

## St. Cassian School

Weekly Newsletter - February 8, 2020



### From the Principal's Desk...

Dear St. Cassian School Families,

January was such a wonderful month for our eighth graders! Mid-month, excitement peaked as the high school acceptance letters, the scholarship awards and the advance placement notifications were received. As in previous years, St. Cassian students attained offers of admission, not only from the top schools in the area, but also from schools with the highest national ranking. Some of the schools offering admissions to our students included: Regis High School, Delbarton, Mount St. Dominic, Immaculate Heart Academy, St. Peters Prep, Academy of the Holy Angels among others. Although the scholarship offers and announcements of placement in honors classes continue to come in, many substantial scholarships, including several four-year academic scholarships from Regis High School and St. Peter's Prep have already been secured.

Adding to the excitement, the Ring Ceremony, celebrated on Wednesday, January 29th during Catholic Schools Week, marked the first graduation milestone for the Class of 2020. The rings (a gift from the school) were presented to the students during a beautiful Mass. During the homily, Father Marc eloquently spoke about how he hoped that the rings would not only serve as a keepsake of their time in our school but also as a symbol and reminder of the importance of the students' lifelong commitment to building the Kingdom of God. Thank you, Father Marc, for the inspiring message for our next graduating class.

In closing, I'd like to extend my congratulations to our students for their accomplishments. I would also like to thank our wonderful St. Cassian community (parents, faculty, staff, parishioners, Advisory Board members, HSA leadership Team Members, Foundation trustees and its contributing members) for providing the knowledge, the nurturing, the support, and the resources needed to ensure our students' success.

Please be sure of my prayers for continued blessings for our school families.

Yours in education and faith,

Mrs. Maria Llanes  
Principal

---

Dear Parents,

Winter is typically a time of year when the common cold, the flu, viruses and head lice are most prevalent. Although our school is not experiencing by any means a widespread problem of any of the above, it is a good time to be vigilant of symptoms, and put preventive measures in place.

#### Common Cold, Flu, and Other Viruses:

In being proactive about preventing the spread of the common cold, the flu and other viruses, these are some of the measures we are taking:

- Wiping tables, doorknobs, railings and other surfaces with anti-bacterial solutions daily
- Offering students anti-bacterial hand solution before snacks and lunch
- Addressing the theme of prevention in Health class

#### Recommendations to Parents:

- Encourage your child to wash his/her hands often, especially before eating.
- In the event your child gets sick, please do not have him/her return to school until being **fever free without the use of fever reducing medicine for at least 24 hrs.**
- If your child is diagnosed with the flu, alert the school, so that we can take extra preventive measures.

#### Head Lice (Pediculosis Capitis):

Based on recommendations by the NJ Department of Health and the National Association of Nurses, we do not perform widespread head checks in our school; however, these are some of the steps we are taking towards prevention:

- If there is a reported case, the school nurses will check the heads of the children in the class where there is an affected child. We will also check the heads of children in classes where there are siblings. Parents of affected children are notified.
- During Health class, the nurses will provide instruction to increase students' awareness, teach preventive measures (i.e. not sharing hats, combs, and brushes), and help students gain an understanding of misconceptions (i.e. Head lice is not caused by lack of cleanliness).
- Provide information to parents on the [Most Frequently Asked Questions](#)

- Provide recommendations and information about treatment, upon parental request.

#### Recommendations to Parents:

- If your child should develop head lice, please notify the school, so that we can put additional preventive measures in place.
- Check your child's head regularly. Early detection makes treatment easier.
- Inform children that they should not share hats, combs or hairbrushes with friends.
- Become informed by reading the [attached flier](#) and other literature on the subject. There are many common misconceptions about head lice.

Please see the attached [Health Office Guidelines](#) for more information. If you have any questions or concerns, please do not hesitate to contact Mrs. Sepe or Mrs. Dombrowski, our school nurses. Thank you for your support in the implementation of preventive health measures.

Thank you for your support in the implementation of preventive health measures.

Sincerely,

Mrs. Maria Llanes  
Principal

## School News

**Middle School STREAM Fair:** We are excited to announce that after several months of researching and implementing the engineering design process, our grade 6th through 8th students will have their STREAM Projects on display at our Middle School STREAM Fair. The Fair will take place on **Wednesday, February 12th**. The morning will be reserved for judges, while the afternoon will be dedicated to welcoming parents and friends from **1:00 PM to 2:30 PM**.

Within the framework of the United Nations' Sustainable Development Goals, our students researched and identified regions for the world in need of help and specific challenges therein that they sought to address. With the utmost cultural empathy, they engaged in research and in the engineering design process over a 6-month time span to invent and innovate solutions to these challenges. All projects will include an engineering prototype, an informational trifold brochure, an engineering notebook, and a poster display board.

As an introduction to our robust middle school STREAM Program, 5th graders created math-based displays representing researched data. They have done a great job connecting math to other academic areas!

**Student Council Initiatives:** In their commitment to grow in Christian leadership, the Student Council actively finds opportunities to help those in need. Over the next few days, the Student Council will lead a collection of non-perishable food items, which will be donated to St. Michael's in Newark. All items should be in by Friday, February 14th. Drop off stations will be set up in the gymnasium.



The Student Council's service activity, **Socks for Love**, was a great success! Thanks to everyone's effort, needy individuals will receive warm socks and needed personal care items.



**Transportation Reimbursement:** To apply for a transportation reimbursement from your hometown, please complete the [attached form](#) and return it to our school office no later than March 1, 2020.

**Spirit Day at St. Cassian School was a Blast!** Roller board races, team races, and the faculty vs. 8th grade volleyball game were so much fun! Go Cougars!



**Priest Week at St. Cassian: A Unique Experience!** The celebration of Priest Week, which commemorates the presence of priests in our school and parish, is a celebration unique to St. Cassian School. Priest Week has become a tradition that our students look forward to during the month of January, leading up to Catholic Schools Week.

During this special week, Father Marc visited classes, engaged in classroom lessons, and shared memorable moments with our students. Some of the activities included creating art projects, reading stories, playing games, and sharing in the learning experiences.

Priest week was a great success and a fun experience for all! **Thank you, Father Marc!**



Please be sure to visit the events calendar on our [website](#) to view the activities beyond this coming week.

## HSA Happenings

**Movie Day:** Thank you to our volunteers who helped serve popcorn and drinks on Movie Day during Catholic Schools Week...**Sheetal Davitt, Sarah Elbell, Angela Kahng, and Laura Szymanski.** A special thank you to **Caroline Buza** for an extra run to the store for more popcorn!

**Sock Hop:** The Sock Hop was a huge success! Everyone seemed to have a great time. Thank you to all the volunteers who made it possible...**Joanne Barrett, Hala Dollari, Diana Fonque-Lepiani, Jessica George, Rachael Jones, Katrina Llanes, Wendy Simon and Laura Villeda!**



**Super Bowl Bake Sale:** Thank you to everyone who donated baked goods, and thank you so much to **Kristin Acuña** and **Jeanne Fredericks** for leading this event! We raised over \$1,800!



**Ladies Night Out:** Thursday evening was the Christmas Corners Silent Auction event..."Ladies Night Out"! Thank you to **Jessica George** for planning this event, which raised over \$350 for the school! Thank you to everyone who attended...it was a fun night...and, everyone made some beautiful creations!





**Save the Date...Annual 5K:** Mark your calendars for Saturday, April 4th for our 5K (certified course) and Fun Run. Remember, you do not have to be a runner to participate. Walkers are welcome too! Grab your friends and family and come enjoy Brookdale Park!

Please contact [hsastcassian@gmail.com](mailto:hsastcassian@gmail.com) with any questions about HSA events.

## The Arts

**Creating a Documentary:** During our next MIAD Cycle, ten middle school students will have the unique opportunity to work with Mark Bozek, a professional filmmaker whose film, *The Times of Bill Cunningham*, premieres this month. The course will entail creating an original film project that will be showcased at the celebrations for the **125th anniversary of St. Cassian Church** next Fall. Students will engage in research, the collection of historical data, writing a screenplay, filming, editing, creating visual animations and original music, interviewing, and directing scenes. The MIAD Course will begin the first week of March.

Participating in this project will be an amazing and fun learning opportunity for our students. To learn more about the project and to apply for participation, please see the [attached application](#). The completed applications must be submitted to the school office by 8:15 AM on Thursday, February 13, 2020. Late submissions will not be accepted.

*Parents, Staff, and Friends of St. Cassian Church, please see the [attached flyer](#) to learn how you can also help us gather information for the documentary project.*

## Cougar Sports

**Basketball:** St. Cassian's basketball teams continued the season last week with 2 games and 2 impressive wins by the Varsity girls team and the JV girls white team. Please mark your calendars and come support our teams:

- **8th Grade night (boys)** - February 9, 2020, at the 11:30 AM game at St. Cassian School gym. We recognize our 8th graders.
- **8th Grade night (girls)** - February 22, 2020, at the 2:30 PM game at St. Cassian School gym. We recognize our 8th graders.
- **Playoffs Round 1:** March 5-8. Details to follow.

**Spring Season:** We are planning for the Spring Season and we need your help to determine participation in those sports. Please take a few minutes and complete a survey by using this [link](#).

Please be sure to check the online schedule on our [website](#) and support the teams with your attendance!

## Parish/Community Corner

**Celebrate Valentine's Day on World Marriage Weekend:** Blessing of married couples and rings will take place on Saturday, February 8th at the 5:30 PM Mass and dinner (\$30/couple) after the Mass. Limited seating. BYOB. Reservations are required. Contact Greg Hann at [ghann@stcassianschool.org](mailto:ghann@stcassianschool.org) or 973-744-2850.

**Youth Group:** We are looking for volunteers to set-up, serve, and clean up at the World Marriage Day Dinner on February 8th from 5:30 PM to 9:30 PM. To volunteer, please call the parish office or email Greg Hann at [ghann@stcassianschool.org](mailto:ghann@stcassianschool.org).

### **St. Cassian School**

*National Blue Ribbon Exemplary High Performing School  
Accredited by the Middle States Association of Colleges and Schools  
190 Lorraine Avenue  
Upper Montclair, NJ 07043*

**(973) 746-1636**

Follow us on Facebook