



October 14, 2011

Friday Folder

Issue: 7

The [Friday Folder](#) is a **PDF** document containing information for parents, guardians, students and staff.

It is available on our website each Friday. A general email notification is sent to all registered contacts when the Friday Folder ONLINE has been uploaded to our website and is available for you to read or download.

Special in this Issue: Welcome Back To School!

- [Formation in Christian Chastity Letter](#)
- [Q of A Eagles Basketball Flyer](#)
- [Q of A Eagles Basketball Registration Forms](#)
- [Q of A PTO Hoodie Sale Flyer](#)
- [PTO Board Meeting Minutes](#)
- [Race for Seminarians Flyer](#)
- [MathCounts Flyer](#)
- [Pope John Paul II High School Flyer](#)
- [La Prima Hot Lunch Program Order Form: November](#)
- [Q of A Book Fair Volunteers Needed Flyer](#)
- [Queen of Apostles Catholic School Auction Reservation Form](#)
- [Queen of Apostles Catholic School Auction Raffle Form](#)

Regular Inclusions:

- [Principal's Letter](#)(First of every month or ad hoc)
- [Q of A Weekly - Information Newsletter from our PTO](#)
- [The Calendar is available on our homepage](#)

<http://www.queenofapostlesschool.org>

PLEASE CHECK THIS CALENDAR REGULARLY- updates are made nearly every day so, to keep yourself informed, visit the calendar page often.

As events, notifications and information need to be shared with you, the Friday Folder will also include flyers, documents, forms, notifications, etc. as may become available.

The PTO Board's meeting minutes are also included in the Friday Folder as they are made available through the PTO Board Secretary (Usually monthly).

If you would like to submit anything for inclusion in our Friday Folder, all submissions must be sent via email as a PDF document or as a Word, Publisher, PowerPoint or Excel file.

In-house Conversion to PDF will be made to all submissions received in formats other than PDF prior to publication. All submissions must be approved by the principal before being published.

Email your submissions to Mr. Doxzen by the end of school (3:15 p.m.) on Tuesday for inclusion in that week's Friday Folder ONLINE.

Should you be unable to view or download the Friday Folder ONLINE, please contact Mr. Doxzen. Arrangements for receiving a printed copy of the Friday Folder must be made through the school office.

d.doxzen@queenofapostlesschool.org

The Q of A Weekly



October 14, 2011



COUNT DOWN TO THE HOE-DOWN

22 Days!

Have you Pony-Expressed your Reservation Form?
Wrangled up some Raffle Tickets?
Lassoed some Auction Donations?

There is still a lot to be done to prepare for our school's biggest fundraiser of the year! And it will take **ALL** of our efforts to make this year's auction a success. So, don't delay – giddy up to the auction blog-spot for the latest updates, and to view the Auction "Wish-list"!

<http://qofa2011auction.blogspot.com/>



FALL FESTIVAL: This year's **Fabulous Fall Festival** is coming up soon - **Saturday, October 22nd from 1:00pm to 5:00pm**. Adults and kids, please come in your costumes! Trick-or-Trunk and activities will be held outside, with refreshments and more activities inside Hannan Hall. Volunteers are still needed both to help with Fall Festival (set-up, clean up, help with face painting & games) and to take part in the Trick-or-Trunk!

To sign up to be a "trick-or-trunk" or to volunteer or to donate festive treats, please contact Cristina Crowley at cristinacrowley@hotmail.com.



FALL FUNDRAISER: Don't forget – your children should have already brought home their Fall Fundraiser packets with information about the "So Be Good For Goodness Sake" fundraiser. This year the children will be selling heavyweight wrapping paper, delicious snacks and beautiful gift items – and they will be delivered to us just in time for the Holidays. And the kids can earn some "rocking" prizes too! So don't forget to get out there and sell. Completed order forms are due no later than **October 19th**.

Parochial Administrator: Father Marcus A. Pollard m.pollard@queenofapostles.org • Principal: Mr. Moran m.moran@queenofapostlesschool.org
President: Lourdes Ledesma llsilodi@aol.com • Vice President: Marina Cook fmcook@cox.net
Treasurer: Elsa Matos marlenematos3@gmail.com • Secretary: Cristina Crowley cristinacrowley@hotmail.com
Past President: Gladis Griffith ggriffith@uspsoig.gov • Members-at-Large: Sandra De Costa Alsan.decosta@gmail.com
Helen Glenister hglenister@aol.com • Publicity: Carolyn Coker carolyn_coker@verizon.net
Teacher Representatives: Ann Reid a.reid@queenofapostlesschool.org



HOT LUNCH REMINDERS: Reminder - The PTO sponsored Hot Lunch Program is available through La Prima on Monday through Thursday. To order hot lunch for your child(ren), you must complete and return the Hot Lunch Order Form (attached). The deadline for ordering for November is **Friday, October 21**. And remember, milk is included with each meal so you do not need to order this separately.



VOLUNTEERS NEEDED: The PTO still needs volunteers to help serve Hot Lunch during lunch periods – 11:30am to 1:30pm each day - Monday thru Thursday – in November and December. This is a great way for a few parents to earn all of their volunteer hours just within the first half of the year. If you are interested, please contact Cristina Crowley at cristinacrowley@hotmail.com.



CYO BASKETBALL:

QUEEN OF APOSTLES – GO EAGLES!

2011-2012 NVJCYO BASKETBALL REGISTRATION - Grades 4th through 8th

To Register: (forms available at www.queenofapostlesschool.org):

1. Complete **NVJCYO Participant Agreement, Release and Acknowledgement of Risk Form**
2. Complete **NVJCYO Basketball Code of Conduct Form**
3. Complete **NVJCYO Medical Release Form** - Provide Date of Last Tetanus Shot or Booster
4. Complete **Queen of Apostles Basketball Code of Conduct Form**
5. Complete **Queen of Apostles Basketball Registration Form (this form)**
6. **Submit \$ 65.00 Registration Fee** payable to Queen of Apostles, PTO
7. **Attend Basketball Registration Meeting – Monday, October 17th @ 6:00 pm – Gym Lobby**

Agenda - Meet the Coaches

Mr. Moran - re: Basketball Program and Code of Conduct

Steve Smearman - re: Uniforms and Schedules

Please complete all the forms and submit payment no later than **Monday, October 17th**



Q OF A EAGLES – SPORTS GEAR SALE: The Sale has started – show your school spirit by sporting a Q of A Eagles “Hoody”! Sales start today – Friday, October 14 – and will be taken until Friday, October 28. So, don’t delay – get your Hoody Today!!



GO EAGLES!!!



Dates to Remember

- | | |
|----------------|--|
| Oct. 17 | CYO Basketball Registration Meeting – 6:00pm |
| Oct. 22 | Fall Festival |
| Oct. 27 | Early Dismissal-12:15pm-Extended Day Avail |
| Oct. 28 | Diocesan Institute – NO School |
| Nov. 5 | Q of A Auction – Texas Hoe-Down |



Veritas et Gaudium

QUEEN OF APOSTLES CATHOLIC SCHOOL

4409 Sano Street, Alexandria, Virginia 22312

October 14, 2011

Dear Parents,

The Queen of Apostles Children's Choir under the direction of Mr. Cotton participated in the 9th annual Worldwide Children's Eucharistic Holy Hour. The event is sponsored by the World Apostolate of Fatima and took place last Friday, October 7, 2011 at 10:00am at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. The Queen of Apostles Children's Choir was the featured choir for the event and participated in all the music. They also sang an a cappella arrangement of "Jubilate Deo" and accompanied the host, Dawn Kinsman, in the song "We Are the Children of the World." The Holy Hour was televised around the world. The students had a wonderful experience that will be a part of their memories for the rest of their lives. They were truly blessed to be part of such a wonderful experience.

We will be again participating in the Formation in Christian Chastity Program. These lesson plans will be presented to students on Wednesday, October 19. I have included a letter on the program in this week's Friday Folder.

I hope the rain ends. Have a wonderful weekend!

In Christ,

Mark Moran



Veritas et Gaudium

QUEEN OF APOSTLES CATHOLIC SCHOOL

4409 Sano Street, Alexandria, Virginia 22312

October 14, 2011

Dear Parents,

The safety of our children is of the utmost importance. Queen of Apostles Catholic School and the Diocese of Arlington have taken many additional steps in recent years to do our part in ensuring that your child is always safe.

Since 2004, the schools in the diocese have been participating in the “Formation in Christian Chastity” program. In the letter introducing this program Bishop Loverde states, “this program provides an ongoing and progressive tool in assisting families to be formed in the virtue of chastity. Drawing from the inspiration of the personalism of Pope John Paul II, ‘Formation in Christian Chastity’ helps children to develop an awareness of the dignity of the human person and the integrity and holiness of the human body.”

Lesson plans have been prepared for the different age groups in our school. For more information on these lesson plans, go to

http://arlingtondiocese.org/childprotection/form_christianchastity.php.

These lesson plans will be presented in each class on Wednesday, October 19. You are encouraged to spend some time reviewing the lesson plan for your child’s class and discussing it with your child. Our goal is to provide both you and your child with the knowledge that can help to keep them safe.

The basic point is that parents need to be involved with their children. You are better equipped to identify any danger signs when you know the daily events in your child’s life. Frequent communication encourages your child to come to you if he or she has a concern.

If you have any concerns about the program, please contact me at m.moran@queenofapostlesschool.org.

In Christ,

Mark Moran



Fall Festival

Saturday, October 22nd from 1:00-5:00 p.m.

Hannan Hall - Queen of Apostles

Moon Bounce! Games! Food!

Face Painting! Halloween Tattoo Parlor!

Meal of Hot dog, soda/water, and chips for \$3

2:30 – 3:30 pm Trick or Trunk!! Decorate your car's trunk, and don't forget to bring plenty of treats! The children, dressed in their costumes will Trick-or-Treat from Car to Car!

Reminder - We are a Catholic school, and all costumes should have a positive theme.

Remember, younger students will be at the Fall Festival. Costumes should not be scary, morbid, or gory.

No monsters, goblins, witches, ghosts, or other scary themes!

We need volunteers!

We need parent volunteers to help with food, games, and of course, to arrive with your car's trunk decorated and ready for Trick or Trunk-ers!

For details or to volunteer, call/email: Cristina Crowley - 978-239-8195 or cristinacrowley@hotmail.com





QUEEN OF APOSTLES – GO EAGLES!

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Grades 4th through 8th

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- Complete of **NVJCYO** Medical Release Form
 - Provide Date of Last Tetanus Shot or Booster
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- **Submit \$ 65.00 Registration Fee** payable to Queen of Apostles, PTO
- **Attend Basketball Registration Meeting – Monday, October 17th @ 6:00 pm – Gym Lobby**

Agenda- Meet the Coaches

Mr. Moran - re: Basketball Program and Code of Conduct

Steve Smearman - re: Uniforms and Schedules

Please complete all the forms and submit payment no later than **Monday, October 17th**



2011-2012 Queen of Apostles Catholic School BASKETBALL SEASON

- NVJCYO Participant Agreement
- NVJCYO Medical Release Form
- NVJCYO Basketball Code of Conduct

- Q of A Basketball Registration Fee - \$ **65.00**

- Q of A Basketball Code of Conduct

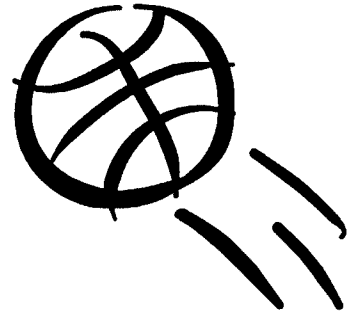
Player's Name: _____

Grade: _____

QUEEN OF APOSTLES – GO EAGLES!

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Contact Information

Player's Name: _____ Grade: _____

Parent/Guardian: Mother: _____ Father: _____

Home Phone Number: _____ Cell Phone Number: _____

E-mail: _____

Uniform Information (Please complete):

I purchased a CYO uniform last year, still have it, and it is in good condition –

Jersey Number _____ Size _____

I do not have a CYO uniform -- Desired Jersey Number _____ Size _____

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK

Basketball League _____ Date of Birth _____ Grade _____

I, _____, of _____ (School/Parish), am a participant in **NVJCYO Basketball & Cheer** (Name of Program/Activity) and hereby acknowledge that this program may involve a variety of activities which may be both physical and mental in nature. These activities are designed to be within the limits of a person who is in reasonably good health. The level of participation in all programs and activities is at all times completely up to the individual. Safety is a high priority in all programs. In addition, each participant must assume the risk that he or she may suffer an emotional or physical injury and disability.

Liability Coverage:

The Parish/School is not furnishing and is not responsible for and assumes no liability in connection with participation in this activity. The Parish/School is not furnishing and is not responsible for and assumes no liability of guarantee or assurance of safety of participants and/or elimination of all risks from the environment. The Parish/School is not furnishing and is not responsible for and assumes no liability for the safety of personal property during participation in the program. The Parish/School is not furnishing and is not responsible for and assumes no liability for monitoring and/or control of all the daily personal decisions, choices, and activities of the individual participants. The Parish/School is not furnishing and is not responsible for and assumes no liability for assumption of responsibility for the actions of persons who are not volunteers or employees of the Parish/School or otherwise engaged by the Parish/School, for events that are not part of the program, or that are beyond the control of the Parish/School and its subcontractors. I voluntarily and without reservation and on behalf of myself, my heirs, and my estate, hereby indemnify, defend and hold harmless the PARISH, to include but not limited to, the Diocese of Arlington, The Most Reverend Paul S. Loverde and his successors in Office, their officers, and employees from any and all liability, loss damages, costs, or expenses which are sustained, incurred, or required arising out of my actions in the course of the above program/activity.

Use of Vehicles:

I further acknowledge, with regard to any personal vehicle driven by me or which I am a passenger in, that in the event of an accident, there is no coverage afforded to me through the Diocesan Master Insurance Program for liability or physical damage sustained to any vehicle involved or liability incurred by me while operating my vehicle. I acknowledge that if I choose to park at any Diocesan facility, I do so at my own risk.

Reimbursement of Medical Expenses:

I recognize and acknowledge there is no volunteer accident coverage nor is there any medical payments coverage available to me in order to compensate me for expenses I incur from deductibles, co-payments, prescription drugs, or medical services not covered through my own health insurance provider(s) for any injury I sustain as a result of performing my services. I agree that any medical coverage(s) I have will be primary and under no circumstance will I seek any contribution from the Diocese, or their insurer, for any medical expenses.

Informed Consent to Medical Treatment:

In the event of an injury, I hereby give the Diocese of Arlington and/or its parish(es) full authority to take whatever action they feel is warranted under the circumstances regarding my health and safety, if I am not in a condition to give informed consent including but not limited to the application of emergency medical procedures, the admittance to a hospital, or the care of a medical professional at my expense.

Safety:

Further, I agree to follow all procedures and safety precautions set forth by the Diocese and the parish(es) in addition to ensuring the protection of minors from sexual misconduct and/or child abuse in order to conform with the requirements adopted by the United States Conference of Catholic Bishops and Catholic Diocese of Arlington Policy on the Protection of Children/Young People and Prevention of Sexual Misconduct and/or Child Abuse.

I freely execute this Acknowledgement with full knowledge of its content.

Signature of Parent if Participant is less than 18 years old
(Parents must also complete a medical release for all minors)

Date

MEDICAL RELEASE FORM

As the parent/legal guardian of _____, I request that in my absence the above-named minor be admitted to any hospital or medical facility for diagnosis and treatment. I request and authorize physicians, dentists, and staff, duly licensed as Doctors of Medicine or Doctors of Dentistry or other such licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment of the above minor. I have not been given a guarantee as to the results of examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken from the above-named minor.

Date of Birth

Date of last Tetanus Booster

Known allergies including any allergies to medicine (Continue on back of form if needed)

Any other medical problems which should be noted (Continue on back of form if needed)

Name of Parent/Guardian

Address

City/State/Zip

Phone Home

Work

Mobile

Person responsible for charges (if different from above)

Address

City/State/Zip

Phone Home

Work

Mobile

Person to notify if parent/guardian is unavailable

Phone Home

Work

Mobile

Family Physician Phone

Insurance Carrier & Policy Number

Signature of Parent

Date

Signature of Witness

Date

NVJCYO BASKETBALL CODE OF CONDUCT

At No Time, May A Spectator:

- Approach an official, timekeeper or scorekeeper in a confrontational manner.

- Enter the playing court area. Spectators are to remain in the bleachers.

- Engage in unsportsmanlike conduct, including negative cheering, yelling or distracting during free throws, towards an opposing team's spectators, players or coaches.

- Allow his/her young children to roam free or play pickup ball at any facility, including but not limited to the playing court, on top of or under bleachers, in hallways, foyers, restrooms, on stages, on Parish grounds or in parking lots.

- Smoke, eat or drink in any gym.

- Congregate in the playing area, near team benches, or in foyer areas of any gym after a game has completed.

I/We have read the above code of conduct and I/we agree to abide by its terms. I/we am/are aware that failure to abide by the above terms may result in disciplinary action by the NVJCYO, which may include, but not be limited to, forfeiture of game(s) by my team's Parish, and/or revokement of my/our privilege to attend NVJCYO games.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Players Signature _____ Date _____

"I give you a new commandment: Love one another just as I have loved you. It is by your love for one another that everyone will recognize you as my disciples."

John 13: 34-35

"Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one."

Corinthians 9:24-25

We recognize that the imperishable crown offered by Jesus Christ far exceeds any of the perishable crowns or trophies offered by this world. Although Queen of Apostles Youth Organization athletic teams strive to win in the sense of having the best score we recognize the real value of athletics is realized only if it fosters the development of the human person—both in spirit and in body—by cultivating Christian character, strengthening personal integrity and responsibility, and promoting the pursuit of excellence in all endeavors.

Participation on a team is a privilege. With this privilege come responsibilities in the areas of preparation, attitude, sportsmanship, and academics. We recognize the need for God's support and guidance in meeting these responsibilities.

Students who are **registered and attend CCD** or are **students at the parish school** are eligible to participate on a team. The youth program consists of tennis, track, and basketball. The information contained herein specifically addresses participation in the basketball program.

Procedure for Registration

A student can become a full, participating member of a Queen of Apostles basketball team once the following requirements are met:

1. Registration forms must be filled out and registration fee paid
2. Student and parent/guardian read the information in this handbook and sign the agreement form
3. Uniforms are purchased and uniform fee is paid (if a uniform is needed)

Fees

The basketball fee for the **2011-2012 school year is \$65.00** to register and also covers equipment and any other coaching expenses. This covers the fee that is collected by the diocese to cover referee fees and diocesan registration fees. The uniform is an additional fee and the amount is dependent upon total number ordered.

General Information

Levels of Competition

Development of the skills fundamental to each sport receives primary emphasis on each athletic team offered at Queen of Apostles. Each team experience, however, may be slightly different depending on the level at which the team is competing.

Coaching Expectations and Requirements

Coaches are first and foremost educators, and must work in coordination with the parents who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher and serve as role models for student-athletes to emulate. **Coaches must have taken the Virtus seminar and filled out the appropriate diocesan mandated paperwork concerning the protection of children.**

Goal Setting

When working with Queen of Apostles student-athletes, a successful coach will work towards team and/or individual goals

Team Goals

Queen of Apostles coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student-athlete for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods, and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Conduct of Coaches

Coaches are called to be models and witnesses to their faith, and are expected to uphold high standards of conduct in and out of season.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our parish community, they are members of the larger body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Coaching Duties

In addition to serving as witnesses and models of faith, coaches are expected to fulfill the following duties:

- Plan out practices and games
- Supervise athletes at all times until they are picked up from practices/games
- Condition athletes properly
- Assess athletes' readiness for practice & competition
- Instruct properly on what to do and what not to do
- Maintain safe playing conditions
- Ensure cleanliness of facilities
- Communicate practice and game schedule to athletes and parents
- Select, train, and supervise assistant coaches
- Be familiar with the Diocesan policy and regulations in regard to basketball rules (playing time, etc.)

Communication with Athletes and Parents

Queen of Apostles coaches should establish clear procedures and guidelines for communication with athletes and parents. E-mail should be used only to communicate basic information, such as time and location of games and practices. Discussions of concerns should always be done in person. If a face-to-face meeting is not possible, a phone call is acceptable. Coaches do not have to discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.

Awards and Recognition

The Queen of Apostles Youth Athletics Program hosts an annual Sports Appreciation Dinner at the conclusion of the spring season. Particular recognition of athletes should embody the goals and philosophies of the athletic department and program, not only physical talent.

Student Expectations and Requirements

Students and parents should recognize that participation in the athletic program is not a right of all students, but rather a privilege to those students who possess the attitude, disposition, cooperative spirit, and desire to represent the Queen of Apostles community in a favorable way. Participation is not based on ability and there are no tryouts.

Eligibility and Probation

We expect student-athletes to maintain academic and behavioral standards in keeping with the Queen of Apostles School Student-Parent Handbook and the teachings of the Catholic Church. These regulations and procedures apply while on school premises, during practices and competitions, and in the public arena.

Student-Athlete Expectations

A student-athlete's behavior is governed by the same rules, regulations, and procedures that apply to all students as set forth in the Queen of Apostles Parent-Student Handbook. Each student-athlete is expected to demonstrate and encourage in others behaviors that reflect good sportsmanship.

Attendance

All student-athletes must be marked as present in school on the day of practice or a game in order to participate. Please see the *Student-Parent Handbook* for what constitutes an absence.

All student-athletes must recognize the time commitment made to a team. One is expected to attend all practices and games. If one cannot attend a practice or game, please make sure the coach has been notified *in advance*.

Dress Code/Uniforms

Student-Athletes are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence. All game shirts will be tucked in. No player should make modifications to his or her uniform. Athletes are to wear the assigned uniform and treat their uniform with respect.

Sportsmanship

All student-athletes are expected to represent Queen of Apostles in an exemplary manner. This behavior is expected both on and off the court or field. Student-athletes are expected to display the best of Christian courtesy and manners to all officials, coaches, opposing coaches, players, and spectators. At all times good sportsmanship is the rule, not the exception. The penalty for unsportsmanlike behavior during a practice or game will be left to the discretion of the coaches for each sport along with input from the athletic director. This can range from sitting out at practice to a one-game suspension. In extreme cases when an athlete has been ejected from a game, multi-game suspensions and dismissal from the team may be appropriate. The athletic director, pastor, and principal will make the final decision following a meeting with the athlete, coach, and parent.

Expectations of Parents

"It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations or meetings are to be inaugurated and held in great esteem."
(Code of Canon Law, 796)

Queen of Apostles coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the education of children including students' participation in school-sponsored athletics. Together, all should actively work to ensure that the Catholic mission and identity permeates the athletics program.

Top Five Ways to Support your Student-Athlete

1. **Be present** — Show up to games, cheer, and support our teams!
2. **Be positive** — Children learn from modeling. When talking about the game, season, performances and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that win or lose, he/she is loved and supported.
3. **Encourage independence** — Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for practices and games. In addition, student-athletes should speak directly with their coach about any questions and/or concerns.
4. **Observe the "24 Hour Cushion"** — Queen of Apostles coaches will naturally and deliberately reflect on game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. As stated above, coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. **Model Queen of Apostles behavior expectations for visiting spectators** — Take pride in our athletic program and model for visitors how we...

- i. cheer for our team rather than against our opponents.
- ii. respect the integrity and authority of game officials.
- iii. allow coaches to coach without criticism from the spectators.
- iv. help clean up at the end of athletic events.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Removal from Team — Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

The Pastor and Principal have the authority to remove a school student if student-athletes or parents are not adhering to Queen of Apostles School standards and/or the expectations as outlined in this handbook. The pastor has the authority to remove a CCD student who attends the program if the student-athlete or parents are not adhering to the expectations as outlined in this handbook.

I, (We), have read the above information and agree to follow the guidelines as written.

Family Name - _____ (print)

Parent: _____ (signed)

Student-Athlete: _____ (signed)

Student-Athlete: _____ (signed)

Student-Athlete: _____ (signed)



QUEEN OF APOSTLES CATHOLIC SCHOOL

EAGLES - SPORTS GEAR SALE

SALES STARTS: Friday, October 14, 2011
SALES ENDS: Friday, October 28, 2011

PLEASE COMPLETE AN ORDER FORM AND RETURN TO THE SCHOOL OFFICE NO LATER THAT FRIDAY, OCTOBER 28, 2011

**ORDERS RECEIVED AFTER THIS DATE WILL NOT BE PROCESSED.
 ALL SALES ARE FINAL!**



Q of A - "Eagles Hoody" \$ 35.00 - Jerzees Zip Front Hoody - Navy

2011 SPIRIT GEAR – ORDER FORM
Make checks payable to: Queen of Apostles

Name: _____

Grade: _____

_____ x \$ 35.00 = \$ _____

Youth Sizes			Adult Sizes				Plus Sizes	
YS	YM	YL	S	M	L	XL	XXL	XXXL
Total: _____								

Please send the check and order form to the Q of A School Office no later than 10/28/2011.
Please mark the envelope "Spirit Gear Order".

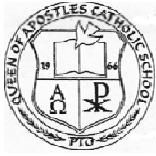
If you have any questions, please contact Liliana Ward at lward@trustedtranslation.com or Pearl Akosah at pearlakosah@gmail.com

For office use only

Check # : _____

Order received: _____

Order processed: _____



PTO Board Meeting Notes – Wednesday, October 5, 2011

In Attendance –

- Mr. Moran
- Lourdes Ledesma
- Marina Cook
- Carolyn Coker
- Helen Glenister
- Sandra DeCosta
- Cristina Crowley

Call to Order and Prayer – Mr. Moran

Auction Update – Helen updated the Board on the Auction Fundraiser

- Reviewed Auction Budget
- Discussed a slideshow being displayed during the auction
- Discussed photography options
- Discussed the auction program
- Discussed additional acquisition items
 - Reserved parking space, signage, name the street
- Discussed Friday Folder Announcements
- Discussed entertainment – Line-dancing, stage vs. floor options
- Discussed timing of section closing
 - 6:00-7:00 PM 100's – 300's close
 - 7:00-8:00 PM 400's – 600's close, main course served
 - 8:15 PM 700 - Super Silent's close
 - 8:30 PM Entertainment – Line-dancing begins

Diocesan PTO Meeting – Updates by Lourdes and Helen

- Discussed options for raffle, taxable amounts, etc.
- Discussed Gift Card sales program

Enrollment Management – Updates by Lourdes

- Discussed Institute of School & Parish Development
- Discussed Annual Fund possibility
- Diocese encourages “Discover Catholic Schools Week” – November
- Discussed the importance of “branding” the school
- Discussed school “statistics” in comparison with local public schools

Family Fun Nights – Updates

- Mrs. Villalobos has volunteered to chair this committee
- Discussed possible Family Fun Night outings
- Discussed “The Mighty Macs” – possibility for movie night at QofA
- Discussed local restaurant options
- Discussed local bakery
- Discussed possible general dates for Family Fun nights

Greenspace – Updates

- Liliana Ward will oversee new developments
- **Next PTO Board Meeting** – scheduled for November 8, 7:00 PM.
- **Closing Prayer** – Lourdes Ledesma



2011 RACE FOR SEMINARIANS TEAM

36th MARINE CORPS MARATHON & 10K

SUNDAY, OCTOBER 30, 2011

Go Team Arlington!

Greetings! My name is Kailey Gotta and on October 30, 2011 I will be running the Marine Corps Marathon along with 30,000 other runners! **So what is so unique about my race?** I am running for the Seminarians for the Diocese of Arlington. The Diocese of Arlington currently has 30 Seminarians studying for the Priesthood. These men are the future priests of our Church and they need our prayers and our support!

I have pledged to raise a minimum of \$500 to support the Diocese of Arlington Seminarians, and I need your help! Fundraising directly affects the work of the Office of Vocations in the Diocese of Arlington. Funds will assist those discerning a vocation to priesthood and those who are in seminary formation. The Diocese provides each seminarian with an education, housing and food. Yet, other unexpected expenses occur. Your donations will help supplement discernment programs as well as pay for seminarian expenses not normally covered by the Diocese.

How can you help?

1. PRAY! Prayer is more important than any type of financial support.
2. Support me and these seminarians financially: you can go to the Diocese of Arlington website and donate online.

<http://www.arlingtondiocese.org/vocations/raceforseminarians.php>

Directions for online donation:

- Go to the Arlington Diocese website and search "Race for Seminarians."
- Click on "sponsor a runner/donate"
- It will give you directions for online donation as well as a way to donate by mail. If you chose online donation, be sure to include my name, Kailey Gotta, as the runner you are sponsoring.
- If you use the drop box on the website, you will find my name listed as "Miss Kailey Gotta"

Thank you in advance for all of your support! God bless you and let us keep our future priests and all men discerning a vocation to the priesthood or religious life in our prayers!

Calling ALL Interested Middle School Math Students!

MATHCOUNTS is BACK!!



Our enthusiasm for math continues to grow at Queen of Apostles and your sons and daughters are welcome to join us in this enthusiasm! We have registered a team of four members and six individual members for the MATHCOUNTS Competition that will occur in February 2012 at a location TBD. As stated on the MATHCOUNTS website (<http://mathcounts.org/Page.aspx?pid=202>), MATHCOUNTS is a national enrichment, club and competition program that promotes middle school mathematics achievement through grassroots involvement in every U.S. state and territory. In its 29th year, MATHCOUNTS is one of the country's largest and most successful education partnerships involving volunteers, educators, industry sponsors, and students. President Barack Obama and former Presidents George W. Bush, William J. Clinton, George H.W. Bush and Ronald W. Reagan have all recognized MATHCOUNTS in White House ceremonies. The MATHCOUNTS program has also received two White House citations as an outstanding private sector initiative. Particularly exciting for our Mathletes® were the hour-long ESPN programs on each of the National Competitions from 2003-2005. In 2011 the National Competition returned to ESPN with a live broadcast on ESPN3. The MATHCOUNTS Competition Program provides the extra incentive and the perfect atmosphere for students to push themselves to achieve more in mathematics. Consisting of fun and creative problems, the MATHCOUNTS competitions have written and oral rounds, as well as individual and team components. Though challenging and non-routine, the competition problems focus on the 6th through 8th grade standards of the National Council of Teachers in Mathematics.

To secure America's global competitiveness, MATHCOUNTS inspires excellence, confidence and curiosity in U.S. middle school students through fun and challenging math programs. With the generous support of all MATHCOUNTS sponsors and volunteers, and leadership of the National Society of Professional Engineers at the local and state levels, MATHCOUNTS is providing today's students with the foundation for success in science, technology, engineering and mathematics careers.

Mr. Caballero and Mr. Fonda, fathers of Michael and Tommy, have graciously volunteered to coach your interested sons and daughters on Fridays from 4:45 p.m. – 6:00 p.m. in my classroom until the competition. These times may shift a little, as the school year progresses. If your son or daughter is interested, please email Mrs. Kathy Molnar by **Wednesday, October 19**, so that she can provide Mistery Caballero and Fonda with a consolidated list of attendees. Please have them bring a calculator (non-QWERTY), some sharpened pencils and eagerness to have fun conquering some challenging sample problems to the first session in Mrs. Molnar's classroom on **Friday, October 21**. Additional coaching sessions will be each Friday, unless otherwise notified. Based on the results of an assessment that will be given on a day closer to the competition date, as well as attendance at the coaching sessions, the Queen of Apostles team and individual members will be determined.

Additional information will be provided as soon as Mrs. Molnar receives it, but if you have any questions before then, please feel free to contact her (k.molnar@queenofapostlesschool.org). May all of your sons and daughters enjoy this awesome and exciting opportunity!

Be Great.



Discover Pope John Paul the Great Catholic High School



OPEN HOUSE

Our exceptional community of teachers, parents, and teens, have built a dynamic environment that prepares students for higher education, and for life. Join us at our Open House and discover for yourself what it means to Be Great. And, only at JP, experience the House System. Which House will you call home? **Sunday, November 6, 2 – 4pm** (presentation begins at 2:15pm)

SOCCER CLINIC AND FUTSAL TOURNAMENT

Sharpen your soccer skills, and show them off in the first-ever diocesan middle school Futsal Tournament. Futsal is a unique indoor version of soccer played by greats such as Pele, Messi, and Ronaldinho when they were young. Boys and girls teams, grades 5 – 8. **Saturday, December 10, 1 – 5pm.**

JP5K FOR OPTIONS

Join the fun! Proceeds from the race will benefit the innovative and inclusive Options Program, providing students with intellectual disabilities a rich high school experience. **Saturday, November 19, 8am.**



JOIN US!

- | | |
|------------------|-----------------------------------|
| November 6: | Open House |
| November 19: | JP5K Run/Walk for Options |
| December 2: | A Christmas Carol |
| December 3: | Wrestling Tournament |
| December 10: | Soccer Clinic & Futsal Tournament |
| January 13: | Evening of the Arts |
| January 21: | Middle School Band Day |
| January 24: | Admission Applications Due |
| February 18, 25: | Middle School Baseball Camp |

Please visit www.jpthegreat.org for more information, to RSVP, or to apply for admission.



info@jpthegreat.org • www.jpthegreat.org

17700 Dominican Drive, Dumfries • (703) 445-0300

Directions: From I-95, exit 152-A/Dumfries. LEFT at Jefferson-Davis Hwy (US 1). RIGHT at River Heritage Blvd. LEFT at Dominican Dr.



La Prima does not use peanuts or other tree nuts in the school nutrition recipes.

Hot Lunch Order Form

Please return this order form along with a check made payable to "Queen of Apostles PTO" by **Friday, October 21, 2011**.
You may order monthly or pay in advance.

Milk is included.

Please complete the following:

Student Name	Grade	White Milk	Chocolate Milk	November \$68	December \$50	January \$68	February \$72	March \$77

TOTAL: \$_____

Parent Name: _____

Phone Number: _____

If you have any questions, please contact Allie Bernardo at allie.bernardo@verizon.net or by phone at (703) 624-4645.

MEMO

Date: 10/7/2011
To: Parents
From: Queen of Apostles School Library

Re: Request for Book Fair Assistance – November 7th - December 11th

Parents who are interested in assisting with our school's **Bookworm book fair on November 7th – December 11th** are requested to either send in this completed form or e-mail Miss Killion at e.killion@queenofapostleschool.org with the following information AS SOON AS POSSIBLE.

Your assistance will be greatly appreciated.

PARENT'S NAME _____

STUDENT'S NAME _____

Monday, November 7th

Book Fair Preview

8:30 a.m. – 3:00 p.m. _____ e-mail address _____

Tuesday, November 8th (“Lunch with Someone you Love” day for students with last names beginning with A-K)

8:30 a.m. – 12:00 p.m. _____ e-mail address _____

11:30 a.m. – 4 p.m. _____ e-mail address _____

Wednesday, November 9th (“Lunch with Someone you Love” day for students with last names beginning with L-Z)

8:30 a.m.– 12:00 p.m. _____ e-mail address _____

12:00p.m. – 4:00 p.m. _____ e-mail address _____

Thursday, November 10th (Parent Teacher Conferences)

11:00 a.m. – 3 p.m. _____ e-mail address _____

Friday, November 11th (Parent Teacher Conferences)

8:30 – 12:00 _____ e-mail address _____

12:00 – 4:00 _____ e-mail address _____

QUEEN OF APOSTLES CATHOLIC SCHOOL
2011 AUCTION & FUNDRAISER

TOWN BOOZEDOWN

SATURDAY, NOVEMBER 5TH
6:00 PM - 10:30 PM



TICKETS: \$50
PER PERSON OPEN SEATING

RESERVE A TABLE FOR 8
FOR AN ADDITIONAL: \$ 40

LIMITED AMOUNT OF RESERVED TABLES AVAILABLE - BOOK EARLY!

Detach Below This Line and Return to the School Office

RESERVATION FORM

NAME: _____

PHONE: _____ EMAIL: _____

_____ **Adult Dinner Tickets @ \$50 each** = \$ _____

_____ **Table Reservation * @ \$40/table** = \$ _____

*(Includes Raffle Ticket, Pitcher of Beer or Bottle of Wine)

_____ I am unable to attend but here is my donation of \$ _____

Please indicate if you need a tax deductible letter.

TOTALS: CASH \$ _____ CHECK \$ _____ (payable to Queen of Apostles PTO)

PARENTS...

Top Reasons to **GET EXCITED** about this year's **Q of A Annual Auction:**

- **(1) \$2000 credit towards School Fees to 1 lucky winner**
- **(10) Extended Care Drop-Ins to 1 lucky winner**
- **(1) \$150 Uniform Gift Card from Flynn & O'Hara to 1 lucky winner**
- **Look like a hero! Purchase a Dress Down Pass for your child (up to 2 per student)**



Get your Auction Raffle Tickets **TODAY!**

Please use 1 form PER CHILD. Please fill out the info below and turn it in with your check (made payable to Queen of Apostles School PTO) at the school office.

ITEM	COST PER ITEM	# OF TICKETS	TOTAL
Dress Down Pass (Purchase) – up to 2 per student allowed	\$5		
\$150 Uniform Gift Card (Raffle Ticket)	\$10		
(10) Extended Care Drop-Ins (Raffle Ticket)	\$25		
\$2000 credit towards School Fees (Raffle Ticket)	\$100		
		Amount on Check	

Parent's Name: _____

Student's Name & Grade: _____

Phone & Email: _____

Need Additional Info?

Contact Marina Cook at 703-942-8989 or fmcook@cox.net