

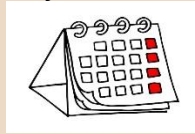


photo by Lawrence OP

**St. John of Capistrano
October 23**

Greetings St. Pius X School Families!

There is a great deal of information in this week's communication, which is our **main tool for sharing information** with families. Therefore, we ask that you take the time to read it, in its entirety, to keep up with what is happening in our school. Thank you in advance for your time and attention!



Please note the following important **calendar dates**:

Saturday, October 26	1:00 PM – 3:00 PM	Halloween Party (School Gym)
Friday, November 1	9:30 AM	School Liturgy – All Saints Day
Friday, November 1		End of 1 st Quarter
Monday, November 4		First Day of 2 nd Quarter Lunch Schedule
Friday, November 8	11:00 AM	Opening Ceremony- St. Pius X School Field of Honor-Chili Ave. side of school
Friday, November 8	6:00 PM – 9:00 PM	St. Pius X School Gala- Brooklea Country Club
Saturday, November 9	11:00 AM – 1:00 PM	St. Pius Tenth School Family Fun Event- St. Pius X Parish Center
Saturday, November 9	4:00 PM 5:30 PM	Mass at St. Pius Tenth Church St. Pius X School FUNdraiser St. Pius X Parish Center
Monday, November 11 Tuesday, November 12	11:00 AM	Veterans Day – No School Closing Ceremony- St. Pius X School Field of Honor-Chili Ave. side of school
Wednesday-Friday, November 27-29		Thanksgiving Recess- No School



This Friday, October 25, will be a dress down day to celebrate another Buffalo Bills win this past Sunday. Go Bills!!



THIS SATURDAY

Our family Halloween party is Saturday, October 26 from 1:00 PM – 3:00 PM in the school gym. Please see the enclosed flyer.

If you haven't already, please send in the admission cost, which is one bag of candy. Thank you!



2nd Annual St. Pius X School Field of Honor

Please join us on Friday, November 8, at 11:00 AM (**please note the time change from what was in last week's notes**) as we will open the 2nd Annual St. Pius X School Field of Honor.

Flags will fly all Veterans Day Weekend in honor of those who have served or are serving in the Armed Forces and all first responders who work tirelessly to keep us safe every day.

You may purchase a flag to honor a loved one using the information on the flyer enclosed this week.

Anyone who remembers our field from last year remembers what a moving experience this is.



Gala and FUNdraiser weekend!

Please join us if you are able on Friday, November 8, at Brooklea Country Club, and Saturday, November 9, at St. Pius X Parish Center, for the 1st annual Gala and Family Fun Weekend to support St. Pius X School.

Friday and Saturday nights are adult only events, and Saturday afternoon has something for everyone in the family! Come join us for some family-friendly fun on Saturday afternoon.

See the flyers included in this week's communication.

We are asking all school families to attend Mass on Saturday, November 9th, at 4:00 PM to help us celebrate this awesome weekend opportunity to showcase our school. Our students will be singing and signing at Mass, and it would be great to have a number of students present.



**The Submarine School of Music
Piano, Guitar, Ukulele, and Voice
Grades Kindergarten through 5**

We are thrilled to announce our new partnership between St. Pius Tenth School and The Submarine School of Music.

This opportunity replaces what we have offered in the past, but this is an incredible chance to change things up a bit. It also expands the opportunity to all students in grades K – 5!

Please call the school office with any questions.

Private Music Lessons at St. Pius



My name is Jasmine. I am Puerto Rican, and I was born and raised here in Rochester NY. I have loved music ever since I was young and had the privilege of growing up in a very musical family with generations of musicians and singers. I love music and I love sharing that love with others, especially young kids who are just discovering the joy of music. I am a board-certified music therapist and have had the privilege of working with children of all ages and populations. I teach piano, voice, guitar, & ukulele! In lessons at St. Pius, we will learn the fundamentals of the student's chosen instrument and have opportunities to perform at recitals.

Jasmine Luzolo, MT-BC
Music Therapist - Board Certified

[Click here to sign up](#)



Please scan those receipts!

Each month the class that earns the most \$\$ will earn a dress down day!

We're up to \$268.20 for the year. With just 8 days left, first grade is still in the lead with 129 box tops. Third grade is in second place with 99. Unfortunately, it is doubtful any of the other classes will be able to catch up, but you can certainly add to our total.

Gr. 2 – 23

Kindergarten – 10

Gr. 4 and 5 – zero, zilch, nada!

CASE (Creating a Safe Environment) for Volunteers

Please see the Fall 2024 CASE Newsletter in this week's communications.

All parent/guardian volunteers must complete the online Diocese of Rochester's Creating a Safe Environment (CASE) for Volunteers Training (before volunteering at any event where students are present). Information is provided below:

Diocese of Rochester Volunteer Requirements

Catholic school system or in its parishes and related ministries fulfill the following criteria:

1. Participate in or complete online a Creating a Safe Environment Training course (<https://www.dor.training/home.aspx?pagename=volunteer-training>).
2. Complete and sign a Diocese of Rochester Volunteer Code of Conduct Form.
3. Complete the Criminal Record Check process.
4. If driving children, complete the Volunteer Driver Information Form and have driving record checked. This must be completed every year.

This is required to work with children in any capacity in our school - room parent, assist in the classroom, clubs, lunch volunteers, chaperone/drive on fieldtrips, athletic coach, and/or assistant at any social event where students are participating. All volunteers must participate in a renewal of training as determined by the Diocese of Rochester.

Have a Wonderful and Blessed Week!

"Be Who God Meant You to Be and You Will Set the World on Fire!"

-St. Catherine of Siena

St. Pius X

Halloween Party



When: Saturday, October 26

1:00-3:00 P.M.

Where: St. Pius X gymnasium

Cost: 1 bag of Halloween candy per family

Wear costumes and prepare for an afternoon of
music, dancing, snacks, and candy!

Name: _____

Number of guests: (including students) _____

*If you have multiple students in the school, please only send one form per family

Please R.S.V.P. by Wednesday October 23!



SPX School Gala and FUNdraiser

St. Pius X School Parents! Start looking for a babysitter so you can join the fun!
Saturday, November 9, 2024 5:30 pm

FUN NIGHT OUT (Adults only please)



➤ Special appearance by Sky Sands

➤ Featuring Phyllis Contestable as “The Reverend Mother”

➤ Heavy hors d'oeuvres

➤ Silent auction benefitting St. Pius X School



\$50/person*

For more information about the performers, see <https://www.revmotogo.com/> and <https://skysands.com/>

Tickets available at: <https://kofc17086.square.site/> Questions? Email spxschoollegacybuilder@gmail.com or leave a message at



585-340-7370 or scan the QR Code



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or scan the QR Code



Saturday, November 9, 2024

11:00 am – 1:00 pm

FUN FOR THE WHOLE FAMILY



- Fun activities
- Pizza, Salad, Desserts
- Silent auction benefitting St. Pius X School



➤ Featuring **“THE HAPPY PIRATES”**

Tickets available at: <https://kofc17086.square.site/>

\$10/person
with a family maximum of \$50



Questions?

Email spxschoollegacybuilder@gmail.com
or leave a message at 585-340-7370
or scan the QR Code



St. Pius Tenth School in Chili, NY is pleased to present the 2nd Annual Field of Honor®, where members of the community can honor their heroes with an American Flag. Hundreds of flags will be on display in perfect rows for public viewing 24 hours a day during the event. Flags may be purchased in memory or honor of service members, past and present, as well as the first responders who protect and serve us every day, regardless of where they live. To purchase a flag, sponsor our event, or donate, please visit the following website: <https://giving.myamplify.io/App/Form/4d815b8f-695b-49d8-802e-9115435f6451>



NOVEMBER 8 – 12, 2024

**ST. PIUS TENTH
SCHOOL**

3000 Chili Avenue
Rochester, NY 14624





2nd Annual St. Pius X

FIELD OF HONOR®

OUR HEROES
Rochester, NY | 2024

\$500 - Patriot Sponsor

- Corporate / Family recognition displayed on field, recognition on media & promotional materials
- 2 (two) sponsored flags displayed on field for entire event

\$250 - Freedom Sponsor

- Corporate / Family recognition displayed on the field, recognition on media & promotional materials
- 1 (one) sponsored flag displayed on field for entire event

\$100 Community Sponsor

- Corporate / Family recognition displayed on the field
- 1 (one) sponsored flag displayed on field for entire event

Individual Purchases

\$50 – New Flag Kit Purchase	\$35 – REUSE 2023 SPX Flag Kit**	\$25 – Add additional name***
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- Flag displayed on field for entire event

**Reuse flag kit purchased for 2023 SPX Field of Honor (must be in like-new condition and will be inspected prior to posting)

***Add one additional name (2 honoree limit) on a NEW or REUSE Flag Kit

Phone: _____

Name: _____

Email: _____

Address: _____

Company/Organization (if applicable): _____

Dedicate your flag(s) to: _____ In Memory of _____ In Honor of _____ Branch of Service or Responder Unit _____

Name(s) _____

Please send complete form and payment to:
St. Pius X School
3000 Chili Ave.
Rochester, NY 14624

Sponsorship Level: _____

Enclosed is (a): _____ Check _____ Cash

Total _____



To pay by Credit Card, please follow the link: <https://giving.myamplify.io/App/Form/4d815b8f-695b-49d8-802e-9115435f6451>



IS IN NEED OF DONATIONS.
Gently Used KID'S Clothing
All Sizes!

COLLECTION PLACE:
BRING DONATION BAG TO
ST. PIUS TENTH SCHOOL LIBRARY

Contact Person: Jeanne Walker 315-576-0103



All Donations are tax deductible – Thank you for your generosity.



CREATING A SAFE ENVIRONMENT

Ways to protect your kids from environmental harms



By Jane Sutter

Did you know that children are at greater risk than adults from chemicals found in food, water, dirt and air?

That's because:

- For their size, children eat, drink and breathe more than adults.
- They crawl on floors, play in dirt, and put their hands in their mouths.
- Their bodies are still developing.

The above information comes from the New York State Department of Health, which offers a lot of helpful ideas on keeping children and teens safe.

Another resource is the Children's Environmental Health Network (CEHN), a national multi-disciplinary organization whose mission is to protect the developing child from environmental hazards and pro-

mote a healthier environment.

Kristie Trousdale, CEHN deputy director, points out that "children are susceptible to disruptions in their organ development" by exposure to harmful chemicals in products, along with water and air. Exposure can lead to children developing certain childhood cancers such as leukemias, learning disabilities, cognitive or behavioral problems, respiratory issues such as asthma, reproductive health harm and other troubles.

"There are a number of different health effects of concern just with chemicals present in our homes and around our homes and in our schools and childcare centers," Trousdale said.

Take cleaning products for example. How can parents get a good handle on what products are safe and what are not? Trousdale readily admits that the prospect can feel dif-

ficult, even for a professional like herself who works in the field of environmental health.

"What we definitely don't want to do is have folks feel overwhelmed," Trousdale said. "Choose somewhere to start and take some simple steps, things that you can do right now that are quick and painless. You don't have to get rid of every cleaner you've got."

She recommends parents look for certifications on products from organizations like Green Seal or the Environmental Protection Agency's Safer Choice program. One option is to make your own environmental cleaners using items like white vinegar, baking soda and distilled water. Simply do an internet search to find recipes and ideas from a trusted source. "You don't have to spend a ton of money buying really expensive, well-marketed, supposedly green cleaning products,"

Continued on page 2

Trousdale said.

Parents should also understand the differences between sanitizing and disinfecting, Trousdale said. (See definitions at the end of this article.) "Another important thing for people to remember is that you have to use the product according to the directions that are on the bottle. A lot of time people are misusing things and that can really increase the risk" of harm.

Home building

When it comes to home building or remodeling projects, parents should explore non-toxic options, Trousdale said. "We advise people not to install wall-to-wall carpeting because little ones are crawling around and they are putting their mouths in their hands and carpeting collects all the dust." Dust trapped in carpet can have a lot of contaminants including lead and pesticides.

If parents really want carpeting in the home, Trousdale recommends looking for manufacturers that meet best practices, such as those listed on the website of the non-profit Habitable.



There is another concern that goes beyond the type of flooring, too. "It's not just what the carpeting or flooring is made of, it's how it's installed," Trousdale noted. Adhesives may have volatile compounds that family members are breathing in.

Focus on food

Purchasing organic food is a good way to help reduce pesticide exposure, but Trousdale recognizes that such foods are often more expensive. "We know that a lot of people

Continued on page 3

Kid-Friendly Practices

The following tips come from New York State Department of Health's brochure called "Reducing Environmental Exposures: The Seven Best Kid-Friendly Practices." Go to <https://www.health.ny.gov/publications/2818/> to download a PDF version with much more information.

Keep Kids Away

- Household products such as glass cleaners, oven cleaners, floor/furniture polish, bleaches, etc.: Put locks on cabinets and store products out of children's reach. Dispose of unused and unwanted products properly. Download the booklet "Managing and Disposing of Household Hazardous Waste" at https://extapps.dec.ny.gov/docs/materials_minerals_pdf/hhwma.pdf
- Pesticides such as flea/tick controls, lawn pesticides and indoor pesticides: Read and follow directions on the product label carefully. Keep children away from areas where pesticides and spray or spot treatments are being used. Remove toys and stuffed animals before you treat the area. Children should not touch flea/tick collars or any repellents used on your pets.

Wet, Wipe and Wash

- Contaminants on and in food, such as bacteria and pesticides: Wash fruits and vegetables under running water before eating, cutting or cooking. Do not use soap or commercial produce washes. It's not necessary and may contribute to greater chemical residues. To find out what produce has the most contaminants, check out the "Dirty Dozen List" at <https://www.ewg.org/foodnews/dirty-dozen.php>
- Lead dust and chemical residues: Wash your hands, your children's hands and toys with soap and water frequently. Damp

mop floors. Wash windowsills, including the area between the sill and the outside window or screen.

Spend time in nature

In much of the Diocese of Rochester, we are blessed with a variety of opportunities for kids and families to access clean air. According to CEHN, "learning and playing in the natural outdoor environment offers children fresh air, opportunities to learn about nature, larger spaces for physical activity, and stimulation of their senses. Access to clean, natural places can help address physical and mental health concerns by increasing physical activity, improving focus and enhancing cognitive growth. Time spent in nature can lower children's stress, depression and anxiety and increase self-efficacy." Here are some of the tips listed at <https://cehn.org/access-to-nature/>.

- Take regular trips to nearby parks, forests or nature reserves where kids can explore safely and enjoy outdoor activities.
- If you have space, consider setting up a small garden in your backyard, in neighborhood schools or your community. It can be a fun way for kids to learn about plants and nature.
- Plan family walks or hikes in natural settings, like forests, trails or beaches.
- Participate in community events focused on cleaning up parks or beaches.
- Advocate for more green spaces in urban areas and safe access for all children.
- Vote for candidates who support conservation, climate resilience, urban greenspace and the protection of public lands.



ple can't afford to buy everything organic. We know that washing does help remove unnecessary pesticides. We tell people to focus on the Clean 15 and Dirty Dozen list (of foods that are least and most contaminated). Environmental Working Group does a good job putting out these lists every year" based on pesticide residue studies by U.S. agencies.

Trousdale suggests that if people can't afford to buy all organic produce, they should pick a few areas to focus on. "So, you can say, 'for apples and strawberries, I'm only going to buy organic.'"

Outdoors

In many neighborhoods in the United States, there is a big emphasis on having what's deemed a perfect-looking lawn. But achieving that may involve using harmful pesticides, which can be carried in the air well beyond one homeowner's property.

"Instead of (having) a lawn, try having land-

The difference between cleaning, sanitizing and disinfecting

Knowing when to clean, sanitize and disinfect surfaces in your home is key to preventing the spread of disease. Always follow the directions on product labels to ensure safe and effective use.

Cleaning physically removes most germs, dirt and impurities from objects and surfaces. Use soap or detergents with water to scrub, wash and rinse. Cleaning should be performed regularly and always comes before sanitizing or disinfecting projects and surfaces.

Sanitizing reduces the number of germs on objects and surfaces to levels considered safe. Use weaker bleach solutions or sanitizing sprays. Objects or surfaces should be cleaned first before sanitizing. Sanitize objects and surfaces that come in contact with mouths (such as toys, infant feeding supplies, countertops and other surfaces that touch food).

Disinfecting kills remaining germs on surfaces. Killing germs can further lower the risk of spreading disease. Use an EPA-registered disinfecting product or a stronger bleach solution. Objects or surfaces should be cleaned first before disinfecting. Disinfect surfaces when someone is sick or if someone is at higher risk of getting sick due to a weakened immune system.

Source: Centers for Disease Control

scaping that is using your native flora, that matches the environment that you are in that is not just better for your children's health but for the ecosystem that is right there, for the bees and other pollinators," Trousdale said.

Another big problem is mosquito spraying, which can have harmful toxins. Trousdale recommends that people review their yards for standing water where mosquitoes can breed, and ask their neighbors to do so too. The CEHN website offers a fact-

sheet on pesticides and integrated pest management.

The bottom line for parents who want to focus on making their kids' surroundings healthier is "to do what is feasible for you now, and maybe down the road try something else" to help kids develop in the healthiest way possible, Trousdale said.

Jane Sutter is a Rochester-based freelance writer.

For more information

Children's Environmental Health Network (CEHN)

The Eco-Healthy Child Care™ division of the Children's Environmental Health Network <https://cehn.org/> has dozens of fact sheets and Frequently Asked Question (FAQ) documents with helpful information. Topics include household chemicals, air quality, making celebrations healthy, crib mattresses, to name just a few. Go to <https://cehn.org/ehcc-factsheets-toxicants-faqs/> to download.

CEHN also offers toolkits for parents and educators. Go to <https://cehn.org/resources/parent-educator-toolkit/> to download.

The Eco-Healthy Child Care™ runs an endorsement program that delivers technical assistance, training and resources to childcare professionals to help reduce environmental hazards within childcare settings. Childcare facilities, including in-home daycares, which comply with 30 out of 35 simple, free or low-cost environmentally healthy best practices found on a checklist can receive certification. More informa-

tion can be found at <https://cehn.org/eco-healthy-child-care-ehcc/>

Habitable

This non-profit offers product guidance on building materials and home furnishings, including flooring: <https://informed.habitablefuture.org/product-guidance>

Environmental Working Group

EWG has a variety of resources including lists of the "Dirty dozen" and "Clean 15" fruits and vegetables. Go to <https://www.ewg.org/>

EWG has a free app called Healthy Living that can be used to scan bar codes to get ratings for more than 130,000 products.

Children Environmental Health Centers

Another good resource is the New York State Children's Environmental Health Centers, which has a center at the Golisano Children's Hospital in Rochester. For downloadable information to help parents address common environmental concerns, go to <https://nyscheck.org/rocrx/>.



5 FIVE WAYS

to protect your children from sexual abuse

Parents play the primary role in educating their children about sexual abuse. Here are 5 tips for teaching safety to the little ones God has entrusted to you.

1

Keep it practical. Teach your children the differences between safe touches and unsafe touches.

2

Tell your children that saying “no” is okay. Empower your children to say “no” if anyone makes them feel uncomfortable or touches them inappropriately.

3

Give your children a way to alert you. Tell your children they can use an excuse or share a special “code-word” with you to alert you about an unsafe person or situation.

4

Tell your children to report an unsafe touch.

Let your children know they should tell you if they feel uncomfortable or unsafe around any adult or peer. You can also identify other adults they can tell about unsafe touches.

5

Tell your children you trust them. If your child makes a report to you, believe him or her. Tell them it is not their fault and that you love them. Immediately bring the allegation to the attention of public authorities.



Promise to Protect

Pledge to Heal



ROMAN CATHOLIC
DIOCESE OF ROCHESTER

Creating a Safe Environment Newsletter

is published quarterly by the Roman Catholic Diocese of Rochester with the aim of helping all of us keep children and vulnerable adults safe at home, at church and in all places in our community.

Comments can be directed to:
Tammy Sylvester

Diocesan Coordinator of Safe Environment Education and Compliance
585-328-3228
Tammy.Sylvester@dor.org.

Victims of sexual abuse by any employee of the Church should always report to the civil authorities.

To report a case of possible sexual abuse and to receive help and guidance from the Roman Catholic Diocese of Rochester, contact the diocesan Victims' Assistance Coordinator:

Deborah Housel
(585) 328-3228, ext. 1555;
toll-free 1-800-388-7177,
ext. 1555
victimsassistance@dor.org.

All photos in this newsletter are for illustrative purposes only.

ADDITIONAL SAFETY RESOURCES

ONLINE SAFETY RESOURCES

CHILDREN & TEENS' SAFETY SITES:

Webonauts Internet Academy:

<http://pbskids.org/webonauts/>
PBS Kids game that helps younger children understand the basics of Internet behavior and safety.

NSTeens:

<http://www.nsteens.org/>
A program of the National Center for Missing and Exploited Children that has interactive games and videos on a variety of Internet safety topics.

FOR PARENTS:

Common Sense Media

<https://www.commonsensemedia.org/parent-concerns>
A comprehensive and frequently updated site that is packed with resources. Dedicated to improving the lives of kids and families by providing information and education

Family Online Safety Institute:

<http://www.fosi.org/>

iKeepSafe:

<http://www.ikeepsafe.org/>
Resources for parents, educators, kids and parishes on navigating mobile and social media technologies

Faith and Safety:

<http://www.faithandsafety.org>
Safety in a digital world, a joint project of the U.S. Conference of Catholic Bishops and Greek Orthodox Church in America

LOCAL RESOURCES AND CONTACT INFORMATION

Bivona Child Advocacy Center
(Monroe, Wayne counties):
www.BivonaCAC.org
585-935-7800

Chemung County Child Advocacy Center:
607-737-8449
www.chemungcounty.com

Child Advocacy Center of Cayuga County:
315-253-9795
www.cacofcayugacounty.org

Finger Lakes Child Advocacy Program
(Ontario County):
www.cacfingerlakes.org
315-548-3232

Darkness to Light organization:
www.d2l.org

STEBEN COUNTY: Southern Tier Children's Advocacy Center:
www.sthcs.org
716-372-8532

NYS State Central Registry
(Child Abuse Reporting Hotline):
1-800-342-3720

NYS Child Advocacy Resource and Consultation Center (CARCC)
866-313-3013

Tompkins County Advocacy Center:
www.theadvocacycenter.org
607-277-3203

Wyoming County Sexual Abuse Response Team:
585-786-8846

Yates County Child Abuse Review Team:
315-531-3417, Ext. 6