Lunch Menu March 9 - 12

Monday - Cheese burgers, pickles, fries, corn, sliced peaches, milk
Tuesday - "Taco Tuesday" (hard or soft shell) cheese, shredded lettuce, sour cream, apple slices, milk
Wednesday - Popcorn chicken, mozzarella cheese sticks, broccoli, mixed fruit, milk
Thursday - Spaghetti and meatballs, garlic bread, green beans, pineapple, milk
Friday - NO SCHOOL Teacher In-Service

Important Dates
March 12 End of 2nd Trimester
March 13 Teacher In-service NO SCHOOL
March 16 3rd Trimester begins
March 20 2nd Trimester Report Cards go home

From the Desk of Mr. Metz
Dear St. Catherine Parents,

• Coronavirus
The Hamilton County Public Health Commission asked us to share a letter with our community about the Coronavirus. It is attached to this “Cougar Chronicle” today. Throughout the school year, our maintenance staff is constantly disinfecting the building, and all of our teachers stress the importance of good hygiene. There is plenty of hand sanitizer in every classroom and in all other common areas. Please see attachment for additional information.

• Enrollment for the 2020-2021 School Year
Reminder, if your child’s enrollment papers have not been turned in by now, then they are no longer guaranteed a spot for next year. We do have two grades that are at or near capacity.

• Fish Fry
The Fish Fry will be held tonight, March 6th, through Friday March 27th, at West Side Brewery, 3044 Harrison Ave. Please stop in for a delicious fish dinner and the chance to mingle with other school families while supporting the athletic association.

• End of Second Trimester and In-service Day
The second trimester will end on Thursday March 12th and report cards will be sent home Friday March 20th. Students will be out of school on Friday March 13th for a teacher in-service day.

Reminder: Spring Forward on Saturday night. Set your clock ahead 1 hour on Saturday night before going to bed.
Book Fair

Once again, we will be holding a book fair here at St. Catharine. This year’s book fair will run from March 27th to April 3rd. Look for more details in next week’s Cougar.

Mr. Jerry Metz
Principal

Best Fish on the Westside!

The St. Catharine Fish Fry presented by St. Catharine Athletic Association has a NEW LOCATION FOR 2020!

St. Catharine’s Fish Fry will be located at Westside Brewery at 3044 Harrison Ave, 45211 from 5-9pm this year. See menu attached.

Workers also needed
Please check out this link to view shifts that workers are still needed for:
https://www.signupgenius.com/go/904084aaaaae2f4-20201

Mercy McAuley High School Holds Jumpstart Night for 5th-7th Grade Girls & Parents

Mercy McAuley High School will hold a Jumpstart Night for 5th-7th grade parents and girls on Thursday, April 2, from 6:30 - 8:30 p.m. The event is for 5th-7th grade parents and students who are interested in getting a jumpstart in exploring all that Mercy McAuley has to offer.

Parents will tour the school and learn about Mercy McAuley’s academics and schedule, counseling and student services, Women Lead Program, campus ministry and service, arts, athletics and clubs, and tuition, financial aid and scholarships.

Separately, 5th-7th graders will participate in science lab, art and service activities with Mercy McAuley faculty and students. They can also get a “sneak peek” of Mercy McAuley’s spring musical, Hello, Dolly! There will also be refreshments, photo opportunities, and the Spirit Shop will be open.

Please RSVP at www.mercymcauley.org/jumpstart by March 30, 2020. Any questions may be directed to Alli Miazga, Recruitment & Admissions Coordinator, at 681-1800 x2272 or miazgaa@mercymcauley.org.

Elder offers two courses for original credit during the summer session. Students currently enrolled in grades 8-11 may take either or both of the courses.

Health—This is an online course. Students may work at their own pace provided they submit completed assignments by the due dates. Students will meet at Elder for approximately 1 hour on Monday, June 1 at 8:00 a.m. to meet the teacher and obtain class information and the textbook. Students will also meet at Elder for approximately one hour on Friday, June 19 at 8:00 a.m. to take the final test and return the textbook. Students must have access to email and a computer to complete this course. The cost for the original credit course is $300. Students must be registered by Friday, May 22.

Physical Education—The Physical Education (PE) course is open to students currently in grades 8-11. The PE course may require students to make arrangements for transportation to off-campus sites and pay a minimal additional fee for a few activities. The majority of the activities will take place on Elder’s campus. The course will meet daily from 8:00 a.m.-10:30 a.m., June 1-June 19.

The fee for the course is $300. Students who successfully pass these courses would receive high school credit. The acceptance of the credit is determined by the individual high school.

Registration starts Monday, March 16. Students interested in taking one of these courses should submit a completed registration form and the tuition fee to the main office. Summer school information including the registration form and course descriptions may be obtained from the student’s counselor, the main office, or online at elderhs.org.
COVID-19 (Coronavirus Disease 2019)  
February 27, 2020

Current Situation

There are no confirmed cases COVID-19 in Ohio.

The Centers for Disease Control and Prevention (CDC) continues to consider the health risk from COVID-19 to be low among the general public in the U.S.

As of February 24, 2020, the CDC reports 14 cases of COVID-19 detected and laboratory-confirmed in the U.S., with 12 related to travel and two from person-to-person spread.

General Information and Precautions

Currently, you are only at risk if you (1) are displaying symptoms; and (2) have traveled to China in the 14 days before feeling sick or have been in contact with someone who has confirmed COVID-19. By and large, travel history is key.

ODH recommends precautions used for reducing the risk of infection for other illnesses, such as flu. Actively encourage staff to follow these precautions:

- Frequently wash your hands for 20 seconds or more with soapy water. If unavailable, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home when you are sick (except to visit a healthcare professional) and avoid contact with others. Employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever (100.4°F [37.8°C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants). Employees should notify their supervisor and stay home if they are sick.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

Staying informed about COVID-19 through the CDC, the Ohio Department of Health and your local health departments.

Sharing prepared CDC fact sheets/posters with families and staff. These can be found at

Sharing the CDC travel fact sheet with families and staff who recently traveled back to the U.S. from China. It can be found at:
FISH FRY MENU

COD SLIDER
single piece on bun $4
with fries and slaw $6
with fries and mac & cheese $7

3 PIECE COD DINNER PLATES
with fries and slaw $10
with fries and mac & cheese $12

3 PIECE COD TACOS
topped with slaw and chipotle crema $10

SIDES  FRIES $3
MAC & CHEESE $3

LEARN ITALIAN WITH US
Musica dal Vivo
Vino e Birra
Ristoranti Locali
Tutti Benvenuti
Live Music
Wine and Beer
Local Italian Restaurants
All Are Welcome

CincItalia
the cincinnati italian festival
May 29•30•31
Harvest Home Park

Presented by St. Catharine of Siena Parish
SPEED & AGILITY TRAINING!

WHO?

BOYS AND GIRLS OF ALL FITNESS LEVELS, GRADES 3 THROUGH 8!
HOSTED BY COACHES ASHLEIGH CARTER, JAME MOORE, AND OTHER GUESTS!
IMPROVE YOUR ATHLETIC PERFORMANCE AND LEARN SOME NEW SKILLS!

WHAT?

A 1 HOUR CLASS COVERING TECHNIQUES, DRILLS, AND GAMES!
DESIGNED TO IMPROVE ACCELERATION, TOP SPEED, STOPPING POWER,
CHANGE OF DIRECTION, AND BODY AWARENESS/CONTROL!
COMBINING TRADITIONAL S.A.Q. WITH OTHER TRAINING METHODS SUCH AS
FOOT/ANKLE RIGIDITY, ROTATIONAL POWER, HIP EXTENSION, AND MORE!
INCREASE YOUR CAPABILITIES WHILE REDUCING RISK OF INJURY!

WHERE?

SWING TIME / PARAMOUNT FITNESS CENTER
6308 HARRISON AVENUE, CINCINNATI, OH 45247
3200 SQUARE FEET TURF AREA
7:00PM TUESDAYS
$40 FOR THE MONTH; $15 WALK IN
CONTACT 513.746.1218

ATP  Ashleigh Carter  SWING TIME  PARAMOUNT
Adaptive Training Principles  Carter  Fitness
(FITNESS & FUN)  Cincinnati, Oh...