

The Cardinal Flyer

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B.J.'s Corner

From the Principal

Respect is to show consideration for; avoid violation of; treat with deference. Deference means to be courteous and choose to yield one's opinion for that which is for the greater good or just simply more right.

Unfortunately, it has become necessary to make you aware of some of the choices made consistently by students here at our Catholic School. I ask your help and willingness to model and expect, no demand, respectful behavior from your children and encourage your children to avoid such behaviors at all cost.

In just the past four months, the following has occurred at Catholic School:

- 1) Deliberate lying, to include forging signatures,
- 2) Use of profanity toward fellow students, and our own Pastor Father Lane,
- 3) Stealing and urinating on the item stolen,
- 4) Damaging bathroom doors, sink handles and rubbing feces on toilets and walls.
- 5) Additionally, there is an increase in spitting,

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A Clean Voice: The Antidote for Profanity

Profanity is disrespect or contempt for sacred things. It includes casual or irreverent use of the name of any member of the Godhead. It also includes any type of unclean or vulgar speech or behavior.

A number of years ago I went with my brother to tow in a wrecked car. It had been a single car accident, and the car was demolished; the driver, though unhurt, had been taken to the hospital for treatment of shock and for examination. The next morning he came asking for his car, anxious to be on his way. When he was shown the wreckage, his pent-up emotions and disappointment, sharpened perhaps by his misfortune, exploded in a long stream of profanity. So obscene and biting were his words that they exposed years of practice with profanity. His words were heard by other customers, among them women and children, and must have touched their ears like acid.

One of my brothers crawled from beneath the car where he had been working with a large wrench. He too was upset, and with threatening gestures of the wrench, he ordered him off the premises. "We don't have to listen to that kind of language here," he said. And the customer left, cursing more obscenely than before.

Much later in the day he reappeared. Subdued, penitent, and avoiding everyone else, he found my brother. He said, "My conduct was inexcusable. I have been trying to think of some justification, and I can think of only one thing: In all my life, never, not once, have I been told that my language was not acceptable. I have always talked that way. You were the first one who ever told me that my language was out of order."

Isn't it interesting that a man could grow to maturity, the victim of such a vile habit, and never meet a protest? ***How tolerant we have become!***

A generation ago writers of newspapers, editors of magazines, and particularly the producers of motion pictures carefully censored profane and obscene words. All that has now changed. It began with the novel. Writers, insisting that they must portray life as it is, began to put into the mouths of

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name calling and general intolerance of others.

- 6) Students who have to have the last word and simply try to ignore what they are being asked to do.

As a school we can lecture the student if caught, provide a consequence and hope the inappropriate behavior is stopped. Sadly, it is not stopping. I need your assistance through modeling. Please do not allow your students to be disrespectful to you verbally or physically. If the child is always allowed to have the last word...that is not OK. This goes for K-8th.

If your child speaks disrespectfully of a teacher, ask yourself, "Has he/she heard it from me?"

As a community, we all need to work harder on respect toward others and property. Please help us out!

Enjoy your long weekend – Be Safe.

B.J.

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REGISTRATION CLOSES AS CLASSES FILL. OUR 4th & 5th ARE FILLED.

Snow Days- Remember, we follow APS delays and closures. However, I also post our school name on KOB and KOAT with the same information.

Calendar Note:

February 29th is an unscheduled early dismissal. The Albuquerque Police Department is training our faculty and staff on lockdown procedures. This training is vital to our school safety, so your understanding is appreciated.

Athletic News -Boys Basketball

February 13th- home A,B,C games starting at 4:00

February 19th- at St. Mary's Belen A,B,C, at 4:00

Classroom News

2ND & 3RD Grade Service Project

The 2nd & 3rd grades will be collecting items for St. Martin's Homeless Shelter during the month of February. Please bring in shampoo, conditioner, soap, combs, brushes, toothbrushes, toothpaste, sunscreen, chopstick, lotion, diapers, socks and used or new

baseball caps and coffee mugs.

The Storehouse Food Drive

It is time again for our annual food drive for the Storehouse- For those new to St. Charles, The Storehouse is a wonderful nonprofit organization which serves the poor of our community-

For the last 7 years we have been collecting during Lent and we are the number one school in regards to donations-

Last year we collected 14,241 items!

Our dear friend MAC- died unexpectedly this year- our food drive this year is in his honor!

There once was a glorious man called "Mac"

Every year to St. Charles he would come back.

He called us the "little school with the big heart"

Now we must all do our part.

Let us work to keep his spirit alive

Through our St. Charles food drive.

Clubs and Boys Basketball Pictures

All clubs and basketball pictures will be taken on Thursday, February 14th beginning at 2:00p.m. Boys Scouts, Girl Scouts, Brownies, Choir, NJHS, Journalism Club, Builder's Club and Yearbook will be group pictures only.

Boy's basketball pictures will be taken after 3:00 at the gym. Order forms went out on Monday for basketball. If you would like a **group** picture of your student's club, you may pick up an order form in the front office.

100th Day Celebration

What a great celebration of 100 days of school we had in Mrs. Bridgers first grade class! First we predicted which number would appear the most after 100 rolls of the die and then we rolled a dice 100 times tallying each roll. The number 1 and 6 were the most frequent rolls. Next, we counted 100 fruit loops and had a delicious (but not so nutritious) snack. Last, but most significant, we counted all the books we have read since August from our reading logs. We had 4 teams of 2 counting the books by 10s- we came up with 143 groups of ten- that's a grand total of 1,430 books!!! Way to Go First Graders!!!!

Fundraising

Science

Don't forget to get your \$2.00 pledges for Science Atomic Fundraiser. Money is due by February 19th. Remember, the money goes to help purchase equipment and materials to conduct experiments and to have guest speakers come to St. Charles. The winning classes will win a pizza party for lunch.

Scholastic Book Fair

Watch for the Book Fair!!

March 10th-14th

Calendar of Events

*Please note changes in Calendar below.

ALL PARENT FORUMS HAVE BEEN CANCELED UNTIL NEXT FALL DUE TO SCHEDULING CONFLICTS.

PRESIDENT'S DAY

No School February 18th.

*ITBS TESTING HAS BEEN CHANGED.

For 3-5 – testing will occur on February 25 –28.

For 6-8 – testing will occur on February 27 and 28

Please make sure your child is here well rested and fed.

*EARLY DISMISSAL DAY ADDED TO CALENDAR

February 29, 2008

This Friday has been changed to an early dismissal day. School will be over at 12:30p.m.

their characters filthy, irreverent expressions. These words on the pages of books came before the eyes of all ages and imprinted themselves on the minds of our youth.

Carefully (we are always led carefully), profanity has inched and nudged and pushed its way relentlessly into the motion picture and the magazine; and now even newspapers print, verbatim, comments the likes of which would have been considered intolerable a generation ago.

"Why not," they ask, "show life as it is?" They even say it is hypocritical to do otherwise. "If it is real, why hide it? You can't censor that which is real!" Why hide it? Why protest against it? **Many things that are real are not right.**

Disease germs are real, but must we therefore spread them? A pestilent infection may be real, but ought we to expose ourselves to it? Those who argue that so-called real life is license must remember that where there's an *is*, there's an *ought*. Frequently what is and what ought to be are far apart. When *is* and *ought* come together, an ideal is formed. The reality of profanity does not argue for the toleration of it.

Because of little protest many of us, like the man in the shop, may have fallen victim to the habit of profanity. If this has been your misfortune, I know a way that you can break the habit quickly. This is what I suggest you do: Make an agreement with someone not in your family, but someone who works closely with you. Offer to pay him \$1, or \$2, even \$5 each time he hears you swear. For less than \$50 you can break the habit.

Smile if you will; you will find it is a very practical and powerful device. There is a compelling reason beyond courtesy or propriety or culture for breaking such a habit. Profanity is more than just untidy language, for when we profane we relate to low and vulgar words the most sacred of all names. I wince when I hear the name of the Lord so used, called upon in anger, in frustration, in hatred.

If you need some feeling for the seriousness of the offense, next time you hear such an expression or you are tempted to use one yourself, substitute the name of your mother or your father or your child or your own name. Perhaps then the insulting and degrading implications will be borne into you, to have a name you revere so used. Perhaps then you will understand the fourth commandment: "Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain." (Ex. 20:7.)

Nobody needs to swear! Nobody needs to profane!

Kudos to...

Thanks to Paul Johnson and NM Embroidery & More for designing and printing a great staff gift from the room parents. We appreciate you!!

May I Suggest?

Q: Can we wear jeans on our birthday?

Anelisa, Janelle, Jesse and Emily

A: Thanks for asking. Sorry, No!

Q:

A:

Q:

A:

Nurse's Niche

Childhood Obesity Part I: A Growing Concern

I recently had a discussion about pizza with a 7th grade student. This student knew quite a bit about pizza. He knew that it was high in fat, high in calories and that moderation was very important when consuming it. As our discussion progressed, I began to think about the growing epidemic of childhood obesity. Many parents and children don't realize that regular over consumption of foods high in fat and calories can lead to obesity and health issues. According to the National Institute of Health, obesity is defined as the status of having too much body fat. This can encompass being overweight but they are not entirely the same thing. Obesity is having too much body weight for height. This is particularly of concern for children because it is difficult to evaluate their weight for height because they are constantly growing. Childhood obesity continues to be a hot topic for the nation as we see more and more children with health issues. These problems include heart disease, type II diabetes, poor sleeping habits, breathing patterns, and low mood and energy levels. The environment and genetics both play a key role in how a body stores fat. A child who continues to have issues with weight control may have a genetic predisposition to a certain body type and size. Therefore, obesity may be a family trait. However, the environment also plays a part in weight gain. Since the industrialization of the modern world, it becomes more apparent that food is more readily available. Fast food has become the choice of many families for breakfast, lunch and dinner. Families also choose to eat dinner in front of the television. This is counterproductive because as we multi-task the act of eating we don't focus on how much we are truly consuming. This leads to over eating because our brain does not process quantity of food while processing what was on the "Hannah Montana" show at that same time. Finally, lack of exercise can lead to obesity. Many children don't know how to get regular exercise. Today's society is plagued with Game Boys and Playstations. Exercise is a learned activity from parents and school. Children see the importance of it when parent place an importance on it. The positive aspect of all this bad news is that all the environmental factors can be changed for the better. Families can choose to eat low fat, low calorie home cooked meals together at the table. The cook in the family can choose to cook high quality meals at moderate portion sizes. And families can choose to exercise regularly together. Simple actions like walking can improve the quality of life and health of any child.

Nicole Sandoval RN

Source: National Institute of Health

Next Cardinal Flyer: Childhood Obesity Part II: The Real Problem

