

Dear Parents:

Well, everyone seems to be adjusting well to our new system of learning. There have been a lot of changes and the students have handled everything remarkable well. I would also like to thank all of you for your patience with the car rider line for dismissal. Since we must now socially distance ourselves, it has slowed the dismissal process. We feel like we are improving the process daily, but we appreciate your patience and support.

God Bless!

Mr. Detzel

**E-Learning Day** – Our first E-Learning Day will be on Wednesday, August 19<sup>th</sup>. We are all a lot more versed on how e-learning works and not by choice, but teachers will reach out explaining how this day will proceed as we get closer to the 19<sup>th</sup>.

**Spirit Wear** – Just a reminder that Fridays are Spirit Wear Days. Students can wear a St. Lawrence spirit wear shirt or sweatshirt with regular dress code bottoms. Below is the link to the fall spirit wear order. The link is live and will be available until tonight at 11:59 p.m., so get your orders in tonight!

<https://stlawrencespirtwearfall2020.itemorder.com/sale>

**Picture Days** – Our school picture days will be held on August 17<sup>th</sup> and 18<sup>th</sup>. Picture order forms are in the Friday folders. Students are permitted to be out of uniform on their picture day.

Monday August 17<sup>th</sup> – Pre- K, Kindergarten, and grades 3, 4, and 5

Tuesday August 18<sup>th</sup> – Pre-K and grades 1,2, 6, 7, and 8

**Chipotle Fundraiser** – August 31<sup>st</sup> 4-8 p.m. Mark your calendars!! Everyone needs to eat and moms need a night off of cooking, so why not eat some Chipotle and raise some money for our school. More information will be sent home next week.

**St. Lawrence Stickers** – We now have our new logo car stickers available for purchase. Please see the attached flyer for ordering details.

**Facebook and Twitter** – We are so disappointed that we cannot have visitors in the building at this time, so please follow us on Twitter (@SLSPanthers) and on Facebook to see what is going on in our school.

Follow us- Twitter: @SLSPanthers



Facebook: St. Lawrence Catholic School



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## **Important Dates**

8/17/20 – Picture Day (Pre-K, K, grades 3, 4, and 5)

8/18/20 – Picture Day (Pre-K, grades 1, 2, 6, 7, and 8)

8/19/20 – E-Learning Day

8/31/20 - Chipotle Night

9/7/20 – No School – Labor Day

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## ***Academic Corner***

### **Send Your Child to School Ready to Learn**

A nutritious breakfast fuels up kids and gets them ready for the day. In general, kids who eat breakfast have more energy and do better in school. Kids who eat breakfast also are less likely to be absent, and make fewer trips to the school nurse with stomach complaints related to hunger. You can help boost your child's attention span, concentration, and memory by providing breakfast foods that are rich in whole grains, fiber, and protein, as well as low in added sugar. If your child is running late some mornings, send along fresh fruit, nuts, yogurt, or half a peanut butter and banana sandwich. Many schools provide nutritious breakfast options before the first bell. Kids also need the right amount of sleep to be alert and ready to learn all day. Most school-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports, after-school activities, TVs, computers, and video games, as well as hectic family schedules, can contribute to kids not getting enough sleep. Lack of sleep can cause irritable or hyperactive behavior and might make it hard for kids to pay attention in class. It's important to have a consistent bedtime routine, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out and limit stimulating diversions like TV, video games, and Internet access.

