

Upcoming events at...

St. Joan of Arc

November 5-10, 2018

Monday, November 5

Gr. 7 trip to Hershey Theatre 12:30-2:45
Karate
Student Council Meeting
Edge
Board of Education 7:00

Tuesday, November 6

Election Day
Scouts may wear Scout uniform
Scrip must be in by 9:00 a.m.
Cheerleading 3:00-4:00

Wednesday, November 7

Walking Wednesday 7:30-7:50
9:00 student Mass prepared by students in 3A
Confessions during lunch –Father Roth
Soccer shots Pre K 2:45-3:15, K-3 from 3:15-4:00
Bishop McDevitt Open House 7:00-9:00
Dinner for Dollars at Fuddruckers

Thursday, November 8

Science Explorers
PTO Meeting 6:30

Friday, November 9

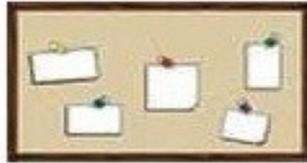
Parent Conferences K-Grade 4 (no school for those students)
No GoSTEAM K-2 from 3:00-4:30

Saturday, November 10

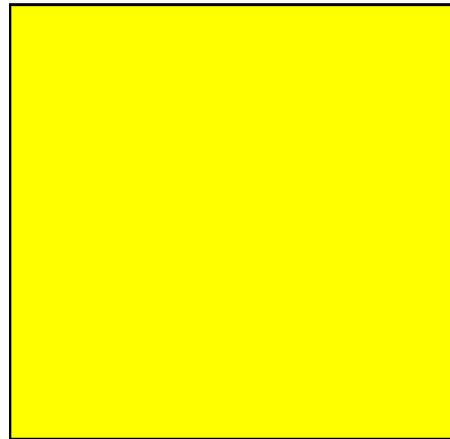
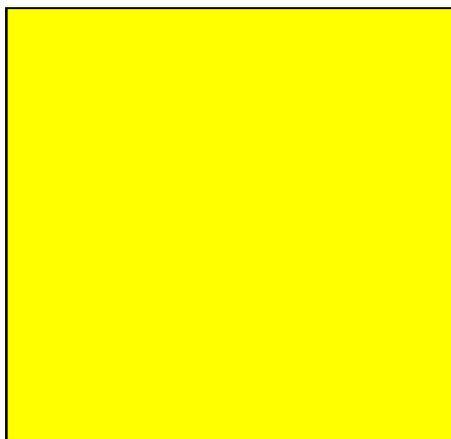
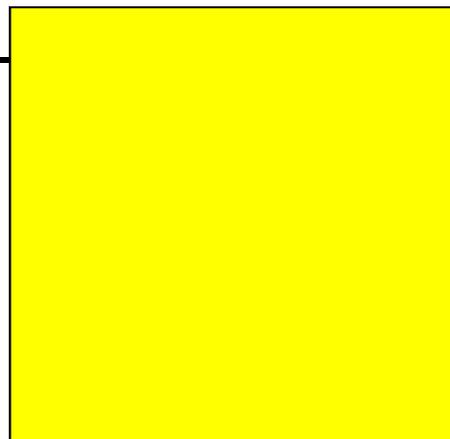
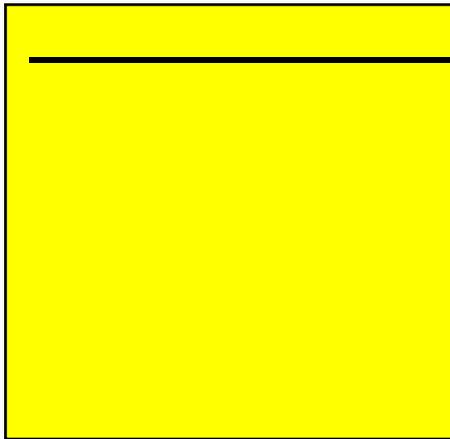
CCW Christmas Bazaar



ST. JOAN OF ARC IS A BLUE RIBBON SCHOOL!



SJA Online Bulletin Board



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sreileen@stjoanhershey.org



Dinner for Dollars

Help raise money for

St. Joan of Arc School PTO

By coming to the Fuddruckers Dinner for Dollars!

When: Wednesday, November 7th

Where: Hershey Fuddruckers

Time: All Day

Simply present the ticket below to your server when dining at Fuddruckers and 20% of the cost of your meal will go directly to the St. Joan of Arc School PTO.

Enjoy!



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Fuddruckers Fundraiser Ticket
To Benefit:

St. Joan of Arc School PTO



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To Benefit:

St. Joan of Arc School PTO





pennsylvania
EMERGENCY MANAGEMENT AGENCY



MONTHLY
November 2018

Holiday Safety



Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Traveling for the Holidays? Be Prepared

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. In 2015, 355 people died on New Year's Day, 386 on Thanksgiving Day, and 273 on Christmas Day, according to Injury Facts 2017. Alcohol-impaired fatalities represent about one-third of the totals.

- Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance traveled
- Put that cell phone away; many distractions can occur while driving, but cell phones are the main culprit
- Properly maintain the vehicle and keep an emergency kit with you
- Be prepared for heavy traffic, and possibly heavy snow

IN THIS ISSUE

- Holiday Safety
- Winter Weather Awareness Week
- ReadyPA Tip Sheet: Winter Weather Checklist

Don't Give the Gift of Food Poisoning

The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:

- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Wash your hands frequently when handling food



FOOD SAFETY

Holiday Safety (continued)

Cook with Caution



- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire:

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled
- For an oven fire, turn off the heat and keep the door closed.



If you have any doubt about fighting a small fire:

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or your local emergency number from outside the home.

DID YOU KNOW?



U.S. fire departments respond to an average of **166,100** home fires per year involving cooking equipment.

Thanksgiving is the leading day for home fires involving cooking equipment, with **4** times the average number.



Two-Thirds of American households cook at least one hot meal per day.

Something that could catch fire was too close to the equipment on **10%** of cooking fires and **23%** of deaths.



More than **one-third** of home decoration fires are started by candles.

42% of decoration fires happen because decorations are placed too close to a heat source.



Winter Weather Awareness Week (November 12 - 16)



From a record wet summer, we're quickly turning our attention to what kind of winter is in store for Pennsylvania. More warmth, more snow, ice storms? The National Weather Service (NWS) issued a winter outlook in mid-October calling for above average temperatures and near normal precipitation for the winter in Pennsylvania. While the three-month winter average may look manageable, don't expect a cold-free, snow-free winter either. Pennsylvanians know all too well

that we need to prepare for winter weather hazards, regardless of the long-term predictions. Check out some terms and tips below.

NWS Defines Winter Terms

- ♦ **Blizzard:** Sustained winds or frequent gusts of 35 mph or more with snow and blowing snow, frequently reducing visibility to less than a quarter mile for 3 hours or more.
- ♦ **Blowing Snow:** Wind-driven snow that reduces visibility. Blowing snow may be falling snow and/or snow on the ground can get picked up by the wind.
- ♦ **Snow Squalls:** Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant.
- ♦ **Snow Showers:** Snow falling at varying intensities for brief periods of time. Some accumulation is possible.
- ♦ **Flurries:** Light snow falling for short durations with little or no accumulation.
- ♦ **Freezing Rain:** Rain that freezes when it hits the ground; creating a coating of ice on roads, walkways, trees and power lines.
- ♦ **Sleet:** Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Winter Weather Messages

Look for messages from the National Weather Service to alert you of upcoming winter weather hazards. The NWS can issue three levels of products, with warnings being the most serious threat level.

WATCH
Be Prepared
ADVISORY
Be Aware
WARNING
Take Action

Snow Squalls – Driver Dangers!



"Snow squalls pose serious threats to personal safety and property and produce costly transportation disruptions due to multi-vehicle pileups."
For more information visit weather.gov

THERE IS NO SAFE PLACE ON A HIGHWAY WHEN SNOW SQUALLS ARE APPROACHING

Snow squalls briefly produce sudden white-out conditions and can combine with falling temperatures to produce icy roads in just a few minutes. Squalls have resulted in numerous multi-vehicle accidents with death and injury in Pennsylvania.

How do you avoid the hazards of snow squalls? The only safe option is to avoid or delay travel. NWS now issues snow squall warnings due to the dangers associated with driving in snow squalls. Vendors offer options to sign up

for these alerts to your email and phone to help you plan your travel.

PEMA is Social!

Find us, visit us, like us, tweet us, retweet us!



Twitter

<https://twitter.com/ReadyPA>

<https://twitter.com/PEMAdirector>

Facebook

<https://www.facebook.com/BeReadyPA>

PEMA Can Also be Found on the Web!

Be Informed, Be Prepared, and Be Involved!



www.Ready.PA.gov



pennsylvania

EMERGENCY MANAGEMENT AGENCY

www.pema.pa.gov

Preparedness Events in November

Critical Infrastructure Security and Resilience Month

(www.dhs.gov/cisr-month)

Military Family Month

(www.military.com/military-family-appreciation-month)

Winter Weather Awareness Week (11/12 to 11/18)

(www.weather.gov)

Additional Resources

Pennsylvania Emergency Management Agency: www.pema.pa.gov

ReadyPA: www.Ready.PA.gov

SERVPA: www.Serv.PA.gov

Federal Emergency Management Agency: www.fema.gov

Office of the State Fire Commissioner: www.osfc.pa.gov

Pennsylvania Department of Human Services: www.dhs.pa.gov

Pennsylvania Department of Health: www.health.pa.gov

PA State Animal Response Team: www.pasart.us

PA Department of Transportation: www.penndot.gov

PA511Connect: www.511pa.com

Pennsylvania State Police: www.psp.pa.gov



Are you Ready^{PA}?

ACTION SHEET

Winter Weather Checklist



Maintain heating equipment with annual cleanings



Insulate your home by installing Storm Windows or adding Plastic covering

Dress in several layers of lightweight clothing



Wear waterproof boots to keep warm and dry and maintain your footing



Bring pets indoors during winter



Avoid black ice on the roads by looking for a slight sheen on the surface of the road



Listen to the news or the national weather service for critical info

Low-Income Home Energy Assistance Program (LIHEAP)

The Low-Income Home Energy Assistance Program, also known as LIHEAP, opens November 1, 2018.

LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant. Crisis grants also are for households in immediate danger of being without heat. With cash grants, a one-time payment is sent directly to the utility company/fuel provider, and will be credited on your bill. Cash grants range from \$200 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid. For further information on LIHEAP or to apply for assistance, go to www.dhs.pa.gov/citizens/heatingassistanceliheap/index.htm.



LIHEAP

St. Joan of Arc Intramural-Skill Development **Basketball Registration Checklist**

A full registration packet must be completed for each player.

_____ Registration Form/Emergency and Medical Information

_____ Concussion and Traumatic Brain Injury

_____ Cardiac Arrest

_____ Participation fee:

\$75.00 for the first Child; \$50.00 for each subsequent Child

(All Checks should be made Payable to St. Joan of Arc Boys Basketball)

Participation in St. Joan of Arc's Basketball Intramural/Skill Development Program is open to Boys and Girls in 1st and 2nd grades who attend St. Joan of Arc or Parishioners of St. Joan of Arc or Holy Spirit who attend religious education classes. There will be seven sessions that take place on the following dates (Fridays): 11/30, 12/07, 12/14, 1/04, 1/11, 1/18, and 1/25. The time will be 3:15 - 4:30 pm. Please drop-off registration packets at the School Office during normal business hours. All registrations are due by Friday, 11/16. For questions, please contact Mike Wolfe at mwrw4@comcast.net.

St. Joan of Arc Intramural-Skill Development Basketball Registration Form

Athlete's Name _____
Last First Middle Initial

Home Address: _____

Date of Birth: ____/____/____ Grade: _____ Shirt Size: _____

Parish: _____ Attends REP? (If Applicable) _____

School: _____

Parent's Name: _____

Address: _____

Home Phone Number: _____ Cell Phone: _____

Email Address: _____

EMERGENCY CONTACT:

Name: _____ Primary Contact #: _____

Relationship to Athlete: _____ Secondary Contact #: _____

E-mail Address: _____

HEALTH INSURANCE INFORMATION:

Insurance Company: _____ Policy #: _____

Insured Name: _____

Student Health Conditions of which the Coach and/or Emergency Personnel should be aware: _____

I, the undersigned, understand it is my responsibility to determine my child's physical and mental ability to participate in basketball activities. A physical examination by your family physician is recommended by the school at the beginning of each season.

I agree that in the event no guardian or alternate contact can be reached during a medical emergency, professional services will be utilized to provide the necessary care for my child.

My child has permission to participate in St. Joan of Arc Intramural Basketball. I agree not to hold the Parish, Coaches or School responsible for any injury or illness incurred while participating in this activity including practices and games.

Parent/Guardian Signature

Date

ST. JOAN OF ARC BASKETBALL

UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Difficulty paying attention
- Memory problems
- Confusion
- Feeling sluggish, hazy, foggy, or groggy

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion?

Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date _____

ST. JOAN OF ARC BASKETBALL

UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- weakness
- nausea
- vomiting
- chest pains
- fatigue (extreme tiredness)

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses, and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Parent _____

Date ___/___/___



PennState
PRO Wellness



CONGRATULATIONS!

The *Hershey Bears*® would like to present you with a complimentary 200 level ticket to an upcoming *Hershey Bears* hockey game for taking part in the Penn State Pro Wellness Healthy Champions program. **Please circle the game you would like to attend:**

Saturday, November 3, 2018 – 7pm
Friday, November 16, 2018 – 7pm

Sunday, November 4, 2018 – 5pm
Saturday, November 17, 2018 – 7pm

For game day information please visit HersheyBears.com. Family and Friends receive exclusively priced tickets for just \$16.00 (a savings of up to \$7.00)!

Quantity	Tickets	Total Price
1	Complimentary Ticket	\$0.00
	Additional tickets @ \$16.00	
	Total Due	

Completed order form can be mailed to: Janet Dise, *Hershey Bears* Hockey Club; 550 W. Hersheypark Dr., Hershey, PA 17033. You can also fax or email the form to: (717)520-5102 or jdise@hersheypa.com. If purchasing tickets by phone, please call (717)534-3352. Tickets will be mailed to the address given below. Make checks payable to *Hershey Bears*. **This voucher is non-transferrable and cannot be redeemed at *Giant Center* SM Arena Box Office.**

Deadline to order is the Monday prior to each game.

Parent Name _____

Home Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Credit Card _____

Expiration Date _____

Signature _____