



# 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  
732-254-5819

"The best way to predict your future is to create it." Abraham Lincoln

September 7, 2017

Dear St. Stan's Families:

It is hard to believe we are back into the swing of another school year filled with so many exciting possibilities. As we begin the school year, I ask you to be sure that the plethora of paperwork that we require is returned by tomorrow, September 8<sup>th</sup>. Today our students will be participating in an assembly with our new instrumental music provider. Fundamental Music Instruction has quite an impressive reputation and they provide services to many of the schools in the Diocese of Metuchen.

On Tuesday, September 12 we will have our HSA meeting and Back to School Night which will give you the opportunity to meet your child's teachers and see their classrooms. Our book fair will be up and running that evening and there will be an opportunity at 6pm to look for gently used uniforms. On Friday, September 15<sup>th</sup> our seventh and eighth graders will participate in a high school fair, where Catholic high schools will be here providing information about their programs. One of our former students, Alyssa Blonski, has agreed to offer homework help in after care on Mondays. She is volunteering but after care charges apply. She will begin on 9/11.

Some other dates to mark your calendar for are:

**September 19<sup>th</sup> at 6:30pm:** EF Tours educational trip to Italy. This spring some of our students and families will be heading off for an amazing trip to Italy and there is still time to be part of this.

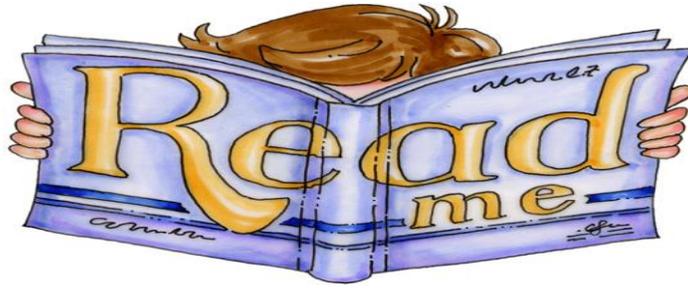
**September 20<sup>th</sup> at 7pm:** Bishop Checchio will be here to celebrate the confirmation of last year's graduates

**September 21<sup>st</sup>:** Picture Day!!

I am looking forward to a wonderful school year and please note my door is always open should you have any questions or concerns.

In His Peace,

Elena Malinconico, Principal



## **BOOK FAIR ASSIGNMENTS**

We greatly appreciate all the parents that signed up to volunteer.  
Thank you all for your support!

**The book fair runs from  
Monday, September 11<sup>th</sup> - Thursday, September 14<sup>th</sup>.**

**Monday 7:30am -11:30am** – Kerry Lang (LEAD), Carla Ferro, Alina Gardea, Isabel Neglia, Yim Cheng

**Tuesday 7:30am -11:30am** – Kerry Lang (LEAD), Xin Ru Zhuo-Wu, Susan James, Bruno Pedroso, Alicia LaVine

**Tuesday night 5:30pm -9:00pm** – Jeannine Vitucci (LEAD), Melissa Mazza, Tom Schneider, Stacey McGrane, Samantha Porcaro

**Wednesday 7:30am -11:30am** – Kerry Lang (LEAD), Karen DiGiacomo, Tom Pasquale, Mridula Vadlamudi

**Thursday 7:30am -11:30am** – Kerry Lang (LEAD), Janet Rzepka, Deniece Brathwaite, Rita Salgado

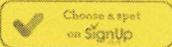
**If your schedule has changed and you are unable to attend please text/call Gina Rispoli at 732-277-2552 immediately.**



## Lunch Duty Sign-Up

Parents assigned for lunch duty need to be in for <sup>10:30</sup>10:45 am. If you cannot make your scheduled shift, you must find a replacement. If you cannot find a replacement, please call/text Amy Williams (732-236-3331) or email [awilliams@skschool.org](mailto:awilliams@skschool.org).

Sign up in 3 easy steps:

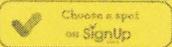
- 1) Go onto SignUp.com: <http://signup.com/go/SFFQFrT> or go onto the St. Stan's website, under Parents & Students tab, click on "Lunch Duty Sign Up," and follow the link button. You can even do it right from your smartphone!! 
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

## Bingo Sign-Up

BINGO HOURS:           Sundays from 12-4 pm  
                                  Thursdays from 6-10 pm

If you cannot make your scheduled shift, you must find a replacement. If you cannot find a replacement, please call/text Amy Williams (732-236-3331) or email [awilliams@skschool.org](mailto:awilliams@skschool.org).

Sign up in 3 easy steps:

- 1) Go onto SignUp.com: <http://signup.com/go/gVmrTyP> or go onto the St. Stan's website, under Parents & Students tab, click on "Bingo Sign Up," and follow the link button. You can even do it right from your smartphone!! 
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

\*\*Please note that up to 5 days before the next month begins you will have the ability to change your dates if needed. At that time all assignments will be locked in. For your convenience a reminder email is sent a few days prior to your shift. Also the current month's assignments will be listed on the website under "Lunch Duty Calendar" and "Bingo Calendar."\*\*



## Tentative HSA Calendar 2017-2018

### August/September –

- 28-Executive Board Meeting
- 31- Shoparoo Fundraiser continues
- 11-15-Scholastic Book Fair
- 12- Back to School Night 6PM
  - Uniform Swap
  - Book Fair
  - HSA Meeting-7PM
- 15-Kid Stuff Book fundraiser begins
- 20-Confirmation reception
- 27-New Parents meeting

### October –

- 5-Yankee Candle Fundraiser begins
- 20-Coach Bingo
- 24-Christmas Bazaar Planning Meeting
- 31-Halloween Parade & Parties

### November-

- 9-Gertrude Hawk fundraiser begins
- 10-Veteran's Day Celebration
- 14-Christmas Bazaar Planning Meeting
- 22-Benefactor's Mass & breakfast

### December-

- 1-Calendar raffle sales begin
- 1-2-Christmas Bazaar set-up
- 3-Christmas Bazaar
- 6- St. Nicholas Day
- 9-Polar Express Night
- 22-Christmas Breakfast

### January-

- 8-Executive Board Meeting
- 21-Open House Breakfast
- 21-25 Scholastic Book Fair
- 22-26-Catholic Schools Week Events
- 22-Brain Show Assembly
- 25-HSA Newsletter

### February-

- 8- Gertrude Hawk fundraiser begins
- 13-Fat Tuesday celebration
- 24-80's Prom Night

### March-

- 8-Spring catalog fundraiser begins

### April-

- 14- Wine & Beer Tasting
- 16-Executive Board Meeting
- TBD-Painting Party
- 26-HSA Newsletter

### May-

- 4-Mother/Father of the Year Party
- 12-13-Mother's Day flower sale
- 18-Field Day (lunch provided by HSA)
- 21-Field Day raindate

### June-

- TBD-8<sup>th</sup> grade graduation reception
- TBD-K graduation reception
- 20-23- Carnival
- 30- Work bond year deadline

# St. Stan's

## 2017 AA REGISTRATION



### Basketball & Cheerleading



Monday Sept 11

Wed Sept 13

Monday Sept 18

6:00 – 8:00 pm

(in cafeteria)

**\*Open to all students K-8  
& CCD registrants.**

Instructional Basketball & Cheer	\$75
3rd-8th gr. Basketball 1st child	\$125
Each additional child	\$45

**Instructional/Cheer \$200 -15 hours**

**OR opt out option \$175**

**All others -\$250-20 hours**

**OR opt out option \$225**

*If you are **new** to the program, you will need to purchase a uniform. The cost is \$65. For all previous participants, you will use your uniform from last year*



# ST. STAN'S HSA

## 5<sup>TH</sup> ANNUAL COACH BINGO & TRICKY TRAY

**Where:** St. Stanislaus Kostka School

221 MacArthur Ave. Sayreville

**When:** Friday, October 20<sup>th</sup> (doors open at 5:30PM,  
calling begins at 7:30PM)

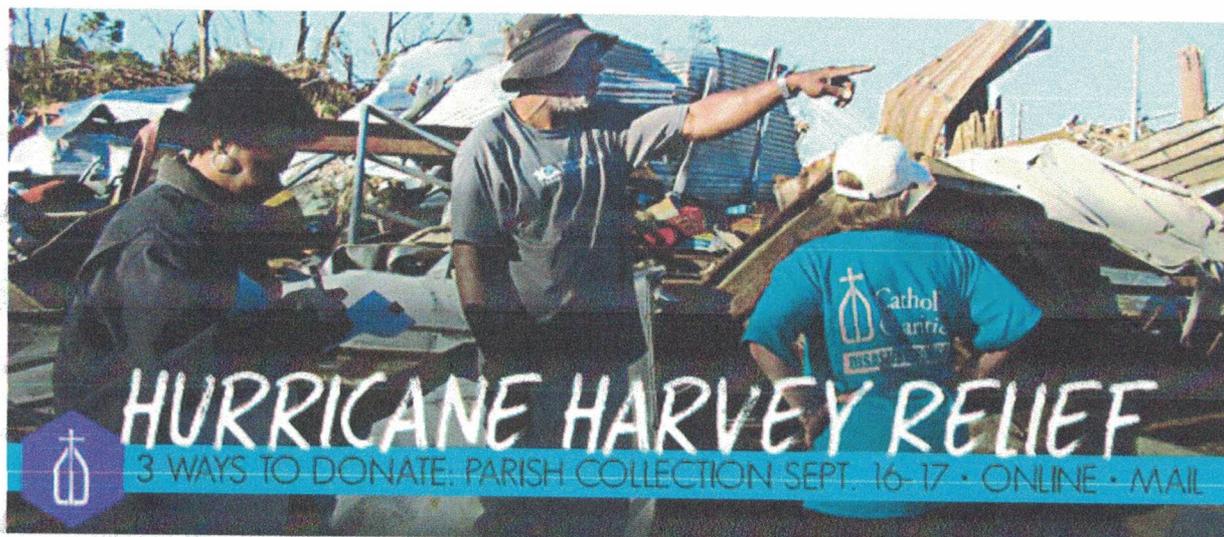
**Cost:** \$30 per person includes 12 games of bingo  
(3 boards per game), coffee, tea, & dessert

- The event will also feature a 50/50, door prizes and a variety of Tricky Tray raffles. Extra bingo boards can also be purchased.
- All guests are invited to bring their own food & refreshments

**For tickets please visit the Parish office**

**or call Gina at 732-432-8361**

**\*\*You must be 18 to enter and participate\*\***



## **Bishop James F. Checchio asks faithful of the Diocese of Metuchen to assist victims of Hurricane Harvey through special collection**

August 31, 2017

Dear Brothers and Sisters in the Diocese of Metuchen,

It was nearly five years ago, in October 2012, that Superstorm Sandy hit parts of our diocese and many of our people went through something of what is now being experienced by the residents of eastern and southern Texas. In scope and level of devastation, Hurricane Harvey is being described as a natural disaster beyond anything our nation has ever experienced. In the aftermath of Sandy, our people were able to begin to rebuild their homes and their very lives through the support of parishes and dioceses throughout the United States.

Hurricane Harvey presents us with the opportunity to show to the grieving and displaced persons in Texas the same compassion that was so generously shown to us. I encourage the faithful of the Diocese of Metuchen to continue to pray for those who are suffering from this storm. I also invite you to **participate in a special second collection**, which I have asked to be taken up in our parishes the weekend of September 16-17, or an alternate weekend determined by your pastor. Please be generous as your means allow.

If it is more convenient, you may also **donate online** at <http://diometuchen.org> or **write a check** made payable to "Diocese of Metuchen" with "Hurricane Harvey" in the subject line and mail to: Hurricane Harvey Donation, Diocese of Metuchen, P.O. Box 191, Metuchen, NJ 08840-0191. We will accept donations through September 30 and then will forward all monies collected to the Catholic Charities in the dioceses affected by the storm.

Thank you in advance for your concern for our brothers and sisters in great need.

Yours in Christ,

Most Reverend James F. Checchio, JCD, MBA  
Bishop of Metuchen

# Girls on the Run

## at Waterfront Park South Amboy

**“We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.”**

*Girls on the Run is a transformational learning program for girls in grades 3-5. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their inner confidence and celebrate all that makes them unique. **Girls will participate in the Girls on the Run 5K on November 19<sup>th</sup> in Somerville. The Girls on the Run 5K is open to the public and families are encouraged to run. The registration fee for the race is \$25, information on registering will be sent via email.***

**Register online at:**

**<https://www.raceplanner.com/register/index/GOTRFall2017Program>**

**Space is limited, register by September 8<sup>th</sup>**

**Please click the drop down menu and register for the school or location your daughter will be enrolling in.**

**For more information please contact Donna York at**

**[donna.york@girlsontherun.org](mailto:donna.york@girlsontherun.org)**

**Who: Girls in Grades 3-5**

**Days: Tuesday & Thursday**

**When: September 12 – November 19**

**Time: 5:00-6:15PM**

**Fee: \$135**



# SPORTS-RELATED EYE INJURIES:

## AN EDUCATIONAL FACT SHEET FOR PARENTS



Participating in sports and recreational activities is an important part of a healthy, physically active lifestyle for children. Unfortunately, injuries can, and do, occur. Children are at particular risk for sustaining a sports-related eye injury and most of these injuries can be prevented. Every year, more than 30,000 children sustain serious sports-related eye injuries. Every 13 minutes, an emergency room in the United States treats a sports-related eye injury.<sup>1</sup> According to the National Eye Institute, the sports with the highest rate of eye injuries are: baseball/softball, ice hockey, racquet sports, and basketball, followed by fencing, lacrosse, paintball and boxing.

Thankfully, there are steps that parents can take to ensure their children's safety on the field, the court, or wherever they play or participate in sports and recreational activities.

### Prevention of Sports-Related Eye Injuries

Approximately 90% of sports-related eye injuries can be prevented with simple precautions, such as using protective eyewear.<sup>2</sup> **Each sport has a certain type of recommended protective eyewear, as determined by the American Society for Testing and Materials (ASTM). Protective eyewear should sit comfortably on the face. Poorly fitted equipment may be uncomfortable, and may not offer the best eye protection. Protective eyewear for sports includes, among other things, safety goggles and eye guards, and it should be made of polycarbonate lenses, a strong, shatterproof plastic. Polycarbonate lenses are much stronger than regular lenses.**<sup>3</sup>

Health care providers (HCP), including family physicians, ophthalmologists, optometrists, and others, play a critical role in advising students, parents and guardians about the proper use of protective eyewear. To find out what kind of eye protection is recommended, and permitted for your child's sport, visit the National Eye Institute at <http://www.nei.nih.gov/sports/findingprotection.asp>. Prevent Blindness America also offers tips for choosing and buying protective eyewear at <http://www.preventblindness.org/tips-buying-sports-eye-protectors>, and <http://www.preventblindness.org/recommended-sports-eye-protectors>.

It is recommended that all children participating in school sports or recreational sports wear protective eyewear. Parents and coaches need to make sure young athletes protect their eyes, and properly gear up for the game. Protective eyewear should be part of any uniform to help reduce the occurrence of sports-related eye injuries. Since many youth teams do not require eye protection, parents may need to ensure that their children wear safety glasses or goggles whenever they play sports. Parents can set a good example by wearing protective eyewear when they play sports.

<sup>1</sup> National Eye Institute, National Eye Health Education Program, Sports-Related Eye Injuries: What You Need to Know and Tips for Prevention, [www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf](http://www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf), December 26, 2013.

<sup>2</sup> Rodriguez, Jorge O., D.O., and Lavina, Adrian M., M.D., Prevention and Treatment of Common Eye Injuries in Sports, <http://www.aafp.org/afp/2003/0401/p1481.html>, September 4, 2014; National Eye Health Education Program, Sports-Related Eye Injuries: What You Need to Know and Tips for Prevention, [www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf](http://www.nei.nih.gov/sports/pdf/sportsrelatedeyeinjuries.pdf), December 26, 2013.

<sup>3</sup> Bedinghaus, Troy, O.D., Sports Eye Injuries, [http://vision.about.com/od/emergencyeyecare/a/Sports\\_Injuries.htm](http://vision.about.com/od/emergencyeyecare/a/Sports_Injuries.htm), December 27, 2013.

## Most Common Types of Eye Injuries



The most common types of eye injuries that can result from sports injuries are blunt injuries, corneal abrasions and penetrating injuries.

- ◆ **Blunt injuries:** Blunt injuries occur when the eye is suddenly compressed by impact from an object. Blunt injuries, often caused by tennis balls, racquets, fists or elbows, sometimes cause a black eye or hyphema (bleeding in front of the eye). More serious blunt injuries often break bones near the eye, and may sometimes seriously damage important eye structures and/or lead to vision loss.
- ◆ **Corneal abrasions:** Corneal abrasions are painful scrapes on the outside of the eye, or the cornea. Most corneal abrasions eventually heal on their own, but a doctor can best assess the extent of the abrasion, and may prescribe medication to help control the pain. The most common cause of a sports-related corneal abrasion is being poked in the eye by a finger.
- ◆ **Penetrating injuries:** Penetrating injuries are caused by a foreign object piercing the eye. Penetrating injuries are very serious, and often result in severe damage to the eye. These injuries often occur when eyeglasses break while they are being worn. Penetrating injuries must be treated quickly in order to preserve vision.<sup>1</sup>

- Pain when looking up and/or down, or difficulty seeing;
- Tenderness;
- Sunken eye;
- Double vision;
- Severe eyelid and facial swelling;
- Difficulty tracking;

## Signs or Symptoms of an Eye Injury



- The eye has an unusual pupil size or shape;
- Blood in the clear part of the eye;
- Numbness of the upper cheek and gum; and/or
- Severe redness around the white part of the eye.

## What to do if a Sports-Related Eye Injury Occurs



If a child sustains an eye injury, it is recommended that he/she receive immediate treatment from a licensed HCP (e.g., eye doctor) to reduce the risk of serious damage, including blindness. It is also recommended that the child, along with his/her parent or guardian, seek guidance from the HCP regarding the appropriate amount of time to wait before returning to sports competition or practice after sustaining an eye injury. The school nurse and the child's teachers should also be notified when a child sustains an eye injury. A parent or guardian should also provide the school nurse with a physician's note detailing the nature of the eye injury, any diagnosis, medical orders for the return to school, as well as any prescription(s) and/or treatment(s) necessary to promote healing, and the safe resumption of normal activities, including sports and recreational activities.

## Return to Play and Sports



According to the American Family Physician Journal, there are several guidelines that should be followed when students return to play after sustaining an eye injury. For example, students who have sustained significant ocular injury should receive a full examination and clearance by an ophthalmologist or optometrist. In addition, students should not return to play until the period of time recommended by their HCP has elapsed. For more minor eye injuries, the athletic trainer may determine that it is safe for a student to resume play based on the nature of the injury, and how the student feels. No matter what degree of eye injury is sustained, it is recommended that students wear protective eyewear when returning to play and immediately report any concerns with their vision to their coach and/or the athletic trainer.

**Additional information on eye safety can be found at <http://isee.nei.nih.gov> and <http://www.nei.nih.gov/sports>.**

<sup>1</sup>Bedinghaus, Troy, O.D., Sports Eye Injuries, [http://vision.about.com/od/emergencyeyecare/a/Sports\\_Injuries.htm](http://vision.about.com/od/emergencyeyecare/a/Sports_Injuries.htm), December 27, 2013.