

Important Dates:

- ☺ October 6—Haunted Happenings Parade, 6:30pm-8:00pm, downtown Salem.
- ☺ **October 10—COLUMBUS DAY OBSERVED, NO SCHOOL!**
- ☺ October 12—PSAT Grades 10/11, (*in-school, periods 1, 2, 3*).
- ☺ October 13—Doug Wilhem visits with 6th and 7th graders, (*in-school event*).
- ☺ October 15—AP Science Study Session, Peabody High School, 8:00am—2:30pm.
- ☺ **October 18—SFC Meeting, 7:00pm, RM 125.**
- ☺ October 19—Spanish Heritage Night, 5:30pm in the café.
- ☺ October 19—Board of Trustees Meeting, 6:00pm.
- ☺ October 20—SFC Bake Sale, (*in-school event*).
- ☺ **October 26—Service Learning Half Day, 12:00pm dismissal.**
- ☺ **October 26—PTS Conferences.**
- ☺ November 4—Service Learning, (*full day of school*).
- ☺ November 4—Lower School Movie Night, 6:00pm.
- ☺ **November 11—VETERANS' DAY OBSERVED, NO SCHOOL!**

News and Notes

The first meeting of the SFC (School, Family, Community) Team is scheduled for Tuesday, October 18th, 2011 at 7:00pm at Salem Academy. The SFC is Salem Academy's parents' organization. All parents are invited and encouraged to attend. Please contact Jennifer Banville for additional details: jbanville@salemacademy.org

Fall 2011 practice & game schedules have been posted on the school website's athletics page. A reminder that any student interested in participating on a team must have an updated physical on file in the nurse's office and have completed and signed a player/parent agreement form. Please contact Drew Betts with any questions. abetts@salemacademy.org.

The Haunted Happenings Parade kicks-off on Thursday, October 6th, 2011. Participating students should meet in the café at 5:30pm for a pizza dinner. The parade will begin at 6:30pm. Students can be picked-up at the commons where the parade ends.

Upper School Representatives



President—Fallon Burke

Vice President—Herby Charmant

Secretary—Sunilda Gutierrez

Treasurer—Ashley Narvaez



11th & 12th Grade Representatives

Eddie Aroko, Gabirella Garcia,
Giacomo Graziani, and Arianelle Diaz

10th Grade Representatives

Liz Harten, Jackston Stevens,
Anna Novicheva, and Lydia King
Alternates: Atticus Meche & Isabelle Bianca

9th Grade Representatives

Mayreny Perez, Ralph Jean-noel,
Adesuwa Eghe, Kalen O'Hare,
and Nicole Balcacer

Student Leaders Elected!

And the 2011-2012 Lower School Student Government representatives are...

Jay Luna Gil—Hansen's Connections
Gavin Murray—Pelletier's Connections
Sandy Stepan—Desmond's Connections
Ruby Cheresnowsky—Rourke's Connections
Xavier Cole—Downes' Connections
Allison Mahoney—Nairn's Connection's



Lower School Alternates

8th Grade: Evan Aroko, Nelly Castro,
and Briana Rodriguez
7th Grade: Alec Austraw, Julia Chan-
ning, and William Tuttle

College Visits ~ October 2011

10/3—Framingham State

10/4—Simmons College

10/4—University of Chicago

10/5—Rochester Institute of Technology

10/6—Marion Court College

10/7 Salve Regina

10/11—Bentley University

10/13—Salem State University

Fall Soccer Game Schedule

9/30/2011— vs. *Academy of the Pacific Rim*

at Memorial Field, Salem, MA, 4:00pm

10/01/2011— vs. *Cambridge Charter School*

at Salem Willows Park, Salem, MA, 9:15am

10/07/2011— vs. *Prospect Hill Academy*

at Memorial Field, Salem, MA, 4:15pm

Cross Country Meet Schedule

10/06/2011—Sheepfold Reservation, Medford, 4:00pm

10/13/2011—Breakheart Reservation, Saugus, 4:00pm

10/20/2011—Franklin Park, Dorchester, 4:00pm

News from the Nurse

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense with the flu. Colds tend to develop gradually, while the flu tends to start very suddenly. People with colds are more likely to have a runny or stuffy nose.

Important Differences between Colds and the Flu:

WITH A COLD:

You almost never have a fever.
You feel stuffiness in your head.

You feel a little sick.

WITH THE FLU:

You have a fever.
Your entire body feels sick.
You feel very sick.



If your child has a cold, it may help to drink plenty of fluids, especially hot ones, get extra sleep, take hot showers, and avoid cigarette smoke. It may also help your child to gargle with warm salt water if s/he has a sore throat. Ask your physician about over-the-counter medication. And don't forget to wash your hands!

Julie Wolf, RN, School Nurse

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jwolf@salemacademycs.org



Fall Athletics Schedules

Fall Athletics Schedules are now available on the school website at www.salemacademycs.org/AboutSacs/Athletics.

Cross Country practices will run on Mon./Tues./Wed. from 4:30pm—6:00pm. The team will always meet in the cafeteria before practice.

Please see Coach DeRosa for additional details.

High School Soccer will kick it on Monday/Wednesday from 4:30pm—6:00pm. Practices will be held at the Salem Willows. Pick-up will be at the Salem Commons.

Please see Coach, Anne Brobst for additional details.

Middle School Soccer will practice on Tuesday/Thursday from 4:30pm-6:00pm. Practices and pick-up will be at the Salem Commons.

Please see Coach, Erica Pelletier for additional details.

Salem CyberSpace's Academic Center is now open to any youth in grades 7 through 12 who are eligible for free or reduced meals. Come for homework help or tutoring!

If you know a youth who just came to this country, Salem CyberSpace also offers English language classes.

And, if you are a junior or senior in high school and need college help, call (978) 740-6667 and ask for Jesenia.

