

Thursday, November 9



NO SCHOOL
FRIDAY, NOVEMBER 10
IN OBSERVANCE OF
VETERANS DAY



Monday morning assembly will be conducted by Grade 7.

Have you signed up for your PARENT/TEACHER/ STUDENT Conference? Please be on time for your 15 minute session. It is imperative teachers stick to their schedule. Your cooperation is appreciated.

Make sure you have a time slot! This link will close officially tomorrow at 6pm. You will need to make other arrangements if you miss this opportunity!
Student-Led P/T Conferences 2023 - Google Docs

Grades K-8: 12pm dismissal days Nov. 15, 16, 17. No hot lunch on 12pm dismissal days. Extended Care available until 6pm.

NEW AFTER SCHOOL PICK - UP

PROCEDURE

(Morning drop-off will remain the same)

The safety of the students is always our #1 priority. As part of our "unwelcome intruder" training, we have been encouraged to change the after school pick-up procedure. Therefore, we are suggesting parents park their vehicle, walk to the "waiting" back gate and pick-up students. Students will be lined up in grade order waiting to be called. Parents preferring to stay in carline still have that option. We will have school personnel monitoring carline and the gate. This new procedure will begin Monday, November 13. See the diagram provided digitally today.



Today!
Prayer & Send-Off
2:35pm.



Parents will receive a text message Friday as to the anticipated arrival time of our AstroCampers!

WELCOME BACK!

Support our Hawk athletes! The league website is: leaguelineup.com/catholicsportsleague





Please keep the following people in your prayers:



- ◇ Nadine Leivas
- ◇ Valeria Alvim Monteiro †
- ◇ Mark Ronis †
- ◇ Dominic Tarantino
- ◇ Barbara Zarate
- ◇ Our HT families
- ◇ Fr. Rey Manahan and our HT parishioners
- ◇ For the HT faculty and staff
- ◇ For those we pray for in the silence of our hearts

IN TODAY'S PARENT ENVELOPE

- Advent Seating Raffle (HC)
- December Hot Lunch Menus **due 11/17/23 by 12pm** (HC)
- Gift Card / Scrip Order Form (HC)
- HT December Choir & Pageant Flyer (HC)
- New Updated Pick-Up Procedure (E)
- Parent Status Letters (HC)
- Preschool See's Candies Fundraiser (HC)

WE ARE AVAILABLE TO ASSIST YOU:

Questions? Check out the **school website:**

- www.holytrinityschoolcajon.com
- School: (619) 444-7529 M-T-Th-F 7:30am-3:30pm
Wednesdays 7:30am-1:30pm
School FAX (619) 444-3721
- Extended Care (619) 444-5043
- Ministry Center: (619) 444-9425 Monday-Friday 8:30am-5pm
Closed Wednesdays
Carol Furois, Director
cfurois@holytrinityhawks.com
- Preschool: (619) 444-1052

emails:

- Julia Marentez: principal@holytrinityhawks.com
- Madlain Arabo: schoolbookkeeper@holytrinityhawks.com **FACTS**
- Lorraine Cota: cota@holytrinityhawks.com
- Mary Ray: ray@holytrinityhawks.com
- Parish website:** holytrinityelcajon.org
- Dennis Uniform:** dennisuniform.com (858) 573-1804
- FACTS Helpline:** (866) 441-4637



Maya Q., **TODAY!!**
Luna R., November 11

(Birthdays are posted weekly.)

Be Our Best

Congratulations to this week's BOB card all-stars!

- Preschool: Jada T. & Adalynn M.
- Kinder: Anastasia A.
- First: Jack H.
- Second: George A.
- Third: Dani M.
- Fourth: Amelia Y. T.
- Fifth: Alana I.
- Sixth: Ben A.
- Seventh: Talon P.
- Eighth: Faith T.



These students received a non-uniform free dress coupon. These coupons are not to be used on Mass days.

BOLO
"Be on the look out"



Thanksgiving Baskets

It's that time of year again when we gather items to create baskets for families from the parish. **Please be on the look out** for an email and Sign-Up Genius from room moms with the suggested groceries.

As always, your generosity is appreciated!

The Preschool will be having their Thanksgiving Feast

Wednesday, November 15 11:30am-12:30pm at the Preschool. The Hall is unavailable due to the re-roofing of the Hall.



Please return the parent envelope Monday.
There is a \$2.50 charge if the parent envelope is lost.

The cold and flu season is upon us...

Parents are asked to keep students home if they are not feeling well. Do not tell your student to go to school and call if they're not feeling better. Nine times out of 10, the student will ask the office to call you.

Students must be "fever-free" without medication for 24 hours before returning to school.

Remind students to cover their mouth when coughing or sneezing and to wash their hands frequently

Make sure students are getting the rest they need. From the (CDC) Centers of Disease Control and Prevention:

Sleep recommendations by age group.		Recommended Hours of Sleep Per Day
	Age Group	
Newborn	0-3 months	14-17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
Infant	4-12 months	12-16 hours per 24 hours (including naps) ²
Toddler	1-2 years	11-14 hours per 24 hours (including naps) ²
Preschool	3-5 years	10-13 hours per 24 hours (including naps) ²
School Age	6-12 years	9-12 hours per 24 hours ²
Teen	13-18 years	8-10 hours per 24 hours ²
Adult	18-60 years	7 or more hours per night ³
	61-64 years	7-9 hours ¹
	65 years and older	7-8 hours ¹

References:

1. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, et al. The National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep Health*. 2015;1(1):40-43.
2. Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016;12(6):785-786.
3. Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015;38(6):843-844.

Academy of Nutrition and Dietetics: Breakfast is an important meal for growing children. Studies show that breakfast eaters tend to have higher school attendance, less tardiness and fewer hunger-induced stomach aches in the morning. Their overall test scores are higher, they concentrate better, solve problems more easily and have better muscle coordination. Children who eat breakfast also are more likely to maintain a healthy weight and get enough calcium, too. Whether your children eat at home or at school, be sure they eat a nutritious breakfast every day.

Support the Preschool!




Christmas is just around the corner and preschool is having their annual fundraising event! Please take a look at the information enclosed in today's parent envelope regarding the preschool's efforts to raise money for a new fire alarm security system.


The deadline for placing orders is Wednesday, November 29. Mrs. Furois is anticipating the delivery of candy the week of December 11-15.

When ordering, make sure to complete the form and use the envelope provided for payment. If making out a check, make payable to Holy Trinity School. Thank you for your consideration!

A Prayer for Veterans



Proud of our nation
they answered her call.
Defending the freedom
and safety of all.
On land or on sea,
or in jets high above,
they went out of duty
and honor and love.
But however they served, Lord,
wherever they went,
please bless them
and help them
to know what it meant!
And help us to thank them
on Veterans Day,
for we owe them far more
than we ever could say.



Saturday, November 11
HT Parish Veterans Day Dinner
JR HIGH & PARENT VOLUNTEER OPPORTUNITY!

<https://www.signupgenius.com/go/60B0E4EAAAC2D6-45970977-veterans>

This And That



- Be mindful of the "new" pick-up procedure beginning Monday. Please alert older siblings, grandparents, aunts, uncles, etc. if they are in the habit of picking up your student.
- Noon dismissal days for Grades K-8 Wednesday, November 15, Thursday, November 16, and Friday November 17. Extended care available until 6pm. This schedule does not apply to preschool students.
- Interested students are to return the Pageant/Choir form no later than November 17
- December hot lunch menus are due by 12pm Friday, November 17
- We will celebrate Principal Appreciation Day Tuesday, November 28
- The See's order form is due Wednesday, November 29