

More News

Weekly newsletter of St. Thomas More Catholic School

September 15, 2022

Upcoming events:

Thurs, Sept 15	Cross Country @ St. Peter
Sat, Sept 17	Girls V'ball tournament @ Top Flight
Mon, Sept 19	Cross Country @ Harvest Christian
Tues, Sept 20	STM Walk-a-thon
Mon, Sept 26 – Fri, Sept 30	Scholastic Book Fair

www.stmelgin.org



Attendance Line:
(847) 742-3959 ext. 154



From the Principal's Desk:

Dear STM families,

Yesterday we had our fire drill with the Elgin Fire Department. Of course, we not only passed but did magnificently! How could we not when we have such amazing kids, teachers, and staff! I am so proud of all of them. A reminder that our All School Masses are held every Wednesday morning at 9:30 AM. We hope you can join us! This Monday, September 19th, we are having our first PTO meeting of the school year. We are so excited that we can meet in person again and bring back many of the fun events. Please join us to help with these exciting events. Many hands make light work. Please mark your calendars for Tuesday, September 20th. We will be hosting our annual STM Walk-a-thon! We are so excited to bring this event back again. Students have already brought home their packets with information and pledge sheets. Please assist your child in getting as many pledges as they can. Students can be out of uniform that day. Please have them dress for the weather as they will be walking outside. Sports is back in full swing. Cross country has started and so has girls' volleyball. Please come out and cheer our teams on! All teams' schedules can be found on the school's sports webpage found here [STM School Sports](#) To keep on top of any scheduled games, events, and dates please be sure to check out our live Google calendar which is regularly updated on our school website. You can find it here: [STM School Calendar](#) Thank you for all your continued support of our school. Have a pleasant and enjoyable weekend.

Blessings,
Mrs. Sonja Keane



STM PTO News!



The STM PTO has a new Board of Directors! The school thanks the following individuals for their time and dedication to making STM School an even better place for students: Sue Campbell (president), Liz Murillo (vice-president), Kim Goto (treasurer), and Jennifer Rusz (secretary). The Board is very excited to plan a year full of fun events for our school families and supporting the school. Please be sure to come and join them at the PTO meetings. We need everyone's help to make it a great year!

Back to School Night



Thank you to all our parents who made it out to our rescheduled Back to School Night event. We really appreciate your flexibility. The teachers, staff, and administration were excited to have parents back in the building to meet them and show them all we are doing. It was wonderful seeing everyone's smiling faces. Thank you for all your support. It is going to be an amazing school year!

4th of July Parade



Along with other area Catholic schools, STM participated in the 2022 Elgin Fourth of July parade. It was a beautiful day, and everyone had fun tossing candy and bracelets to the crowds. Thank you to everyone who came out to support STM. Please consider joining us next year!

PTO Meeting



Monday, September 19th

7:00 PM

Roberts Hall (please use door #2)

Please join us!



2022 4th of July Parade



ST THOMAS MORE SCHOOL CD ORDER FORM

Dear Parents and Students. The Spanish classes at your school are offered by Discovery Language Programs. Each student has received a workbook from his/her Spanish teacher. Discovery also has CD's that correspond to each workbook and are an excellent tool for home reinforcement. You can order a CD by returning this form to your child's Spanish teacher along with your payment. CD's will be shipped directly to school and distributed to students who have ordered them.

PLEASE NOTE: THERE ARE NO CD'S FOR STUDENTS IN GRADE 8 USING QUE PASA 4&5 LEVEL

STUDENT'S NAME _____

STUDENT'S GRADE _____

PAYMENT OPTION: ____ check

NO CASH PLEASE-MAKE CHECKS PAYABLE TO DISCOVERY

CD \$12.00 each x number of CD's: ____ x \$12.00 = _____

ALL PAYMENTS DUE BY OCTOBER 1, 2022



SIGN UP NOW!

ST. THOMAS MORE
YOUTH
C • H • O • I • R

**FOR SINGERS IN
3RD - 8TH GRADE**

©LPi



TIM HORNEMAN

MUSIC@STTHOMASMORECHURCH.ORG | 847-888-1682



Name: _____

Age: _____

Grade: _____

Parent information:

Name: _____

E-mail: _____

Phone: _____

NEED GROCERIES?

If you don't have enough to eat, Northern Illinois Food Bank's Mobile Pantry can help.

Northern Illinois Food Bank's Mobile Pantry distributes nutritious food to high-need areas. Food is free to neighbors in need; no ID, proof of address or income is required. **Food is distributed on a first-come, first served basis, while supplies last.**



Due to COVID-19, Mobile Pantry distributions have moved to a contactless drive-thru model, with pre-packed boxes of groceries.



¿NECESITA ALIMENTOS?

Si no se alcanza la comida, la Despensa Móvil del Banco de Alimentos del Norte de Illinois puede ayudarle.

La Despensa Móvil del Banco de Alimentos del Norte de Illinois distribuye alimentos nutritivos en áreas de necesidades altas. Los alimentos son gratis para vecinos con necesidades; no se necesita identificación ni prueba de ingreso o de donde vive. **Alimentos se distribuyen por orden de llegada, hasta que se acaben los alimentos.**



Debido a COVID-19, distribuciones de la Despensa Móvil han cambiado a un modelo de "drive-thru" sin contacto, con cajas empacadas de alimentos.



Elgin Family Mobile Pantries / Dispensas para las familias de Elgin

Note New Location / Atencion- cambio de ubicacion
901 Center Street, Elgin IL 60120



Tuesday September 20, 2022 / Martes 20 de septiembre, 2022
Distribution begins around 4:00 p.m. / Empieza aproximadamente a las 4:00 p.m.



A Parent's Guide to Screen Time

Excessive screen time is the most frequently identified health concern for parents, according to a recent survey. Contemporary studies by Common Sense Media and the Kaiser Foundation indicate that kids spend an average of 9 hours per day using digital media. Here's a look at what screen time means for kids growing up in the digital age:

- Watching TV and listening to music are the 2 most popular screen-based activities
- 51% of screen time is interactive/communicative
- Tweens and teens spend about 1 hour 20 minutes per day playing video games
- 5 hours per day is spent on screen-based entertainment
- 75% of kids use texting, music, and other media while doing homework

We've long held the belief that it's important for kids to have a healthy and balanced "Play Diet" -- similar to the American Academy of Pediatrics' new "Media Diet" recommendation -- that includes physical, social, creative, and unstructured play as well as digital play. Rather than set strict limits on screen time in general, our team at LearningWorks for Kids advises parents to **focus on setting limits on video games, app usage, and television viewing.**

Setting Limits on Digital Play

Age	Time	Considerations
0-24 months	limited	Screen time should always be with an adult and is still secondary to traditional sensory, motor, and interpersonal experiences.
2-5 years	1 hr/day	Adults should still choose & supervise technology. Physical/social activities remain priorities, but technology can help kids learn academic skills!
6-9 years	90 mins/day	Adults should still choose technology, watching for violence and other inappropriate content. Limits are very important, although technology has become an important social activity.
10-13 years	90-120 mins/day	Parents should closely monitor chosen technology content and model good technology use, fostering a conversation of how to use it appropriately.
14+ years	120 mins/day	Continue to discuss and observe behavior, guiding content choices but allowing more screen time freedom as it is earned. Technology is now very important socially and academically!

Screen time limits *will* vary from family to family. The above guidelines should be adjusted based on your child's individual needs and abilities. It's also important to understand that there is no real harm in relaxing limits for any number of reasons, including holidays, sick/snow days, and long trips and waits.

For more information about setting screen time limits, check out these articles:

The AAP's Media and Children Communication Toolkit (includes Media Plan tool): goo.gl/aMIRnG

Screen Time Limits and the Individual Child: goo.gl/rk4ery

Helping Kids with ADHD Manage Screen Time: goo.gl/diur5H