

IMMACULATE CONCEPTION CATHOLIC SCHOOL



NEWSLETTER

September 2014

IMPORTANT DATES:

9/4 - PTO Mandatory Meeting @ 6pm

9/4 - Back to School Night @ 7pm

9/4 - Mixed Bag Fundraising Starts

9/5 - Back to School BBQ and Book Fair @ 5pm

9/10 - Room Parent Meeting @ 7pm

Immaculate Conception
Catholic School
726 S. Shamrock Ave
Monrovia, CA
(626) 358-5129
www.icschoolmonrovia.org

Principal:
Mr. Jim McMains

PTO President:
Raymond Aguirre

PTO MISSION STATEMENT:

The PTO's mission is to foster a relationship between parents and faculty for the enrichment of our children's educational experience and to enhance the education environment through volunteer and financial resources. We will conduct ourselves with humble, positive attitudes as we create and maintain relationships honorably and professionally within the school. The PTO is committed to students, parents, and teachers and will represent itself in a respectful manner at all times.

Dear Parents,

The Immaculate Conception Catholic School PTO would like to welcome you to our school, and a big "WELCOME BACK" to all returning families. For those of you who are unfamiliar with us, we are a volunteer organization made up of parents, teachers, administrators, and support staff who are all dedicated to the successful education of our children. The IC School PTO works hard to help make the school year both enjoyable and exciting for students, teachers, and parents.

The purpose of our organization is to aid the students and staff by providing support for educational and recreational needs, to promote open communication between administration, teachers, and parents and to encourage IC School Spirit and Pride. The PTO uses its resources, both manpower and monetary, to support all the efforts of the staff of our school.

We are looking forward to meeting families, parents, and grandparents that would like to get involved with our PTO this school year. We encourage you to not only join our organization, but get involved as well! Everything we do is based on volunteers and we are always looking for those of you to help make a difference in the lives of our children. Every positive imprint we make on our children can go a long, long way. If you are able to give some time, day or evenings, please join us! Many hands make the job easier.

You can participate and help us make the 2014-15 a great school year. We will need as many volunteers as possible, and are flexible enough to work around your schedule. We in the PTO believe that it is of ultimate importance that we do everything we can to enhance the learning environment of our children as they truly are our future. It will take all of us working together to ensure that this happens.

We look forward to meeting you all,

Raymond Aguirre
President, IC School PTO
pto@icschoolmonrovia.org

Carlos Galdamez
Vice-President, IC School PTO
pto@icschoolmonrovia.org

STUDENT STORE IS NOW OPEN!

A big Thank You goes out to Bobbie Hernandez and Myra Azucena for spear heading the School Supplies Kits and Denise Aguirre and Alex Razo along with Uniform Committee for the new school uniforms. This school year the student store will be stocked with school supplies and uniforms for the rest of the school year. Don't forget to buy your school supplies and uniforms and help support our school.

MONTE CARLO NIGHT IS COMING

Our biggest fundraiser is coming this November 8, 2014 – Monte Carlo Night. See attached flyer for more information.

MIXED BAG FUNRAISER



Start placing your order this Thursday until September 21, 2014. It makes a good gift for any occasion.

CALLING ALL CRAFTERS!

Please join us this year on December 14, for our Christmas Boutique! Seeking hand crafted items, holiday decor and boutique gift items. The fee for a table is \$60. Applications will be taken on a first received, first assigned basis, spaces are limited. If you are interested in participating in our boutique as a vendor, please email Bobbie Hernandez at Bobbie.Hernandez@Hautelook.com or call 626-483-7147 for more information.

**PTO IS LOOKING FOR PEOPLE WHO WANT TO MAKE A DIFFERENCE
AT IC SCHOOL – JOIN NOW AND GET INVOLVED!**

PTO MYTHBUSTERS

Myth: The PTO is just for stay-at-home moms.

FACT: The PTO is for everyone! Our volunteers are mothers, fathers and those who fill those roles. We have a wide range of volunteers who: stay-at-home; work part-time to full-time; have little ones at home, preschoolers, high schoolers and/or college students; are continuing their own education; and more.

Myth: The PTO has all the help they need.

FACT: The PTO welcomes everyone and continues to need volunteers for various events, fundraisers, and committees year-round. We need you!

Myth: Volunteering for the PTO takes too much time.

FACT: Only YOU can decide how much time you can give. Even if you can help at just one event or handle one task per year, it would be greatly appreciated.

Myth: PTO volunteers need to be at the school during the day.

FACT: Much of the PTO work can be done from home on your own schedule, or at events at night or weekends. Yes, there is volunteering during the school day if you are able to do so. But no one does it all, so choose what works best for you.

Myth: The PTO has the same volunteers year after year and everyone knows each other.

FACT: While we are fortunate to have dedicated volunteers who return, we also welcome new ones every year. We do strike up friendships and enjoy getting to know one another. This year, we already have several new Committee Chairs and volunteers, and we have not all met each other yet. Our volunteers range from Kindergarten to 8th grade parents, so it's a great chance to get to know parents from other grades you may not have met otherwise.

Myth: The PTO is all set with their activities and events for the year.

FACT: Each year, the PTO brings back favorites and tries new activities, fundraisers and events. Those new ideas come from volunteers. For example, a volunteer thought it would be great to have a school store and made it happen this year. While we try to plan ahead, **it's only the beginning** of the school year and there's still plenty of time to do even more for the students and school this year. **And we want you to be a part of it all!**

Please e-mail us with your questions, concerns, ideas or if you would like to join us at

pto@icschoolmonrovia.org

10 Reasons To Get Involved

1

Your child benefits.

When parents get connected to the school, children do better. Research shows children whose parents are involved get better grades, do better on tests, and have fewer discipline problems at school.

2

We make a difference.

Our mission is to create the kind of school community where teachers and administrators can do their best work—and so can our children. We provide support for teachers in and out of the classroom. We provide resources they need. We help create learning opportunities for children. And we try to build the kind of supportive, caring atmosphere that makes school fun.

3

We pledge to honor your time constraints.

People are often reluctant to participate because they're afraid they'll get pulled into a black hole of never-ending time commitment. That won't happen here. An hour or two a semester really makes a difference. And we won't push you to commit more than you want to or are able to.

4

We have fun.

Volunteer work shouldn't be drudgery. We accomplish a lot, and not everything we do is easy. But we know we're not balancing the national debt, either. We don't take ourselves too seriously, and we try to enjoy ourselves along the way whenever possible.

5

Meet nice people who share your concerns.

We all have a common bond. We care about creating the best possible educational experience for our children. We are neighbors and peers who share many of the same experiences. And many friendships have developed as a result of those connections.

6

There's a lot to be done.

These days, schools are asked to do more with less. Our help is needed more than ever to fill the gaps.

7

We can match jobs to your interests and abilities.

The work we do covers a broad spectrum: filing and photocopying, planning and executing events, writing and editing, working directly with children, managing a budget and cash flow, and lots more. We encourage creative ideas, and we're thrilled to have people take on tasks that meet their skills and interests.

8

We're welcoming.

To us, there are no "outsiders." We are people who have come together to work toward common goals. We couldn't be happier to have you join us in working toward those goals.

9

We're about parent involvement, not fundraising.

In these times of tight budgets, parent groups everywhere are having to fill in the gaps, and so are we. But our number one goal is to get more parents connected to the school. That's because more than 300 independent research studies show that building parent involvement in education is the number one thing we can do to create a great school and improve student performance.

10

This work is very rewarding.

It's seeing the bright light of learning sparkle in a child's eye. It's seeing the smile that shows we're making school a little more fun—and a child feel a little more comfortable in a learning environment. It's learning that test scores have risen and knowing we played a role. There are lots of rewards, both big and small, for those who get involved. Won't you join us?

Contact:

PTOtoday

www.ptotoday.com

NUTRITION AND HEALTH PAGE

Welcome back IC families! We hope the students enjoyed their time off and are excited and ready for the 2014-2015 school year! PTO is excited to introduce our Nutrition and Health program this year! This program is designed to provide busy parents with helpful tips to keep our children performing at their best throughout the year. With our new and earlier drop off time at 7:50a.m., it is important that we get in all the rest we can to ensure a productive and healthy day and week!

Without enough sleep, most of us can easily become walking zombies just going through the motions, getting through the day. The same is true of our children! Too little rest can leave our kids cranky, restless, unable to focus and unprepared for the day. Lack of sleep cheats our students of the ability to fully learn all the wonderful lessons our teachers prepare for them on a daily basis.



FUN FACTS:

The amount of sleep a person needs depends a lot on his or her age. Children age one to three need 12-13 hours of sleep, age four to five need 11-12 hours of sleep over the 24-hour day. Most kids between the ages of 5 and 12 years old are in between, needing 10-11 hours of sleep. Some kids might need more and some less. It depends on the child.

Did you know that lack of sleep can get you sick? It's true!! Yes, lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as the common cold. Lack of sleep can also affect how fast you recover if you do get sick.



Can exercise help with sleep? Yes it can! Children who exercise less during the day take longer to fall asleep at night, according to new research. Every hour of inactivity is worth an additional three minutes that a youngster stays awake for. Get your child active! Walking, running, jumping and regular physical activity can assist with a better nights rest.

IC has partnered with Kaizen Martial Arts to offer our students an amazing deal! 10 weeks of Martial Arts Training for \$69! This special includes a free uniform donated by Kaizen Martial Arts. Classes begin September 22 and run through November 29th. Not only is this an incredible opportunity for your child to learn and benefit from this fitness program but **IC will receive 100% of the proceeds!** Kaizen is located in Old Town Monrovia, off of Myrtle Ave. and Chestnut. Flyers will be available in the near with more information on the program.

Do you have tips to share with our board? We would love to hear from you! Please email PTO@icschoolmonrovia.org to let us know what healthy tips work for you and your family!

Regards,
Bobbie Hernandez

DISCLAIMER: We are not nutritionists or health professionals just busy parents who love sharing tips! Please use your best judgement to decide what works best for your child.

Sourced from: KidsHealth.org, MayoClinic.org, Nursingtimes.net