

***MORE* Notes for Parents**



May 5th, 2008 (4th Quarter Progress Reports)

From the Dean of Students Office:

This is the time of year I love the most. The athletic fields are busy with activities, the campus is beautiful, and the weather (for the most part) has cooperated. This is also the time for celebration. As the rest of us end one year and look forward to the next, the Class of 2008 is ending their St. Thomas More School journey. They are poised to enter a new chapter in their lives, and we are proud that “we knew them when.”

Enclosed you will find the Chancellor’s Club lists for the second semester and entire year. Presence on these lists is truly a significant accomplishment. All “entire year” Chancellors were treated to a special meal by the Headmaster on Thursday May 8th at a local Chinese restaurant. Mrs. Howard and I could not be more proud of these students and the others who were very close to earning Chancellor’s recognition. These lists are the largest we’ve seen in years.

Awards Day is an annual tradition that acknowledges academic and community-wide achievements. Students are recognized for their service to the school and for their achievements in the classroom. The yearbook is also dedicated and the Class of 2008 presents their class gift. Enclosed you will find a list of all awards presented on Awards Day. I am, personally, very pleased with each and every one of our students for their efforts this school year.

Until the end of the year, your son will have the opportunity to request a roommate for next school year. While not automatic, these requests will be evaluated on their merits and given consideration.

Seniors and PG’s depart following their last exam (May 14th or 15th). Seniors may leave their belongings in their rooms and pick them up on Graduation Day. The entire STM community enthusiastically looks forward to the graduation of the 44 hard-working seniors.

All underclassmen depart following their last exam on Friday May 30th. Dorm parents will have a ‘check-out’ form for all students to sign. To avoid cleaning charges, all rooms must be left in ‘opening day’ condition. To avoid a key charge, all room keys must be turned in. If your son is traveling by train or plane, please forward his travel plans to Mrs. Page soon. Students who are returning next year may leave some of their belongings in storage in the basement of the Admissions Building.

The residential curriculum themes of Healthy Communities and Healthy Minds went very well this year. The themes for 2008 – 2009 will be “Respect for...” and “Commitment to...” New lessons and activities are being planned for each dorm floor so that these themes can be conveyed in an effective and valuable manner. Any feedback on the Residential Life Curriculum is welcome and appreciated.

Sincerely,
Tim Viands, Dean of Students
Maura Howard, Assistant Dean

From the Academic Dean's Office:



“Sing out loud in the car even, or especially, if it embarrasses your children.”

~Marilyn Penland

I love this quote. It's one of the few chances I have to get back at my kids. Even my thirty year olds can still remember (and cringe) at the songs my wife and I sing. We call it. “creating memories.”

It's hard to believe that this school year will soon become a memory. However, it will be a memory of a very good school year. Just in the past month we had a beautiful Spring Spree Day. The weather turned from clouds to sunshine and it was wonderful to see students and parents enjoying a relaxing day by the lake. We have just finished our spring Stanford Testing and several students have told me that they can feel how much they have grown since the fall testing. I am also happy that our boys have been pretty consistent in maintaining their high academic achievements. Well over 45 % are on track for Honors recognition at the end of the quarter.

Enclosed you will find copies of your son's/guardian's Progress Report for the Fourth Quarter. I would greatly appreciate your support in encouraging your young man to stay focused and finish the year strong. Spring weather and summer vacation being so close one can almost touch it can be a bit of a distraction. They have worked hard all year and we are all proud of them, I don't want to see any student dissipate at this late date. As always, please feel free to contact your son's teachers or advisor with any questions or concerns. I look forward to seeing you soon.

Sincerely,
Steve Davis, Academic Dean

From the Athletic Director's Office:



Varsity and JV Baseball, Varsity Lacrosse and Track and Field are in the middle of their busy spring schedules. As always, sportsmanship and effort are strong amongst all teams. The Varsity Baseball team has pulled off some significant wins over perennial New England powers. The JV Baseball team competed in one of the highest scoring baseball games in STM history, losing to the Grove School 28-27. The Varsity Lacrosse team continues to improve. Things look bright for this team in the future as the majority of the team is made up of sophomores and freshman. The Track and Field team has posted some strong individual performances. Peter Ascii recently demolished the School's high jump record and the relay teams have proven they can compete with the best New England has to offer.

While the weather had not fully cooperated, I anticipate a strong and busy end to the athletic season. Remember to visit the school's website for updated scores, highlights and pictures of our teams in action.

Sincerely,
Don Handler, Athletic Director

From the Health Office:



I wanted to remind everyone as the warmer weather approaches so does our need to keep ourselves well hydrated. Increase fluids as the temperature rises and especially prior to activity. Vague complaints of headaches, back and stomach aches can be signs of dehydration. I have been discussing pre-hydrating with all our students, don't wait till you feel thirsty, by then you are already dehydrated. Avoid drinking liquids that contain large amounts of sugar--these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps

Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) Apply it prior to going outside to give it a chance to absorb into your skin. Have any suspicious moles or skin discolorations looked at by a dermatologist ASAP.

I wanted to bring to everyone's attention a dangerous behavior that is common among adolescents it is called "HUFFING." Huffing can kill the very first time children experiment with it.

- Alarmingly, about 20% of eighth-graders report having done it (*International Journal of Addiction*, 1993;28:1613--1621).
- Besides sudden cardiac arrest (the most common cause of death from inhalants), huffing can kill quickly in a number of other ways. Motor vehicle accidents, falls, and other traumatic injuries are common and horrible. Others die from suffocation, burns, suicide (from the depression that can follow the high), and from choking--on their own vomit.
- About 22% of those who die from huffing do so the first time they try it (*Human Toxicology*, 1989;8:261--269).
- When huffing doesn't kill quickly, it damages the body each time--especially the brain. Huffing can cause memory loss, impaired concentration, hearing loss, loss of coordination, and permanent brain damage. Chronic use can cause permanent heart, lung, liver, and kidney damage as well.

- Solvents (found in glues, paints, and polishes), fuels (such as butane), nitrites (found in deodorizers), and almost any kind of aerosol spray can be responsible.
- Most huffing takes place with friends (although kids who sniff correction fluid in class when their teachers turn away are not uncommon). Be observant of your child and his or her friends.
- Inhalants gradually leave the body for 2 weeks following huffing--mostly through exhaling. The characteristic odor is the biggest clue. Be on the lookout for breath or clothing that smells like chemicals. Look for clothing stains. Watch for spots or sores around the mouth.
- Nausea, lack of appetite, weight loss, nervousness, restlessness, and outbursts of anger can all be signs of inhalant abuse. A drunk, dazed, or glassy-eyed appearance might mean your child is abusing inhalants right now.
- Start talking with your child about it now. Although huffing peaks between the ages of 12 and 15 years, it often starts "innocently" in children only 6 to 8 years old .Pediatrics, 1996;97:3).
- Literally thousands of easily available substances can be inhaled, so you can't keep your child away from them. You can, however, educate and inspire

Taken from www.drgreene.com

There are many terrific web pages that discuss this and other teen topics I encourage you all to continue speaking to your children. The hard topics to bring up frequently bring the greatest reward - communication between parents and children. Here are a few links that might be useful.

www.inhalants.org

www.google.com then type in ohio early warning alerts, many good links regarding this and other concerning behaviors.

Sincerely,
Lynn Cole, RN
Sue Davenport, RN

Upcoming Events & Dates:

- Seniors and PG's will be taking their final exams on May 13, 14 and 15. All seniors and PG's depart following their last exam. PG's who take their last exam on the 14th should plan on departing that day.
- Graduation is on Saturday May 17th in Our Lady's Chapel.
- Undergraduate exams are on May 28, 29 and 30. All undergraduates depart following their last exam. If their last exam is in the morning, they are free to depart then.

- Summer Academic Camp begins June 29th. Contact Mr. Timothy Riordan in the Admissions Office for more information.

STM News:

The STM community came together to raise over \$600 for the members of the Petit Family who lost their lives during a home invasion last year in Cheshire, Connecticut. The Petit's had independent school ties to STM. The mother worked as a school nurse and her two daughters attended independent schools in Connecticut. The School received a kind note from the Head of School at Cheshire Academy thanking our community for the contribution.

The seniors and PG's were treated to a long-weekend the weekend of May 2nd for their outstanding efforts in and out of the classroom. Those who remained on-campus had a day-off Monday. A late breakfast, cookout lunch and a myriad of on and off campus activities were offered to these students.

The Physics and Survey in Physics classes attended "Physics Day" at Six Flags New England on May 9th. While enjoying the thrill-rides, these students experienced first-hand the many concepts they were taught.

Contacting Faculty and Staff:

Every faculty and staff member has an email address and voicemail extension. Links to all email addresses can be found on our website- www.stmct.org. Feel free to contact your son's teachers, coaches, dorm parents and advisor.

