Principal’s Message

How blessed have we been here at St. Rose School with such amazing, dedicated, professional, knowledgeable, and loving teachers? I want to truly acknowledge with gratitude, all of our St Rose School Teachers...In the picture above, you see Mrs. Sandy Militello with her morning class; she came new to us this year and was able to stay for only a short time. We wish you well Mrs. Militello, as you move to Oregon to assist with you new grandchild and also care for your Mom. And we welcome to the teaching role, Mrs. MonaLisa Duran. St. Rose School is blessed to have you teaching our TK children. Then there is Mr. Clayton Renzo, who will depart our halls after five great years teaching in our Middle School. Thank you for preparing our students so well, Mr. Renzo. We wish for both Mrs. Militello and Mr. Renzo all the best on this next part of your respective journeys. We will miss you both. At this time, I focus my attention on interviewing exceptional candidates for the 7th Grade homeroom English-Language Arts & Religion (7) position...please keep this effort in your prayers.

In Christ,
Ms. Suzanne Smoley
We are St. Rose School

Mission
St. Rose of Lima Catholic School develops leaders. We recognize each person who enters our school as a unique gift from God, intent on learning. As a community of faith, we grow spiritually, academically, socially, and physically, prepared to live as Disciples of Jesus. Together, we promote Gospel Values and strive to bring the Catholic Faith to life.

Philosophy
With the message of Jesus Christ always as our foundation, we the faculty and staff of St. Rose School strive to develop the whole child. We endeavor to instill Catholic values which will foster human formation and integrate faith, culture, and life. Recognizing the parent as the primary educator, we - parents, faculty, staff and the faith community - seek together to create an atmosphere in which each child may develop to his or her full potential.

School Wide Learning Expectations
St. Rose School Students Are...LEADERS

Life-long learners - We are self-motivated and take initiative in critical thinking when problem solving.

Effective Communicators - We can resolve differences and build trust and respect.

Active Catholics - We celebrate the beliefs and traditions of the Catholic Church through prayer, study, and faith experiences.

Disciples of Christ - We live the Gospel Values in thought, word, and deed.

Empathetic - We respect and appreciate the differences and gifts of all God’s creatures.

Responsible - We make choices for our spiritual, academic, social, and physical health, and willingly accept the impact of our decisions and actions upon ourselves and others.

Self-Confident - We journey with God to discover, accept, and use our gifts.
Office

Minimum Days
- Friday, November 1st; dismissal is: K-8, 12pm and TK, 11:00am.
- Monday, November 18th - Friday, November 22nd (parent/teacher conference week);
  dismissal is: K-8, 12pm and TK, 11:00am

No School Days in November
- Friday, November 8th - Teacher Professional Development Day
- Monday, November 11th - Veterans Day
- Monday, November 25th through Friday November 29th - Happy Thanksgiving!

All Saints Day Mass Please join us on Friday, November 1st at 9:00am. Mass will be prepared by the 3rd grade class.

End of 1st Trimester Thursday, November 7th is the end of the 1st Trimester. Report cards will be distributed at your Parent/Teacher Conferences.

Yearbook...HELP WANTED! St. Rose School is in much need of a Yearbook Coordinator/Creator. We've already got a system in place to “dropbox” (pictavo) pictures from each class and all events throughout the year. **Qualifications:** learn and utilize the yearbook program from Payne & Payne; enjoy dabbling in page set-up; able to meet the benchmark deadlines; and a love of our St. Rose School faculty, staff, and children. This is a great two-parent effort...Please contact Ms. Smoley with your interest: ssmoley@strose.org

Thanksgiving Prayer Service Please join us on Friday, November 22nd at 9:00am in the Church for our Thanksgiving Prayer Service; we all have so much for which to be thankful.

Honor Roll (gr. 4-8) 1st Trimester Honor Roll will be immediately following the All School Mass on Friday, December 6th.

Dinner Out November Fundraiser Come in to the Chipotle at 1136 Galleria Blvd. #160 in Roseville on Wednesday, November 13th between 4:00pm and 8:00pm. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to St. Rose School.

Parent Teacher Conferences Monday, November 18th - Friday, November 22nd. **Please see your SchoolSpeak account for your conference(s) date/time(s).** If you have any questions regarding your conference date/time, please contact your child’s teacher directly. Please make every effort to be on time for your conference. Conferences for TK - grade 4 do NOT include the children. Please make sure you have childcare, we will not allow children to be unattended in the courtyard.

TK Schedule for Parent/Teacher Conference Week The TK schedule during Parent Teacher Conferences week of Monday, November 18 - Friday, November 22 will be as follows:
- TK-AM: Monday & Tuesday, 8am-11am
- TK-PM: Wednesday & Thursday, 8am-11am
- Both TK-AM & PM: Friday, 8am-11am

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Tamale Time! Please see the attached tamale order form. Orders are due December 2nd, 12:00pm. All proceeds will benefit the students’ 2020 Washington D.C. trip.

Extended Day Care

Minimum Days If you plan to send your child to Extension on Friday, November 1st, or during P/T Conference week, Monday, November 18th - Friday, November 22nd, you MUST SEND a packed lunch from home. During conference week, you are allowed to check your child in and out of extension during your conference time. Parents, please plan accordingly. Be advised: Families whose students are not checked into Extension but left outside to play during conferences are being supervised by our Extension Staff. Those families will be billed for Extension use. We appreciate your cooperation.

Student News

Turkey Fund Drive From November 4th-November 20th classes will be collecting money to donate to the Knights of Columbus Christmas Food baskets for turkeys and hams. Our school-wide goal is $2000.00 This year, there is a twist! Students will receive one paper feather for every $5 donated and will write the teacher’s name on a piece of paper and put into a jar. At the end of the turkey fund drive, we will pull one name from the jar and that lucky teacher gets to wear a turkey suit to school one day in December. This is going to be soooooo much fun!!

Introducing Principal for the Day, Ms. J. Stuart We are delighted to welcome our Principal for the Day on Tuesday, November 5. Ms. Stuart will meet the students in their classrooms, serve on recess yard duty, call for students to come to her office, and assist with dismissal loop. Welcome Ms. Stuart to the role of principal; the school will be in such good hands that Ms. Smoley is thinking of taking the day off!! :-)

Thank you for your generosity...The Kids Can Food Drive 2019 provided meals for over 319 families in our area. The St. Vincent De Paul Food Locker was overwhelmed and very thankful for the 3,192 cans of food to supply our families in need as wintertime approaches. Thank you, everyone.

International Camp T-Shirt Day On Tuesday, November 12, 2019 show your support to Camp Pendola and wear your Camp Pendola t-shirts with uniform bottom to school!
**Sports News**

**Fall Sports Banquet** On Tuesday, November 5th at 5:30pm in the Parish Hall/Gym. All Cross Country, Volleyball, and Flag Football players and parents are invited to attend! Dinner is provided by the sports committee; all families attending are asked to bring a dessert to share. All athletes are asked to bring and turn in their clean uniforms!

**Scrip News**

**Got Scrip?** Have you checked your Scrip purchases on SchoolSpeak? Scrip purchases are entered monthly and will be updated soon with purchases through October 2019. We are a third of the way through our current Scrip purchasing year, you should be at least one third of the way to your $4,000 goal. Remember there are **FOUR EASY** ways to purchase and use Scrip: in-office purchases, Mass, shopwithscrip.com, and benefitmobile.com. Please visit strose.org>scrip for more information.

**Parent Club News**

**Great Gathering** A HUGE thank you to all those many hands who contributed to the success of the Great Gathering & Harvest Festival. Thank you, Chairs, Coordinators, Helpers for a spirit-filled school-sponsored event. We hope to have final figures to you shortly after our wrap-up meeting in November.

**Used Uniform Sale** During Parent Teacher Conference week (Monday, November 18-Friday, November 22) we will have used uniforms set up for sale in the courtyard.

**Calendar**

For a more detailed monthly calendar or to subscribe to the SRS calendar, please visit SchoolSpeak<Calendar.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>All Saints Day Mass, 9:00am &amp; Minimum Day</td>
<td>Friday, November 1</td>
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<tr>
<td>Fall Sports Banquet</td>
<td>Tuesday, November 5</td>
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<td>End of 1st Trimester</td>
<td>Thursday, November 7</td>
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<td>No School or Extension- Teacher PDD</td>
<td>Friday, November 8</td>
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<tr>
<td>No School or Extension- Veteran’s Day</td>
<td>Monday, November 11</td>
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<td>All School Photo &amp; Picture Make Up Day</td>
<td>Friday, November 22</td>
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<td>Thanksgiving Prayer Service</td>
<td>Friday, November 22</td>
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<tr>
<td>Parent Teacher Conferences &amp; Minimum Days</td>
<td>Monday, November 18 - Friday, November 22</td>
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<tr>
<td>No School or Extension- Thanksgiving Break</td>
<td>Monday, November 25 - Friday, November 29</td>
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Christmas Tamales Sale!

All proceeds benefit 7th & 8th grade students attending the 2020 Washington D.C. Trip

Want to escape the kitchen without missing traditional Christmas Tamales? Then order with us and help support the students attending the 2020 D.C. Trip!

Orders accepted: November 1-December 2, 12pm
Order and pay NOW, pick up in the school library on:

Thursday, December 13th between 2:30 and 5:00

Your tamales will be delivered fresh; enjoy them immediately, refrigerate for up to 3 weeks or freeze. Tamales are sold by the dozen (all pork, beef, chicken, or veggie)

One Dozen Tamales = $25
Checks made out to St. Rose School

Please return below portion to the school office with payment by December 2nd, 12pm

Name_________________________________________ Phone_________________________________________
Email____________________________________________________________________________________

Dozen Pork..........................Total $____
Dozen Beef..........................Total $____
Dozen Chicken.....................Total $____
Dozen Veggie......................Total $____

Order Deadline:
December 2nd, 12pm

Questions? Please contact
Darlene Carlson, darlenecarlson@hotmail.com
Christmas Tamales F.A.Q.’s

Who is making the tamales?
La Esperanza in Sacramento

What do I do?
Pre-order your tamales by the dozen and turn in the order form and payment to St. Rose School office by Monday, December 5, 12pm.

When do I pick up?
We will have your tamales order ready for pick up, December 13, between 2:30pm and 5:00pm in the library.

What if I cannot make the pick up date/time?
Please make arrangements for someone else to pick up your tamales

What kind of tamales are there?
Pork, beef, chicken, and veggie (jalapeno and cheese)

What kind of sauce do they use?
Red sauce

How much are they?
$25 per dozen

Can I mix my dozen or does it have to be the same kind?
You cannot mix the dozen but feel free to split with a friend.

Can I take orders from friends or family?
Yes! The detailed order sheet is for you to keep track of who you have taken orders from. Please keep that for your records when you receive the tamales you have ordered.

How long will they last?
The tamales are cooked fresh and will last up to 3 weeks in your refrigerator. You can freeze them.

How do I heat them?
The tamales are fully cooked. You can just heat them in the microwave or steam them.
Family Tamale Order Form

Keep for your records if you place an order that includes members of your extended family or friends.

All orders are by the dozen

<table>
<thead>
<tr>
<th>Name</th>
<th>Pork</th>
<th>Chicken</th>
<th>Beef</th>
<th>Veggie</th>
<th>Total per dozen</th>
<th>Total Amount Collected</th>
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SCHOOL SPIRIT TASTES GREAT

Make dinner a selfless act by joining us for a fundraiser to support St. Rose School. Come in to the Chipotle at 1136 Galleria Blvd. #160 in Roseville on Wednesday, November 13th between 4:00pm and 8:00pm. Bring in this flyer, show it on your smartphone or tell the cashier you’re supporting the cause to make sure that 33% of the proceeds will be donated to St. Rose School.

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.
Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids
Know Your Options

Talk to your health care provider about ways to manage your pain that don’t involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.

If You Are Prescribed Opioids for Pain:

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider within ___ days.
  - Work together to create a plan on how to manage your pain.
  - Talk about ways to help manage your pain that don’t involve prescription opioids.
  - Talk about any and all concerns and side effects.
- Help prevent misuse and abuse.
  - Never sell or share prescription opioids.
  - Never use another person’s prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA’s National Helpline at 1-800-662-HELP.

Learn More | www.cdc.gov/drugoverdose/prescribing/guideline.html