



# Saint Thomas the Apostle Catholic School

“School of Distinction”

*Dynamic Education  
Centered in Christ*

## THE PEACEMAKER... **PIECES**

Vol. 15 Issue 2 September 1, 2010

### Exciting News from our Principal as the New Year Gets Underway

God’s peace be with you....He has certainly been with us! As we begin this exciting school year, I thank God every morning for the blessing of this school, the mission that we are all so dedicated to serve, the children who bring such life to the building after the long, lonely summer here, and for you, our families.

I have completed our faculty, and now have a partner! I spent most of the summer interviewing potential Assistant Principals, knowing that this person would need to fit the very high standards that we have at Saint Thomas. This person would need to have energy, creativity, have passion for their faith life, and most importantly, this



person would need to have the qualities that mirror who we are as a faculty family. Not an easy thing to find. The position was posted twice, many resumes were reviewed, and I personally spent many hours in one-on-one interviews, resulting in two formal interview sessions. I invited a member of the parish staff, a member of the Education Commission, and faculty representatives from each grade level group as well as a parent to those interviews. In the end, we found the perfect person. I am pleased to announce that Mrs. Jeanne Walch will be our new Assistant Principal! She has a Masters from Aquinas College, has teaching experience in High School and College classrooms, has worked as a Congressional Assistant and Campaign Coordinator, and has done an amazing job in our own library. Most importantly, Jeanne is a dedicated parent and understands what makes Saint Thomas the wonderful place that it is. I prayed for the perfect partner to complete our “dynamic duo” and there she was, right under my nose. While I resist the temptation to think that God was humbling me yet again by making the search so long and tenuous, I believe now that he had provided for my needs ... I simply didn’t look.

Continued on Page 3

### Tonight—


#### New Family/Mentor Family Reception

Attention all new families! We would like to formally welcome you to Saint Thomas with a New Family/Mentor Family Reception **tonight, Wednesday, September 1st**. Please bring your entire family to the Ministry Center at 7 p.m. to meet other new families and the families who have agreed to mentor them.

#### First Home and School Meeting

Welcome back! The first Home and School meeting of the new school year will be held **tonight, Wednesday, September 1st** immediately following the New Family/Mentor Family Reception in the Ministry Center at 8 p.m. It would be wonderful to see you there!

**SAVE THE DATE:**  
**ANNUAL PARENT MEETING AND FAMILY OPEN HOUSE IS WEDNESDAY, SEPTEMBER 15TH**  
See page 4 for the evening’s schedule and details.

 **ATTACHMENTS**

- September School Calendar
- Hot Lunch Menu & Newsletter
- Allergens Policy/Snack List
- Health Department Free Vaccines
- FORCE Conference

## School Pictures

School Pictures are scheduled for Monday, September 27 and Tuesday morning, September 28.

If you are a parent volunteer, please plan to come in and have your picture taken for your ID lanyard. Thanks for your help.



~ Sue Ysasi

## Pieces Schedule

*The Peacemaker Pieces* is a home-school communication tool intended to carry home many informative "pieces" of information. Please take the time to read it and record important information on your school calendar. All articles should be sent in to the school office by the end of the day on the Friday preceding the publication date (see schedule below). You may send them to the school office or email them to the office at [sysasi@stthomasgr.org](mailto:sysasi@stthomasgr.org).

We will be sending issues of *The Pieces* and other important communications with the oldest or the only child in each family. You may choose to receive each issue of the Pieces and the attachments electronically. If you choose this option, please fill out the slip below and send it to the school office. You can also access the most recent issue of the Pieces on our website at [www.stthomasgr.org](http://www.stthomasgr.org). If you received the Pieces electronically last year please let the school office know if your email has changed. If you are new or previously received a paper copy of the Pieces and would like to receive it electronically, please fill out the slip below and return it to the school office.

Issues of the 2010/2011 *The Pieces* will be sent home on these dates:

September 1, 15, & 29  
October 13 & 27  
November 10  
December 2(*Thursday due to Thanksgiving*) & 15  
January 12 & 26  
February 9 & 23  
March 9 & 23  
April 20  
May 4 & 18  
June 1

## Protecting God's Children Awareness Sessions

If you are new to our school or still need to attend Virtus training, (required for all school volunteers), please note the upcoming sessions:

Saint Francis de Sales Parish (Holland)  
195 W. 13<sup>th</sup> Street

Saturday, September 11, 2010 @ 9:00 a.m.  
(This session is held in Spanish.)

Our Lady of Consolation Parish (Rockford)  
4865 Eleven Mile Road

Saturday, September 11, 2010 @ 9:00 a.m.

Holy Trinity Parish (Caledonia)  
1200 Alpine Church

Thursday, September 16 @ 6:30 p.m.

Saint Piux X Parish (Grandville)  
3937 Wilson Ave SW

Monday, September 20 @ 6:30 p.m.

Saint Robert of Newminster Parish (Ada)  
6477 Ada Dr.

Wednesday, September 22 @ 6:30 p.m.

Wednesday, September 23 @ 9:30 a.m.

Cathedral Square (Grand Rapids)  
360 Division S.

Monday, December 6 @ 9:00 a.m.

Holy Spirit Parish (Grand Rapids)  
2230 Lake Michigan Drive

Wednesday, January 19, 2011 @ 6:30 p.m.

If you plan to attend one of these sessions, and have not already registered, please register online as follows:

Go to [www.virtus.org](http://www.virtus.org)

- Click "Registration"
- Click "Begin the Registration Process"
- Select Diocese of Grand Rapids as the organization.
- You will be required to enter a UserID and password (of your choice)
- Fill out registration form
- Choose a location

## ELECTRONIC Sign Up for the Pieces Newsletter

We wish to receive the Pieces electronically. Please send our copy and the attachments to:

Email address: \_\_\_\_\_

Student/Family Name: \_\_\_\_\_

Signature: \_\_\_\_\_

# News from Our Principal, *Continued from Page 1*

The building is buzzing with energy. I have never felt the synergy that I have felt this last week. Wonderful new faces are everywhere! In my prayers are the families from Saint Andrews and North Hills Academy who need to now bond with a whole new school community, and for the family of Montserrat Gonzalez-Gutierrez, our exchange student from Acapulco, Mexico who have entrusted her care and well being with us. You and I both know that they can rest assured that our Christ light will shine for them, and will welcome them in a way that only Saint Thomas can!

Our faculty is an amazing group of professionals who have completely immersed themselves in the business of creating responsible, knowledgeable, respectful and moral young adults. I wish that you could hear the collegiality and wonderfully rich conversations in our hallways and in our faculty room. When I take a new family through our halls, they invariably comment on the professionalism of the staff. Truly, they are professionals, dedicated to the business of educating your children. I can't express the respect that I have for each one of them.

We have added paraprofessional hours to our sixth grade. My hope is that this very important transitional year be supported with added aide hours to help children adjust to the change, stay organized, and to help those who may be struggling. This will give them added support during this important sixth grade year.

Continue to pray for our children, faculty and parish. As we enter the school year, a rigorous academic program requires focus, creativity, problem solving and effort. Because we center all that we do in Christ, this is made possible. Lift us up in your prayers as we strive to always remain excellent and faithful servants of His will.

Excitedly yours,

Suzi Furtwangler, Principal

## Fall Skating Party

**When:** Monday, Sept 27, 2010

**Who:** Saint Thomas the Apostle students and their families

**Where:** Woodland Skating Center (behind the 28<sup>th</sup> street Aldi's, west of Breton)

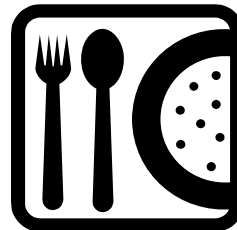
2100 28<sup>th</sup> Street

**Time:** 6:00 pm – 8:00 pm

**Cost:** \$2.50 per person (includes roller skates)

**Sponsored by:** Saint Thomas Home & School Association

Skaters may use their own skates/roller blades, but they must meet rink approval. Concession stand is available. Questions? Contact Mary Turowski @ 430-8166.



## Hot Lunch

Please send your lunch payment to the school office in an envelope marked Hot Lunch.

If you are not receiving Free or Reduced meals, please send lunch money with your student to the office by Thursday, Sept. 2 to begin your account for the school year. Please make checks payable to: Saint Thomas Food Service. Meals will cost \$2.40 and Milk only will cost \$.35 cents. An adult lunch costs \$3.00. An increase in the cost of meals was necessary to keep our hot lunch program competitive with other school hot lunch programs. Students with outstanding balances from the 2009/2010 school year will not be able to receive hot lunch until the balance is paid in full.

If you have questions regarding your balance, please contact Shannon Rodgers at 874-5680. If you are interested in receiving information on qualifying for Free and Reduced Meals and/or Milk, please check the Welcome and Information Center near the school entrance for an application and guidelines. If you qualified for Free and Reduced Meals for the 2009/2010 school year, a new application must be completed and returned to the school office no later than September 30, 2010. If you have any questions, please contact Sue Ysasi in the school office at 458-4228 x300.

## Welcome New Families!

A special Saint Thomas welcome to our newest families:

Julio Alcantara

Yuwiska Alcantara

David & Mara DeBoer

Gerard & Edna DeJong

Jeremy & Denise Grinnell

Mike & Mindy Klein

Corey & Alexandra VanDellen

Tom & Stephany Welch

Yulia P4-AM

Maria Morales 1/D

Hannah 5F

Bianca 7/C

Diego K-AM

Kyria K-AM

Emma 1/L

Isabella 4

Quinn Wilson 1/L

Alexandra 3

Benjamin 5/P

Jack 5/F

## A Special Welcome

Saint Thomas would like to welcome Ms. Jeanne Wretschko, our new Art Teacher, and Mrs. Jenna Engel, our new Title 1 Teacher and Instructional Aide for 3/V! WELCOME!!!



# Parent Meeting and Family Open House is September 15th

On *Wednesday, September 15th* at 7:00 p.m., all parents and students are invited to join us for our family open house beginning in the Church.

## 7:00-7:10 ~ OPENING PRAYER

Fr. Jim will lead all our families in prayer.

## 7:10-7:45 ~ PARENT MEETING

Parents will remain in church while teachers and staff will lead students (Preschool-grade 8) to their classrooms. The parish nursery will be open for younger children during the parent meeting **only**. Parents pick up young children from nursery, preschool and kindergarten then join your other students (grades 1-8) in school.

## 7:45-8:30 ~ OPEN HOUSE IN SCHOOL

Please begin with your youngest child's classroom and proceed from youngest to oldest, keeping your children with you as you go to each new classroom. Thank you!

## An Invitation To Pray The Rosary in Church

Every day at Saint Thomas School you can pray the Rosary with other parents and friends. You can pray for our school, our teachers, your children, the sick, a special intention, yourself or for any reason at all. Please feel welcome to join many other men and women who would like to lift up a Rosary to Our Blessed Mother. No prior experience necessary.

**3:00 pm** every **Monday, Wednesday, Friday** (right before school lets out)

**8:00 am** every **Tuesday, Thursday** (right after school starts)

## Challenge Club Starts Friday

Attention all 5th-8th Grade Girls! Challenge Club is ready to start! Become a part of this year's Challenge Club.... new members are always welcome. Join us and catch the Spirit of Challenge. Our first meeting of the school year will be this FRIDAY, September 10th, from 3:30 P.M - 5:15 P.M. Call Mrs. Susan Edgerly at 363-5832 if you are interested. Check us out at [www.challengeclubs.com](http://www.challengeclubs.com)

## Educational Outfitters Update

Thank you parents for your patience and understanding during the transition of Educational Outfitters move to the Lansing location. My staff and some of our families, have been working seven days a week, and all kinds of crazy hours to get orders out before school starts. We just didn't have enough time to prepare for the explosion of business we have received and didn't have history to plan and prepare. We have spoken with and met some wonderful families at our store and fit days. We look forward to serving you in years to come. We have already started working on improving our process for next year.

We will have made our initial deliveries to your school by Monday, August 30<sup>th</sup>. Anyone who attended IHM's fit day (no matter what school they were from) their orders are being filled this week and will be delivered on Monday also. The fit day orders placed on August 10<sup>th</sup> at Holy Trinity's Fit Day will be delivered after school starts.

Internet orders are being processed this week and mailed to your homes.

Backorders and new orders will be delivered every Wednesday to your schools as they come in. We will let parents know when their orders will be available for pickup on Thursdays.  
~ Vickey Wegener

## NEW 2010 SCHOOL IMMUNIZATION REQUIREMENTS

Required for all children 4 through 18 years of age entering kindergarten, enrolled in 6th grade, or are a new entrant changing school districts entering any grade 1-5 or 7-12:

TWO doses of Varicella (Var) vaccine or history of chickenpox disease

Along with the Varicella requirement all children 11 - 18 years of age who are enrolled in 6th grade, or are a new entrant changing school districts entering any grade 1-5 or 7-12 are required to also have:

ONE dose of meningococcal (MCV4 or MPSV4) vaccine for meningitis

ONE dose of tetanus/diphtheria/acellular pertussis (Tdap) vaccine

only if 5 years passed since last dose of tetanus/diphtheria vaccine (DTaP, Td or DT)

Please see the attached Kent County Health Department flyer for details on possible free vaccines. For questions regarding immunizations, please contact the Kent County Health Department at: [www.accesskent.com/immunizations](http://www.accesskent.com/immunizations) or [www.michigan.gov/immunize](http://www.michigan.gov/immunize). To make an appointment, please call the Kent County Health Department at 632-7200.



## Some New Faces and Familiar Faces in New Places



**Mrs. Furtwangler—Our Principal**



**Mrs. Jeanne Walch—Our Assistant Principal**



**Mrs. Cheryl Coderre  
Kindergarten Teacher**



**Mr. Conrad Budzynski  
2nd Grade Teacher**

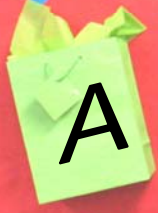


**Ms. Roberta Mead  
Technology Coordinator**



**Our New Students Grades 1-8**

# THE GIFTS YOU HAVE BEEN GIVEN, GIVE AS A GIFT.



# Saint Thomas Library News



## Library Assistance Needed

### Library Volunteers

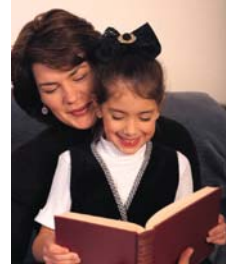
Our library opens Monday, September 13 and volunteers are needed to make this happen. There are many opportunities available, including: laminating book covers, covering paperback books in contact paper, shelving, decorating (many themes already in place), organizing student collections for display, cleaning, and shelf reading, all of which are flexible and done “as needed”. If, however, you are looking to have regular volunteers hours and love working with our students and teachers (an excellent way to meet our St. Thomas community), then perhaps you would like to have one of the four weekly volunteer shifts. Available times are as follows:

Mondays-- 9:00 – 11:00 am or 12:00 pm – 2:30 pm and  
Wednesdays--8:30 – 11:00 am or 12:00 pm – 2:00 pm

It is critical that these shifts are filled in order to keep our library functioning. Ideally, it would be great to have two people per shift as we did last year and have one person assigned to a “job”. In doing so, there is not too much time required of ONE person.

### Library Volunteer Coordinator

A coordinator of library volunteers is also needed. If library tasks are divided among several people, the volunteer coordinator’s job would be much easier and less time consuming. There is a small stipend for this job. Please contact Jeanne Walch at ext. 337 or email [jwalch@stthomasgr.Org](mailto:jwalch@stthomasgr.Org) for more information. Marnie White has graciously offered to continue processing our new books as well as adding the management of overdues, purchasing and budget. We are all grateful to Marnie for sharing her gifts.



## Important Overdue Book Policy

Remember, all books are due one week from check-out and students will not be allowed to check out future books until their accounts are cleared. Overdue notices will be sent home via email unless otherwise noted or parent email address is unavailable. It is also important to note that report cards go home with students who have cleared library accounts. In the event a student has an overdue book when report cards are distributed, the report card will be held until the missing book is either returned or the account is settled.

## Library Continues to Grow

A budget has been set for this school year and among our biggest areas of growth will be social studies/history and, with the Home and School portion of the budget, religion/faith books. The money received from Rylee’s Ace Hardware last spring has been used to purchase country books. Maureen Jones worked this summer finding just the right books to fit our curriculum. Please watch for these new additions. Thank you, Maureen, for your gift of time in purchasing last year!



## Saint Thomas Library Info



**Coordinator:**  
Jeanne Walch  
**Contact Info:**  
[jeannewalch@comcast.net](mailto:jeannewalch@comcast.net)

Please have students return their books *on or before* the listed due date. No new books may be checked out until all past books have been returned.



# Saint Thomas Hornet Athletics



## Fall Sports

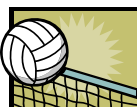
Boy's Football, Girl's Sideline Cheer, Boy's Soccer, and Girl's Volleyball seasons start the weekend of 9/11/10. The coaches for the fall sports teams are as follows:

5<sup>th</sup> / 6<sup>th</sup> Boy's Football      Jim Ens  
7<sup>th</sup> / 8<sup>th</sup> Boy's Football      Ray McDonough\*  
(\*Merged with All Saints Academy)



5<sup>th</sup> Girl's Sideline Cheer      Tara Hickey (and Catholic Central Cheerleaders)

5<sup>th</sup> Girl's Volleyball-Green      Cara Serba  
5<sup>th</sup> Girl's Volleyball-Gold      Mike Trenshaw



6<sup>th</sup> Girl's Volleyball      Nikki Williams  
7<sup>th</sup> Girl's Volleyball      Elizabeth Heffron  
8<sup>th</sup> Girl's Volleyball      Nikki Williams

5<sup>th</sup> / 6<sup>th</sup> Boy's Soccer      Keith Barth  
7<sup>th</sup> / 8<sup>th</sup> Boy's Soccer      Johrone Gooch



Come out and support your Hornet Teams!

## Saint Thomas Coaching Opportunities

The Saint Thomas Hornet athletic program offers various athletic opportunities for our 5<sup>th</sup>-8<sup>th</sup> grade students. Volunteer coaches are needed to lead these teams. The school and Athletic Director will provide coaching guidelines. The Athletic Director will make final selections of all Head Coaches.



Please sign up in the school V.I.P. program and/or contact Louis Bandlow (452-8314 – home) if you are interested.

## Reminder - Sport Physicals and Permission Slips for the 2010/2011 School Year

A new Physical & Permission Slip are required EACH school year.

Students planning on participating in the Saint Thomas Athletic program during the school year are required to have a SAINT THOMAS SPORTS PERMISSION SLIP and a SPORTS PHYSICAL (showing a doctor's clearance) dated after 4/15/10.

**These forms must be on file with Saint Thomas School prior to participation in any practice or game.** These forms will be valid for the entire 2010-2011 school year, so please fill out the Permission Slip for all sports that you are allowing your son/daughter to participate in.

## Winter Sports Signups

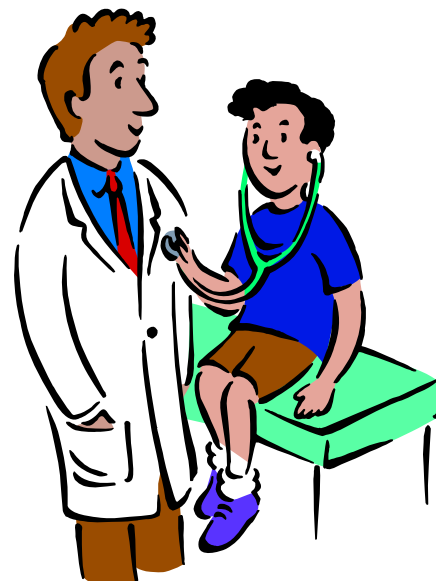
Look for Winter Sports Signups to be posted in classrooms at the end of September. These signups are for 5<sup>th</sup> – 8<sup>th</sup> graders for Boy's Basketball, Girl's Basketball, Girl's Sideline Cheerleading, and Girl's Competitive Cheerleading (7<sup>th</sup> & 8<sup>th</sup> grades only). Practices may begin as soon as 11/15/2010.

## Basketball Practice Time Reminder

Please remember that due to having boys and girls basketball play at the same time during the winter, practice time in the gym is at a premium.

The maximum allowed practice time for each team (per league rules) per week is 4-1/2 hours. This can be broken down into three 1-1/2 hour practices. We typically have 8 teams (4 boys and 4 girls) that all need practice time. We can break the gym schedule down for 1-1/2 hour practice blocks as follows, keeping in mind the kids get out of school @ 3:15: 3:30-5:00; 5:00-6:30; 6:30-8:00; and 8:00-9:30 (typically used for 7th or 8th graders). These 4 spots per day only equal 20 spots per week. You will note that 20 spots do not cover 3 practices for all 8 teams. So, please be understanding when your child's team has to use a late practice time slot or practices on Saturdays.

**Be a Good Fan by Being a Good Sport and a Positive Example To Those Around You!**





# Saint Thomas the Apostle Catholic School September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 <i>NO SCHOOL</i>	7 First Day of P4	8 7 pm Education Commission Meeting	9	10 9:55 am All School Opening Mass	11
12	13 Jean Pass Day	14	15 7 pm Family Open House Pieces home	16	17 9:55 a.m. Mass	18
19 Catechetical Sunday	20	21	22 Hearing Screen P4, K, 2 & 4 Vision Screen P4,1,3,5 & 7	23 Hearing Screen P3, K, 2 & 4 Vision Screen P3,1,3,5 & 7	24 Hearing Screen P4, K, 2 & 4 Vision Screen P4,1,3,5 & 7 9:55 a.m. Mass	25
26 6:30 pm Confirmation Meeting	27 Non-Uniform Day School Pictures P4, K & Grs. 1-8 6-8 pm H&SA Roller Skating Party	28 School Pictures P3	29 Pieces home	30		
			1 First Day of Kdg. 9-11 am P4 Open House 1-3 pm P4 Open House 7pm New Family Orient. 8pm H&SA Mtg.	2 First Day of P3 Planner & Bible Orders due	3 <i>NO SCHOOL</i>	4

# September 2010

## Saint Thomas the Apostle Catholic School

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 No School	7 Spaghetti* Rolls <u>B Lunch:</u> <u>Grilled Cheese à</u>	8 Chicken fried rice Vegetable stir-fry	9 Pizza Potato wedges	10 Macaroni & Cheese Cornbread
13 Chicken drumsticks* Roasted red skin potatoes <u>B Lunch:</u> Bean & cheese quesadillas à	14 Tacos Mexican corn*	15 Pizza Breadsticks	16 Beefy Nachos* Spanish rice	17 Tomato soup w/ a bosco stick

\*Jamie Oliver Food Revolution recipes

**Included Daily:**

### Milk

Food Bar: consists of at least two vegetables, fruit, protein (such as cheese, turkey, ham etc.), and bread products.  
Call Michelle with any questions concerning the lunch at 616-334-2610.

Due to Labor Day vacation the lunch program will have Moo-ville milk available for sale. We have a minimum amount we are required to order so there is extra for anyone interested.

The Cost is:

3.50/gallon White milk

4.50/gallon Chocolate milk (1% with cane sugar and real chocolate)

Just come down to the lunch room during any school day or when you are picking up your children.

Thank You  
Michelle Mier

## **ALLERGEN AND HEALTHY SNACK MANAGEMENT POLICY / SAINT THOMAS THE APOSTLE SCHOOL**

Saint Thomas the Apostle School recognizes the increased prevalence of student allergies and unhealthy snacking among its student body. We are concerned about the short-term and long-term life-threatening consequences connected to these situations.

In an effort to minimize and eliminate accidental exposure to any possible allergens, and to reduce the use of unhealthy snacks for birthday celebrations, the Administration of Saint Thomas the Apostle School, in cooperation with parents and other concerned adults have joined together to create a policy on life-threatening allergens and healthy snacks. We recognize the gravity and threat a student with a food/allergy faces and believe that the focus on allergy management and healthy eating shall be on prevention, education, and communication. This allergen and healthy snack policy includes peanuts, other foods, and any products such as magnets, known to produce life-threatening allergic reactions.

1. Our school is sensitive to the needs of all students and strives to be inclusive during all school activities.
2. We will exercise good stewardship and healthy habits for each and every student attending our school.

### **ACTION PLAN AND SCHOOL GOALS:**

1. Instruct the other parents with children in the classroom of a student with allergies, to avoid known allergen products at all times including any/all special classroom activities or celebrations – but we will not mandate other classrooms to follow the same level of compliance.
2. Exercise stricter levels of compliance in younger classrooms of a student with a known allergy including preschool, kindergarten and 1<sup>st</sup> and 2<sup>nd</sup> grade.
3. Practice and encourage hand-washing and cleaning of surfaces after meals in the lunchroom.
4. Plan to avoid allergens, such as peanuts and peanut butter within any planned classroom curriculum and this will include field trips, art, science, or other non-core subjects outside the classroom.
5. Initiate disciplinary action if any student intimidates or deliberately exposes an allergic student to a known allergen.
6. Direct, encourage and refer parents to the “Suggested Healthy Treats and Other Option Birthday List.” This is subject to change depending upon food allergies within each classroom. Please speak with your teacher for complete details.
7. Limit distribution of treats to the classroom of the “birthday” student ONLY. While we appreciate all students wish to share with others, “traveling treats,” will be discontinued.

## SAINT THOMAS THE APOSTLE SCHOOL

### **SUGGESTED BIRTHDAY & CELEBRATION SNACK LIST**

Saint Thomas the Apostle School recognizes the importance of celebrating birthdays, accomplishments and milestones in our classrooms.

In celebrating these times we acknowledge that food has been an important part of these events. In an attempt as staff to promote good nutritional practices and provide the safest and healthiest environment for all students, we are asking that parents refer to the suggestions listed below when bringing food into the classrooms.

#### **WHAT HAS MOTIVATED THIS CHANGE?**

Using food as a reward undermines nutrition education and encourages over-consumption of foods high in added sugar and fat.

Recent reports indicate approximately 9 million children older than age 6 in the United States are obese, leading to an increasing incidence of Type 2 diabetes.

#### **DEFINITIONS:**

**Snack** - Food with nutritional value (cheese, crackers, fruit, vegetables, yogurt) eaten between meals.

**Treat** - Food with no nutritional value (cake, cupcakes – small portions with minimal frosting, ice cream sandwiches)

#### **PROCEDURES FOR CELEBRATIONS:**

We strongly encourage that special events be celebrated with either a nutritious snack “remembrance” gift. Non-food items such as: Pencils, stickers, note pads, donation of a game or book in the child’s name for his/her classroom or library, are suggested.

1. Cheese - sticks or cubes
2. Fruit – cut up or fruit cups, apples, bananas, strawberries, blueberries, etc.
3. Vegetables – broccoli, carrots, celery etc.
4. Turkey or Ham roll ups
5. Pretzels
6. Graham Crackers
7. Yogurt or pudding cups

#### **REMINDER:**

Celebrations are to be shared with the birthday student’s classroom only.



## ***Kent County Health Department ~ FREE Vaccine Programs***

*Bring in your children and teens for vaccines now!*

New school rules require students ages 4 through 18 to have two doses of Varicella or documented history of the chicken pox disease. This affects all students entering Kindergarten or 6<sup>th</sup> grade, or those who are enrolling as new entrants in any other grade up to 12<sup>th</sup> grade. Students ages 11 through 18 entering 6<sup>th</sup> grade or enrolling as new entrants up through 12<sup>th</sup> grade must also have one dose of the meningitis vaccine and a booster dose of tetanus, diphtheria, and acellular pertussis.

Resources are available to help your family with the rising cost of children's immunizations. Michigan's Vaccines for Children (VFC) program provides vaccines at no charge to those who qualify, although administration fees may still apply. Children from birth through 18 years of age can get VFC vaccine if they are on Medicaid, do not have insurance, are American Indian or Alaskan Native, or are under-insured.

There is also help for fully-insured clients with high deductibles or high co-pays who fall into the above criteria for the new school requirements. The Kent County Health Department has a limited amount of free tetanus, diphtheria and acellular pertussis (Tdap), meningitis (MCV4), and Varicella vaccines. These vaccines may be received at just the cost of administering the vaccine which is currently \$15.00 per shot.

To schedule an immunization appointment at any six of the Kent County Health Department locations, please call (616) 632-7200. You may also visit our website at [www.accesskent.com/immunizations](http://www.accesskent.com/immunizations) for additional information.



**HEALTH**  
**DEPARTMENT**  

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**COMMUNITY CLINICAL SERVICES**

# *Chastity***FORCE**

*Living for Christ in heart, mind and body*

## **CONFERENCE**

**September 11, 2010**

**2:00 PM - 8:30 PM**

St. Pius X Catholic Church

3939 Wilson Avenue SW

Grandville, MI 49418-2331

Admission: \$12.00 per Individual / \$45.00 - Family of five or more

*Inviting children, teens, young adults,  
single adults, parents and grandparents!*

*This family-friendly gathering will promote sexual purity as a daily commitment, encouraging people of all ages and backgrounds to share this mission with everyone they meet.*

*Chastity**FORCE** CONFERENCE* includes:

- Interactive keynote presentations
- Age-appropriate workshops
- Free child care
- Sacrament of Reconciliation
- Mass with the St. Pius X Parish community
- Dinner
- Amanda Vernon in Concert
- "With This Ring" music video debut
- Book signing with psychologist and author Dean Vernon

To register online visit: [www.chastityforce.com](http://www.chastityforce.com) or  
Call St. Pius X Catholic Parish at: 616.538.2600

**EARLY REGISTRATION  
DISCOUNT**