



Saint Michael School

Teaching Children Their Value
as Children of God

January 18, 2012

Catholic Schools Week begins on Sunday, January 29th with a school Mass at 12:00 Noon. There are fun activities planned for the week. One of the activities for the week is:

International Night Come and help us celebrate St. Michael's diversity on Tuesday, January 31 from 7:00 - 9:00 PM in the Senior Building. There will be food, crafts, music, dance, an art exhibit, and a fashion show from various countries.

8th Grade Parents - High School applications are due to the high school no later than Monday, January 23rd at 3:00 PM.

Grades Closing on Friday, January 20th. The 3rd Quarter begins on Monday, January 23rd. Please encourage your child to do their best and complete their homework and projects on time. This is also a good time to check your child's school supplies - do they need new pens, pencils, crayons, erasers, glue sticks?

Weather Related School Closings - We follow Fairfax County schools for all delays and closing due to the weather. You can always check the Fairfax County website under Emergency Announcements for closings.

Thank you to all those parents who have their children here on time. Student lateness disrupts classroom routine

Friday, January 20th - Mass at 8:30 AM, please help us support ACCAs food pantry by sending in a box or can of food to help struggling families.

Hot Lunch & Pizza orders are due by January 26th.

Happy New Year to all our families that celebrate Chinese New Year, Korean New Year or Tét (Vietnamese New Year) on Monday, January 23rd.

FACTS Tuition Assistance forms were sent home. **Deadline for submission for high school is January 23.** Families seeking aid for students in BOTH ELEMENTARY AND HIGH SCHOOL should follow the high school submission

date. Deadline for submission for elementary school is March 19. **Please note** that ALL applications and supporting tax documentation must be received by FACTS by the dates listed above, not postmarked. Your application is not considered complete until FACTS has received the supporting documentation. FACTS does charge a \$25 processing fee. You must file with FACTS if you want to be considered for financial assistance from St. Michael School. No financial assistance will be given unless completed paperwork has been filed with FACTS. If you would like a Spanish FACTS form please let the office know.

CLINIC CORNER - 9 - According to the National Institute for Health, school-aged children need at least 9 hours of sleep a night. A good night's sleep for children will help them stay focused on their schoolwork and may also improve their behavior. Try these tips to help maintain a healthy sleep hygiene for your child:

- Keep your child's bedtime at around the same time each evening. The body functions better when it is on a set schedule
- Exercise is great for children, but not right before bed. Try to decrease their activity level before sleeping.
- Do not have your child do their homework while sitting or lying on the bed.
- Do not eat before bedtime. Food gives energy and can cause indigestion that interferes with sleep.

Mark your Calendar - Dates to Remember:

January 20 - End of 2nd Quarter

January 23 - High School Applications Due

FACTs Applications due for High School Students

January 27 - No School, Teacher Professional Development Day

January 29 - Catholic Schools Week begins with Mass at 12:00 Noon