



# St. Philip Neri Newsletter

5/20/2021

## Registration:

Re-registration is underway and seats are filling up very quickly. The registration *fee is now \$225*

1. Reserve your child's seat so you do not have to worry registering over the summer, where space is limited. Interviews for new students has already begun. Please register by May 28 to guarantee your child's spot. If you have not registered yet, please follow the directions in the email you received from *secure.tads.com*. If you are having difficulty re-registering, please call **Main Office (718)365-8806 so we may assist you.**
2. If you are relocating, and will not be able to return next school year please notify the Main Office as soon as possible.

## Updates for 2021-2022 School Year:

1. As of right now, we are scheduled to be in person next year with guidelines in place from the NYS, DOH, CDC, and Archdiocese. We are so excited to welcome you and your child(ren) back in September. It has been a tough year, but we truly do commend you for your efforts and support.

## Financial Aid:

All families that receive financial aid must RE-APPLY every year. Please make sure you upload all documents needed to process your application. Double check your status with our Enrollment Director:

Ms. Guerrero- [leslie.guerrero@archny.org](mailto:leslie.guerrero@archny.org) , Phone Number: 929-390-8844



Exciting News!!! Our 3-K For All registration is open for September 2021  
Apply today for UPK by going to: <https://www.myschools.nyc/en/>

Our Site ID is: XAEH  
Registration closes: May 28th



Important Upcoming Dates

May 21<sup>st</sup>: Kindergarten/Individual

May 26: Confirmation @ 7pm

May 26-28<sup>th</sup>: School Open

May 31<sup>st</sup>: Memorial Day School Closed

June 5<sup>th</sup>: First Communion at 11:30 am

June 11<sup>th</sup>: 8<sup>th</sup> Grade Virtual Graduation

June 16<sup>th</sup>: Pre-K 3 Virtual Stepping Up Ceremony

June 17<sup>th</sup>: Kindergarten Virtual Graduation

June 18<sup>th</sup>: PreK 4 Virtual Stepping Up Ceremony



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### Parents:

1. Please return all Chromebooks the week of June 14<sup>th</sup> before 3:15 pm. They need to be checked and have the software updated. Your child will not be penalized for not being on Zoom.
2. If the Chromebook is not returned or is damaged, there will be a \$300 charge (and \$25 for missing or damaged power cords.)

### Summer Enrichment:

1. All families should have received an email from Catapult with registration information. Some sites are doing in person, and some are doing remote.
2. The program is free and will offer support for students who may have struggled, as well as reinforce skills from their grade level. **This will program will count as summer school as well for anyone in need of fulfilling that requirement.**
3. Parents if you are unable to locate the code to register your child please reach out to Ms. Maria in the school office. She will provide you with the special code to register. **Last day to register is Friday, May 21<sup>st</sup>, 2021**
4. **SUMMER PROGRAM IS REQUIRED** - It is school policy that any student with a failing grade for the year (average for the 4 quarters is below 70%) must attend summer program.

### In-Person Parents:

1. We have been blessed with beautiful weather. With the weather warming up, please be sure to send your child to school with ample water.
2. Summer uniforms may be worn. This would include the gym shorts, and polos.

### Extracurricular Activities

1. We have a few afterschool activities taking place over zoom. Please sign your child up. These are great outlets for your children to help wind down their day.





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Did you know .....

## ***Benefits of Eating Breakfast for Students***

In an effort to take advantage of more sleep, students often get up at the last minute to get ready for their day. However, when they're in a rush, they miss a vital step that can offer great health benefits to their day. That step is preparing and eating breakfast! Eating a healthy breakfast is crucial to a healthy diet and a well-managed day. When you skip breakfast you miss out on the nutrients and energy it can provide for a busy schedule of studying and going to class or labs. After all, ***breakfast is widely considered to be the most important meal*** of the day. Not only does it provide important daily nutrients such as protein, fiber, calcium, and carbohydrates, but it also helps improve school performance, allowing students to do better on tests, according to the Food and Nutrition Service.

***Improved Grades***  
***Eating breakfast can improve cognitive performance, test scores and achievement scores in students, especially in younger children.*** Based on studies, students who increased their participation in school breakfast programs had significantly higher math

scores than students who skipped or rarely ate breakfast. As an added benefit, the group of students who increased breakfast participation also had decreased rates of tardiness and absences.

## ***Increased Concentration***

Students who eat a low-glycemic, balanced breakfast may have better concentration and more positive reactions to difficult tasks than students who eat a carbohydrate-laden breakfast. According to research published in "Physiology and Behavior," students given a low-glycemic breakfast were able to sustain attention longer than children given a high-glycemic breakfast. Children following the low-glycemic breakfast plan also had improved memory and fewer signs of frustration when working on school tasks. Try old-fashioned oatmeal with a handful of walnuts or some scrambled eggs with spinach, peppers and a sprinkle of cheese.

## ***Negative Effects of Skipping Lunch***

Many studies, such as one conducted by Tufts University School of Nutrition, have confirmed that students who are hungry because they have skipped lunch are distracted in the classroom. In addition, studies have shown that malnutrition from habitual

***under-eating can interfere with normal physical and mental development.*** A proper lunch is considered so important because it is an opportunity to eat a nourishing lunch.

## ***Benefits of Eating Lunch***

In addition to the immediate relief of a growling stomach, lunch contributes to a solid foundation of good nutrition on a continuing basis. A healthy lunch should provide a student with enough calories to keep him or her going throughout the day no matter what her activity level. The calories should come from nutritious foods that are low-calorie and low-fat.

## ***Breakfast/Lunch Meals***

Please help us share this awareness by speaking to your children about eating their breakfast and lunch. Students end up getting headaches or stomach aches due to the lack of eating their meals. They become irritable and lose focus. Please check the menu online to see what will be for lunch. Students are welcome to bring their lunch if they do not care for a particular meal that day or can request an alternative such as a sandwich.