



Bishop McManus Academy

2021/2022

Back-to-School Newsletter

Dear Parents, Guardians and Students:

Welcome back to school! We hope you have had a fun-filled summer with your family. Bishop McManus Academy's administration and support staff have worked throughout the summer to prepare for another exceptional educational experience for each child. As the school year approaches, our staff will continue to work diligently to create engaging learning environments in the classrooms. All we need now is our students!

Our school year starts on Monday, August 16, for all students (grades PK2 - 8th).

As the school-year approaches, we wanted to share a few items that may assist you in preparing for the year. We encourage you to review the resources in this newsletter to learn more about our school hours, food service programs, communication tools, reading programs and recommendations from medical organizations on sleep hours for children. We look forward to another school year full of learning and adventure!

Jonathan Sorapuru

Administrator



Communication and Information

Our teachers do an excellent job of communicating information regarding academics and programs. These sites will help you stay informed proactively:

- BMA Website: www.bishopmcmanus.com
- BMA Facebook & Instagram Pages
- Newsletters, Text Messages and Flyers
- Gradelink Parent Portal - Makes it easy to view class and assignment grades, attendance, homework and more.)
- School Calendar - Available on the school's website or in the Gradelink Parent Portal.
- COVID Updates – Will be provided on an as-needed basis.

Also, a phone call or email is an efficient way to communicate with your child's teacher. Please remember that our teachers are with students throughout the day and will return the call/email as soon as they are able. At times, this may be the next day.

Before-and-After-Care Program

The Before-and-After-Care Program will be available on the first day of school. Before-Care will begin at 7:00 am and After-Care will end at 5:00 pm. Fees apply, and students MUST be pre-registered and pre-paid to participate.

Before Care Fee \$30.00 per week

After Care Fee \$40.00 per week

Before and After Care (discount rate) \$50 per week

Before and/or After Care Daily Rate \$15.00 per day

Students should arrive to school by 7:45 am, are dismissed at 3:15 pm and MUST be picked up/off the grounds no later than 3:30 pm. We understand that emergencies can happen. Please note that the fees will apply for students who are NOT pre-registered for Before-and-After-care.

<p>Breakfast and Lunch</p> <p>Breakfast and lunch are served everyday beginning on the first day of school at no charge. Breakfast begins at 7:30 am in the cafeteria. Please note that microwaves will be available for students who bring lunch from home but will not be prepared/warmed by staff. If a student does not have lunch, they will be expected to eat school lunch. Breakfast and lunch menus will be available on the school's website.</p> <p>If your child is not eating breakfast, please have them arrive no sooner than 7:45 am.</p> <p>Food Allergies: Any child with a food allergy is REQUIRED to submit the LDOE Diet Prescription for Meals at School (attached) completed and signed by your child's pediatrician. Please contact the school office to check the status of your child's LDOE Diet Prescription for Meals at School.</p>	<p>School Uniforms</p> <p>All students will be expected to be in their complete school uniform for the first day of school. Uniforms must be purchased at Schiro's School Time.</p> <p>Schiro's School Time 5008 West Esplanade Avenue Metairie, LA 70006 Phone: (504) 885-2993</p> <p>Schiro's School Time recommends ordering school uniforms at least TWO WEEKS before school begins to insure all items are ready and available.</p> <p>You may also shop from home at www.schiros.com!</p>
<p>School Supplies</p> <p>All school supplies are required and are to be supplied by the parents by the first day of school. Requests for additional supplies will be sent to parents as supplies are needed throughout the school year.</p> <p>You may find the school supply list attached to this email or on the school website: www.bishopmcmanus.com.</p>	<p>Back-to-School Night Parent Orientation Tuesday, August 24 @ 7:00 pm BMA Sports Complex</p> <p>Back-to-School Night is quickly approaching! Take time to meet your child's teacher and learn about the exciting school year ahead. This night will feature light refreshments and door prizes!</p> <p>See you there!</p>
<p>Summer Reading Challenge</p> <p>We hope you have been able to enjoy the Summer Reading Challenge encouraged by our Reading Team. This project will be collected by your child's teacher the first week of school and will counted as their first grade of the year in their ELA class.</p> <p>Remember, it is never too late to begin a reading routine with your child. Make this time with your child a daily priority!</p>	<p>School Supplies Drop-off Day Grades: PreK 2 – 4th Thursday, August 12 9:00 am – 11:00 am</p> <p>Parents, stop in any time between 9:00 am – 11:00 am on Thursday, August 12 to drop off your child's school supplies to prepare for the first day of school in advance! We look forward to seeing you soon!</p>

AAP Sleep Recommendations

Summer schedules can be quite different than throughout the school term. Many of our students tend to shift their bedtimes back a few hours during these relaxing months. Sleep is very important to each child's health and education. The American Academy of Pediatrics (AAP, 2021) issued guidelines outlining recommended sleep duration for children from infants to teens. The group recommends the following:

- Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.

Adequate sleep duration for age on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is associated with an increase in medical concerns.

In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers and other screens not be allowed in children's bedrooms. For infants and young children, establishing a bedtime routine is important to ensuring children get adequate sleep each night.

Student Orientation for Grades 5th - 8th only

Thursday, August 12

9:00 am – 11:00 am

On this day we will host our Student Orientation for students in grades 5-8 to prepare for the first day of school in advance. It will include the following activities and more!

- Student Photo ID
- Locker Assignment
- Textbooks
- Sports Sign-up
- After School Club Sign-Up
- Finalize Registration/Payment
- Drop off School Supplies
- Class Schedules
- Meet the Teacher
- Tour the Campus

Please note that all 5th through 8th grade students **MUST** wear their complete uniform on this day for student ID photos.

Bishop McManus Academy

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www.bishopmcmanus.com

Office Hours:

Monday – Friday
8:00 am – 4:00 pm

"Equipped to excel through Christ... changing our generation."

