

Teen Dance – On Friday, October 30, 2009, St. Veronica Catholic School is hosting a Teen Dance for students in grades seven and eight. We have a good number of students coming from St. Robert, St. Gregory, St. Dunstan, Good Shepherd, St. Timothy, and Our Lady of Angeles. I would ask the parents of all students in grades 7-8 to be the first monitor of what your child chooses to wear for this activity. If it is not appropriate for school, it is not appropriate for a dance that we are hosting. Please do not put us in a position where we have to turn a student away because he/she is not dressed appropriately. Your attention to this matter is greatly appreciated. **To the Coordinators of the Teen Dance who have worked hard for the success of this last festival activity – thank you very much. Your efforts are greatly appreciated.**

Student Council's Law and Disorder is tomorrow. Please remember – tickets are not sold for this event but students who would like to participate are asked to bring a donation for the relief efforts in the Philippines, Indonesia, Samoa, and America Samoa. Come for a good scare and thanks in advance for your generosity!

Conferences for Grades K-5

Thank you for returning your conference requests on time. Enclosed in this envelope is your conference appointment. Please be sure to contact the office immediately if you most definitely cannot come at your assigned time.

Conferences for the middle school students will be on a drop-in basis. Most teachers will be available each day between 1:30-5:30 p.m. (though parents need to keep in mind that not all middle school teachers are present five days a week). More information will follow in next week's newsletter.

My Favorite Holiday!

Please talk to your child about Trick-or-Treat safety for Saturday. We pray every year that we are smart and safe! If you would like to make someone else's day, remember we offer our candy (not just the pieces we do not like) in our First Friday mass in November. Mrs. Lee's mother brings our simple gifts to the children in her province in the Philippines and spreads a lot of joy. Our Parade is set for 1:00 p.m. Please remember to send the bare necessities for Halloween costumes; students can use the make up and other accessories for Saturday night.

So Proud

St. Veronica Catholic School made the Catholic Herald of Sacramento as one of our graduates, **Dan McVeigh**, was recognized for his good work. He received the "St. Thomas More Award for integrity in the practice of law, leadership in the community, and faithfulness to Gospel values" on October 7, 2009!

Falcons Fly High!

It's Coming – It's Here – It's not Going Anywhere!

As I speak to principals in our local area, some schools have already had their first documented cases of H1N1 virus. It is good that we remind ourselves of the following recommendations from the *Centers for Disease Control and Prevention* as posted in the *second bulletin of the Flu Season Update* distributed by the *Archdiocese of San Francisco*:

- #1 *Recognize Flu-like Symptoms*: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, and some people may also have vomiting and/or diarrhea
- #2 *Faculty and students should stay home or should be sent home* if they become sick at work or school.
- #3 *Emergency warning signs that should signal a need to seek urgent medical care* are as follows:
 - *In children*: fast breathing or trouble breathing, bluish skin color, fever with a rash, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, and flu-like symptoms that improve but return with a fever and a worse cough.
 - *In adults*: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, and severe or persistent vomiting.

Encourage your child to wash his/her hands and instruct them on the proper way to do so. You may provide antibacterial gels if you so choose to do so, but antibacterial gels are present in all the classrooms. Remind you child to sneeze into the elbow and to use Kleenex when his/her nose is running. And, please, if your child is vomiting during the night, do not send him/her to school the next day.

As the Superintendent of Catholic Schools has noted in her letter to all those who work in Catholic schools: It is impossible to prevent the spread of either the seasonal flu or the H1N1 virus. You can, however, take precautions to keep yourself healthy and decrease the likelihood of contracting the virus. If you do become ill, stay home and do not return to work until you have been symptom free for at least 24 hours. Your health and the well being of your family and school community are of utmost importance.