

† ST. LAWRENCE SCHOOL

“His Banner Over Us Is Love”

Dear St. Lawrence School Families,

It was wonderful to see so many parents attend our Barnes and Noble Bookfair! Thank you to Ms. Roberts and all of the parent volunteers who worked to make this evening run so smoothly. I especially want to thank Ms. Fraser for putting together such a wonderful Barnes and Noble Night. This was such a fun experience and a great way for us to show our support for St. Lawrence School!

I want to congratulate Noah Weidert (1st Grade) for winning the Ride the Firetruck to School Contest. The students had so much fun watching him and Ms. Pratt arrive to school last week in the big firetruck. Our First Grade class was especially excited to greet Noah and Ms. Pratt as the truck pulled up to the school building!

Thank you to all of the parents who attended our Parent Teacher Conferences last week. I continue to receive positive feedback from families about the first quarter of the school year. I am excited to be a part of what I know will be a successful second quarter here at St. Lawrence!

At St. Lawrence School our students learn the importance of serving others by participating in community outreach projects throughout the school year. During Advent, we will be collecting new hats, gloves, scarves, and socks for children in need at a local Rochester city elementary school. We are looking forward to covering our giving tree with all of the items that we bring in throughout Advent.

Our December Birthday Lunch will be Thursday, December 8th. Any student with a birthday in December will be having a pizza lunch with me in the Art Room during their lunch period to celebrate on that day! Please remind your child to bring a drink for this event.

I hope you are all having a pleasant and peaceful start to your week. As always, thank you for all that you do for our students!

God Bless,

Frank Arvizzigno
Principal



**Competing
against Mr.
Arvizzigno at
the Barnes &
Noble Night**

Please Note:

1 st Walkathon Wednesday	12/7
Quiet Mass	12/8
1 st Dress Down Friday	12/9
December Birthday Lunch	12/8
Santa's Secret Shop PreK 3 Only	12/13
Santa's Secret Shop PreK 4, K-6	12/14
Christmas Concert 1pm, 7pm	12/15
PreK 4 Christmas Pageant	12/21
Christmas Mass 8:30am, Dress Up Day	12/23
No After School Care	12/23
Christmas Break No School	12/26 – 1/2
Walkathon Wednesday	1/4
Quiet Mass 8:30am	1/5
January/July Pizza Lunch	1/12

Today's Envelope includes:

Santa's Secret Shop Information
Flu Season Information (attached electronically)

After School Care Help

We are looking for 1 more parent volunteer who would like to help out in After School Care on Friday 12/16. Please contact Andrea McLaren if you are interested.

St. Nicholas Day



Lost & Found

Many uniform items have turned up in our Lost and Found, including fleece jackets and sweatshirts. We also have a large number of non-uniform items, such as jackets, sweaters, hats and gloves. Please stop in and look through these items if you are missing something. After this week, the uniform clothes will be added to our used uniform supply, and non-uniform clothes will be donated to Salvation Army.

Congratulations to Noah Weidert for winning the Ride the Firetruck to School competition!



Checking Our Shoes After St. Nick's Visit



Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness.
- Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated.

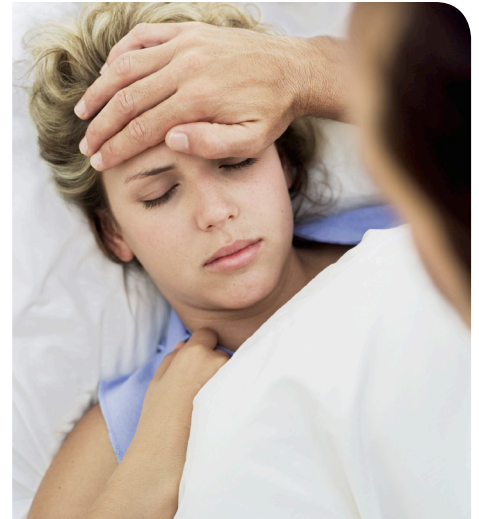
Don't avoid getting a flu vaccine because you don't like shots.

The very minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. The flu can make you very sick for several days; send you to the hospital, or worse. For most healthy, non-pregnant people ages 2 through 49 years old, the nasal spray flu vaccine is a great choice for those who don't like shots. Also, there is an intradermal shot that uses a much smaller needle than the regular flu shot. Either way, getting the shot or nasal spray can help to protect you from catching the flu. So, whatever little discomfort you feel from the minor side effects of the flu vaccine is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

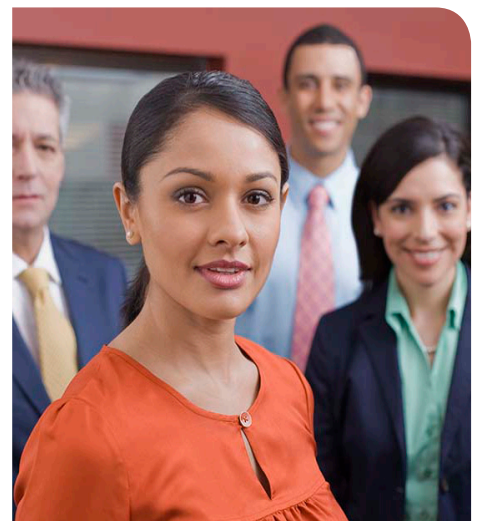
You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year:

- a) The first reason is that because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses research indicates may be most common during the upcoming flu season.
- b) The second reason that annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.



Get a Flu Vaccine

- Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else including: doctor's offices, clinics, health departments, retail stores, pharmacies, health centers, as well as by many employers and schools.
- Use the vaccine finder at <http://vaccine.healthmap.org/> to find a flu vaccination clinic near you.



For more information, visit <http://www.cdc.gov/flu> or call 1-800-CDC-INFO (800-232-4636).