
THE KNIGHTLY NEWS



St. Ambrose School

3827 Woodburn Road

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October 14, 2020

Message from the Principal

Dear Parents,

Parent-Teacher conferences are scheduled for November 10 and 11, 2020 via google meets. Parents will be given the opportunity to schedule conference times through Signupgenius.com starting on **Sunday, October 18th, at 9:00 am** and closing on **Sunday, November 1st at 9:00 pm**. There will be dates and time slots for you to choose from. Directions on how to schedule conferences will be sent to you on Sunday, October 18th.

Baseline data information from Scantron testing for grades 3-7 will be sent home on Wednesday October 28, through the Wednesday folder. Please have the baseline data information with you during your scheduled conference.

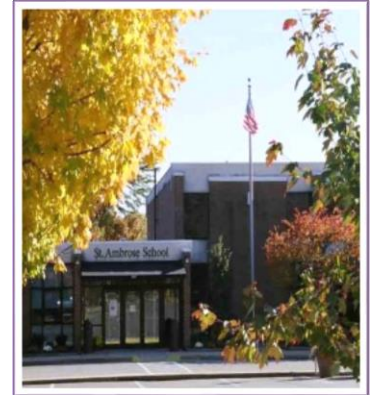
If you have any questions, do not hesitate to contact me at any time.

Yours in Christ,

Maria Teresa Tejada

Principal

Message from Father Fisher: November 3 is Election Day. Adoration hours will be from 9:30 am until 5:00 pm.



Upcoming Events

October 16

Virtual Oktoberfest and

Bingo Night

PTO is hosting our first family fun night this Friday October 16.

School Announcements:

Smart Boards: The PTO approved the purchase of seven Promethean Active Panels to replace our old Smart boards from second to eighth grade. I would like to announce that the Active Panels have arrived and will be installed on October 30. This purchase will improve our direct instruction in the classroom and will benefit our students tremendously. **The faculty, staff and I would like to thank our parents for their generosity and continued support.**

Living Rosary: After mass on Thursday, October 15th, all classes will participate in a socially distant Living Rosary to honor Mary. Students will remain in their classrooms as members of the 8th grade lead us in prayer over the PA system.

Formation of Christian Chastity:

Please refer to Mrs. LaBarge's letter sent to parents on October 13, 2020.

High School Information Night:

Tonight we will be having a **virtual High School Information Night at 7:00 PM for all 8th grade parents**. At that time, guest speakers from all of the diocesan Catholic high schools will speak about their respective schools. Mrs. Maria Tejada, Mr. Connor Kleb, Mrs. Trish Konczal and Mrs. Pat Kiernan will also provide information about the upcoming High School Placement Test, teacher recommendation forms, Student Activity Sheets, important deadlines, etc. Time will be available to answer your questions as well. All important paperwork was sent home with all eighth graders in the Wednesday folder.

Messages from Mrs. Konczal:

Picture retakes from Lifetouch will be on **November 3rd**. If you are not happy with the results from the first picture day you can have them re-done. However, your student will need to return their picture package from the first day. The envelope has a barcode used by the photographer to associate the new image with the student to make sure they get the same package for the retake. There will be a basket for students to drop their packages into.

The message below was sent on Friday, September 18. **100% participation is required and so far only 62 contacts have been updated out of 198.** We want to implement the texting communication option ASAP, but this system will not work with outdated information and phone numbers. We will begin this form of communication on **November 1**. If you have not updated your information, you will not receive important information from the school going forward. If you have questions please contact me directly.

Email sent September 18, 2020:

As many of you know, we have had trouble with our communications to families since the Diocese did a merge of contacts over the summer, and a lot of contact information was lost in the school database (Powerschool). Our typical form of communication was through a program called School Messenger, which allowed us to robo email, text and/or phone message. However, with the inaccuracy in the database this was not successful.

At the very end of August the Diocese rolled out a new program for enrollment, both for new and returning families. It is a separate program that "talks" with Powerschool. This program allows returning families to log-in and update all their information, including prioritizing your preferred method of contact. We realize that not everyone is checking their emails as often as some, and therefore, we would like to utilize the texting option for urgent matters. This will require you to follow through with this online process. Please be aware that some of this information will be redundant to the back to school forms you filled out at the beginning of this school year. We apologize for you having to do this twice, but the good news is that forms are going online

We know you want to receive our communications, and during an emergency situation it is absolutely vital that we can contact you. You will receive an email from the Diocese of Arlington this afternoon for each child inviting you to create your enrollment record. This process may take a small bit of your time, but it is extremely important that we have 100% participation.

Wednesday Folders: Did you know this is another way we communicate with you? Every Wednesday we have a parent volunteer that diligently tracks down those folders and stuffs them full of important information. We noticed that some folders do not ever get touched and come back with all that important information. Please remember to check them every Wednesday and remove the contents, then return to school promptly so we have them for the next week. Also, when possible, contents are shared to the online Wednesday Folder tab on our Website, found here <https://stambroseschool.org/wednesday-folder/>

Message from Mrs. Moran:

Hello Artists and Families!

Please ensure that your artist (whether at home or in the classroom) is fully outfitted with all the supplies necessary to participate fully in art class. You can easily go in and check to make sure you have all the necessary items by clicking [here](#) and selecting the appropriate grade (make sure to scroll all the way to the end of the document to see all the Art Supplies on the lists).

And remember, the eARTH without ART is just eh! Mrs. Moran

Message from the PTO:

There's still time to join our first ever virtual **Oktoberfest on October 16th!** You can still buy your bingo cards for \$10 each at carpool on Friday in front of the parish center. For those of you who ordered already, your bingo cards and log on instructions will go home in the Wednesday folder. Food kits will be available for pick-up in front of the parish center starting at 2:30.

Show your St. Ambrose pride and purchase **your spirit wear!** A decision was made to change spirit wear companies. Please see updated ordering instructions below. 10% of proceeds from spirit wear comes back to our school. Get your orders in by October 16th!

Ordering Online

1. Go to <http://www.spiritgeardirect.com/>
2. Click "Shop a Gear Drive" on bottom left or upper right sides of website
3. Select State from the drop down menu

4. Start typing school name into the group name field to select the flyer

Join a St. Ambrose School parent's network via the NextDoor app. We already have over 50 members and have started a dialogue ranging from tips for wearing masks and glasses to instruments for sale for band. Turn to your fellow school parents as your trusted network! Use this link to sign up:

<https://nextdoor.com/g/2p7sh0joi/>.

Volunteers for recess: We need volunteers to monitor our recess. If you would like to help, please make sure you are cleared first by Mrs. Konczal as all volunteers must be "Virtus" trained before they can help. **We have changed the sign-up link so please use this new one.**

<https://www.signupgenius.com/go/20F084EACA7283-recess>

Amazon Smile Link: Please use the Amazon link on our website when you order from Amazon. A percentage of the sales comes back to St. Ambrose.

New Facebook and Instagram Page: Please like us in our new pages:

<https://www.facebook.com/St-Ambrose-Catholic-School-117347330085000/>

<https://www.instagram.com/stambrosecatholicschool/?hl=en>

More Important News

Message from the Nurse:

Eating During COVID

We all want to feel as good as we can during these times of uncertainty. Everyone is feeling a lot of stress right now, and the unfortunate reality is that stress worsens feelings of low mood or angst, and it also suppresses our immune systems. Therefore, targeting immune-boosting foods will have a dual effect, you may feel less anxious and boost your immunity. Here are some simple tips to help decrease anxiety and boost your immune system.

- Citrus fruit and red bell peppers (both rich in vitamin C, which in some studies has been shown to support your immune system)
- Spices: ginger, garlic, turmeric, and capsaicin (from chili peppers) can be easily added to soups, stews, stir-frys, or salad dressings.
- Foods rich in zinc such as oysters, clams, mussels, cashews, liver, beef, and egg yolks. You may recognize zinc as an ingredient is the cold remedy Zicam, as zinc has some virus-fighting effects.
- Magnesium-rich foods may help you to feel calmer, and help support immunity. Stress can deplete our magnesium levels too. Examples are legumes, nuts, seeds, leafy greens, and whole grains.
- Fatty fish like wild Alaskan salmon contains omega-3 fatty acids. A study on medical students in 2011 was one of the first to show that omega-3s may help reduce anxiety.
- Eat probiotic-rich foods such as pickles, sauerkraut, miso, and kefir.
- Add some antioxidants to your anti-anxiety diet, which can support your immune system.

Flu Shots

I encourage everyone to get their flu shot this year. If you need assistance in figuring out where to go to receive a shot please email or call me and I will be happy to assist you.

Morning Health Assessment

Thank you again to everyone for filling out the form daily. It is helping us to keep all students, faculty and staff safe and healthy.

Below you will find the link to the daily health form. It is the same link every day.

<https://forms.gle/jrxYJaNyUWML6eeA6>

Have a great week.