



## St. John the Apostle Catholic School

# News & Notes

Mark your calendar...

September 05, 2017

Wednesday, September 06

Mass, 7th Grade

Thursday, September 07

El Pollo Loco Community Building Day, 10am to 10pm - Pipeline North Texas Giving Day schedule gift starts.

Friday, September 08

Donuts with Mom and Dad, CANCELLED

September 11 - September 15

Achievement Testing

Wednesday, September 13

Mass, 6B

Thursday, September 14

North Texas Giving Day, 6:00am to midnight - online



### EL POLLO LOCO

We hope to see you all at El Pollo Loco located on 1245 West Pipeline Rd. on Thursday from 10am to 10pm. Just show them the attached flyer.

### DONUTS WITH MOM AND DAD

Due to scheduling conflict, Donuts with Mom and Dad this Friday has been cancelled.



### NORTH TEXAS GIVING DAY

Help us reach our \$25,000 goal for improvements around our campus on North Texas Giving Day, Thursday, September 14 from 6am to midnight, and we can receive extra prizes and bonuses. We will have a day full of fun at the school, and some surprises that Mrs. Felton and Fr. Nghia had planned for the kids. We will send more information next week.

### COLOR YOUR LIFE

Let your child discover their art talent! A mom of a Kindergartener will start teaching "Color your Life" in the NRH Centre. The students will learn to use different kinds of materials to make crafts, improve skills and enhance their love for arts and crafts. Classes for 4 to 6 year-old will be on Fridays from 4pm to 5pm starting September 08. Classes for 7 to 10 year-olds will be on Fridays from 5:15pm to 6:15pm starting September 08. For more information, please call 817-427-6600 or go to: [www.nrhcentre.com](http://www.nrhcentre.com)

...see next page



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## **FROM THE NURSE'S OFFICE**

### **VISION AND HEARING SCREENING**

The nurse will be screening for vision and hearing the week of September 11<sup>th</sup>. The State requires that we screen students in PK, K, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, and 7<sup>th</sup>. If your child wears glasses or contacts please make sure they wear them for the testing. They need to be tested with their glasses or contacts. Parents will only be notified of the results if their student fails any of the screenings.

The nurse will also be testing for Acanthosis Nigricans, which is a black-brown velvety marker that usually appears on the back of the neck. It is the result of too much insulin in the blood. It is a pre-diabetic condition and serves as an indicator of risk for Type 2 diabetes and other chronic health problems. Acanthosis Nigricans is usually seen during the pre-adolescence and adolescence years. Early detection and an intervention of diet changes and physical activity are important. This involves the testing of students in grades 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, and 7<sup>th</sup>. The screening is done by checking the back of the student's neck and looking for the appearance of a dark line, or raised thickened skin.

If you have any questions please call Nurse Timmermann at 817-284-2228 or e-mail [btimmermann@stjs.org](mailto:btimmermann@stjs.org).