



# SAINT MARTIN DE PORRES

CLEVELAND'S CRISTO REY HIGH SCHOOL

## Parent Newsletter: February 2018

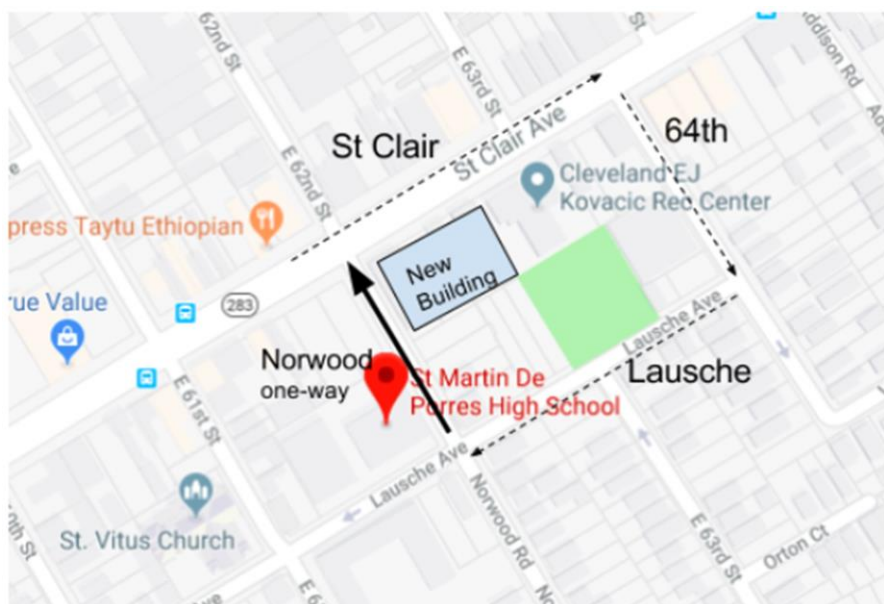
### New Traffic Pattern for Drop Off and Pick-Up

Beginning February 21, breakfast and lunch will be served in our new building on Saint Clair!

To better facilitate the flow of traffic during drop-off and pick-up, access to Norwood will only be from Lausche (Not St. Clair). If attempting to access Norwood from St. Clair, please take 64th to Lausche to Norwood to keep the flow of traffic in one direction on Norwood.

#### Drop Off and Pick-up Procedures

| Date   | Drop Off Location<br>(before school) | Pick-Up Location          |
|--|--------------------------------------|---------------------------|
| Feb. 21 <sup>st</sup> - March 28 <sup>th</sup> | On Norwood (new building)*           | On Lausche (old building) |
| April 9 <sup>th</sup> - End of school year     | On Norwood (new building)            | On Norwood (new building) |



\* Please note that if you are dropping your student off after 7:50 (if they won't be eating breakfast) between Feb. 21<sup>st</sup> and March 28<sup>th</sup>, you should still bring them to the old building on Lausche Ave.

### Important February Dates

- 5<sup>th</sup>: CWSP Thursday
- 7<sup>th</sup>: 1:30 pm Dismissal  
See note under ATHLETICS (p. 3)
- 12<sup>th</sup>: CWSP Friday
- 17<sup>th</sup>: Food Bank School Pantry  
9:30-11 am
- 19<sup>th</sup>: No Classes, No CWSP  
President's Day
- 20<sup>th</sup>: No Classes, No CWSP  
Teacher PD Day
- 26<sup>th</sup>: CWSP Tuesday
- 28<sup>th</sup>: Capstone Exhibition Night  
5-7 pm

### Text Updates from Saint Martin

In order to receive important text messages from our messenger system like snow day alerts, you must do the following:

- Text the letter Y to 68453  
You will receive a confirmation text that you have been added to SchoolMessenger.

Please Note: We must have your number on file for the school in order for the messenger to contact you.

## Makeup Time

Does your student have makeup time and want to complete it before Spring Break? Saint Martin will be closed Tuesday, February 20th and Monday, March 12th. Please see Ms. Musser if you would like to arrange makeup time for either/both of these days. Stay ahead of the game! (CWSP transportation will not be provided on these days).

## From the Business Office



### Tuition

Tuition is due the 10th of every month. If you would like to sign up for automatic credit card payments copies are available in the main office of the school.

### CSTP and EdChoice Vouchers

We expect to receive the second and final vouchers in the next week or two. When they are here, we will send out a robocall to inform you so that you can come in to sign.

At the same time you sign, you can renew your scholarship for next year by completing the renewal application and attaching a complete utility bill.

### SENIOR FAMILIES:

Your student's tuition, fees, and lunch bills must be paid in full by **April 27, 2018** for your student to be eligible to participate in any senior events including prom and commencement ceremonies. Students will not receive a diploma unless these financial obligations are met.

If you have any questions regarding your account or voucher, please contact Ms. Santiago at 216-361-0099.

## Ash Wednesday



February 14<sup>th</sup> is Ash Wednesday and we will have an all school prayer service at 10:00 in St. Vitus where ashes will be distributed.

Come and join us for the beginning of the Lenten season.

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## Refer a Friend or Family Member to Saint Martin!



Who do you know that would be a good fit for Saint Martin? The Admissions Office is now accepting applications for students for the 2018-19 school year. We have already begun accepting students for the class of 2022!

Apply by visiting the Saint Martin website or contacting the Admissions Office at (216) 881-1689 ext. 238.

## Find Us & Like Us on Social Media



Look up Saint Martin on social media and like our pages to get the most up to date information about events and the great things our community is doing!

### On Facebook

- Saint Martin de Porres High School - @saintmartincleveland
- Saint Martin de Porres High School Athletics - @smdpathletics

### On Instagram

- Saint Martin de Porres HS - @saintmartincle

### On Twitter

- SaintMartinCleveland - @saintmartinCLE

## College Counseling Corner



We are continuing to apply for financial aid by completing the FAFSA. Please continue to gather materials (2016 tax returns, W-2s for student and parent) and meet with college counselors as necessary to complete this important application.

Please continue to encourage your senior to apply for scholarships!

All Juniors will take the ACT at Saint Martin on Tuesday, March 20.

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## ATHLETICS: GAME OF NOTE



THE SAINT MARTIN BOYS BASKETBALL TEAM WILL BE PLAYING AT THE Q ARENA. Purchase a ticket to the Saint Martin game and also receive a TICKET to the CAVS GAME later that night.

**DATE: Wednesday, February 7th @ 2:30pm**

- BOYS VARSITY vs. PERRY HIGH SCHOOL @ Q Arena
- Cavs vs. Timberwolves at 8:00pm - Ticket gets you into both games

- **ALL Students will have a 1:30 pm dismissal from school this day to encourage attendance.** (Please note: Students are not required to attend the game)
- Tickets ON SALE with Mary Carney. Contact her at (216) 881-1689 ext. 318 or by email at mcarney@stmdphs.org.
  - SMDP Student Tickets for \$20.
  - Regular Ticket for \$30.

## Upcoming Student Activities

### CLEVELAND KURENTOVANJE PARADE Saturday, February 10th -

Parade begins at 12:00pm from Saint Martin and parades through the neighborhood ending at the Slovenian National Home.



BASEBALL & SOFTBALL PRACTICE BEGINS Week of February 19th. Students MUST have up to date physicals on file with the school to participate.

SPRING DANCE (formerly Valentine's Day Dance) coordinated by Jewels & Gents - Friday, March 16th from 8-11pm. More information to follow.

CLEVELAND ST. PATRICK'S DAY PARADE - Saturday, March 17th at 1pm. All of our performance groups will be marching in the parade that walks down Superior through downtown.

SAINT MARTIN FASHION SHOW - Friday, March 23rd. Glitter Girls puts on our first annual Saint Martin Fashion Show. More information to follow, but mark your calendars.

## From Nurse Karen: LOVE YOUR HEART



### Blood Pressure-Do you know your numbers?

Blood Pressure is the pressure of the blood against the walls of the arteries. Blood pressure results from two forces. One force is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

Systolic Number (higher number) represents the pressure while the heart contracts to pump blood into the body.

Diastolic Number (lower number) represents the pressure when the heart relaxes between beats.

Optimal blood pressure for Adolescents (10 to 18 years) and Adults is 120/80

### Maintaining a Healthy Blood Pressure-

Exercise at least 30 minutes daily

Manage stress

Don't Smoke- cigarettes, cigars, illicit drugs

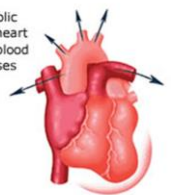
Maintain a healthy weight/BMI

Limit alcohol consumption

Eat a heart healthy diet (limit fats, sugar and salt intake)

Nurse Karen will be offering Blood Pressure Screenings during lunch hours throughout February.

SYSTOLIC  
In the systolic phase the heart contracts, blood pressure rises and blood moves out along the vessels.



DIASTOLIC.  
In the diastolic phase the heart relaxes, blood pressure falls and blood fills the heart.



Come get your blood pressure checked and "Know Your Numbers!"