



THE CAMPUS SCHOOL  
of Carlow University

## Nothing Beats a Chilly Treat on a Hot Day

The 2008-09 school year started out on a warm and hazy note. There seemed to be no better way to spend a sunny Friday afternoon than on the Green, enjoying Rita's Ice and the company of classmates, faculty, and administration. Thanks to all those parents who volunteered, including Susan Lee, Mary Huzinec, Katharine Lockett, Christine Andrews, Mary Kiernan, and Kristin Frederick.



Children of Spirit

**INSIDE:**

- 2 Spotlight on Melissa Hankin
- 2 2008 Open Houses
- 3 Understanding Food Allergies
- 4 Lice Prevention  
Welcome New Teachers  
PTA Membership Dues  
2008 Scholastic Book Fair
- 5 Cross Country Team  
Keeps Fast Pace  
Back-to-School BBQ  
Stamp Out Bullying
- 6 PTA Q&A  
Calendar of Events



By now, hopefully most of you have met our new Admissions Director, Melissa Hankin. Although Melissa is new to the position, she has been an employee at Carlow University for 17 years. She spent 10 of those years as Director of the Center.

Taking over for Billie Girard, who retired this summer, Melissa is responsible for all aspects of Admissions for new students, including interviews, evaluations, tours and visits, and open houses. In addition to recruiting new students, she also works with the Executive Director on admission decisions, financial aid, and policy updates and procedures.

As Melissa continues to familiarize herself with faculty, curriculum, parents and children, she hopes to gain a better perspective of the Campus School. "Of courses my goals are to increase enrollment and to be present to the larger community in order to be more visible and let others know

about our school," she says. "Being an employee of Carlow University for the past 17 years definitely has its benefits in that I am already familiar with what goes on at the University and what the University does for us at the Campus School."

Melissa says she looks forward to meeting and working with everyone at the Campus School. "I am very excited to be in this new role and will work with every one of you to make you and your child's experience at the Campus School a wonderful and successful one."

She and her husband Mark are parents to two children, Chris, 11, and Rachel, 8 and reside in Bethel Park. Welcome Melissa!

## Schedule of 2008 Open Houses



The dates for 2008 Open Houses are as follows:

**Sun., Oct. 12, 1-3 p.m.**

All Grades

**Wed., Oct. 15, 9-11 a.m.**

Pre-K to Grade 1

**Tues., Nov. 18, 6-8 p.m.**

Pre-K to Grade 1

**Wed., Dec. 3, 9-11 a.m.**

Pre-K to Grade 1

Our current enrollment is 260 students.

Parents are one of our best "natural resources" at Open Houses, as they can answer questions from prospective parents and share their own family's experiences about the Campus School. If you are interested in volunteering at any of the dates above, or you would like your name to be included on a "Phone Tree," please contact Admissions Director Melissa Hankins at 412-578-6368 or [hankinma@carlow.edu](mailto:hankinma@carlow.edu).



# Understanding Food Allergies in the School Setting

by Jennifer Freel

When you hear a parent state, "My child is allergic to milk, wheat, nuts, and peanut butter," what do you think of?

Most times we think of a child's allergy reaction to these items as a case of runny nose or watery eyes. However in the case of many food allergies, the reaction is much more serious and sometimes life-threatening if immediate medical attention is not given.

Food allergies are on the rise in this nation and have become more prevalent in the last decade as more and more children are diagnosed. Nationally, approximately 2-8% of children are affected by food allergies. Primarily there are eight categories of foods that have been identified as the more common allergens: milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish.

### My child does not have these allergies, why is this important to know?

Some children are so allergic to these items that merely touching a desk where a child may have been eating a peanut butter and jelly sandwich would cause a severe allergic reaction.

In order to avoid these situations, it takes the cooperation of all involved to ensure a safe environment for all children. Washing hands after consumption, creating "allergy free tables

at lunch time", providing snacks and special safe treats are some of the ways to help ensure a safe place.

### How do I know a food is safe?

Reading food labels is always the best way to ensure a product does not contain an allergen. Unfortunately there is "no standard" way food is labeled as it relates to allergens in this Nation. Often after reading the body of ingredients, one may find a label that states "May contain traces of nuts, tree nuts ..." or another label is "Made in a plant that contains, soy, wheat, milk products ..." It is always best to read every label, every time, each time, even if you read it a month ago. Food manufactures frequently change their processes.

### How can I learn more about Food allergies?

Please visit The Food Allergy & Anaphylaxis Network at <http://www.foodallergy.org> for more information.

Jennifer Freel is a Campus School parent, and we thank her for this informative article.

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#### HOW TO READ A LABEL for an EGG-FREE DIET

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled as albumen)  
egg (dried, powdered, solids, white, yolk)  
eggnog  
lysozyme  
mayonnaise  
meringue (meringue powder)  
surimi

May indicate the presence of egg protein:

flavoring (including natural and artificial)  
lecithin  
macaroni  
marzipan  
marshmallows  
nougat  
pasta

#### HOW TO READ A LABEL for a PEANUT-FREE DIET

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts  
beer nuts  
cold pressed, expelled, or extruded peanut oil  
goobers  
ground nuts  
mixed nuts  
monkey nuts  
nutmeat  
nut pieces  
peanut  
peanut butter  
peanut flour

May indicate the presence of peanut protein:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes  
baked goods (pastries, cookies, etc.)  
candy (including chocolate candy)  
chili  
egg rolls  
enchilada sauce  
flavoring (including natural and artificial)  
marzipan  
mole sauce  
nougat

#### HOW TO READ A LABEL for a MILK-FREE DIET

Avoid foods that contain milk or any of these ingredients:

artificial butter flavor  
butter, butter fat, butter oil  
buttermilk  
casein (casein hydrolysate)  
caseinates (in all forms)  
cheese  
cream  
cottage cheese  
curds  
custard  
ghee  
half & half  
lactalbumin, lactalbumin phosphate  
lactoferrin  
lactulose  
milk (in all forms including

condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole)

nisin  
nougat  
pudding  
recaldent  
rennet casein  
sour cream, sour cream solids  
sour milk solids  
whey (in all forms)  
yogurt

May indicate the presence of milk protein:  
caramel candies  
chocolate  
flavorings (including natural and artificial)  
high protein flour  
lactic acid starter culture  
lactose  
luncheon meat, hot dogs, sausages  
margarine  
non-dairy products

- Mandelonas are peanuts soaked in almond flavoring.
- Studies show most allergic individuals can safely eat peanut oil (**not** cold pressed, expelled, or extruded peanut oil).
- Arachis oil is peanut oil.
- Experts advise patients allergic to peanuts to avoid tree nuts as well.
- A study showed that unlike other legumes, there is a strong possibility of cross reaction between peanuts and lupine.
- Sunflower seeds are often produced on equipment shared with peanuts.

## LICE –A Four Letter Word

Lice has been called many things: a nuisance, annoying, time-consuming, frustrating, and exhausting. It is also incredibly common, regardless of location, income, gender, or hygiene. In an effort to inform and also to offer solidarity to parents, we have compiled several informative sites and articles. In an effort to inform and offer solidarity to parents, we will be putting a "parent Forum" on our PTA website, where you will be able to post or read comments on lice prevention techniques (for example, tea tree oil has been used by some as an effective, non-toxic remedy that can be added to shampoos, conditioners, and laundry detergents); best tools to use (i.e. metal lice comb vs. plastic); and anything relating to this "pesky" topic.

If you have any questions on the Campus School's policy regarding the prevention and care of nits or lice, please contact the office at 412-578-6158.

<http://www.msnbc.msn.com/id/26627227/from/ET/>

<http://www.thenitpickerinc.com/index.htm>

<http://www.rmbarry.com/research/lice-melaleuca-oil.html>

<http://www.melaleuca.com>

## Welcome New Teachers!

Please join us in welcoming our new Campus School teachers. We look forward to getting to know each of them throughout the year:

Erica Armbruster – (Pre-K – Trinity Hall)

Suzie Ament (Math – Grades 6, 7, & 8 – Tiernan Hall)

Nicolle DeSilva (3<sup>rd</sup> Grade – Tiernan Hall)

Shannon Eddy (Interim Science Teacher – Grades 4 & 5, Tiernan Hall)

Maureen Newell (Language Arts, Grades 4 & 5 – Tiernan Hall)



## PTA Membership Dues

If you haven't returned your PTA membership form and dues, please send both in with your child in an envelope marked: "PTA MEMBERSHIP DUES." Dues are \$25.00, checks should be made payable to the "Campus School PTA." Remember, 100% of your dues goes back into the Campus School in the form of enrichment programs, technology updates, faculty appreciation, and scholarship. "Thank you to all who have submitted your membership forms and dues.

As always, thank you for supporting the PTA!

## Book Fair Safari

### 2008 Scholastic Book Fair!

**PLACE:** The Campus School Library

**DATES:** Mon., Oct. 6 - Fri., Oct. 10

**TIMES:** Mon. - Thurs. 7:30 a.m. - 6:30 p.m. & Fri. 7:30 a.m. - 3:30 p.m.

**TEACHER'S PREVIEW:** Mon., Oct. 6, 6:30 a.m. - 8 a.m.

**FAMILY EVENT:** Tues., Oct. 7, 7 a.m. - 8 a.m. Meet Dr. Patti Cooper and enjoy coffee, food and RAFFLE!

Questions? Please contact us:

*Joan Carcillo 412-420-5054 or [carcillo@msn.com](mailto:carcillo@msn.com)*

*Amy Johnson 412-661-9519 or [johnsonam2@upmc.edu](mailto:johnsonam2@upmc.edu)*

*Holly Gamblin 412-521-3720 or [gamblins@aol.com](mailto:gamblins@aol.com)*

We'll see you at the Book Fair!

## Cross Country Team Keeps Fast Pace



The Campus School's Cross Country team got off to a fast start at their first two meets. In both the St. Bernadette's and St. Edmund's Invationals, our Varsity Girls won Second Place. JV Girls came in First Place at the St. Bernadette's meet, and JV Boys and Varsity Boys finished strong in both! Congratulations to the following on their individual ribbons or medals: Maddy Casale, Joe Gatti, Hannah Kostyak, Michael Mendocino, Katie O'Connor, Maura O'Connor, Emma Paytas, and Sadie Signorella. For a schedule of the remaining Cross Country meets, refer to our PTA website ([campusschoolpta.com](http://campusschoolpta.com)) under "Athletics."

Children of Spirit

## Back to School BBQ – September 27<sup>th</sup>

It's fall and that means it's time for the popular Back to School Barbecue! Please join us on Saturday, September 27<sup>th</sup> from 3:30 to 7:30 PM at the Vietnam Veteran's Pavilion in Schenley Park as the Brentwood Express Rowdy B.B.Q. rolls in its custom-made smoker. There's something for everyone on the menu, including barbecued pulled pork with fresh rolls; grilled chicken breasts; hot dogs; baked ziti; homemade potato salad; and ice cream.

Since moving this event off campus and into the park a few years ago, our attendance has increased to close to 300 students, parents, and teachers. Bring your lawn chairs, football, Frisbee, games, etc.! The event will be held rain or shine, but there is plenty of undercover tables at the pavilion, as well as restrooms.

By popular demand, Anna Barch has agreed to return and bring her guitar (and maybe even her



bongo drums). Students are welcome to join in the singing!

The price for this social event (NON FUND-RAISER) is \$15 per family.

If you are interested in volunteering for this entertaining event, please contact Dana Casale at 412-732-9422; [danacasale@comcast.net](mailto:danacasale@comcast.net). We can still use one or two people to help for 45 minutes to an hour for set-up. A flyer will be e-mailed to all families in the next couple of days; rsvp's are requested to give Brentwood Express an idea of how much food to bring.

## Stamp Out Bullying

A large majority of parents and teachers who responded to our recent PTA survey requested that we sponsor a presentation on the topic of bullying.

We are excited to be visited by national bullying expert and entertainer, Jay Banks. Mr. Banks will be giving two presentations on "Stamp Out Bullying" on Thursday, October 9th. S.T.A.M.P. is designed to educate and equip children from grades K to 8th with a five-point strategy:

- S** Stay Away from Bullies
- T** Tell Someone
- A** Avoid Bad Situations
- M** Make Friends
- P** Project Confidence

The presentation is geared towards children, but faculty and parents are encouraged to attend. More information will follow soon in flyers and on the PTA website.



Here are some common question we received on our survey:

**Q** What does the PTA do?

**A** We provide social opportunities to connect parents, teachers, staff, and students. A few of the PTA sponsored events are fund-raisers (such as the Scholastic Book Fair; the Christmas Bazaar and Santa's Workshop), but most are purely social, and are free or require a nominal fee to cover food or activity costs. Events such as the Scavenger Hunt (students 2nd Grade and younger) and the "Rita's Ice Welcome" for all students and faculty are paid for entirely by PTA funds.

**Q** Does the PTA have anything to do with Campus School policy, such as dress code, curriculum, school breaks and vacations, or personnel issues?

**A** No. We are a social organization, and questions regarding any of the above issues should be directed to the Executive Director or Assistant Director at 412-578-6158.

**Q** How often does the PTA hold meetings, and are they all in the morning? My spouse and I both work and morning meetings are difficult to make.

**A** The PTA holds monthly meetings (except in December and May), and we are trying to hold a mixture of morning and evening meetings to accommodate different schedules. Please refer to your PTA/Administration wall calendar for a complete listing of scheduled meetings.

**Q** If I can't make a meeting, how can I find out what was discussed?

**A** Meeting minutes are usually posted within 4 to 5 days on the PTA website (campusschoolpta.com).

**Q** Can I write articles for the newsletter or make updates to the PTA website?

**A** Yes! Please! We really appreciate parents or teachers writing articles of general interest to the Campus School community (see past issues online), and would love to see more of this. Anybody savvy with updating websites, please contact any of our officers.

**Q** Where does the money from an event like the Scholastic Book Fair go?

**A** Proceeds from fund-raisers — as well as your \$25.00 PTA membership dues — go entirely back into the Campus School in the form of enrichment activities (plays, concerts) technology enhancement (software upgrades), scholarship (supplements financial aid), and teacher appreciation (i.e. "Latte and Breakfast Cart" for all faculty during "Teacher Appreciation Week" in the Spring). In the case of the Book Fair, the Campus School Library also benefits by receiving hundreds of dollars to be used towards new books.

#### CALENDAR OF EVENTS

Wed., 9/24, 1:30 p.m.:	<b>Sisters of Mercy Founder's Day</b> Prayer Service - Kresge
Sat., 9/27, 3:30-7:30 p.m.:	<b>Back to School BBQ</b> Vietnam Veterans Pavilion
Mon., 10/6 to Fri., 10/10:	<b>Scholastic Book Fair</b> Library
Thurs., 10/9:	<b>"Stamp Out Bullying"</b> Details to Follow
Thurs., 10/16:	<b>Scavenger Hunt</b>
Fri., 10/17:	<b>No School</b> Bishop's Day Off
Wed., 10/22, 8:15-9:15 a.m.:	<b>PTA Meeting</b> Cafeteria

The Campus School of Carlow University, a Catholic coeducational program rooted in the values-based tradition of the Sisters of Mercy, offers a creative learning environment and provides a holistic liberal educational for the young.

**PTA Officers**

- Dana Casale, President (danacasale@comcast.net)
- Mary Kiernan, Vice President (mary@actualsizecreative.com)
- Anne Ward, Treasurer (ward105@comcast.net)
- Susan Lee, Secretary (mail@susanlee.org)