



Shamrock'n News

Welcome Back!

Emmetsburg, Iowa August/September/October

2017 –2018

New Teachers

2nd Grade: s. Kelsey Hurley

Teachers Associate: Deidre Hoffman

Welcome to our School!!



2017-2018 Mass Schedule

All School Masses will be at 1:00 on Friday, unless otherwise noted.

November 10—5/6 Anointing Mass

November 17—4th Grade Mass

December 1—3rd Grade Mass

December 8—Kindergarten Mass - 8:15

December 15—Reconciliation - 2:00

January 5—Teacher Mass

January 12—2nd Grade Mass

January 19—1st Grade Mass

January 26—7/8 Grade Mass

It is the policy of the Emmetsburg Catholic School not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for program), sexual orientation, gender identity and socioeconomic status (for program) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Jean T. Hyslop, Principal, 1903 S. Broadway St., Emmetsburg, IA 50536, 712-852-3464, jhyslop@e-irish.org



Lunch Time Information

4 yr Old Preschool Eat at 11:15-11:50

5-8 Eat at 11:20-11:50

K-4 Eat at 12:00 - 12:20

Please call before 9:00 if you will be eating lunch with your child.

Lunch prices are: Adult \$4:00 & Child \$2.70 for visitors.

Asbestos

The Emmetsburg Catholic School continues to respond to the asbestos in buildings issue in a cautious and proactive manner. Building administration will continue with its ongoing asbestos operations and maintenance program, including periodic surveillance inspections which are conducted on a semi-annual basis.

Re-inspections, as required by AHERA (EPA) have been conducted by accredited inspectors every three years since the implementation of our management plan. The latest three-year inspection was conducted during July 2017.

Please rest assured that the district's ongoing efforts related to the management and control of asbestos-containing materials are focused on providing a safe and healthy environment for building occupants and employees. If you have any questions or would like to review the management plan, please feel free to contact Jean Hyslop at 852-3464.

Up Coming Events

November 15—2 Hour Early Out

November 21—1 Hour Early Out

November 22-24—NO SCHOOL

December 6— 2 Hour Early Out

December 10—1st Reconciliation & Brunch

December 20—2 Hour Early Out

December 20—7:00 PM Christmas Concert

December 21—1 Hour Early Out

December 21—11:30 AM Caroling

December 22-January 3—No School

January 15—No School

February 7— 2 Hour Early Out

Adopted with changes: (June 2017)

WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district provides meals at no charge to all children, regardless of income; and promotes the availability of meals to all students.

The Emmetsburg Catholic School will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals

To develop, implement, and maintain a walking program for both students and staff.

Implement a snack program that encourages students to bring or purchase a healthy snack.

Educate students and parents on healthy snacks for the school day.

Serve students fruits and vegetables from the lunch counter.

Provide information to students on nutrition education.

Limit bake sales, candy for prizes and encourage healthy snack decision making.

- specific goals for nutrition education, (*see Appendix A*)
- physical activity, (*see Appendix B*)

other school-based activities that are designed to promote student wellness, (*see Appendix C*)

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity are listed in Appendix D. (*see Appendix D*).

The board will monitor and evaluate this policy by through a checklist developed by the administration. Emmetsburg Catholic School Board and the administration will evaluate the policy each spring. (*see Appendix E*).

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.6 Student Activity Program
710 School Food Services