



# SAINT MARK CATHOLIC ACADEMY

A Guiding Light in Sheepshead Bay

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November 13, 2024

Dear Families:

As you all know, Saint Mark Catholic Academy is celebrating its 100<sup>th</sup> anniversary this year, but did you know that there's another important birthday this year, too?

This coming Monday is Mickey Mouse's 96<sup>th</sup> birthday—he looks pretty good for someone who's pushing one hundred! Like our school, the Walt Disney Company itself just marked its 100<sup>th</sup> year of operation. Just think of where the company would be—or would *not be*—without Mickey! As a big Disney fan myself, I'd can't even imagine Disney without the Mouse!

In fact, it was Walt Disney himself who said, "I only hope that we never lose sight of one thing—that it all started with a mouse." Mr. Disney was making two points: Don't forget where you came from, and a small idea can grow into something monumental!

While Saint Mark Catholic Academy isn't a multibillion-dollar corporation, I think it's important that on our 100<sup>th</sup> anniversary, we remember our roots. In 1924, Saint Mark School started because of a simple, but important idea, to provide a Catholic education for the families in Sheepshead Bay, Brooklyn.

I also think it's important that we remember our modest beginnings; the first graduating class in 1928 was 13 students. When our school first opened, there were only classrooms on the East 19<sup>th</sup> Street side of the building, and there was no gym! Additional classrooms and a gym were added in the 1950s as part of a major renovation. We now have multiple classes on a majority of our grade levels, and classroom space is at a premium. Look at how far we've come and how much we have grown!

Monday is a free Disney dress down to celebrate Mickey's birthday, but I think it should also be a reminder to all of us that from the smallest of ideas—even a mouse—great things can grow!

Sincerely,

Mr. Mark Wilson  
Principal

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**Continuing the tradition of faith, service, and education.**

2602 East 19th Street, Brooklyn, New York 11235 | (718) 332-9304 | [smcaonthebay.org](http://smcaonthebay.org)

# FREE Disney DRESS DOWN DAY!

MONDAY, NOVEMBER 18, 2024

CELEBRATING MICKEY MOUSE'S 96<sup>TH</sup> BIRTHDAY!



Although it is a dress down day, students are reminded to dress with modesty. Students should adhere to the following attire as described in the Parent-Student Handbook:

- Appropriate length skirt, shorts or dress – no shorter than 3" above the knees
- No torn or tight jeans or pants
- No spaghetti strap tanks, midriffs, tube tops, etc.
- No logo type T-shirts
- No hats (unless specifically designated)
- No loose/baggy pants or shorts
- No make-up or nail polish (including gels/French manicures)
- No hoop earrings or excessive jewelry
- No jeggings, leggings or skinny jean

Parents will be called to bring a change of clothes for students who do not adhere to these regulations.

# SAINT MARK'S ANNUAL THANKSGIVING FEAST IS BACK AGAIN!

For many years, it has been tradition at Saint Mark Catholic Academy for the entire school community to gather for a Thanksgiving dinner the Wednesday before Thanksgiving.

From 3K all the way through 8th grade, classes sit together in the gym Wednesday morning to share a meal. It truly exemplifies what Thanksgiving is all about!

**TAKE A LOOK AT THANKSGIVING DINNER  
FROM 2016:**

<https://www.youtube.com/watch?v=t6kk2k4pTCw>

As you can imagine, we need a lot of food since we're feeding over 350 students, plus faculty, staff, and family and friends.



**That is why we rely on donations from our families to supply the food for our Thanksgiving celebration.**

**Please visit the link below to donate. Keep in mind that part of your "donation" includes cooking the food and bringing it to school. We appreciate your help and look forward to celebrating Thanksgiving together!**



**Please complete the survey by Monday, November 18th. Families who volunteer to contribute will be contacted separately.**

**THANK YOU!**

**DONATION LINK:**

<https://forms.gle/KjfgQ78ccVAp2Gvr9>





## Department of Health

KATHY HOCHUL  
Governor

JAMES V. McDONALD, M.D., M.P.H.  
Commissioner

JOHANNE E. MORNE, M.S.  
Executive Deputy Commissioner

### **IMPORTANT NEWS FOR SCHOOLS AND CHILDCARE FACILITIES**

Each year, to comply with New York State Public Health Law (PHL) § 613, licensed and registered day care programs, nursery schools, pre-K, kindergarten, school-age childcare programs, and public and non-public schools are required to post information about influenza (flu) and the benefits of flu vaccination at the start of flu season in early fall. Flu vaccination is more important than ever because the flu, respiratory syncytial virus (RSV), and the virus that causes COVID-19 may all be spreading. Flu vaccination will help reduce the spread of flu, ease the burden on our health care system, and reduce the number of illnesses that interrupt education and lead to absences.

Information must be posted starting now “in plain view” in your facility where visitors can easily see it, **or** posted electronically, e-mailed, or mailed to families of all students. To help you comply with this requirement we’re sending the publication, ***Parents: Fight Flu at Home and School***. It is geared to parents and guardians and explains why flu is serious, provides signs and symptoms of the disease, and recommends annual flu vaccination to protect children from flu. Feel free to print and post this publication. It is available, along with other flu information, for free and in multiple languages here:

- The New York State Department of Health:  
[www.health.ny.gov/diseases/communicable/influenza/seasonal/child\\_care\\_and\\_schools/](http://www.health.ny.gov/diseases/communicable/influenza/seasonal/child_care_and_schools/)

Additional free materials about flu and flu vaccination are also available from the organizations listed below.

- Centers for Disease Control and Prevention:  
<https://www.cdc.gov/flu/resource-center/index.htm>
- Information specific to New York City Schools is available through the New York City Department of Health and Mental Hygiene:  
[www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page](http://www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page)

The flu vaccine is the best way to prevent flu. It is recommended for everyone 6 months of age and older every year. Getting vaccinated can prevent flu-related hospitalizations and deaths in children. The vaccine can also reduce flu illnesses, doctor’s visits, and missed work and school days.

If you have questions about complying with PHL§ 613, please feel free to contact the State Health Department’s Bureau of Immunization at [immunize@health.ny.gov](mailto:immunize@health.ny.gov) or call (518) 473-4437.

Thank you for helping educate families about flu and the importance of flu vaccination.

August 2024



**NOTICIAS IMPORTANTES PARA LAS ESCUELAS Y LOS CENTROS  
DE CUIDADO INFANTIL**

Cada año, para cumplir con el Artículo 613 de la Ley de Salud Pública del Estado de Nueva York (PHL, por sus siglas en inglés), los programas registrados y autorizados de cuidado diurno, guarderías, prejardines de infantes, jardines de infantes, programas de atención para niños en edad escolar y escuelas públicas y no públicas deben publicar información sobre la influenza (gripe) y los beneficios de la vacunación contra la gripe al inicio de la temporada de gripe a principios del otoño. La vacuna contra la gripe es más importante que nunca porque la gripe, el virus sincicial respiratorio y el virus que causa COVID-19 se están propagando. La vacuna contra la gripe ayudará a reducir la propagación de la enfermedad, aliviará la carga sobre nuestro sistema de salud y reducirá la cantidad de enfermedades que interrumpen la educación y conducen a ausencias.

La información debe publicarse a partir de ahora a “plena vista” en su centro donde los visitantes puedan verla fácilmente, o enviarse por correo electrónico o correo postal a las familias de todos los estudiantes. Le enviamos la publicación para ayudarlo a cumplir con este requerimiento, **Padres: luchen contra la gripe en la casa y en la escuela**. Está dirigido a padres y tutores, y explica por qué la influenza es algo serio, ofrece las señales y síntomas de la enfermedad, así como recomienda la vacuna anual contra la gripe para proteger a los estudiantes. Siéntase libre de imprimir y publicar esta publicación. Está disponible en forma gratuita y en varios idiomas, junto con otra información de la gripe.

- Departamento de Salud del Estado de New York  
[www.health.ny.gov/diseases/communicable/influenza/seasonal/child\\_care\\_and\\_schools/](http://www.health.ny.gov/diseases/communicable/influenza/seasonal/child_care_and_schools/)

También hay disponible material gratuito adicional sobre la gripe y la vacuna contra la gripe por parte de las organizaciones indicadas más abajo.

- Centros para el Control y Prevención de Enfermedades  
<https://www.cdc.gov/flu/resource-center/index.htm>
- Hay información específica de las escuelas de la ciudad de Nueva York disponible a través del Departamento de Salud e Higiene Mental del Estado de New York, aquí:  
[www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page](http://www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page)

La vacuna contra la gripe es la mejor forma de evitarla. Se recomienda todos los años para todos los que sean mayores de 6 meses de edad. Vacunarse puede evitar hospitalizaciones y muertes infantiles relacionadas con la gripe. La vacuna también puede reducir enfermedades originadas por la gripe, consultas médicas, así evitar inasistencias al trabajo y a la escuela.

Si tiene alguna pregunta sobre el cumplimiento del Artículo 613 de la PHL, por favor siéntase libre de comunicarse con la Oficina de Vacunación del Departamento de Salud del estado a [immunize@health.ny.gov](mailto:immunize@health.ny.gov) o llame al (518) 473-4437.

Gracias por ayudar a educar a las familias sobre la gripe y la importancia de su vacuna.

Agosto de 2024



# Fight Flu at Home and School

**Influenza (flu), spreads easily and can make people very sick, especially kids. You can help stop flu!**

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## Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

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## Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it altogether.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Make sure people close to your children, like babysitters and relatives, are also vaccinated.
- The vaccine is especially important for young children and people of all ages with certain health conditions like asthma, diabetes, and heart or lung conditions. The flu can make them even sicker.

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## If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- Young children and those with certain medical conditions, like asthma, diabetes, and heart or lung disease, are at greater risk for getting seriously ill from the flu.
- If your child gets flu symptoms, call their health care provider and ask if antiviral treatment is right for them.
- If you are worried about your child, call their health care provider.

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## Don't spread flu!

- Stay home if you are sick.
- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

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[health.ny.gov/flu](https://health.ny.gov/flu)



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# Combatamos la gripe en casa y en la escuela

La influenza (gripe) se contagia fácilmente y puede hacer que las personas se enfermen mucho, en especial los niños. ¡Ustedes pueden ayudar a prevenir la gripe!

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## Algunos síntomas de la gripe son:

Fiebre o escalofríos, dolor en el cuerpo, tos, dolor de garganta, dolor de cabeza, secreción o congestión nasal, sensación de cansancio. Algunas personas, en especial los niños, pueden tener problemas estomacales y diarrea. A diferencia del resfriado, la gripe aparece de repente.

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## ¡Prevenamos la gripe!

- La vacuna antigripal es la mejor protección contra la gripe. Se recomienda que todas las personas mayores de 6 meses reciban la vacuna de forma anual.
- Vacúnense ustedes y sus hijos contra la gripe todos los años. La vacuna hace que la gripe sea más leve o la previene por completo.
- Si se vacunan a principios de otoño, estarán protegidos cuando comience la temporada de gripe.
- Asegúrense de que las personas cercanas a sus hijos, como niñeras o parientes, también se vacunen.
- La vacuna es de particular importancia para los niños pequeños y las personas con ciertas afecciones de salud, como asma, diabetes y enfermedades cardíacas o pulmonares, ya que la gripe puede empeorarlas.

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## Si sus hijos contraen gripe:

- Deberán hacer reposo y beber mucho líquido.
- Manténgalos en casa durante al menos 24 horas después de que haya desaparecido la fiebre sin haber tenido que usar medicamentos antifebriles. Así, no contagiarán a otras personas.
- Hablen con el proveedor de atención médica de sus hijos antes de darles cualquier medicamento de venta libre.
- No les den a sus hijos pequeños o adolescentes aspirina ni medicamentos que contengan aspirina porque causa problemas graves.
- Los niños pequeños y las personas que tienen ciertas afecciones de salud, como asma, diabetes y enfermedades cardíacas o pulmonares, tienen mayor riesgo de enfermarse gravemente con gripe.
- Si sus hijos presentan síntomas gripales, llamen al proveedor de atención médica y pregunten si corresponde hacer un tratamiento antiviral.
- Si están preocupados por sus hijos, comuníquense con el proveedor de atención médica.

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## ¡No propaguemos la gripe!

- Si están enfermos, quédense en casa.
- Lávense las manos seguido con agua y jabón durante por lo menos 20 segundos.
- Si no cuentan con agua y jabón, usen desinfectante para manos a base de alcohol.
- Tosan o estornuden en un pañuelo o en el codo, no en las manos. Tiren los pañuelos usados a la basura.
- No se toquen los ojos, la nariz ni la boca porque así se propagan los gérmenes.
- Evite el contacto con personas enfermas.

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[health.ny.gov/flu](http://health.ny.gov/flu)



Department  
of Health