



SAINT JOHN THE EVANGELIST CATHOLIC SCHOOL

School Bulletin

January 29, 2021

Upcoming Events



January 31

Catholic Schools Week Mass
10:45 am Students in Uniform

February 1

Re-registration

February 1-5

Catholic Schools Week

February 1

Favorite Sports Team Attire
Celebrating Community

February 2

Wacky Day Attire
Celebrating Students

February 3

Professions Attire
Celebrating Vocations

February 4

Twin Day Attire
Celebrating Family

February 5

Dress in Maroon & Grey
Celebrating Teachers & Staff
Early Dismissal 11:30am

February 6th

Open House 9-11am

February 11

Spirit Night at Fosters Grill

February 12

Early Dismissal 11:30am

February 15

No School/President's Day

February 16

Open Enrollment

February 25

Dress Down Day

March 12

End of Trimester II

Please check the school website
for the complete calendar.

FROM THE PRINCIPAL'S DESK...

Greetings,

Catholic Schools Week will begin very soon! I have encouraged our students over the PA and now I extend an invitation to the parents, please consider attending the 10:45 a.m. Mass on Sunday in school uniform to help us officially kick off Catholic Schools Week, beginning with the celebration of Mass. I find myself as excited as the kids during this jubilant time of year and I can attest that our students wait with eager anticipation for Catholic Schools Week each and every year. Although things will be very different from years past, I am confident that our new students will have great stories to tell at the end of next week. The infamous volleyball game that features our 8th grade students against our faculty and staff will be rescheduled at some point in the spring.

Unfortunately, our 7/8th grade students and staff (myself included) could not attend the March for Life this year since the pandemic caused the event to be virtual. May we, like St. Joseph, remain unwavering in our efforts to celebrate life, accompanying the most vulnerable among us. With prayerful support and compassion, may all men and women seek Our Lord's healing love and divine mercy and may Our Mother Mary hold us in her arms and guide us to her son, Jesus Christ.

Today marks the interim of the second trimester. Please make sure you are checking Powerschool to monitor grades. Please praise your child/ren for their triumphs and help them develop goals and a written plan to address any areas of needed growth. Difficulties in a particular subject or situation always provide an opportunity for a life lesson in organization, hard work, accountability, and personal sacrifice. Please also note that standardized testing will be finalized at the end of next week, you can expect Parent Summary Reports to go home shortly thereafter.

As a reminder, please submit your re-registration paperwork for the 2021-2022 school year. Next week is set aside for our current families to re-register before spots are offered to our waitlist families and those that attended SJES in 2019-2020, anxiously waiting for an opportunity to return if spots become available. With your continued support and partnership, our students will grasp and absorb the benefits of a character education. Let us continue to pray, learn, and serve... the vulnerable and less fortunate.

Mr. Temple W. Macdonald



Saint John the Evangelist Catholic School



Celebrates 60 Years in Catholic Education

Dear Friend/Alumni,

1960 was a defining point in history. US enters the Vietnam War, John F Kennedy becomes the 35th President of the United States. Chubby Checker and The twist start a new dance craze. Aluminum cans are used for the first time. The classic suspenseful horror film "Psycho" premiered in New York City. The classic American novel "To Kill a Mockingbird" by Harper Lee was published. John XXIII was the Pope and Saint John the Evangelist Catholic School opened its door in Warrenton, Virginia.

Under the direction of Rev. Robert O'Kane and the school's first teachers Sisters Mary Antoinette and Mary Magdeline, we opened in September 1960 as a co-ed Elementary School. Growing in spiritual and financial support, in 1987, with the help of Fr. Philip Majka and Sisters Joanne, Carmelita and Annamae oversaw the construction of our new school which relocated on campus where it still stands today. As we have grown and changed with the times, we still remain committed to our mission of providing a Christ centered atmosphere that recognizes the God given gifts inherent within each child on the journey to spiritual and academic excellence.

We wish to recognize this monumental achievement in a celebration Mass, Sunday, January 31 at 10:45am Catholic Schools Week 2021. This Mass will be held in honor of Saint John School families, alumni and all who have supported us on our journey. For those who are unable to attend this special Mass in person, it will be live-streamed so that all may be able to join us in celebrating.

As a part of Catholic Schools Week, Saint John School is excited to, once again, partner with FACTS and the NCEA to be part of *Many Gifts, One Nation: A Day of Giving to Catholic Schools*. We encourage you to help our school achieve its goal this year of \$5000.00 by participating on Tuesday February 2, 2021! This giving day provides the opportunity for our alumni and community to help us continue to provide an excellent academic education rooted in our faith and one that encourages its students to serve others while growing in the image of Christ. Every gift, no matter how small, will make a difference and is greatly appreciated. All funds will directly benefit our students and facility. Visit www.NCEA.org/csw/manygifts to find the giving link page and search for St. John the Evangelist School or donations can be made directly to the school at 111 John E. Mann Street, Warrenton VA 20186.

For more information about our school or to make a tax-deductible donation please contact us at 540-347-2458.

"Let us not love with words or tongue but with actions and truth"
St. John the Evangelist

WE HAVE SPECIAL INCENTIVES TO HELP WITH OUR GIVING DAY!

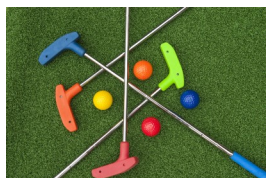
Tuesday is also the beginning of our annual giving day! On this day, in conjunction with Catholic Schools across America, we will be participating in [Many Gifts, One Nation: A Day of Giving to Catholic Schools scheduled for February 2nd 12pm to February 3rd 12pm](#) this time is set aside for friends, family and alumni to show support and give back to their local Catholic School. **We hope that you will show your support for St. John's by donating during this 24 hour period. Visit our school website at sjesva.org or NCEA.org/csw/manygifts to find the giving page link and search for St. John the Evangelist School.** You can also check us out on Facebook and Instagram for updates throughout the day! Offline donations can be made directly to the school as well. Every gift no matter how small will make a difference and is greatly appreciated!!! **FYI- Donors do have the opportunity to cover transaction fees as they're making their donation.**

Parents

In honor of our 60th anniversary any donation of **\$160.00** or more will be registered for a drawing for a free materials fee for the Elementary School or the materials fee for the Preschool for the upcoming school year! Limit one child.
Winner to be announced on Monday Feb. 8th

Class Prizes

First Prize: Elementary Class and Middle School class that raises the highest dollar amount per student will receive a DDD/Pizza Party with a Mini Golf Course to be scheduled at the end of the year! Only one prize per class. **Important! When giving online, in the send a note/message section, please designate which class you are supporting!**



Runner Up: Elementary class and Middle School will receive a DDD/ Obstacle Course to be scheduled at the end of the year. Only one prize per class. **Important! When giving online, in the send a note/message section, please designate which class you are supporting!**



Exceeding our Goal

Should we exceed our goal the teachers and staff give performance of a lifetime and participate in a Teacher Lip Sync Battle! Date and time TBD!

**St. John the Evangelist School
Catholic Schools Week 2021**

	EVENT	TIME
Sunday 1/31/2021	Celebrating Parish Mass- Students can attend in uniform.	10:45 Mass will be streamed
Monday 2/1/2021	Celebrating Community DDD Favorite Sports Team Students 5th-8th grade will make Rosaries to give to RE and St. John First Communion Students K-4th Making Rosary Bracelets to distribute to other children.	
Tuesday 2/2/2021	Celebrating Students DDD- Wacky Day Movie & Popcorn	Middle School 12:40-2:10 K-5 Time TBA by teacher
Wednesday 2/3/2021	Celebrating Vocations DDD- Professions (Doc, Lawyer, Astronaut, Teacher) K-5th Having one or two parents from students zoom in and talk about their job (TBA teacher) 6-8th Life-sized Game of Life. Designated Teachers are the playing pieces and the students tell them which direction they should take. (Virtually)	(TBA Teacher) 12:40-2:10
Thursday 2/4/2021	Celebrating Family DDD-Twin Day Students will play Pictionary or Charades with their class. (TBD by Teacher)	
Friday 2/5/2021	Celebrating Our Teachers & Staff DDD- Dress Maroon & Grey Teacher and Staff Breakfast and Treats All activities Specials Teachers are included 6th-8th Grade play Win Lose or Draw Virtually Teachers vs.Students K-2nd Name that Tune or Hangman 3rd-5th Name that Tune or Win Lose or Draw?	
Saturday 2/6/2021	Celebrating Our School Open House	9-11AM



Unicorn Raffle

For Catholic Schools Week we will be holding a raffle for the amazing unicorn that has been working so diligently in the elementary school office for the month of January. Tickets will be sold for \$2 a ticket. Please feel free to send in ticket purchases with your child(ren) and we will be able to collect labeled purchases during carpool in the afternoons at the preschool and elementary school during Catholic Schools Week.

The unicorn raffle drawing will take place at the end of the school day Friday, February 5th, 2021.





DIOCESAN TUITION ASSISTANCE PROGRAM

Academic Year 2021-2022



What is the program?

The Diocesan Tuition Assistance Program provides financial assistance to families in Catholic schools in the Diocese of Arlington through funding from diocesan parishes as well as the *Rooted in Faith-Forward in Hope* Capital Campaign Endowment. It is open to all qualified students whose parents might not otherwise be able to pay the full cost of tuition.

Who is eligible?

- Students attending or accepted by a Diocese of Arlington Catholic school (K-12).
 - *Preschool and Pre-K are not eligible.*
 - *Not applicable to students of private Catholic schools associated with the Diocese and/or international students.*
- Students who are Catholic and members of a parish in the Diocese of Arlington or military base parish.
- Families who reside within the boundaries of the Diocese of Arlington and are registered and active members of a diocesan parish or a military base parish.

How do I apply?

- Submit financial aid assessment application and all supporting tax documentation by due date
 - Applications will be completed electronically online at online.factsmgt.com/SignIn
 - *Only one application is required per family.*
- Remit processing fee.
- Families seeking aid for students in **BOTH ELEMENTARY AND HIGH SCHOOL** should follow the high school submission date.

Due Dates: HIGH SCHOOL

January 18, 2021

ELEMENTARY SCHOOL

March 17, 2021

Awards

Awards are made for **ONE ACADEMIC YEAR** and are based on each family's demonstrated financial need. Individual schools determine the amount and the distribution of all awards for each academic year. The schools will contact families when award decisions have been made. Once these final award decisions have been made, the schools will then credit the tuition accounts of approved families.

\$3,688,975 awarded in 2020

● For more information ●

Questions regarding process

Mallory Sigmon
703.841.2519
mallory.sigmon@arlingtondiocese.org

Questions regarding application

FACTS Grant & Aid
1.866.441.4637
<https://factsmgt.com/parent-resources/grant-and-aid/>

Award decisions

Please contact [your school](#).

Diocesan Tuition Assistance

<https://www.arlingtondiocese.org/Catholic-Schools/Tuition-Assistance/>

Dear Parents,

1/25/2021

As children grow rapidly from age 10 to 17, a musculoskeletal disorder in the spine can develop called scoliosis. It occurs in otherwise healthy children and can be a serious health problem. Early detection is essential to help avoid complications that include back pain, fatigue, reduced exercise tolerance, deformity, and, in severe cases, problems in heart and lung function. Please read the information provided with this letter concerning scoliosis. It is recommended a screening is performed each year for children between the ages of 10 and 17. Your pediatrician may have already done this at their annual physical. There are a couple ways you can screen at home as well. To perform your own screen without the use of technology, please see the checklist below. If you would like to use your phone to scan, please perform the check using the SpineScreen app mentioned on the website [Shriners Hospitals for Children](https://www.shriners.org/children). Please contact me if you have any questions or concerns.

All the Best,

Clare Galvin
Healthcare Coordinator, NREMT
St. John the Evangelist School
claregalvin@sjesva.org

Simple Checklist for the Early Detection of Scoliosis

Yes No

- ☐ ☐ Is one shoulder higher than the other?
- ☐ ☐ Is one shoulder blade more prominent than the other?
- ☐ ☐ Does one hip seem higher or more prominent than the other?
- ☐ ☐ Is there a greater distance between the arm and the body on one side than on the other when the arms are hanging down loosely at the sides?
- ☐ ☐ Is there a larger "crease" at one side of the waist than at the other side?
- ☐ ☐ Does the child have a "swayback" (lordosis)?
- ☐ ☐ Does the child have "round shoulder" or "humpback" (kyphosis)?
- ☐ ☐ Does the child seem to "list" or lean to one side?

When the child is bending forward with the arms hanging down loosely with the hands even and the palms touching each other about the level of the knees:



Yes No

- ☐ ☐ Is there a hump in the rib area?
- ☐ ☐ Is there a hump in the lumbar region (near the waist)?

If you answered "yes" it is advised that you consult with your physician, an orthopedist, or your pediatrician for further evaluation.



Ahead of the Curve

Scoliosis is a musculoskeletal disorder that causes an abnormal curvature of the spine or backbone, sometimes resembling an "S" or a "C," rather than a straight line. There are different types of scoliosis, including:

- **Idiopathic scoliosis**—the most common type. The cause is unknown; generally the condition occurs in children after the age of 10. Girls have a greater likelihood to develop idiopathic scoliosis.
- **Juvenile idiopathic scoliosis**—affects children between the ages of 3 and 10.
- **Infantile idiopathic scoliosis**—occurs in children younger than age 3.

SYMPTOMS OF SCOLIOSIS

Because scoliosis can be hereditary, experts recommend children who have a parent or sibling diagnosed with idiopathic scoliosis receive regular checkups for early detection. Children and teens with scoliosis rarely exhibit symptoms and sometimes the condition is not obvious until the curvature of the spine becomes severe. You may notice that your child's clothes are not fitting correctly or that items are not hanging evenly. In some cases, your child's spine may appear crooked or their ribs may protrude. Common indicators to watch for include:

- One shoulder may appear higher than the other.
- One shoulder blade may stick out farther than the other.
- One hip may appear higher than the other.
- The child's head is not properly centered over their body.
- When the child bends from the waist, the ribs on one side are higher.
- The waistline may appear flat on one side.

SCOLIOSIS TREATMENTS OFFERED

Shriners Hospitals for Children® offers a wide range of treatment options for scoliosis, tailored to the needs of each individual patient, including:

Observation

If the idiopathic curve is less than 25 degrees, physicians observe patients every four to six months while they are growing. Often, no treatment is needed.

Bracing

Most physicians recommend a patient be fitted for a brace to prevent a curve from worsening when the patient meets the following criteria:

- The child is still growing and has an idiopathic curve greater than 25 degrees.
- The child is expected to have significant growth and has an idiopathic curve between 20 and 40 degrees.
- The child is a female and has not had her first menstrual cycle.
- The child is still growing and shows an idiopathic curve between 20 and 29 degrees and is not improving.

As children near the end of their growth period, the specific indicators for bracing will depend upon how the curve affects their physical appearance, if the curve is getting worse and the size of the curve.

Surgical Options

There are several surgical options, including fusion and fusionless techniques that use a variety of different implant options.

EARLY DETECTION IS KEY

As there is often no known cause for scoliosis, early detection is the best way to prevent curve progression. To help with this, the orthopaedic specialists at Shriners Hospitals for Children developed the new app, SpineScreen.

The SpineScreen app allows you to perform a preliminary spin check on your child, in the comfort and privacy of your own home. It detects abnormal curves when the phone is moved along a child's back, giving parents a quick way to routinely monitor their child's spine. As this is strictly an initial check, it should be followed up by a doctor's examination to determine if your child has scoliosis.

If your child does have scoliosis, Shriners Hospitals for Children may be able to help. Shriners Hospitals for Children is a trusted leader in scoliosis care, with comprehensive scoliosis treatment options available at 20 of its locations in North America.

To learn more about scoliosis, treatment options available and to download the SpineScreen app, please visit shrinershospitalsforchildren.org/scoliosis.



**Shriners Hospitals
for Children®**

For more information, visit shrinershospitalsforchildren.org/scoliosis.