



# The Barrister



## School News

### Welcome Back!

We are so excited to see our students, both current & new!  
**Grades 1 to 8:** The first day of school Monday, August 15<sup>th</sup>. Students should be in their classroom no later than 8:00 a.m. Parents are allowed to walk their child to the classroom on this day only, but must depart the building prior to 8:00 a.m. School dismisses daily at 3:00 p.m.

**Preschool, Pre-K & Kindergarten:** Attend orientation for your child on Monday, August 15<sup>th</sup>. School for these students begins on Tuesday, August 16<sup>th</sup> at 8:00 a.m. Note: The Weis Center dismisses daily at 2:50 p.m. *Please use extra caution in the school parking lots this week as everyone adjusts to the new school year.*

### Uniforms

See attached page/s for uniform dress code (*note changes for the 2017/18 school year at the end of the list*).

### Service Hours

You will be sent a link to Sign-Up Genius for volunteer committees, events and activities. Sign-ups will begin on Friday, August 12<sup>th</sup> at 7:00 p.m. You will also be able to sign up at the Back to School Fair. New links will be added as needed. Reminder: Each STMS family is required to volunteer 20 hours per school year. Links to sign ups for classroom parties and field trips will be posted in several weeks.

### Join a Parent-Lead Group

Learn about/submit your name for open positions on the School Advisory Council, Parent Association and/or Athletics. Learn more at the Back to School Fair this weekend. Look for an information link to be emailed soon.

### Back to School Fair

Receive your child's classroom assignment, pay by cash or check, Parent Association dues (\$25 per family), class party/fundraising fees (\$25 per student), optional school supply fee (\$20 per student) and visit with many school organizations, clubs and groups:

**Music:** Band, fall musical & Choir

**Student Groups:** 4-H, Girls on the Run (see last page), Girl Scouts, Boy Scouts, Foresters, Chess Club, Science Olympiad & Athletics

**Parent Interests/School Info:** T.R.I.P., School Advisory Council, Parent Association, uniform samples, order gym clothes/sweatshirts, purchase STMS merchandise

### VIRTUS Training

VIRTUS training will be held in the Solar Room at St. Thomas More School on two days: Saturday, August 13<sup>th</sup> at 10:30 a.m. or Wednesday, August 24<sup>th</sup> at 6:00p.m. You must be VIRTUS trained to volunteer in our school/parish. Please email Laura Brockway at [ljbrockway1@gmail.com](mailto:ljbrockway1@gmail.com) to reserve your seat for training. Please arrive promptly and enter through the gym doors under the carport.

## Weekly Calendar

- August 13-14** *Back to School Fair*  
9:00 a.m.-1:30 p.m. in the Gym  
*See note at left for more details.*
- August 15** *First Day of School Grades—1 to 8* 8:00a.m.  
Kindergarten Orientation— 9:30 a.m. or 12:30 p.m.  
Preschool Orientation—9:30a.m.-Weis Center  
Pre-K Orientation—12:30p.m.-Weis Center
- August 16** *First Day of School Preschool, Pre-K and Kindergarten*  
All School Mass at 8:30 a.m.  
*New students & teachers welcomed*
- August 22** *Picture Day*  
*Wear your favorite outfit (no uniforms today)*
- August 24** *Back to School Night (Grades 1-4)* Gym  
*Meet your child's teacher & visit the classroom*  
*Details to follow.*
- August 25** *Back to School Night (Grades 5-8)* Gym  
*Meet your child's teacher & visit the classroom*  
*Details to follow.*
- August 26** *Back to School Pool Party*  
Munster Community Pool 6:00-8:00p.m.  
*Free to all STMS students & their family*
- September 2** *Spirit Wear Day*  
*Check the Student Handbook for guidelines*
- September 5** *Labor Day— No School*

## Special Notes

### New Teachers

Please join us in welcoming the following teachers into the St. Thomas More School family:

- Mrs. Jeanine Fiegler* —1<sup>st</sup> Grade  
*Mrs. Michelle Willoughby* —2<sup>nd</sup> Grade  
*Mr. Randy Wereldsma* —3<sup>rd</sup> Grade  
*Mrs. Andrea Ziemba* —4<sup>th</sup> Grade  
*Ms. Elisa Escamilla* —Spanish  
*Ms. Janice Gryfakis* —Music  
*Mr. Eric Roldan* — Physical Education

We are excited to welcome these fine educators to our faculty!



Week of August 15, 2016

# Weekly Menu

## Daily Menu

### Monday, August 15

Breaded Chicken Patty  
Whipped Potatoes/Gravy  
Broccoli/Corn  
Mixed Fruit, Milk

#### *Monday Volunteers*

Teresa Torres  
Suzanne Caceres  
Mary Castaneda

### Tuesday, August 16

Hot Dog/Chili Dog  
Baked Beans  
Cucumber Slices/Dip, Pears  
Fruit Smoothie, Milk

#### *Tuesday Volunteers*

Michelle Andriessen  
Delia Hernandez  
Rich Diaz

### Wednesday, August 17

Chicken Tacos or  
Beef Taco Sticks/Salsa  
Lettuce/Cheese  
Tater Tots, Fresh Fruit, Milk

#### *Wednesday Volunteers*

Delia Hernandez  
Jaimie Narantic

### Thursday, August 18

Spaghetti with Meat Sauce  
Salad/Green Beans  
Garlic Toast  
Peaches, Milk

#### *Thursday Volunteers*

Christina Pedroza  
Delia Hernandez  
Anita Madrigal

### Friday, August 19

Grilled Cheese or  
Cheese Quesadilla  
Sweet Potato Fries  
Grape Tomatoes/Peas  
Applesauce, Milk

#### *Friday Volunteers*

Delia Hernandez

## Ala Carte

**Salads:** Large - \$2.50/Small—\$2.00  
**Yogurt:** \$ .70  
**Milk:** \$ .50  
**Water:** \$ .50

## Reminders

- **Menu subject to change.**
- **Hot Lunch Prices:**  
Student - \$ 2.20  
Adult - \$ 2.85
- **Cash or Check Payments Accepted**  
Checks made out to STM are accepted.
- **Families with more than one student**  
Eating hot lunch are encouraged to send in ONE check (or cash) in one envelope.  
Money will be divided between siblings accordingly.
- **There is a \$10.00 charge limit per account.**  
If students do not bring in money after 5 charges, they will not be allowed in the hot lunch line until payment is made. However, students will be offered a cheese sandwich if they have nothing else to eat.
- **Students should turn in payment in a SEALED envelope labeled as follows:**  
  
Lunch Money  
Student's First & Last Name  
Homeroom Teacher's Name  
Amount Enclosed
- Check the St. Thomas More School website for the Monthly Menu under the tab: "Student/Nutrition".
- Check the weekly Barrister for the weekly menu and volunteer list.
- Go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to check your student's account balances and to make credit card payments.



## St. Thomas More School

# Uniform Dress Code

*Grade Levels 2016-2017 School Year in Black*

*Grade Levels 2017-2018 School Year in Red*

*The official uniform plaid for girls apparel is STMS Belair Plaid. All khaki apparel must be "medium khaki".*

## GIRLS

### Preschool - 8<sup>th</sup> Grade (2016-2017)

**Polos/Turtlenecks:** Red, maroon, navy or white - long or short sleeved.

**Blouses:** White only - long or short sleeved. Girls in 5th to 8th grade may wear a white oxford shirt.

**Shorts, Skorts, or Capris:** Navy, khaki or STMS plaid. Shorts and capris can only be worn from August 15th to October 31st and April 1st to the end of the school year.

**Pants or Corduroys:** Navy or khaki.

**Jumper for girl's preschool to 4th Grade:** Navy or STMS plaid.



### Preschool - 6<sup>th</sup> grade (2017-2018)

**Polos/Turtlenecks:** Maroon or white - long or short sleeved.

**Blouses:** White only - long or short sleeved.

**Shorts, Skorts, or Capris:** Navy or STMS plaid. Shorts can only be worn from August 15th to October 31st and April 1st to the end of the school year.

**Pants or Corduroys:** Navy.

**Jumper for girl's preschool to 4th Grade:** Navy or STMS plaid.



### 7<sup>th</sup> - 8<sup>th</sup> grade (2017-2018)

**Polos/Turtlenecks:** Maroon or white - long or short sleeved.

**Blouses/Oxfords:** White only - long or short sleeved

**Shorts, Capris, Pants, or Corduroys:** Khaki. Shorts and capris can only be worn from August 15th to October 31st and April 1st to the end of the school year.

**Skorts:** STMS plaid.



## BOYS

### Preschool - 8<sup>th</sup> Grade (2016-2017)

**Button Down Shirts or Polos:** Red, maroon, navy or white - long or short sleeved.

**Shorts, Pants or Corduroys:** Navy or khaki. Shorts can only be worn from August 15th to October 31st and April 1st to the end of the school year.



### Preschool - 6<sup>th</sup> grade (2017-2018)

**Button Down Shirts, Polos, or Turtlenecks:** Maroon or white - long or short sleeved.

**Shorts, Pants or Corduroys:** Navy. Shorts can only be worn from August 15th to October 31st and April 1st to the end of the school year.

### 7<sup>th</sup> - 8<sup>th</sup> grade (2017-2018)



## St. Thomas More School

# Uniform Dress Code

## Uniform Guidelines for All Students

*The official uniform plaid for girls apparel is STMS "Belair" Plaid. All khaki apparel must be "medium khaki".*

*The uniform policy is in transition during the 2016-2017 school year. For example, you will notice, red and navy shirts are still permitted however, if you are purchasing new shirts, you may want to choose the maroon and white colors that are acceptable for this year and for the 2017-2018 school year and beyond. Please see the next page for the Boys and Girls regular school day uniform. The 2016-2017 and the 2017-2018 uniform policies have been provided.*

*Below are some general guidelines. Remember, as a Roman Catholic School, we emphasize the importance and virtue of modesty in behavior and dress. Our school uniform represents the St. Thomas More School educational community and is worn by our students in Preschool through 8th grade.*

**Apparel:** Any visible logos, manufacturer markings or insignias are not allowed as part of the uniform at any time.  
Collegiate and sport apparel is not permitted on regular school days.

**Shirts/Blouses:** An acceptable shirt/blouse must be worn under all jumpers, sweaters and sweatshirts.  
Only white undershirts/undergarments are acceptable under proper uniform shirts/blouses.  
Shirts/blouses must be long enough to stay tucked in at all times.

**Shorts/Pants/Skorts:** Cargo shorts/pants are not allowed at STMS. Pants/shorts can never "sag". Pants/shorts/skorts must rest at the waist at all times with shirts tucked in. The length of shorts or skorts should be 4" or lower from the ground when kneeling.

**Socks:** Socks must be worn at all times and ankles must be covered at all times. No-show socks are not permitted.  
Girls: Navy, maroon, or white ankle socks, knee socks or opaque tights.  
Boys: Navy, white or black crew socks.

**Sweatshirts:** All crewneck sweatshirts and hoodies must be worn over a shirt with the collar of the shirt visible. Any previous STMS sweatshirt in red, maroon, navy, or white with the STMS crest or insignia is allowed. Only maroon or white will be allowed starting with the 2017-2018 school year.

**Sweaters:** Maroon V-neck cardigan, pullover or vests must be worn with the uniform shirt collar visible.

**Shoes:** All dress shoes must be a solid color (navy, black or brown). Heels on girl's dress shoes cannot exceed 2". ***Athletic shoes must be solid black or white (no secondary color allowed; sole must be the same color as the shoe).*** No sling backs, clog heels, flip-flops, "wheeler" shoes, hiking boots and/or combat boots, moccasins or sandals are allowed. During the winter months, solid black or brown boots may be worn if they do not have a lug sole and can be covered with the pants.

**Belts:** Solid navy, black or brown belts must be worn with shorts or pants by all students in grades 3 to 8. One small buckle is allowed.

**Accessories:** All Accessories should be minimal at all times.  
No piercings, other than girl's earlobes, are acceptable.  
Purses are never allowed to be carried at STMS. Extenuating circumstances will be handled by STMS Administration on an individual basis.  
Hats are never allowed inside the STMS school building.  
Bracelets, make-up, nail polish, hairspray, perfume and spray bottles are not permitted.  
Watches are allowed to be worn, but the face of the watch must be plain and small in size. No alarms or toy watches are allowed.

**Jewelry:** Girls are allowed to wear one small ring, a small pair of stud earrings and/or a small crucifix or religious medal on a chain.  
No large or hoop earrings permitted. Earrings be worn in pairs with one in each ear (no single earring allowed).  
Boys are allowed to wear a small crucifix or religious medal on a chain. No earrings, studs, bracelets or other necklaces allowed.

**Hair:** Styles should be neat and appropriate for a Catholic school setting.  
No cornrows, "tails", radical or extreme hairstyles (including shaved designs), spikes or unusual colors are accepted.  
The STMS Administration reserves the right to warrant what is radical/extreme vs. acceptable.  
Girls: one set of barrettes or one STMS plaid or solid color (maroon, navy, black, or white) headband or scrunchie may be worn.  
Boys: no hair can be touching the shirt collar, or be longer than the middle part of the ear or have bangs below the eyebrows.  
No facial hair is allowed.

**Tattoos:** Neither temporary or permanent tattoos are permitted at any time.

**Violations:** Any student who is deemed to be in violation of the STMS Uniform Dress Code will be asked to call home for appropriate attire and requested to change clothing.

# Register Now for Girls on the Run at STMS

Dear 3rd, 4th, 5th Grade Families,

We are pleased to announce that St. Thomas More School will be offering **Girls on the Run** this fall for grades 3rd to 5th.

**Girls on the Run** is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Details about the program are as follows:

**What is the Girls on the Run program?** Girls on the Run is for 3rd-5th grade girls and is a non-competitive, curriculum-based program designed to build self-esteem and educate about issues affecting girls every day. The girls play fun games to encourage physical movement and each lesson is centered on an age relevant theme, such as Healthy Nutrition, Gossiping, Bullying, and How to Stand up for Yourself. The girls complete a community-service project and participate in a non-competitive 5k race, the culminating event for the program.

**What does Girls on the Run do?** One girl put it this way, "I learned that I am the boss of my brain." Helping girls take charge of their lives and define the future on their terms. You can also think of it as Can University—a place where girls learn that they can. No limits. No constraints - only opportunities to be remarkable.

**How does Girls on the Run play a role in our girls' lives?** Lots of ways, but we start with helping the girls get a better understanding of who they are and what's important to them. Then we look at the role of teams and healthy relationships. And, finally, we explore how girls can positively connect with and shape the world. And, we have fun too.

**Do girls need to like running to sign up for the program?** No, we are not a typical running program. We encourage our girls to run, walk, hop, skip and jump throughout practice and all the way to the finish line. The focus is not on speed or winning, but on achieving your personal best. Girls of all shapes, sizes, and abilities are encouraged to join the program.

**How long is the program?** Our season is 10 weeks long; we meet twice a week, typically for 90 minutes. Our Fall season begins August 29 and goes through November 3.

**What days/times does the program meet?** Program practices will be held every Monday and Thursday from 5:00 to 6:30 p.m. at the Wicker Park. These days and times are subject to change based on coach availability.

**When is the end of the program 5K race?** The Girls on the Run 5k race will be held November 6 at Wolf Lake in Hammond, IN at 3:00 p.m. (Girls will need to arrive by 1:00 p.m. Please note: This is the Sunday before fall break.) This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5k gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

**Is it safe for young girls to run the 5K (3.1-mile) distance?** "Children's bodies are well suited for endurance exercise, and numerous studies have shown that children show many positive physiological adaptations to endurance exercise training. The keys are gradual progression and common-sense adult supervision. If those conditions are met, running 3 miles is a reasonable goal for most young people." - *Russell R. Pate, Ph.D., Department of Exercise Science, University of South Carolina.*

**What does the program cost?** Thanks to generous donor support, we are able to offer the program for \$155 per girl, with a liberal sliding-scale to ensure that every girl who wishes to participate can do so, regardless of her family's economic situation. The fee schedule is available on the registration form at [www.gotrofnwi.org](http://www.gotrofnwi.org)

**What does the registration fee include?** Girls receive 10 weeks of lessons twice a week from trained Girls on the Run coaches. In addition to the materials to participate in the program, each girl is given a Girls on the Run water bottle, a healthy snack at each practice, a Girls on the Run t-shirt, free entry into the season-end 5k, a 5k finisher's ribbon and participation in an end-of-season team celebration.

**How do I register my 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> grade girl?** Registration must be done online by visiting [www.gotrofnwi.org](http://www.gotrofnwi.org) between **August 12 and August 21**. Please note, there is only availability for 40 girls. Girls will be selected via lottery by Girls on the Run administration.

Unfortunately, due to low interest, STM will not have a Heart and Sole Program this fall for 6<sup>th</sup> through 8<sup>th</sup> grade girls. If interest picks up, there is the possibility we gather a team in the spring.

Girls on the Run coaches will be available to answer additional questions at the Back to School Fair August 13 and 14 from 9:00 am to 1:30 p.m.