



St. Pius X Catholic School

G-3139 Hogarth Avenue Flint, Michigan 48532 Tel: 810-235-8572 Fax: 810-235-2675

Website: www.spxparish.com E-mail: principal@stpiousxcatholic.org

The mission of St. Pius X Catholic School is to provide superior academics in a joyful, safe, welcoming, Catholic, family environment.

Newspaper and Internet Permission Advisory

Diocesan policy requires all students to have a signed permission form filed in the school office in order to use their photo on our website or in a local newspaper. Please read the following student safeguards and call the school office if you have any questions before signing this form.

Student Internet Safeguards Advisory

- Web page documents or photos will not include student's names, initials or grade.
- Television, newspaper and magazine articles with photos may require us to provide student names and city for them to be published. These papers include The Catholic Times, The Flint Journal, Swartz Creek News, Flint Township News, Grand Blanc News, Davison Flag Staff, Clio Messenger, Fenton Press, Flushing Observer, Burton News and Faith Magazine.

Pesticide Prior Notification Advisory

As part of the Diocese of Lansing school district's pest management program, pesticides are occasionally applied. Phoenix Pest Services comes to St. Pius X on the *first Wednesday of each month*. If any *additional* applications are needed you have the right to be informed about that pesticide application. In certain emergencies, pesticides may be applied without prior notice, but you will be notified as soon as possible following any such application. If you need prior notification of *additional* applications, please submit a request in writing to the address listed below:

St. Pius X Catholic School
G-3139 Hogarth Avenue
Flint, Michigan 48532
(810) 235-8572

You may also contact the principal at **810-235-8572** if you have any questions regarding this letter.

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache
Pressure in the Head
Nausea/Vomiting
Dizziness

Balance Problems
Double Vision
Blurry Vision
Sensitive to Light

Sensitive to Noise
Sluggishness
Haziness
Fogginess
Grogginess

Poor Concentration
Memory Problems
Confusion
“Feeling Down”
Lost Consciousness

Not “Feeling Right”
Feeling Irritable
Slow Reaction Time
Sleep Problems

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY – DON’T HIDE IT, REPORT IT.** Playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery. A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY –** Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student, who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION –** Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can’t recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

One pupil larger than the other, is drowsy or cannot be awakened, a headache that gets worse, weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people/places, becomes increasingly confused, restless or agitated, has unusual behavior, loses consciousness (even a brief loss of consciousness should be taken seriously.) In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he must be kept out of athletic activity the day of the injury. The student shall only return to activity (practice, scrimmage or competition) with written unconditional permission from an MD, DO, Physician’s Assistant or Nurse Practitioner. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

DIOCESE OF LANSING CATHOLIC SCHOOLS AND PARISH EDUCATIONAL PROGRAMS
ACCEPTABLE USE CONTRACT FOR STUDENT & PARENT TECHNOLOGY

The Diocese of Lansing, Department of Education and Catechesis encourages and strongly promotes the use of technology in the Catholic schools and parish Educational Programs of the Diocese. To ensure that students can make full use of the technologies available, all use of technology must have proper authorization and follow the diocesan, parish, and school terms, conditions and regulations for the use of Internet and other technologies including, but not limited to, computers, telephones, video, fax, and digital camera.

These procedures apply to all computers/technologies whether located at school, parish center or office, home, or anywhere else.

1. I will not use a computer on school/parish grounds unless an adult is present.
2. I will follow the Diocese of Lansing's and the school's and parish's code of ethics for Internet and technologies. (Diocesan Policy #6142.1 and Administrator's Regulations)
3. I will use only authorized computer disks. I will not use a disk from outside the school or parish until it has been virus checked by the school and authorized for use in the school or parish.
4. I will respect the privacy of others. I will not use another person's computer or computer disks without permission. I will not use another's password, file or identity code. If I enter another's file or know that another person has, I will notify my computer teacher, principal or parish catechetical program leader.
5. I will respect my safety and that of others. I will not reveal my personal address or phone number through the use of technology. I will not allow another person to reveal my personal address or phone number through the use of technology. I will not reveal the name, address or phone number of others through the use of technology without their permission. I will not transmit or use photographs of others without their permission.
6. I will respect the laws of the United States, its individual states, and foreign countries in regard to copyrighted material; threatening, violent, or harassing material; obscene material and material protected by trade secret.
7. I will not submit, publish, or display any defamatory, inaccurate, abusive, obscene, profane, sexually oriented, threatening, racially offensive, or illegal material; nor encourage the use of controlled substances.
8. I will use technology in a way which preserves it and which is an acceptable use of it. I will not vandalize the school or parish or anyone person's data, software, hardware or technological equipment.
9. I will attend and participate in one training session on acceptable use of the Internet and local area network and return this signed form before I am granted the privilege of access.
10. I will not use any electronic device at school that has the capabilities to access the internet while at school.

Access and use of the Internet, local area networks, computers and other technologies is a privilege for the user. I have read and understand the contract for use of this privilege. I accept the terms, conditions and regulation of this contract. I understand the school can change this policy at any time and for any reason.