



A Note from David Fordoski

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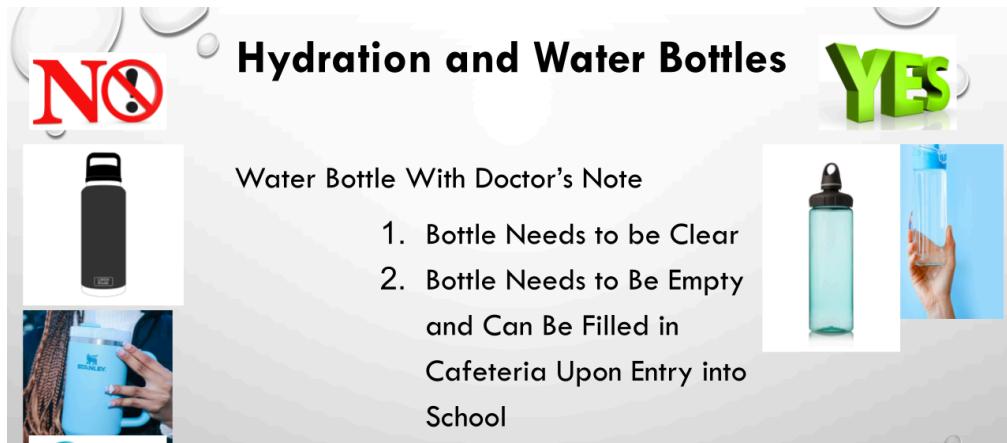


Monday, September 8th, 2025

Student Handbook: Our student handbook is online at RASD.us

Water Bottles: Beginning with the 2025–2026 school year, students will no longer be permitted to carry water bottles or open liquid containers during the school day. To ensure continued access to drinking water, cup dispensers have been installed at all water fountains and bottle-filling stations throughout the school.

- Students may use these dispensers to access water as needed during the day. Unopened beverages will be permitted only in the cafeteria and may not be carried into classrooms or other areas of the building.
- This policy is designed to maintain a safe, clean learning environment while ensuring all students have access to water throughout the day.
- **Students with a doctor's note** ARE REQUIRED TO HAVE A CLEAR WATER BOTTLE IN ORDER FOR IT TO BE USED IN SCHOOL.



Hydration and Water Bottles

NO **YES**

Water Bottle With Doctor's Note

1. Bottle Needs to be Clear
2. Bottle Needs to Be Empty and Can Be Filled in Cafeteria Upon Entry into School







Cell Phone use: often these can be a huge distraction for students in the classroom. I encourage parents to please review cell phone use as outlined in the student handbook.

Pictures: This year our school pictures are scheduled for Wednesday, September 10th. Pictures can be ordered online at <https://inter-state.com/FlyerEntry/0161JTL>.

Senior Lunch Downtown: These will continue this year. This will take place on the third or fourth Friday of each month. To participate, students must return the permission form sent home. The first one will be Sept. 26th

Homecoming: This is scheduled for October 4th for the dance and October 3rd for the football game. We will be having various activities starting September 29th through October 4th. The bonfire is scheduled for Wednesday October 1st.

Schoology: Our teachers will be using Schoology again this year as a means to manage classwork and grading. Parents, this is the best way to stay current with student classwork and grades. All passwords for students and parents will remain the same. To log into your account go to <https://rasd.schoology.com/>. If you forgot your password, you can use the "forgot parent login" option at the site.

Nursing News: All seventh-grade students will require a dental exam this school year. All sixth-grade students are required to have a physical this school year. Be sure to ask your doctor at the sixth-grade physical about immunizations for seventh-grade to help you prepare for immunization needs.

We are one to one with devices: Great news—all students at RASD will again have their own device assigned to them. Families must determine if they are going to take the device home at night or leave them in school. This determination form is with all of your first day papers and must be signed and returned before a device can be assigned to a student. It will be the student's responsibility to make sure all devices taken home are fully charged for the next day.

Free Lunches Will Continue: I have some great news for everyone, free lunches will continue this year for all of the students, but we are requesting families that would have qualified for free and reduced lunches to please complete the bright pink form in your first day packets. This determination is used for other purposes in the district, and we want to be accurate in our accounting. Students will need money for extras and ala carte items. You can continue to add money to your child's account, or if you need to create a new account, follow this link: <https://www.schoolcafe.com/>. Kevin McAlee is our cafeteria manager. If you have any questions or need to discuss student dietary needs please email him at mcaleekevin@rasd.us.

September is Suicide Awareness Month: This year DCI, Inc. will be providing our students with the Signs of Suicide Program for our seventh and ninth grade students. They will also be providing a new program, Signs of Self Injury to our Grade 6 kids. Please watch for the letters that will be coming home at each level.

BARK - Last year our district used a computer software program called Bark to scan student computer use and provide knowledge of any concerning items. This year we will continue to use this program to provide the same level of review and notification.

News From the Nurse: Type 1 Diabetes Information



Type 1 Diabetes Information

This type 1 diabetes information was developed pursuant to the Pennsylvania School Code (24 P.S. § 1414.12) and is for school entities and nonpublic schools to provide to parents and guardians of incoming elementary school students and students entering grade six, beginning with the 2025-2026 School Year.

Type 1 diabetes in children is an autoimmune disease that can be fatal if untreated, and the guidance provided in this information sheet is intended to raise awareness about this disease.

Description

Type 1 diabetes usually develops in children and young adults but can occur at any age

- Type 1 diabetes can appear at any age, but it generally appears at two noticeable peaks. The first peak occurs in children between 4 and 7 years old. The second is in children between 10 and 14 years old ([Mayo Clinic](#)).

Type 1 diabetes affects insulin production

- Normally the body turns the carbohydrates in food into glucose (blood sugar), the basic fuel for the body's cells.
- The pancreas makes insulin, a hormone that moves glucose from the blood into the cells.
- In type 1 diabetes, the body's pancreas stops making insulin, and blood glucose levels rise.
- Over time, glucose can reach dangerously high levels in the blood, which is called hyperglycemia.
- Untreated hyperglycemia can result in diabetic ketoacidosis (DKA), which is a life-threatening complication of diabetes.

Risk Factors Associated with Type 1 Diabetes

It is recommended that children displaying warning signs and symptoms associated with type 1 diabetes described below, should be screened (tested) for the disease by their health care provider.

Risk Factors

Researchers do not completely understand why some people develop type 1 diabetes and others do not. However, having a family history of type 1 diabetes can increase the likelihood of developing type 1 diabetes. Other factors might play a role in developing type 1 diabetes, including environmental triggers such as viruses. Type 1 diabetes is not caused by diet or lifestyle choices.

Warning Signs and Symptoms Associated with Type 1 Diabetes and Diabetic Ketoacidosis

Warning signs and symptoms of type 1 diabetes in children develop quickly, in a few weeks or months, and can be severe. If your child displays the warning signs below, contact your child's

primary health care provider or pediatrician for a consultation to determine if screening your child for type 1 diabetes is appropriate:

- Increased thirst
- Increased urination, including bed-wetting after toilet training
- Increased hunger, even after eating
- Unexplained weight loss
- Feeling very tired
- Blurred vision
- Very dry skin
- Slow healing of sores or cuts
- Moodiness, restlessness, irritability, or behavior changes

DKA is a complication of untreated type 1 diabetes. DKA is a medical emergency. Symptoms include:

- Fruity breath
- Dry/flushed skin
- Nausea
- Vomiting
- Stomach pains
- Trouble breathing
- Confusion

Type 1 Diabetes Treatments

There are no known ways to prevent type 1 diabetes. Once type 1 diabetes develops, medication is the only treatment. If your child is diagnosed with type 1 diabetes, their health care provider will be able to help develop a treatment plan. Your child's health care provider may refer your child to an endocrinologist, a doctor specializing in the endocrine system and its disorders, such as diabetes.

Contact your child's school nurse, school administrator, or health care provider if you have questions.

References

[Centers For Disease Control and Prevention: About Type 1 Diabetes](#)

[Children's Hospital of Philadelphia: Type 1 Diabetes](#)

[Mayo Clinic](#)

[Medline Plus: National Library of Medicine: Type 1 Diabetes](#)

SAT AND PSAT INFORMATION: SAT is a standardized college entrance test that many colleges and universities use to determine admission. Many have gone test optional, which means that they do not require college entrance exams. However, we will be administering these tests for anyone who signs up. The PSAT is a practice version of the SAT. The digital readiness check Oct. 20. Here is the pertinent information and it was also emailed out:

The SAT school day will be held on October 28th this year first thing in the morning. Sign up in the guidance office or email P. Schaut to get on the list. The cost is \$60 and will be cash only please (this is because you will likely get some money back later) . MONEY IS

DUE OCTOBER 3rd. If payment is not received by then, no test will be ordered for you! There will be another SAT held in the spring if you cannot make the fall one.

The digital readiness for the PSAT will be on October 14th. The PSAT will be held on October 22nd for Juniors and October 16th for Sophomores. Sign up in the guidance office or email P. Schaut to get on the list. The cost is \$18 and will be cash only please (this is because you will likely get some money back later). MONEY IS DUE SEPTEMBER 26TH. If payment is not received by then, no test will be ordered for you!

ASVAB Tests - These will be administered to all Juniors and some Seniors on October 16th in the morning. More details to come.

College and Career Fair & Financial Aid Night - October 2nd at the St. Marys Area High School cafeteria from 5 - 7. See your email for more details

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