



Tiger Newsletter



St. Joseph Catholic School Catholic Schools' Week issue

Dear St. Joseph Families and Friends,

Today on January 30 is my first time being a principal. I have been at St. Joseph for 10 years and played sports at St. Joseph for 3. Today I got to play an amazing role as the principal going around to each classroom and observing what they learn about. I learned that Mrs. Budd has to make sure everything is in line and safe. In my point of view I see Mrs. Budd as a hard-working principal and person. Today I learned that you have to take care of your responsibilities without anyone telling you want to do. For example, it is important to visit classrooms in order to evaluate the what is going on in the classroom.

Blessings,

Miss Ari Royal, Principal for a day

All my life I wondered how it would be like to be a principal or vice principal, and today I had the taste of what it is like. I have been here for three years, transforming from a very shy kid to a talkative one, and I have the greatest people around me who I call friends. Today I saw first hand how Mr. Crafa handles his job, and even though I only did a small fraction of what he does everyday, I have newfound respect for everything he does for the school like checking on classrooms, helping students and teachers, and making the newsletter.

Blessings,

Miss Daniela Rodriguez, Assistant Principal for a Day

Reminders

- 1.) Sunday, February 4, 2018
Student Mass 9:00am
Open House 10:30am-1:30pm
- 2.) Monday, February 5, 2018
No School - Teacher In-Service
- 3.) Thursday, February 8, 2018
No School - Teacher In-Service
- 4.) Wednesday, February 14, 2018
Ash Wednesday
- 5.) Monday, February 19, 2018
No School - President's Day

Attendance and Tardies for the month of :

January

Attendance: 91.3%

Punctuality: 89.2%

Every Moment Matters!



Important Links

[Google Calendar](#)

[Lunch Menu](#)

[Sunday Reflection](#)

[Safe Environment Training On-Line:](#)

[Fingerprinting and Background Screening](#)

['Like' us on Facebook](#)

[Shop on our Amazon Prime Account](#)

[RenWeb Parent Portal](#)

[Rising Tide Initiative on Facebook](#)

[School Book Fair Page](#)

Service Opportunities:

Set up and clean up for Casino Night (4/21)

Donate \$10 or get someone else to donate \$20

Do you have maintenance expertise? We have projects!

Family Connection for Sunday, February 4, 2017

We know from last week's Gospel that Jesus gathered and prayed with the community in the synagogue. Today we learn that Jesus also took the time to pray alone. Following the example of Jesus, we also pray together with our community, and we take the time to pray alone. Our children observe our prayer with others. We might want to take the opportunity to talk with them about our private prayer, however, so that through our example, they may learn to make private prayer an important part of their daily lives. Gather as a family and talk about the ways in which your family prays together (at Mass, grace before meals, bedtime prayers). Invite each member of the family to talk about his or her private prayer: When do you pray? Where do you pray? How do you pray? What do you pray for?

Jesus modeled for us a life of prayer. Read together today's Gospel, Mark 1:29-39. Talk about this Gospel with your family. Ask questions such as the following: What do you think Jesus was praying about in today's Gospel? What guidance have you received from God in prayer? Conclude by asking God to bless our times of prayer so that we can know and follow God's ways. Pray together the Lord's Prayer.



This Month in Pictures...



SEEK

PERSIST

EXCEL

LOVE

SERVE

Eighth Grade Teacher for a Day



MAP Growth Party



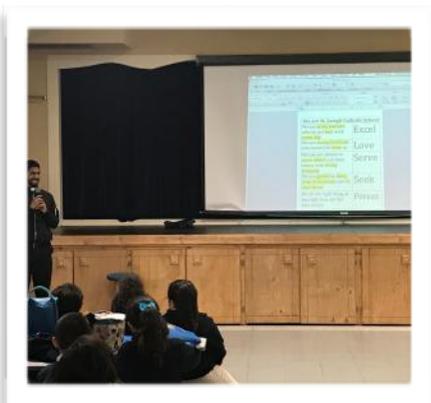
National Junior Honor Society Induction



Don Bosco Field Day



Catholic Schools' Week



Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

January 31, 2018

Dear Parents:

The Florida Department of Health (the Department) reports that influenza, or “flu,” activity levels have increased sharply over the last several weeks. Flu is a contagious respiratory disease caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as young children, the elderly, and people with certain health conditions are at high risk for serious complications from flu. The Department is encouraging families to get vaccinated for flu now.

Vaccination is the best way to protect against the flu and severe complications from the flu.

Vaccination is most crucial for children with underlying health conditions such as asthma, diabetes, heart disease, and neurological and neurodevelopmental conditions. The flu vaccine is offered in many locations including pharmacies, clinics, employers, and schools. Contact your health care provider, county health department, or visit <http://www.floridahealth.gov/findaflushot> to find a flu vaccine center near you.

The flu vaccine is safe. The national Advisory Committee on Immunization Practices (ACIP) recommends that all individuals six months of age and older receive the flu vaccine **each year**. Since infants under six months of age are too young to get vaccinated against influenza, it is important that family members (including pregnant or breastfeeding mothers) and other caregivers for these children be vaccinated to help protect them from the disease.

It is especially important that parents **keep sick children at home** to prevent spreading the flu virus to others. Additional flu prevention steps include staying away from people who are sick, covering sneezes or coughs with a tissue or your elbow, avoid touching your eyes, nose and mouth, and frequent handwashing.

If your child becomes sick with flu-like illness, contact your health care provider as soon after symptoms begin as possible. Symptoms of the flu often include fever, cough, sore throat, runny nose, body aches, headaches, or fatigue. Antiviral medication for flu has been shown to reduce severity and length of disease, decrease the risk of complications from influenza, and reduce the risk of death among hospitalized patients, particularly in those that start treatment early in their illness. Health care providers can prescribe antiviral treatment if appropriate. Treatment is most effective when started within 48 hours, so contacting your health care provider as soon as your child becomes ill is important, especially if your child has underlying health conditions.

The best way to keep yourself and your family safe and healthy during flu season is to:

- **Get vaccinated;**
- **Keep sick family members home;**
- **Contact your health care provider if you or your child are experiencing flu-like symptoms; and**
- **Follow your doctor’s guidance on treatment.**

For more information, please visit <http://www.cdc.gov/flu/parents/index.htm>.

Florida Department of Health – Hillsborough County

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FACEBOOK:FLDepartmentofHealth

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31 de enero de 2018

Queridos padres:

El Departamento de Salud de la Florida (el Departamento) informa que los niveles de actividad de la influenza o "gripe" han aumentado considerablemente en las últimas semanas. La gripe es una enfermedad respiratoria contagiosa causada por el virus de la influenza. Esta puede causar una enfermedad leve o grave. Los resultados graves de la infección de la gripe pueden provocar la hospitalización o la muerte. Algunas personas, como los niños pequeños, los ancianos y las personas con ciertas condiciones de salud corren un alto riesgo de complicaciones graves por la gripe. El Departamento está aconsejando a las familias a vacunarse contra la gripe ahora.

La vacunación es la mejor manera de protegerse contra la gripe y las complicaciones graves de la gripe. La vacunación es más crucial para los niños con condiciones de salud subyacentes, como asma, diabetes, enfermedades cardíacas y afecciones neurológicas y del desarrollo neurológico. La vacuna contra la gripe se ofrece en muchos lugares, incluidas farmacias, clínicas, empleadores y escuelas. Póngase en contacto con su médico de cabecera, el departamento de salud del condado o visite <http://www.floridahealth.gov/findaflushot> para encontrar un centro de vacuna contra la gripe cerca de usted.

La vacuna contra la gripe es segura. El Comité Consultivo Nacional sobre Prácticas de Inmunización (ACIP) recomienda que todas las personas de seis meses de edad en adelante reciban la vacuna contra la gripe cada año. Debido a que los bebés menores de seis meses son demasiado pequeños para vacunarse contra la influenza, es importante que los miembros de la familia (incluidas las madres embarazadas o en período de lactancia) y otros cuidadores de estos niños se vacunen para protegerlos de la enfermedad.

Es especialmente importante que los padres mantengan a los niños enfermos en casa para prevenir la propagación del virus de la gripe a otras personas. Los pasos adicionales para la prevención de la gripe incluyen alejarse de las personas que están enfermas, cubrir los estornudos o la tos con un pañuelo de papel o el codo, evitar tocarse los ojos, la nariz y la boca, y lavarse las manos con frecuencia.

Si su hijo se enferma con una enfermedad similar a la gripe, comuníquese con su médico de cabecera tan pronto como comiencen los síntomas. Los síntomas de la gripe a menudo incluyen fiebre, tos, dolor de garganta, secreción nasal, dolores corporales, dolores de cabeza o fatiga. Se ha demostrado que los medicamentos antivirales para la gripe

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