

HOME AND SCHOOL ASSOCIATION

HSA Meeting

The next HSA meeting will be on Thursday, February 9, 6:30 p.m. at St. Agnes Annex. Meetings are open to the public; parents and staff are welcome to attend.

Fundraising

Linda's Candles Fundraiser has begun! The funds raised from this year's sales will be used to add/replace items on the playground. If you have any suggestions for our playground, please email us at hsa@nazarethacademy.org. **Prizes!!** The top three sellers will each receive a **\$50 Wal-Mart gift card** from Linda's Candles and the top selling class will receive an **extended recess period with ice cream**. Our goal is to raise \$10,000.00 for our school. To reach this goal every student needs to sell at least six (6) candles (6-\$13 items). Each student who sells at least six (6) candles (6-\$13 items) will be able to participate in a **free dress day (non-uniform)** (date TBA).

Room Parents

We are currently working on implementing a Room Parent Program at Nazareth Academy. We have several parents who have taken the responsibility of Room Parent already and we appreciate their hard work, but there are many classes without a parent leader. If you are interested in becoming a Room Parent or finding out how you can help your child's class we would love to hear from you. Please email hsa@nazarethacademy.org and place "Room Parent" in the subject line.

2012 Fall Festival

Storage has been secured for 2012 Fall Festival auction items, country store goods, and game prizes. Bring them to the school office with "Fall Festival" written on the bag/box and if you are interested in being on one of the many Fall Festival Committees, please email us at hsa@nazarethacademy.org. It's never too early to start planning; it will be here before you know it!

Thank You

A Big Thank You to all who unselfishly gave of their time and talents supporting Nazareth Academy during Catholic Schools Week. We are truly blessed to be a part of such a wonderful family here at Nazareth Academy.

Blessings,

Yvette Alexander

HSA President

Catholic Identity

Save the Date!
Sunday, February 26
"Nazareth Academy Family Lenten Gathering."
Information and details to come!



Notes from the Nurse

Our goal is to help keep your child/children healthy and in school. Unfortunately there are times when exclusion from attendance is necessary. One of the most common reasons a child will not be allowed to attend school is fever. A child with a temperature of 100° or more cannot be in school, and **may not return until they have been free of fever for 24 hours without using medication such as Tylenol, Motrin, etc.**

The complete list of symptoms requiring exclusion from school can be found in the Parent-Student Handbook. If everyone follows the guidelines, the spread of germs and infections will be minimal.

Students are not allowed to have medicine (i.e. a substance or preparation used in treating disease or illness; something that affects well-being) of any kind, prescription or non-prescription, on their person, in their backpack, locker, etc. This includes cough drops, Tylenol, Advil, Chapstick, etc.

If a student needs to take medication during school hours, the following guidelines must be adhered to:

- All medication must be brought to the school clinic (preferably by a parent).
- All medication will be dispensed from the clinic by the school nurse or personnel appointed by the principal.
- All medication must be in the prescribed bottle or original container.
- An "Authorization for Dispensing Medication" form must be filled out and signed by a parent/guardian and physician/health provider.

For more information regarding health issues and medication in school, refer to your Parent-Student Handbook. If you have questions, do not hesitate to call Mrs. Krejci at school.

Below are some interesting facts comparing the cold and the flu. I hope you find it helpful.
Check your symptoms and ask your doctor for advice.

Is It a Cold or the Flu?

Below are **cold symptoms** and **flu symptoms**. Notice the differences and similarities between the two.

Symptoms	Cold	Flu
Fever	Rare in adults and older children, But can be as high as 102° in infants and children	Usually 100°-102°F, but can be up to 104°
Headache	Rare	Sudden onset and can be severe
Muscle Aches	Mild	Usual; often severe
Tiredness and weakness	Mild	Can last two or more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual and can become severe

Source:
www.cdc.gov

Words of Wisdom from the Wellness Committee

Healthy Eating on a Budget

Eating healthy doesn't have to cost more. Use these tips to help you make choices that are not only healthy but also economical.

Eating on a Budget – The 3 P's

PLAN

Plan meals and snacks for the week according to an established budget.

- ✓ Find quick and easy recipes online.
- ✓ Include meals that will "stretch" expensive food items (stews, casseroles, stir-fried dishes).
- ✓ Make a grocery list.
- ✓ Check for sales and coupons in the local paper or online and consider discount stores.

PURCHASE

- ✓ Buy groceries when you are not hungry and when you are not too rushed.
- ✓ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ✓ Buy store brands if cheaper.
- ✓ Find and compare unit prices listed on shelves to get the best price.
- ✓ Purchase some items in bulk or as family packs which usually cost less.
- ✓ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ✓ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- ✓ Good low-cost items available all year include:
 - Protein — beans (garbanzo, black, cannellini)
 - Vegetables — carrots, greens, potatoes
 - Fruit — apples, bananas

PREPARE

- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ✓ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ✓ Try a few meatless meals by substituting with beans and peas or try "no-cook" meals like salads.
- ✓ Incorporate leftovers into a subsequent meal.
- ✓ Be creative with a fruit or vegetable and use it in different ways during the week.

*Source: choosemyplate.gov; U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
September 2011*

Recipe of the Month

Apple Tuna Sandwiches

Serving Size: 1 sandwich

Makes 3 servings

Ingredients:

1 can (6.5 ounces) drained tuna, packed in water

1 apple

1/4 cup yogurt, lowfat vanilla

1 teaspoon mustard

1 teaspoon honey

6 slices whole wheat bread

3 lettuce leaves

Instructions:

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Cost:

Per Recipe: \$ 2.35

Per Serving: \$ 0.78

Source: Adapted from: Pennsylvania Nutrition Education Network Website Recipes, The Pennsylvania Nutrition Education Program