



# THE BRUIN BULLETIN

## St. Teresa of Avila



Mrs. Ostertag, PrincipalFebruary 18, 2021471-4530/ [www.stteresa.net](http://www.stteresa.net)



### “Radiate Christ”



#### School News



- ❖ Please complete and return your Registration Packet with your payment as soon as possible.
- ❖ There will be NO Drop off/Pick up for remote learners today.
- ❖ Our Hugs of Hope Out of Uniform will be tomorrow.
- ❖ Please see Mrs. Ostertag’s letter about IOWA Testing attached.

#### **UPCOMING EVENTS**

Sat., February 20	11 am First Reconciliation
Sun., February 21	1 <sup>st</sup> Sunday of Lent <b>Happy Birthday</b> <b>Mrs. Collins!</b>
Mon., February 22	IOWA Testing This Week
Tues., February 23	7 pm Bingo
Wed., February 24	
Thurs., February 25	<b>Happy Birthday</b> <b>Mrs. Hunter!</b> <b>Spirit Day!</b> 2:45 – 3:30 Drop off/Pickup
Fri., February 26	Last Day for Registration To Guarantee a Spot 12:45 Stations of the Cross



*Congratulations to our second graders who will receive the Sacrament of Reconciliation this coming Saturday!*



Lent





# PTG News



## *Split the Pot*

Since our PTG meeting was a mix of in person and virtual we didn't have our normal *Split the Pot* so let's do it now and pull a lucky winner on the luckiest day of the year, St Patricks Day! Tickets will be sold individually for \$5 each or get a bundle at 5 for \$20! Send cash or check made payable to St Teresa PTG by Monday, March 15 c/o Oliver Hageman 6A.



## History Fair Winners

**Congratulations to this year's History Fair Winners:**

### Gold Medals

Tommy Tierney and Max Crawford  
Ruby Hart  
Nora Darnell and Elsie Whitmer  
Claire Pfeiffer  
Riley Latscha

### Silver Medals

Emily Adams  
Maire Brogan  
Ethan May and William Hebenstreit

### Bronze Medals

Anthony Alter and Brody Morgan  
Erik Dieckmann  
Jahvier Mooney and Ryan Goodman  
Kayla Slayback and Mayahti Smith

## Quote of the Week...

*"The day you fall in love with learning, your life changes forever."*

Matthew Kelly



## Athletic News



### *Girls' Softball (Grades K – 4)*

We are looking for more girls who are interested in playing softball. All abilities are encouraged to participate! Contact Dan Ebbers at 383-4484, [DJEbbers75@gmail.com](mailto:DJEbbers75@gmail.com) or Brian Brown 646-0709, [Brian.Brown513@gmail.com](mailto:Brian.Brown513@gmail.com).





February 18, 2021

Dear St. Teresa of Avila Parents and Students,

It's time for our IOWA assessments! All students in grades 2-8 will take the CogAt and Iowa Test of Basic Skills every morning next week. Testing will begin each day at 8:00 AM. It is very important that students are on time for school next week.

All remote students will login to zoom as they normally do each day. Teachers will give directions for the day and for logging in to the daily IOWA test. If you have a child testing remotely in Gr. 2-3 who needs help logging in, by all means go ahead and help. Obviously, when it comes to taking the test, children do the work themselves and if they have a question, they should ask the teacher. Keep in mind teachers will be monitoring students in the classroom and those who are remote, so please remind your child to be patient if the teacher is not immediately available at her computer screen.

As was the case in the fall, here are some helpful tips to put in place at home for your child(ren) to prepare for testing:

- Get a good night's sleep. Go to bed at a reasonable time and refrain from using devices after bedtime.
- Eat breakfast! A healthy breakfast is best, but any breakfast is better than no breakfast.
- Arrive to school on time or if remote, login on time!
- Give the best possible effort.

If you have any questions about IOWA assessments, please reach out to your child's teacher. ***Thank you for your support*** as we work cooperatively to help all of our students achieve great success!

God Bless!

A handwritten signature in black ink, appearing to read "Mrs. Jennifer Ostertag".

Mrs. Jennifer Ostertag



February 18th, 2021  
Hello Bruin Families!

This week my letter is an educational resource about the COVID/ COVID vaccination. Most of our staff and teachers have opted to get their first vaccination last Thursday, the vaccine clinic in Avila Hall went wonderfully!

The information below is summarized reflecting the knowledge and guidance of Infectious Disease and Public Health Physicians listed on this webinar, provided by the Cincinnati Children's Hospital and Medical Center:

<https://cchmcstream.cchmc.org/MediasiteEX/Play/d3ab08f09b44438c977833651d217ecb1d>

1. The Bundle (mask-wearing, hand-washing, distance-keeping) is working - please continue! This pertains to inside and outside as to prevent the increased rate of transfer within the school.
2. We are in Phase 1B - about 2.2 million Ohioans qualify for this stage.
3. The COVID vaccine is not 100% effective, but neither is the flu shot or other forms of prevention. Yet - we still have a fighting chance when given a form of prevention, as opposed to no protection at all.
  - a. The vaccine includes the antibodies to the "spike protein" that surrounds the virus. This means that the antibodies will connect like a puzzle piece to the spike protein, instead of the spike protein linking to our human cell.
  - b. Variants: Aren't there different types of COVID? How will I know I am protected?
    - i. Yes there are variants of COVID, that is expected of any virus actually. By continuing the Bundle and by protecting your body with the vaccine, the only way we know if it covers in through time.
  - c. How long are we protected? That isn't something we know just yet, the first vaccination only went out December 14th. However, mRNA vaccination in practice and in trial have been very effective and the reactions of the inflammatory response are as expected.
  - d. What are normal reactions to this vaccine? Your inflammatory response to the vaccination will look like a fever, muscle aches, chills, headache, fatigue, sore arm..about 10 + hours later. To have expected responses to the vaccination is completely normal, and not adverse effects.
4. IF you are positive for COVID and experiencing symptoms, you are less likely to be contagious after 9-14 days if as long as you're not coughing or uncontrollably sneezing/runny nose. (Spit/mucus make it much easier to become contagious)

5. IF you are positive for COVID and not experiencing symptoms, it is hard to tell when your day 1 may have been - even more reason to keep improving on keeping the mask on, washing your hands, and distancing yourself!
6. Can we relax on the Bundle after the teachers are vaccinated?
  - a. Nope! We won't see a relax on the mask-wearing until we see a decreased rate of transmission of viral activity in our region as opposed to number of vaccinated individuals
  - b. With that being said, hopefully the number of vaccinated individuals will contribute to the decreased rate of transmission (herd immunity)
7. What if I get the first dose of vaccine, then get COVID - can I have the second dose?
  - a. Yes absolutely. The doctors say natural infection should not replace the vaccine, as it is unreliable. After 10 days of isolation, and no longer acutely ill, you are able to get the second dose at your 28-30 day marker.
  - b. If in the case that the positive individual were to receive treatment in the hospital, say the antibody serum, it is recommended to wait 90 days until vaccinating. The reason behind this is so the antibiotics from the serum don't deactivate the vaccine.
8. Should I take Ibuprofen or Tylenol before getting the vaccination?
  - a. No. You want your body to fight back on this vaccine - refer to normal side effects under number 3d. By taking an anti-inflammatory drug, like Ibuprofen, prior to getting the vaccination, you are causing interference to your body's natural response. Plus, you don't feel the response until about 10 hours after. It wouldn't be doing much good.
  - b. If you become uncomfortable later in the day, take a Tylenol to help remedy the fever and muscle aches.
  - c. Personally - the first dose I felt nothing but fatigue and a sore arm later that day, the next day felt fine! The second dose packed a bit more punch, I had muscle aches, fever and fatigue that evening. I allowed my fever to get to an uncomfortable 101.5 degrees and then took 500mg Tylenol once, which did the trick. The low grade fevers I managed on my own, the muscle aches I stretched a ton and drank plenty of water. The response effects were gone by the next day.
  - d. The responses can last from 24-48 hours, again normal.

Below are a few more resources regarding the vaccination, as well as myth busters from CCHMC. Please send me an email if you have any questions or need more resources!

<https://healthcollab.org/testandprotectcincy/>

<https://healthcollab.org/vaccine-info/>

<https://www.cincinnatichildrens.org/patients/coronavirus-information/vaccines/busting-myths>

In health and wellness,  
Kate Gross BSN, RN

St. Teresa  
PTG  
Split the Pot

**Tickets Due: Monday 3/15**  
**Drawing: Wednesday 3/17**



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

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**\$5.00**

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