



Bishop McManus Academy

2022/2023

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 15 for all students (grades PK2 - 8th).

Please note: ALL required registration documents MUST be complete, and any outstanding balance cleared for your child to start on the first day of school.

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

Jonathan Sorapur
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.bishopmcmamus.com
- BMA Facebook & Instagram Pages: @bishopmcmamus.com
- Newsletters, Text Messages and Flyers
- Gradelink Parent Portal - Makes it easy to view class and assignment grades, attendance, and more.
- School Calendar - Available on the school's website or in the Gradelink Parent Portal.
- Communication Folder - serves as a way for our teachers to communicate with parents throughout the year.

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 begins at 7:00 am and After-Care ends at 5:00 pm. Fees apply, and students **MUST** be pre-registered and pre-paid to participate. Application can be found on the school website: www.bishopmcmamus.com.

- Before-Care Fee \$30.00/week
- After-Care Fee \$40.00/week
- Before-&-After-Care (discount rate) \$50/week
- Before-and/or-After-Care Daily Rate \$15.00/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.

Breakfast and Lunch

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. 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.

If your child is not eating breakfast, please have them arrive no sooner than 7:45 am.

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.

School Uniforms

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.

Schiro's School Time

5008 West Esplanade Avenue
Metairie, LA 70006
Phone: (504) 885-2993

Schiro's School Time recommends ordering school uniforms at least TWO WEEKS before school begins to insure all items are ready and available.

You may also shop from home at www.schiros.com!

Please check their website for store hours.

School Supply Lists

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.

You may find the school supply lists for all grades on the school website: www.bishopmcmannus.com.

School Supplies Drop-off Day

Thursday, August 11

8:00 am – 12:00 pm

Parents may stop in any time between 8:00 am – 12:00 pm on Thursday, August 11 to drop off school supplies to prepare for the first day of school in advance!

New Student Assessment Test

Grades: 3rd – 8th ONLY

Tuesday, August 9

8:00 am – 12:00 noon

All **NEW** students in grades 3-8 are **REQUIRED** to report for the New Student Assessment Test on Tuesday, August 9, from 8:00 am – 12 noon.

Students may bring snacks and a bottle of water.

Back-to-School Night

Parent Orientation

Tuesday, August 23 @ 6:00 pm

BMA Sports Complex

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! See you there!

AAP Sleep Recommendations

Summer schedules can be quite different than throughout the school term. Sleep is very important to each child's health and education. The American Academy of Pediatrics (AAP, 2021) recommends:

- 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 any 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.



Student Orientation 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!

- Orientation
- Drop off School Supplies
- Assign Lockers
- Assign Textbooks
- Sign-up for Sports
- Sign-Up for After School Clubs
- Schedule Classes
- Meet the Teachers
- Tour the Campus

Please note that all 5th through 8th grade students MUST wear their complete uniform on this day.

Bishop McManus Academy

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Fax: 504-246-5564

www.bishopmcmmanus.com

Office Hours:

Monday – Friday
8:00 am – 4:00 pm

“Equipped to excel through Christ... changing our generation.”

