supervision), and 83 percent of adolescents had unsupervised access to their prescription medications.<sup>3</sup> It is important for parents to understand the possible hazard of having unsecured prescription medications in their households. Parents should also understand the importance of proper storage and disposal of medications, even if they believe their child would not engage in non-medical use or diversion of prescription medications.

### What Are Signs of Opioid Use?

According to the National Council on Alcoholism and Drug Dependence, 12 percent of male athletes and 8 percent of female athletes had used prescription opioids in the 12-month period studied.<sup>3</sup> In the early stages of abuse, the athlete may exhibit unprovoked nausea and/or vomiting. However, as he or she develops a tolerance to the drug, those signs will diminish. Constipation is not uncommon, but may not be reported. One of the most significant indications of a possible opioid addiction is an athlete's decrease in academic or athletic performance, or a lack of interest in his or her sport. If these warning signs are noticed, best practices call for the student to be referred to the appropriate professional for screening,<sup>4</sup> such as provided through an evidence-based practice to identify problematic use, abuse and dependence on illicit drugs (e.g., Screening, Brief Intervention, and Referral to Treatment (SBIRT)) offered through the New Jersey Department of Health.

## What Are Some Ways Opioid Use and Misuse Can Be Prevented?

According to the New Jersey State Interscholastic Athletic Association (NJSIAA) Sports Medical Advisory Committee chair, John P. Kripsak, D.O., "Studies indicate that about 80 percent of heroin users started out by abusing narcotic painkillers."

The Sports Medical Advisory Committee, which includes representatives of NJSIAA member schools as well as experts in the field of healthcare and medicine, recommends the following:

- The pain from most sports-related injuries can be managed with non-narcotic medications such as acetaminophen, non-steroidal anti-inflammatory medications like ibuprofen, naproxen or aspirin. Read the label carefully and always take the recommended dose, or follow your doctor's instructions. More is not necessarily better when taking an over-the-counter (OTC) pain medication, and it can lead to dangerous side effects.<sup>4</sup>
- Ice therapy can be utilized appropriately as an anesthetic.
- Always discuss with your physician exactly what is being prescribed for pain and request to avoid narcotics.
- Tramadol, a non-opioid analgesic in the serotonin uptake inhibitor category, is a good choice should the previously listed options be insufficient to relieve pain.
- In extreme cases, such as severe trauma or post-surgical pain, opioid pain medication should not be prescribed for more than five days at a time;
- Parents or guardians should always control the dispensing of pain medications and keep them in a safe, non-accessible location; and
- Unused medications should be disposed of immediately upon cessation of use. Ask your pharmacist about drop-off locations or home disposal kits like Deterra or Medsaway.

According to NJSIAA Sports Medical Advisory Committee chair, John P. Kripsak, D.O., "Studies indicate that about 80 percent of heroin users started out by abusing narcotic painkillers."





In consultation with



NJSIAA SPORTS MEDICAL  
ADVISORY COMMITTEE



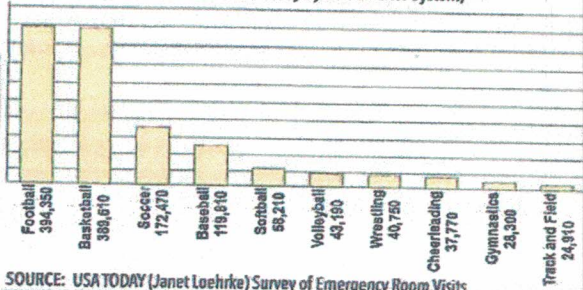
Karan Chauhan  
Parsippany Hills High School,  
Permanent Student Representative  
New Jersey State Board of Education



STATE OF NEW JERSEY  
DEPARTMENT OF HEALTH

### Number of Injuries Nationally in 2012 Among Athletes 19 and Under from 10 Popular Sports

(Based on data from U.S. Consumer Product Safety Commission's National Electronic Injury Surveillance System)



SOURCE: USA TODAY (Janet Loehrke) Survey of Emergency Room Visits

## Even With Proper Training and Prevention, Sports Injuries May Occur

There are two kinds of sports injuries. Acute injuries happen suddenly, such as a sprained ankle or strained back. Chronic injuries may happen after someone plays a sport or exercises over a long period of time, even when applying overuse-preventative techniques.<sup>5</sup>

Athletes should be encouraged to speak up about injuries, coaches should be supported in injury-prevention decisions, and parents and young athletes are encouraged to become better educated about sports safety.<sup>6</sup>

## What Are Some Ways to Reduce the Risk of Injury?

Half of all sports medicine injuries in children and teens are from overuse. An overuse injury is damage to a bone, muscle, ligament, or tendon caused by repetitive stress without allowing time for the body to heal. Children and teens are at increased risk for overuse injuries because growing bones are less resilient to stress. Also, young athletes may not know that certain symptoms are signs of overuse.

The best way to deal with sports injuries is to keep them from happening in the first place. Here are some recommendations to consider:



**PREPARE** Obtain the preparticipation physical evaluation prior to participation on a school-sponsored interscholastic or intramural athletic team or squad.



**CONDITIONING** Maintain a good fitness level during the season and offseason. Also important are proper warm-up and cooldown exercises.



**PLAY SMART** Try a variety of sports and consider specializing in one sport before late adolescence to help avoid overuse injuries.



**ADEQUATE HYDRATION** Keep the body hydrated to help the heart more easily pump blood to muscles, which helps muscles work efficiently.



**TRAINING** Increase weekly training time, mileage or repetitions no more than 10 percent per week. For example, if running 10 miles one week, increase to 11 miles the following week. Athletes should also cross-train and perform sport-specific drills in different ways, such as running in a swimming pool instead of only running on the road.



**REST UP** Take at least one day off per week from organized activity to recover physically and mentally. Athletes should take a combined three months off per year from a specific sport (may be divided throughout the year in one-month increments). Athletes may remain physically active during rest periods through alternative low-stress activities such as stretching, yoga or walking.



**PROPER EQUIPMENT** Wear appropriate and properly fitted protective equipment such as pads (neck, shoulder, elbow, chest, knee, and shin), helmets, mouthpieces, face guards, protective cups, and eyewear. Do not assume that protective gear will prevent all injuries while performing more dangerous or risky activities.

## Resources for Parents and Students on Preventing Substance Misuse and Abuse

The following list provides some examples of resources:

**National Council on Alcoholism and Drug Dependence - NJ** promotes addiction treatment and recovery.

**New Jersey Department of Human Services, Division of Mental Health and Addiction Services** has a mission to decrease the abuse of alcohol, tobacco and other drugs by supporting the development of a comprehensive network of prevention, intervention and treatment services in New Jersey.

**New Jersey Prevention Network** includes a parent's quiz on the effects of opioids.

**Operation Prevention Parent Toolkit** is designed to help parents learn more about the opioid epidemic, recognize warning signs, and open lines of communication with their children and those in the community.

**Parent to Parent NJ** is a grassroots coalition for families and children struggling with alcohol and drug addiction.

**Partnership for a Drug Free New Jersey** is New Jersey's anti-drug alliance created to localize and strengthen drug-prevention media efforts to prevent unlawful drug use, especially among young people.

**ReachNJ** provides information for parents and families, including addiction and treatment stories.

**The Science of Addiction: The Stories of Teens** shares common misconceptions about opioids through the voices of teens.

**Youth IMPACTing NJ** is made up of youth representatives from coalitions across the state of New Jersey who have been impacting their communities and peers by spreading the word about the dangers of underage drinking, marijuana use, and other substance misuse.

### References

<sup>1</sup> Massachusetts Technical Assistance Partnership for Prevention

<sup>2</sup> Centers for Disease Control and Prevention

<sup>3</sup> New Jersey State Interscholastic Athletic

Association (NJSIAA) Sports Medical Advisory Committee (SMAC)

<sup>4</sup> Athletic Management, David Csiflan, athletic trainer, Ewing High School, NJSIAA SMAC

<sup>5</sup> National Institute of Arthritis and Musculoskeletal and Skin Diseases

<sup>6</sup> USA TODAY

<sup>7</sup> American Academy of Pediatrics

An online version of this fact sheet developed in January 2018 is available on the New Jersey Department of Education's Alcohol, Tobacco, and Other Drug Use webpage.