



SAINT MARTIN DE PORRES

CLEVELAND'S CRISTO REY HIGH SCHOOL

Parent Newsletter: January 2018

Building Update



It's hard to believe, but the time has come for us to visualize and plan for a move to our brand new beautiful learning space on Saint Clair Avenue! We are so excited for the new opportunities this space presents for us to re-imagine what student-centered, collaborative, interdisciplinary learning looks like.

Construction will officially conclude in late January, and furniture will arrive soon after. We are in the planning stages to determine our official "move-in" dates, but we'll likely begin using our new kitchen and cafeteria for breakfast and lunch by mid-February and will be able to host after school activities and our student celebrations of learning during the month of March in our new space.

We thank everyone for their continued support of our students and staff as we seek to provide an excellent education for our students that is unlike any other in Cleveland.

Sincerely,
Ryan Hurley
Co-Principal

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

Important January Dates

9th: Return to School!
3rd Quarter Begins

11th-17th: MAP Testing

15th: No Classes, No CWSP
Martin Luther King Day

20th: Food Bank School Pantry
9:30-11 am

22nd: CWSP Tuesday

29th: CWSP Wednesday

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.

CWSP Reminders

Makeup Time

CWSP: If you have makeup time that was not completed over the Christmas Break, please intend on completing it during Spring Break, March 29 - April 6, 2018. ALL makeup time must be completed prior to any student participating in Spring Break Immersion trips and Prom.

Paid Work Time

Any students that worked for pay over Christmas Break will receive their pay January 19, 2018, as long as all required paperwork has been submitted. Contact Samantha Musser with questions or concerns: smusser@stmdphs.org or [216-881-1689 ext 205](tel:216-881-1689).

CWSP will be closed Dec 22 - January 2.

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.

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, please contact Ms. Santiago at 216-361-0099.

Catholic Schools Week



January 29 - February 2 is Catholic Schools Week

We will be celebrating with various events and activities during the school days. Please note that Wednesday, January 31st we will have an all school chapel. More information to come about this week. Students please read announcements to get the most up to date information.

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. Encourage them to apply by January 31 to reserve their spot at Saint Martin. Apply by visiting the Saint Martin website or contacting the Admissions Office at (216) 881-1689 ext. 238.

Calling all Current and Future Bus Drivers!



Saint Martin needs bus drivers! Are you CDL certified? If not, would you like to learn how to be a certified bus driver and earn a starting pay of \$16/hr.?

Qualifications: Class B Commercial Driver License with Passenger Endorsement, (not necessary, but preferred); ***Will Train for Certification and Licensure***; Ohio Dept. of Education Preservice Certificate; Participation in Required Training; Accident-Free Driving Record Required.

Please contact Mrs. Kerry Capka, Human Resource Director at 216-881-1689 ext. 349 if you would like to learn more.

College Counseling Corner



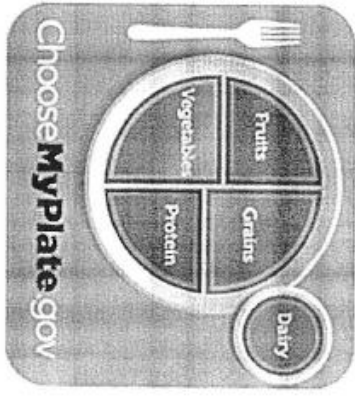
Please encourage your student to apply for scholarships!

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

ATHLETICS GAMES OF NOTE



- **Thursday, January 11th - Girls Varsity Home Game vs. First Baptist**
 - Tip Off at 6:00pm in the Saint Martin gym
- **Saturday, January 20th - SENIOR NIGHT at John Carroll University - Boys & Girls Varsity basketball against Horizon Science Academy**
 - Girls Varsity plays at 5:00pm
 - Boys Varsity plays at 6:30pm
 - Admissions is \$5 per person - tickets will be on sale the week of January 15th
- **Wednesday, February 7th - BOYS VARSITY vs. PERRY HIGH SCHOOL @ the Q Arena**
 - Tip off at 3:00pm
 - Tickets will be on sale after Christmas break. Tickets bought to the high school game will also get you a ticket to the Cavs vs. Timberwolves game at 8:00pm that evening
 - ALL Students will have a 1:30pm dismissal this day to encourage attendance



NEW YEAR'S RESOLUTION...EAT HEALTHIER!

Use "My Plate" information to help make healthy food choices and portions.

St. Martin Cafeteria is an excellent place to obtain "My Plate" foods and portions!

Tips for a Healthy Plate

Fill your plate with healthy food in the right amounts*

1 Fruits

Eat 2 cups of fruit a day.

- A 1-cup serving equals:
 - 1 medium whole fruit (apple, pear, orange)
 - 1 cup diced or canned fruit
 - 1 cup 100% fruit juice



Choose more whole fruits, less juices, more variety and a mix of colors.

2. Vegetables

Eat 2½ cups a day.

- A 1-cup serving equals:
 - 1 cup chopped or cooked vegetables
 - 1 medium baked potato
 - 2 cups leafy greens (lettuce, spinach, kale)



Choose lots of colors. Try seasonal produce you find at Farmers' Markets.

3. Grains

Eat 6 ounces a day.

- A 1-ounce serving equals:
 - 1 slice bread
 - 1 6-inch corn or flour tortilla
 - ½ cup cooked rice, pasta or cereal



Make half of them whole grains, such as brown rice and whole-wheat pasta.

4 Protein

Eat 5½ ounces a day.

- A 1-ounce serving equals:
 - 1/3 small hamburger, chicken breast or piece of fish (a whole burger, chicken breast or piece of fish counts as 3 ounces)
 - ¼ cup cooked beans
 - 1 egg



Choose lean meat, poultry or fish. Try beans, peas and soy products.

5 Dairy

Eat 3 cups a day.

- A 1-cup serving equals:
 - 1 cup of milk
 - 1½ ounces cheese (cheddar, Swiss)
 - 3 slices American cheese
- Switch to fat-free or low-fat (1%) milk.



Eat less of these: Salt, sugar, processed foods, fats

*Note: The amount/number of servings a day are based on a 2,000-calorie diet. Your calorie need might be higher or lower.

Food Group	Subgroups	Simple Foods
Fruits	Whole Fruit* Fruit Juice**	apple, banana, orange, peach, pear, grapes, watermelon, cantaloupe, pomegranate, strawberries, pineapple, mango, raisins, grapefruit, cherries, raisins, 100% fruit juice, etc.
Vegetables	Dark-Green Vegetables	broccoli, collard greens, spinach, romaine, etc.
	Red and Orange Vegetables	carrots, red peppers, tomatoes, sweet potatoes, etc.
	Beans and Peas**	kidney beans, black beans, chickpeas, split peas, lentils, etc.
	Starchy Vegetables	white potatoes, corn, green peas, etc.
Grains	Other Vegetables	mushrooms, summer squash, zucchini, lettuce, avocado, etc.
	Whole Grains	whole wheat bread, brown rice, popcorn, oatmeal, etc.
Protein Foods	Seafood	salmon, tuna, trout, tilapia, anchovies, herring, mackerel, sardines, crab, oysters, scallops, etc.
	Meat, Poultry, and Eggs	beef, chicken, turkey, pork, ribs, etc.
Dairy	Milk, Seeds, and Soy	rice, nut butters, seeds, soy products, etc.
	Cheese*	milk, yogurt, kefir, cheese, cottage cheese, calcium-fortified soy milk, etc.

*While the Fruits Group and Dairy Group do not technically have subgroups, the 2015-2020 Dietary Guidelines for Americans recommend Americans consume more whole fruits than fruit juice and more milk and yogurt than cheese. Which fruit includes fresh, canned, frozen, dried, organic, and pureed fruit.

**Plant-based peas can be considered part of the Vegetable Group or Protein Food Group. They include lentils and chickpeas from both food groups.

Note: Amounts are given equal to those foods in their most nutrient dense form and to avoid confusion, each serving size is listed in ounces. For example, in the Protein Food group beef, chicken, turkey, and pork should be lean or skinless. Choices from the Dairy group should be 100% fat or fat-free. And for starchy vegetables, choose low sodium or no salt added options.

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