



# St. Pius X / St. Leo School

Newsletter

May 6, 2016

## WE SAY "THANK YOU" TO VERY SPECIAL SPSL EDUCATORS!

We have two teachers and our sacramental coordinator who are retiring after many years of dedicated service to the young people of our school community. We are so grateful for their sharing of their time, talents and treasures with our SPSL community.



Ms. Peg Lowndes has been a teacher in our school for 38 years. She came to our school in the 1978-1979 school year, teaching for 3 years in 4th grade and then the next 35 years in 5th grade. Before she came to us, Peg Lowndes taught for 4 years at St. Joseph's in Salix, Iowa and two years at St. Bridget's School here in Omaha. Ms. Lowndes graduated from Briar Cliff College in Sioux City, Iowa with a B.A. in Sociology and Elementary Education, and, over the years taken several graduate level classes to always stay current with her education.

During her 38 years in our school, Peg Lowndes was not only a teacher of students, but also, for many years was our Religion Coordinator and then our 5th grade coordinator. We thank Peg Lowndes for her gift of ministry to the students of our school.



Mrs. Paula Holder has been our 8th grade science and literature teacher since she joined our school



### In This Issue

[Retirements](#)

[OMAHA GIVES!](#)

[Dress Down Day](#)

[8th Graders - High School Scholarships](#)

[Imelda Nolan Scholarship](#)

[Rotary Award Winners](#)

[Duke University T.I.P.](#)

[Catholic School Math Contest](#)



faculty in 1985. Mrs. Holder came to us after teaching at St. Patrick's Catholic School in McCook, Nebraska for a couple of years. Not only did Mrs. Holder agree to be a teacher for 8th grade but at the same time she also agree to be the Grade Coordinator for the 8th grade. This is a huge task to undertake especially when you start teaching at a new school at the same time. The 8th grade coordinator is in charge of all of the extra things that happen with our 8th grade students such as the outdoor education at Camp Kitaki; the 8th grade going to the special CSW Mass at the Cathedral; the graduation practices; the lunch and bowling after practice and then the Graduation Mass and Prayer Service that evening. Mrs. Paula Holder and her husband, Brent, have been married for nearly 38 years. They are the parents of Kyle, Morgan and Tanner. Paula was voted by her fellow teachers to receive "The Sister Brigetta Burns 'Teacher of the Year' Award" at the First Annual SPSL School Recognition Dinner on April 20 of this year. Mrs. Holder leaves a legacy of teaching 31 years in SPSL.

We just want to express a quick word of thanks to Mrs. Patty Griffith who was a teacher assistant for 2 years at SPSL, taught in our school for 17 years, and then became our sacramental coordinator for 11 years along with being the Religious Education Director for St. Pius X Parish.

**THANK YOU, MS. PEG LOWNDES, MRS. PAULA HOLDER  
AND MRS. PATTY GRIFFITH!**



St. Pius X / St. Leo School will participate in Omaha's 4th annual OMAHA GIVES! fundraising event. The event is a 24-hour online charitable challenge that will take place on May 25, midnight to midnight. The Omaha Community Foundation organizes this community-wide event. Throughout the 24-hour period, nonprofit organizations will have the chance to win hourly drawings and participation prizes. The more donors that give to us, the more likely we are to win prize money. To help us win one of the hourly prizes that will be given out, we are asking our donors to make their gift during an hour when people are least likely to donate: from 5:00 am to 5:59 am. This year you are also able to pre-schedule your gift from now until May 24.

The minimum donation is just \$10 and all donations will be processed through the website [omahagives24.org](http://omahagives24.org). We look forward to this

- [Student Council](#)
- [Speech Club](#)
- [SPSL Fundraiser](#)
- [Social Skills](#)
- [Open House](#)
- [Reminders](#)
- [Race for Education](#)
- [Backpack Safety](#)
- [5th & 6th Grade Musical](#)
- [Carpools](#)
- [Law Essay Contest](#)
- [MCS News](#)
- [Teacher of the Week](#)
- [Blessing Bags](#)
- [Notes from the Nurse](#)
- [Used Uniform Sale](#)
- [SPSL Golf Outing](#)
- [Health Hint](#)
- [Thank You for the Special Treats](#)
- [SPSL Soccer Club - Fall Registration](#)
- [C.A.R.E. News](#)
- [Thank You](#)
- [School Uniforms](#)



**NOTE TO PARENTS OF  
5TH & 6TH GRADERS**

Our 5th and 6th grade musical next November 10th will be "Aladdin, Jr." Auditions are held in the

community day of giving and hope you will go online May 25 (or now) and support St. Pius X / St. Leo School and your favorite non-profits!  
READY... SET... GIVE!

### HOW CAN YOU HELP?

\*Donate to St. Pius X / St. Leo School on [omahagives24.org](http://omahagives24.org) on May 25 (or pre-register your gift up until May 24).

\*Spread the word! Tell your friends and family!

\*Post about Omaha Gives on your social media pages.

*To learn more about this event, go to [omahagives24.org](http://omahagives24.org).*

### DRESS DOWN DAY - FRIDAY, MAY 13th



Friday, May 13th has been designated an 'Optional Dress Down Day' to support both the St. Pius X and St. Leo Parish Festivals. The proceeds from the dress down day will help the organizers of the festivals purchase prizes for game booths, as well as help with other areas. The St. Pius X festival will be held on Sunday, June 5th. The St. Leo festival will be held on Sunday, September 11th. If students would like to dress down, they should bring **at least** one dollar on Friday, May 13th, otherwise they should wear the full school uniform.

"Dress down" means casual attire including jeans, sweatpants, shorts, t-shirts, sweatshirts and blouses. We ask that the t-shirts are in good taste without offensive language/graphics. They may not display musical groups, advertise drugs/alcohol or display guns, weapons or violence. Sleeveless shirts and bare midriffs are not allowed. Jeans and sweatpants must be without holes and tears. If leggings are worn, they must be accompanied with an extra long sweater, blouse or skirt. Flannel pants and/or pajama pants may NOT be worn. We recommend that students not wear any clothing that is too tight or too short. As with any school day, the sock, shoe and jewelry code are in effect, except that the students are allowed to wear any color of socks and any shoes that have the heels and toes closed. Please check the Family Handbook if you have questions regarding these policies.

### CATHOLIC HIGH SCHOOLS' SCHOLARSHIP WINNERS

The following students (pictured below) were presented with scholarships on February 9th. Representatives from each of the high schools listed below presented the following students with academic scholarships: Creighton Prep - Daniel Deras, Connor Gregg, Owen Morrow and Sam Raabe, Duchesne Academy - Darby Campbell, Marian High School -

morning before the start of the school day at 7:30 a.m. in the music room. The students MUST come to auditions if they want to be considered for a part in the musical. The audition dates and times will be: Tuesday, August 30th at 7:30 a.m. for 5th grade girls; Wednesday, August 31st at 7:30 a.m. for 5th grade boys; Thursday, September 1st at 7:30 a.m. for 6th grade girls; and Friday, September 2nd at 7:30 a.m. for 6th grade boys.



### CARPOOLS FOR THE 2016-2017 SCHOOL YEAR

Any family interested in forming a new carpool for the 2016-2017 school year should email Mrs. Graney at [kathy.graney@spsl.net](mailto:kathy.graney@spsl.net) and leave your name, address and phone number. Please email this information by the last day of school, May 25th. We will then email a copy of the list to everyone who submitted their name and these families will be able to contact each other to set up carpools.



Maggie Peklo, Mercy High School - Miqaela Davis and Sadie Weiner, and Roncalli Catholic High School - Jesica Sekyra, Grace Staley and Jolie Williams. Congratulations to all of these students and their parents who support them in their academic endeavors!



### OMAHA BAR ASSOCIATION ESSAY CONTEST

Congratulations to Keara and Anne Hiatt. Their essays reflecting on the importance of the American judicial system placed 2nd and 3rd respectively in the Omaha Bar Association's Law Day Essay contest. The girls along with their parents were invited to a Law Day luncheon on Tuesday, May 3rd.

### IMELDA NOLAN SCHOLARSHIP WINNER



This year's recipient of the Catholic Daughters - Court Mary Immaculate #2182's Imelda Nolan Scholarship is Maggie Peklo! Only one of these scholarships is awarded each year to an Omaha 8th grade girl who currently attends a Catholic grade school and who will be entering 9th grade in the fall in a Catholic High School; so this is a great honor for Maggie! Congratulations, Maggie, on being honored with this scholarship!



### MCS NEWS

Congratulations to Ethan Noon who was a member of the MCS Honor Band this school year. Ethan plays the trumpet.

All of the SPSL band students performed in a concert on May 5th at St. Margaret Mary. Many thanks to Mrs. Joan Lovgren for her time and dedication to the band students here at SPSL.

### 8TH GRADE ROTARY AWARD WINNERS

Four of our 8<sup>th</sup> grade students were selected as Rotary Club Honor Roll students. This award is given to students in the 8<sup>th</sup> grade for their outstanding achievements in leadership, presence, scholarship and character. Every year it is difficult to choose these students since we are limited in the number we can choose and we have many who qualify for this honor. This year's worthy recipients of the Downtown Rotary Honor Roll Award were: Connor Gregg, Maggie Peklo, Sam Raabe and Jolie Williams. These students, pictured here, were honored at a luncheon on May 4th at the CenturyLink Center. Congratulations for being selected for this prestigious award!



### TEACHER OF THE WEEK

On Tuesday, March 15th, representatives from Star 104.5 surprised 5th grade



## DUKE UNIVERSITY'S TALENT IDENTIFICATION PROGRAM

Duke University in Durham, NC sponsors a Talent Identification Program (TIP) for seventh grade students. In order for a student to qualify, they must score at or above the 95%ile on the standardized Terra Nova Tests in the math, science, language, reading, social studies or total composite area. This past school year, 26 of our 92 seventh grade students (28%) met these criteria. Sixteen of these students chose to take the ACT or SAT Assessment that is primarily designed for above-average high school students in the eleventh and twelfth grades. Out of these 16 students, nine of our students are invited to a State Recognition Ceremony at the University of Nebraska at Lincoln in May for their outstanding work on these assessments. These nine students (pictured here) are: Abbie Brewster, Kaleb Brink, Josh Geske, Nolan Gorczyca, Rylee Gregg, Anna Kidder, Grant O'Doherty, Anthony Tripp and Isa Weber. Isa Weber is also invited to the Grand Recognition Ceremony at Duke University later this summer. Congratulations students!

teacher Mrs. Heather Owens with 'Teacher of the Week'. The radio station receives many nominations throughout the school year for deserving teachers and Star 104.5 felt Mrs. Owens was worthy of the honor based on the letter submitted by one of her students and his parents. Mrs. Owens was joined by her husband and children when receiving the honor. (Click [here](#) to watch the video.)



### BLESSING BAGS

The student council would like thank everyone who contributed to the BLESSING BAG drive in April. We have been able to assemble over 100 bags. How awesome!

The bags are available to any family who would like to have one or two of them to give to a homeless person or someone in



## CATHOLIC SCHOOL MATH CONTEST

This year St. Pius X / St. Leo School had the opportunity to participate in the National Catholic School Math Contest. Four separate 30-minute tests were given during the course of the year. Participants included students from 4th through 8th grade. Our school had amazing results. Regionally 4th & 5th grade finished 5th, 6th grade finished 1st, 7th & algebra finished 2nd and pre-algebra finished in 4th place.

Of special individual note is Will Brewster finished 10th nationally out of 1,735 students in 6th grade. Eighth grader Sam Raabe finished 26th out of 1,468 participants and fourth grader Alex ten Bensel finished 38th out of 1,354 contestants.



need. We understand that not everyone will be comfortable giving a bag to someone on the side of the road or on a corner and that is fine. We will be delivering the remainder of the bags to various shelters around the city.

If you would like a child in your family to pick up a bag, please reserve one by emailing Mrs. Peters at [chris.peters@spsl.net](mailto:chris.peters@spsl.net) and she will have one available for pick up in the PE office. It is easiest if your child picks up the bag at the end of the day. Students can pick up the Blessing Bag between now and May 18.

A box of blessing bags will also be available near the school office if you are at school and would like to grab one!

Thank you for helping us help others!



## NOTES FROM THE NURSE

Our school nurse, Karen Bakewell, would like to say *Thank You* to all the volunteers that helped with the various screenings throughout the school year. The volunteers' help ensured that the

## STUDENT COUNCIL LEADS THE WAY

The members of the 2015-2016 SPSL Student Council, pictured here, were: 5th graders Joseph Hayes, Sheridan Hogrefe, Erin Lemar and Tyra Onyango; 6th graders Jackson Dasher, Parker Mooney and Jordan Simon; 7th graders Sydnee Baysa, McKenna Blaine, Eleanor Mangan and Cole Wilber; and 8th graders Connor Gregg, Ian Johnson, Delano Lockhart and Noah Monzu. Some of the activities the Student Council led included: candy jar guessing game which supplied funds for the mystery boxes for fundraiser; food drive collection; coat drive which benefited the Heart Ministry; EPS baby bottle drive, paper drive; door decorating contest during Catholic Schools week; two pep rallies and spirit week; and the blessing bag drive. These students, along with their coordinator, Mrs. Chris Peters, were great leaders for our school. Thanks for leading us and showing us fun ways to help others!



## SPEECH CLUB



The SPSL 6th, 7th and 8th grade Speech Club had a successful season. Congratulations to all the Speech Club members for their hard work and victories! The results of the speech competitions are listed below:

At the Creighton Prep competition on April 8th the SPSL Speech Team came in 3rd place out of 20 schools! These students were ranked overall and received medals: Julia Nubel- Declamation- 10th out of 36 entries, Isabela Weber- Declamation- 4th out of 36 entries, Anna Preston- Declamation- 2nd out of 36 entries, Emily Salzman- Dramatic Interpretation- 5th out of 30 entries, Anna Kidder- Extemporaneous Speaking- 8th out of 12 entries, Olivia Rowe- Extemporaneous Speaking- 7th out of 12 entries, Cassidy Lang & Ellee Houghtaling- Duet Acting- 8th out of 70 entries and Sydnee Baysa & Bridget Gerards- Duet Acting- 3rd

screenings ran smoothly.



## USED UNIFORM SALE

It's time to pack up the jumpers, skirts, shorts, pants, sweatshirts and even soccer shirts that your children have outgrown and prepare them for the SPSL Used Uniform Sale. Donations should be dropped off at Elizabeth Biggs' house at 6701 N 118th Ave. by July 6th. Call Elizabeth at (402) 253-4935 with any other questions. The used uniform sale will be held on Saturday, July 16th from 8:00 a.m. - 10:00 a.m. at St. Leo Church.



## HAVE YOU REGISTERED FOR THE 12TH ANNUAL ST. PIUS X / ST. LEO SCHOOL GOLF TOURNAMENT?

The \$85 entry fee includes 18 hole golf scramble, cart, prizes, dinner & FUN!

**SATURDAY,  
MAY 21, 2016  
1:00 p.m. Shotgun Start  
THE KNOLLS GOLF  
COURSE**

out of 70 entries. Nice work everyone!

On April 15th, the SPSL Speech team competed at the Marian Speech Meet. SPSL placed 2nd out of 20 schools! Congratulations on another successful meet! The following students ranked overall and received medals: Julia Nubel- Declamation- 10th out of 25 entries, Miqaela Davis- Declamation- 8th out of 25 entries, Isabela Weber- Declamation- 7th out of 25 entries, Rylee Gregg- Declamation- 3rd out of 25 entries, Anna Preston- Declamation- 2nd out of 25 entries, Emily Salzman- Dramatic Interpretation- 2nd out of 25 entries, Abbie Brewster- Extemporaneous Speaking- 8th out of 13 entries, Olivia Rowe- Extemporaneous Speaking- 1st out of 13 entries, Eleanor Mangan & Emma Ehrhardt- Duet Acting- 9th out of 38 entries, Sydnee Baysa & Bridget Gerards- Duet Acting- 10th out of 38 entries and Justin Sitti & Grant O'Doherty- Duet Acting- 7th out of 38 entries.

On April 22nd, the team competed at the Millard North Speech Meet. SPSL placed 4th out of 17 schools. Excellent work! The following students ranked overall: Isabela Weber- Declamation- 3rd out of 31 entries, Anna Preston- Declamation- 2nd out of 31 entries, Olivia Rowe- Extemporaneous- 5th out of 11 entries and Rachel Achola & Kelsey McLaughlin- Duet Acting- 7th out of 65 entries.

Thank you to all the Speech Club members for their hard work and dedication. Thank you to SPSL alums who helped the Club and to all the parent and family volunteers who helped make the season so successful. A special thank you to Mrs. Jen Martinez for her awesome leadership of the Speech Club!

***Save the Date!***  
**Please mark your calendars and  
plan to join us for the  
SPSL Annual Fundraiser  
Saturday, October 22, 2016  
at Creighton Prep High School**

Join us in celebrating St. Pius X / St. Leo School at our annual fall fundraiser. **Casino Night! Winning Big for our Kids!** will be held on Saturday, October 22nd at Creighton Prep. Event Co-Chairs Katy and Chris Chattin, Emily and Kevin Ortner and Jeanette and Nate Weber invite you to join the party in support of the school! Please plan to attend - there will also be many opportunities to volunteer and make this a fun and successful celebration!

If you have any questions or would like to get involved in the efforts, please feel free to contact a general co-chair.

Katy Chattin - [kchattin@cox.net](mailto:kchattin@cox.net)  
Emily Ortner - [ek5ortners@gmail.com](mailto:ek5ortners@gmail.com)  
Jeanette Weber - [jweber@investorsomaha.com](mailto:jweber@investorsomaha.com)

Click [here](#) for the registration form. Please call Kim Ramsey at (402) 551-6667 or email her at [kim.ramsey@spsl.net](mailto:kim.ramsey@spsl.net) with any questions. The deadline for registering is by Friday, May 13th.



**HEALTH HINT:  
Tips for Staying  
Cool this Summer**

- \* Be aware of the heat. Pay attention to it and modify your activities appropriately.
- \* Pay attention to your hydration status, and be sure to drink plenty of fluids.
- \* Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theatres are air conditioned.
- \* Avoid hot enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- \* Use a fan, if available.
- \* Stay on the lowest floor of your building.
- \* Eat well-balanced, light and regular meals.
- \* Wear loose-fitting, lightweight and light-colored clothing.



## **SOCIAL SKILLS NEWS**

### **Shane and Jenny's Summer Vacation Plans**

"Hooray!" cried Shane and Jenny as they left St. Pius X / St. Leo School and walked toward the parking lot. They knew they were also walking toward their summer vacation. Shane and Jenny were very excited because they had lots of fun things planned for their summer. They were planning to attend a concert at the famed Red Rocks

Amphitheatre followed by a hiking trip in Utah at Canyonlands National Park that included a zip line course. They were also scheduled to hike a segment of the Appalachian Trail in Pennsylvania. They knew that they would have lots of opportunities to practice their Panther Social Skills as they worked with park rangers, outfitters, trail guides and other people in their travels around the country. They thought it would be good for all the SPSL students to practice their skills over the summer months wherever they may travel. "Hooray!" cried Shane and Jenny, "All the Panthers will be able to practice all summer!" "This will be our best summer ever," said Shane and Jenny. HOORAY! (If you would like a copy of the Social Skills, please call the school office, (402) 551-6667, and we will send a list home with your student.)



- \* Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- \* Weather stripping and proper insulation will keep cool air inside your home.
- \* Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

(for more information: [source link](#))



### **THANKS FOR ALL THE TREATS!**

Thank you to all who provided delicious treats for faculty and staff birthdays this year. Your generosity is appreciated. The birthday treats were a HUGE success. The treats made the Fridays a lot sweeter. Everyone looked forward to Friday birthday treats throughout the school year! Thank you to Connie Schartz for coordinating the weekly treats!

Also, THANK YOU to the Straight from the Heart group for all of the support given to provide wonderful treats that were provided to teachers and staff throughout the school year. Thank you to Jen Haney

## **OPEN HOUSE FOR THE 2016-2017 SCHOOL YEAR**



***OPEN HOUSE FOR PRE-KINDERGARTEN THROUGH 8<sup>TH</sup> GRADE WILL BE HELD ON TUESDAY, AUGUST 16<sup>TH</sup>.***

- \* Open House for Pre-Kindergarten - Grade 8 will be held from 5:30 - 7:30 p.m.
- \* The classroom student lists will be posted near the classroom areas that evening for students to find out who their teacher will be for the 2016-2017 school year.
- \* Families are invited to tour the school, visit the classrooms, visit with teachers and purchase sandwiches in the school cafeteria. Sandwiches will be available from 5:30-7:30 p.m. A percentage of the profits from the sandwich sales are given back to our school.
- \* Students may bring their school supplies to their homeroom either this night or the first day of school.

THE FIRST DAY OF SCHOOL for Grades K to 8 will be Thursday, August 20th. School will begin at 8:15 a.m. and will dismiss at noon (no lunch served) on August 20th and 21st.. *Students will attend school full days, 8:15 a.m. until 3:25 p.m., beginning on Monday, August 24th.*

## **EVENTS**

- May 6 Last newsletter of the school year emailed to parents and also posted at [www.spsl.net](http://www.spsl.net)
- May 8 SPSSL Church Choir at St. Pius X - 9:30 a.m.
- May 10 Mass Gr 1, 2 & 3 at 8:30 a.m.
- May 10 Culver's Night - 120th & Miami Streets - 5:00 - 9:00 p.m.
- May 11 Mass Gr 7 & 8 at 8:30 a.m.
- May 12 Mass Gr 4, 5 & 6 at 8:30 a.m.
- May 13 Optional Dress Down Day (donations support St. Pius X and St. Leos Parish Festivals)
- May 17 Gr 1-7 Living Rosary and May Crowning - 8:45 a.m.
- May 17 Gr 8 Graduation practice - St. Leo Church - 9:00 a.m. followed by bowling at Maplewood Lanes
- May 18 PreK Program - 8:30 a.m. in the Fr. O'Brien Parish Center, then dismissed for the year
- May 18 Fazoli Night - 80th & Cass Streets - 5:00 - 8:00 p.m.
- May 19 Gr 8 Graduation Mass - 8:30 a.m. followed by breakfast in the parish center
- May 19 Gr K & 4 FUN DAY
- May 19 PreSchool picnic - 11:00 a.m. - 1:00 p.m. - playground, then dismissed for the year
- May 19 Gr 8 Graduation Prayer Service & Ceremony - St. Leo Church - 7:00 p.m.
- May 20 Gr 5, 6 & 7 FUN DAY
- May 20 Gr K Program - 8:45 a.m. - gym, then dismissed for the year
- May 21 Golf Outing - The Knolls Golf Course - 1:00 p.m.
- May 22 SPSSL Church Choir at St. Leo - 10:00 a.m.
- May 23 Gr 3 FUN DAY
- May 23 NOON DISMISSAL - no lunch served
- May 24 Gr 1 & 2 FUN DAY
- May 24 NOON DISMISSAL - no lunch served
- May 25 Omaha GIVES!
- May 25 Gr 1-7 Closing Mass at 8:45 a.m.
- May 25 Last day of school - 11:00 a.m. dismissal
- 
- Aug 16 Open House - 5:30-7:30 p.m.
- Aug 18 1st Day of School for Gr K-8 the 2016-2017 school year
- Aug 22 1st Day of school for 3-Day and for 5-Day Pre-Kindergarten
- Aug 23 1st Day of school for 2-Day Pre-Kindergarten
- Aug 27 Welcome Wagon Event for Pre-K families - 3:30 - 5:00 p.m. - playground
- Oct 22 SPSSL School Fundraiser at Creighton Prep

## REMINDERS

**Please notify the school office, 551-6667, if you move during the summer months.** We will be mailing a school newsletter with important school information during August and we need your current address for this newsletter to reach you.



If your child will be a kindergarten or seventh grade student next year, or a

and Jenny ten Bensel for all their time spent in coordinating all of the Straight from the Heart fun days!

We are truly grateful for the generosity of so many school families who donated their time and talents to provide items to make these occasions special for us!



## SPSSL SOCCER CLUB FALL 2016 REGISTRATION

Registration information is not yet available for Fall 2016. Please check the SPSSL Soccer Club site often for information regarding soccer sign up ([www.spslsoccer.com](http://www.spslsoccer.com)). Games normally start after school commences and wrap up by the 3rd week of October.



## SUMMER C.A.R.E. NEWS

Please remember to buy C.A.R.E. during the summer! It is great to have on hand for all your travels, treats, and necessities. Certificates are available for theaters, ice cream

new student moving in from out-of-state, please remember to have their health physical exams completed **prior to the first day of school** and return the forms given earlier this year for this purpose. If your child is an incoming new student to our school we will need a copy of his/her Baptismal certificate (unless baptized at St. Pius X or St. Leo Parishes), a certified copy of the birth certificate, and a current, completed immunization record from your doctor's office. Call the school office, (402) 551-6667, for any forms you may need.

If you did not pay your book and materials fee, registration fee, technology fee and tuition in full on registration night, or have not signed up to use the SMART Program, the balance is due in the school office by August 1, 2015. **You can mail your payments to the school (6905 Blondo St, Omaha, NE 68104).**

The school office will be open most days during the summer from 9:00 a.m. until 4:00 p.m. (with a lunch break) but there will be days/weeks when it is closed. Please call first, (402) 551-6667, to be sure the office is open. As stated above, you can mail your payments to the school office to ensure you have paid by August 1<sup>st</sup>.

shops, gas stations, grocery stores, restaurants, and so much more! Please see the school [website](#) for a complete listing of gift certificates.

C.A.R.E is available after weekend Masses at both parishes, during office hours at both parishes, and in the school office (please call first to make sure someone is in the office due to reduced hours during the summer).

Thank you to all the supporters of this great program!

## RACE FOR EDUCATION



A HUGE thank you to all of the students, parents, and volunteers who participated in our 12th annual Race for Education. It was a fun-filled day of walking and running, red and blue snow cones, and lots of SPSL Panther Spirit! Guest appearances were made throughout the day from some Creighton Bluejay volleyball and basketball players and UNO basketball and soccer players. "Stormy" the mascot from the Omaha Storm Chasers came out to cheer on the Panthers.

Donations came in from friends and family all across the United States. We are still in the process of opening all of the sponsorship forms and the final results will be posted when we have the totals. Sponsors will receive a receipt from the school if they indicated on their form that they would like one. If you would like to know the names of the people who sponsored your child/children so your child can write a personal thank you, please e-mail [kim.ramsey@spsl.net](mailto:kim.ramsey@spsl.net) to receive a list of the donors.

## WAY TO GO PANTHERS!

## BACKPACK SAFETY AWARENESS

by Maggie McClure, Occupational Therapy Doctoral Candidate 2016,  
Creighton School of Pharmacy & Health Profession

(Miss McClure has been on a professional rotation here at SPSL, working with students' motor skills in PreK - 3rd grades, supervised by Mr. Weare.)



## OUR THANKS TO ALL OF YOU

As we end this year, please know that we are so thankful to all the members of our school family; the students for their hard work and efforts to learn; the faculty and staff for their dedication to the ministry of Catholic education; the parents for their continued support of our school staff and encouragement of their children's endeavors; and, to all the parishioners for their prayers and financial support. What an awesome faith community of people!

More than 79 million students in the United States carry a backpack [1].

Many loads negatively impact posture and increase risk for back injury (i.e. musculoskeletal issues, nerve compression, poor posture) [1] According to U.S. Consumer Product Safety Commission, in 2013, 22,000 strains, sprains, dislocations, and fractures occurred from backpacks [2]. About 55% of students' backpacks are heavier than the set guidelines [3]. The American Occupational Therapy Association (AOTA) has set some guidelines to assist with the school-wide initiative of backpack safety education [5].

- A child's backpack should not weigh more than 10% of their body weight.
- It is best to pack heavy and larger items towards the back of the backpack
- Make sure items going to and from school are "necessary" items
- Wait to fill up his/her water bottle until they get to school or home
- Carry awkward or heavy items outside the backpack
- If consistently heavy and placing a strain on your student's back, consider a rolling backpack to decrease the load.

Occupational therapists are well suited to address backpack safety awareness. Many safety education programs including demonstrations, brochures, and discussions have occurred in schools all over the United States [4]. We look at factors (i.e. poor backpack wearing) that may be negatively impacting students ability to participate in the things they need to do, want to and are expected to do during the school day [6].

Every third Wednesday in September, schools and occupational therapists all over the United States host backpack safety weigh-in days to bring awareness to students, teachers, and parents. They are a lot of fun and all ages have benefited from the information at these events.

The following are some tips to keep in mind when choosing backpacks for next year:

- Look for a backpack with two straps that are padded and adjustable
- A backpack with good back support
- Chest and/or waist straps to disperse the load
- The bottom of the backpack should fit in the curve of a student's lower back

#### References

- [1] Kistner F, Fiebert I, Roach K. Effect of backpack load carriage on cervical posture in primary schoolchildren. *Work* (2012); 41: 99-108.
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## SCHOOL UNIFORM INFORMATION

### Educational Outfitters

Educational Outfitters sells SPSL School Uniforms. They are located at 2528 S. 130th Ave. (one block north of Center St. on 130th). For more information, please visit their website [here](#).



Dennis Uniform also sells SPSL School Uniforms. They have one location in Omaha, located at 740 N. 109th Court. You can access their website [here](#).



French Toast sells SPSL girl's jumpers, skorts and skirts only. You can access their website [here](#).

## SPSL ON-LINE

For more information about SPSL school, please visit our website. Click [here](#)!



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*Thanks for a another great year!  
Have a wonderful summer.*

St. Pius X / St. Leo School, 6905 Blondo, Omaha, NE 68104

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