



THE BRUIN BULLETIN

St. Teresa of Avila



Mrs. Ostertag, Principal **March 26, 2020** **471-4530/www.stteresa.net**



BUILDING A
community
OF LOVE

“Building a Community of Love”



BUILDING A
community
OF LOVE

Happy Birthday to St. Teresa of Avila!



School News



- ❖ Mrs. Ostertag is using a Google phone number to call families. The number shows up as an Oxford number, 513-461-0371. If you receive a call from this number, please answer.
- ❖ Students and parents can reach out to your child’s teacher by email with any problems.
- ❖ **Parents and students should be checking your email daily for communication from your teachers. Classes are happening daily and grades are being taken. You should be logging into Google classroom.**
- ❖ Accelerated Reader is now on Clever and working. Students can see their AR username and password pop up on Clever. Click on Accelerated Reader, enter the username and password. Also, parents can use www.arbookfind.com to search for books that you may have at home. The Hamilton County Library is offering free downloadable library cards for those that do not already have a library card - which can be used to check out downloadable books. This is another good source for finding AR books. You can Google the library website and there will be instructions on how to do it all.
- ❖ Here is a link for families to get free Spectrum internet access if interested
<https://www.spectrum.net/support/internet/corona-virus-covid-19-information-spectrum-customers>
- ❖ Should a member of your household be diagnosed with the Coronavirus, please contact Fr. Bidwell or Mrs. Ostertag.

Mrs. Ostertag has called for No Classes on Friday, March 27 so all students, parents and teachers can enjoy the day off!



St. Teresa of Avila, Pray for Us

Registration and EdChoice

As we have been telling you, your child is not considered registered for next school year, unless your **Registration papers, Registration Fees and Technology Fee are paid.**

EdChoice deadlines at this time remain the same. If you have not sent in your renewal or a current copy of your utility bill, please do so. **Expansion will close on April 15** and regular opens on April 1.

You can print a copy of a renewal form from the EdChoice website, or I will be happy to email one to you. **Please scan* and email your documents (renewal and proof of address) to Hingsbergen_1@stteresa.net.** Some of you have given me documentation already; however, I may be contacting you for updated information. It is important that when using utility bills, the name and address of service match the billing address. If they don’t, the state will reject the proof.

Also, if you are Expansion, please be sure to mail your Income Verification form to the state with proper documentation.

If your child will not be returning to St. Teresa, please email us to let us know so that we do not continue to hound you for registration. Questions, please email Lisa.

**Did you know....if you have an I Phone, you can scan documents??? You can go to your notes section and find the camera icon. If you press this, you can scan documents. There are also free apps to install a scanner on your smart phone.*

Upcoming Events

Friday, March 27	NO SCHOOL
Saturday, March 28	St. Teresa of Avila’s Birthday
Sunday, March 29	5 th Sunday of Lent





"Let nothing perturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything." St. Teresa of Avila

"To have courage for whatever comes in life — everything lies in that." St. Teresa of Avila



Yearbooks on Sale!

This is a year you are going to want to remember! Order your yearbook now to save the memories from this memorable year. Deadline for ordering is May 13. You may also order on-line by going to <https://ybpay.lifetouch.com/Order> and using our school code, 9831220.

Eighth Grade Ads for the yearbook are still available. Ads are due by April 1st.



Youth Group Flower Sale is Here!!

We are continuing to take orders for the Youth Group Flower sale. We appreciate orders sent in through the online methods or they can be dropped off at the parish office through the mail slot or in the box in the church vestibule. We are making contingency plans for order pick up and will communicate that to all who order and keep updated information on our webpage. For more information or to email orders please contact youthgroupflowersale@gmail.com or visit our webpage to order online or download the form <http://www.stteresa.net/youth-group/>. We truly appreciate your continued support of the sale and we look forward to a brighter Spring that the blossoms will provide you.



This week we shine the Spotlight on....

Mrs. Cathy Hunter

Position at our school: Title One/Academic Support for Reading

Personal Info: Almost 50 years married (in 2021); have three children; Amy, Mindy and Justin. Three grandchildren; James (14), Samantha (12) and Cade (4 1/2)

Where I Grew up: Grew up in White Oak, graduated Colerain High School. Graduated from Miami University with my Bachelor of Science and Masters in Education.

What I love about my job: "I have always loved books and history; therefore, I wanted to share this love with children."

Birthday: February 25

Pets: Two cats; Jamie and Claire

Favorite Color: Blue

Favorite Snack: Anything chocolate!

Hobbies: Exercise class, volunteer at The Healing Center, travel.

Something Interesting you may not know about me:

"I love to travel. I've been all over Europe, Eastern Europe, Israel, Australia, New Zealand and Hawaii. Last year I got to hold a koala and feed a joey. It was awesome."

Quote of the Week...

"An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus, and keep aiming."



"Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world."

*I can do ALL THINGS
through Christ
who STRENGTHENS me.*
—Phillippians 4:13



March 26, 2020

Dear Bruin Families,

I hope this second week of at home learning went well for you. We appreciate all of your patience and cooperation as we navigate through these unknown waters. Thank you for all those who participated in our Virtual Spirit Week on Facebook. It was so nice to see all of you. We are missing you very much! Tomorrow is St. Teresa Spirit Day! Let's see how many students we can get to participate!!

Important Information

- House Bill 197 has passed the following:
 - **ED CHOICE**

Limits the number of Ed Choice designated school buildings for the 2020-21 school year to those buildings previously eligible in the 2019-2020 school year.

Allows siblings of current scholarship recipients, incoming kindergarten students , and rising (8th grade to 9th grade) high school students to receive a performance-based scholarship for the 2020-21 school year if the buildings they attend or would attend meet these criteria.
 - **State Testing**

Waives state testing for the 2019-2020 school year.
 - **Approval of online learning during closure**

Chartered nonpublic schools to use distance learning to make up for any missed days or hours of instruction caused by the ordered closure of Ohio schools.
- Please continue to make sure your child(ren) is/are completing work daily and checking emails/google classrooms, etc. Teachers are still teaching and grades are being taken on work that should be completed. If you want to check in with your child's teacher to be certain your child is completing required work, feel free to reach out via email. Teachers are also reaching out to you if your child has not completed what is required of them. Communication is the key to success!
- At this time, music, art, and phys. ed classes are optional. These teachers will continue to provide opportunities for enrichment for students who would like to participate.

Please know that we, the faculty and staff of St. Teresa, are here for you. We are checking our emails regularly throughout the day. Please contact us through email if you have any questions or concerns during this time. If your child works with our intervention specialist or Title I teachers, please feel free to reach out to them as well if your child needs help with something. I will continue to send emails updating you, as well as posting fun ways to stay connected on Facebook. I look forward to seeing what special things you are doing during this time. Continue looking for the blessings each day.

God Bless,

Jennifer Ostertag
Principal



I hope I find you all well and safe. I am continuously getting updates and information, just like all of you. Below is what I can teach you about this information coming at us, and how we can help. It is two pages long, please send me an email if you have any questions.

I always find accurate information at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>, as well as <https://odh.ohio.gov/wps/portal/gov/odh/home> - and tune in to Fox 19 or Local 12 for updates and briefings.

If you have any questions **1-833-4-ASK-ODH** is ready at the phone from 9 am-8 pm, but expect a high-call volume. You can also email me and I will find the answer to your question with accurate resources from where I collect my data.

COVID-19 is a pandemic (worldwide spread) that is passed via contact (touching a surface that has the virus and then touching your mouth or nose) and droplet (being close to someone coughing or sneezing uncovered with the virus).

What does that mean? It means if someone carrying the coronavirus within 6 feet does not cover their cough or sneeze, you have the potential for being exposed. Which is why we all need to practice social distancing and stay **6 feet apart** as best you can, as well as covering our mouth and washing our hands. This social distancing is a prevention tactic that helps decrease the spread of this virus and can save many lives.

Although COVID-19 can look like a cold to one person, for those with a low immune system or who have a compromised immune system (ie: who have cancer, individuals 65 years and over, pregnant women, and individuals with immune-deficient health issues). These individuals would be in serious danger if they got the virus. Many possibly needing ventilators (machines to help breathe for someone, because their lungs cannot).

How can you help? Disinfect your homes twice a week, stay in and only go out for groceries, emergencies, or if you have to work outside of your home. When out of the house, stay 6 feet away and make sure to sanitize your hands and surfaces you touch. **AVOID TOUCHING YOUR FACE** - if you feel an itch, wash your hands/sanitize first.

Please understand, this is not a time for family gatherings, this is NOT a vacation by any means. This is a national health crisis and needs to be taken seriously. So postpone parties, avoid crowds of 10 people or more, and remember this is temporary until we can control this virus better.

Did you know...According to a study posted in *The New England Journal of Medicine* in March of 2020, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was detectable in the air for up to three hours, on copper surfaces for up to four hours, on cardboard surfaces for up to 24 hours, and up to two to three days on plastic and stainless steel surfaces. Remember what I said about touching surfaces and then touching your face? This is what I am talking about...without washing your hands for 20 seconds using an antimicrobial soap and water, you run the potential of exposure and continuing to spread it.

[New coronavirus stable for hours on surfaces | National Institutes of Health](#)

If you feel sick and have a temperature of 100 degrees or higher...

- stay home and keep to a certain room.
- stay a distance from other family members.
- cover your mouth and nose, wash your hands, and throw your tissues in the trash.
- monitor your temperature and call your doctor to let them know of your symptoms.
- keep yourself hydrated and rested.

*If you do have fevers, breathing difficulty, or severe coughing, these are coronavirus symptoms, but please don't panic. If rest and cold/flu medications are not taking care of it, you will want to speak to your doctor right away for treatment.

It is up to you to get tested, but resting at home, as you would do for something like the flu, is what they will probably recommend as there are not very many tests. The treatment is no different than what you already know.

This is typical prevention tactic nurses and doctors teach individuals on any given day to help prevent the spread of germs, such as the flu. We are taking normal action, but we are being more strict on using it instead of just practicing it. These are the steps that will help limit the spread of the virus to save our nation's population, and it all starts with you and your family.

Resources to help guide you:

1. Follow Gov. DeWine (@govmikedewine), The CDC (@cdcgov), and Ohio Department of Health (@ohiodepartmentofhealth) on **Twitter** and **Instagram**, if you have them. This resource is to access quick information regarding updates and prevention of coronavirus.
2. [Resources for Parents and Families](#)
3. [Kids and COVID-19](#)
4. A helpful video by Dr. Emily Porter, MD that helps the visual learner about how social distancing should be practiced [Rep. Katie Porter's Doctor Sister Explains The Power of Social Distancing | NowThis](#)
5. A helpful video by the same emergency room physician that explains why wearing a mask, if you never usually do, can cause more harm than good, as well as limit supplies to your healthcare providers [How coronavirus is spread and why wearing a mask may hurt you by Emergency Physician Dr Emily Porter](#)

Please email me with any questions or concerns and I will get back to you within the day.

Thank you, Kate Gross BSN, RN gross_k@stteresa.net

Symptoms	Coronavirus* (COVID-19 CoV) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Rare	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention