

The Cardinal Flyer

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B.J.'s Corner

From the Principal

Two weeks ago I wrote about some unpleasant occurrences here at our school.

Today let me share some very pleasant things.

Fourteen of our eighth graders and their families did 100 acts of kindness for a total of 1,400 to show support for our troops. This was celebrated by a short program consisting of Brigadier General Montoya of the NM National Guard and Mayor Chavez. Our choir sang the National Anthem. Speeches were made and a reception was held. A large thank you to the parents of Timothy Carlton-McQueen who orchestrated this event. KOAT aired it on the 10:00 news on February 15th. Way to go Cardinals!!

1st Reconciliation (confession) will be made by our 2nd graders Monday, March 3, 2008. They all are excited and nervous about this special sacramental event.

B.J.

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How to Beat Bullying

It's been many years since Greg was in junior high school, but he can still vividly remember how it felt when his tormentors would chase him as he tried to walk home from the school bus. If they caught him, sometimes they would grab his trombone case and throw it into the snow, or they would toss his homework into the pond by his house. Other times they would become more violent, pushing and hitting him, even knocking him to the ground. "I felt powerless and scared," he says now. "I didn't know what to do."

Some people say being bullied is just a normal part of growing up. "Kids will be kids," they say. "They'll get over it." Most teenagers like to joke around and tease each other, but when does teasing cross the line and become bullying, a behavior that can have serious long-term effects?

A behavior can be called bullying "when there's fear and intimidation or when someone says 'Stop,' but the behavior continues. There's no acknowledgment of the victim's feelings." Bullying can make people feel worthless, friendless, and alone. Most experts agree that bullying is different among boys and girls. Boys tend to be more physically aggressive, while girls are more likely to use insults, to exclude other girls, or to spread rumors about them. Emily was bullied for several years while in middle school. "I got pushed into lockers and had spitballs thrown at me," she says. "But mostly it was emotional—the girls would exclude me or call me names."

What Others Can Do

If you see someone being bullied, it may be tempting to walk away, hoping the situation will take care of itself. Bullying rarely stops unless someone else gets involved. "If you see someone being bullied and you do nothing, you're contributing to the bullying."

Say something. If you are in a position to do so, say something like "Hey, knock it off" or "Leave him alone."

Tell an adult. If you say something but the bullying continues, or if you feel that telling a bully to stop might endanger your own safety, tell a responsible adult: a parent, teacher, principal, school counselor, or anyone else in a position of authority. Telling someone in authority is not the same thing as tattling: "Tattling is to get someone in

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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.

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, chap stick, lotion, diapers, socks and used or new baseball caps and coffee mugs. Turn everything in by Friday, February 29th.

The Storehouse Food Drive

A big thank you to all those Cardinals who have contributed to our annual food drive for the Storehouse! As of 2/25/08 we have collected 779 items. Remember, our goal is to bring in 15,000 items. Please remember that during this Lenten Season we are especially called to serve others. Please consider giving up a dinner out and instead using the money you would spend to purchase items for the Storehouse. Instead of going out enjoy a simple meal at home with your family and play a game and give thanks for your blessings by helping out others. If every student could bring in a few items, it would add up to a large amount! During this Lenten season of prayer, fasting, and giving to the poor, we ask God to give us a loving heart.

Thanks!!!

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.

Summer Session Returns

Anyone interested in attending the Summer Session can pick up a packet from the front office or from After Care Personnel. **The deadline for enrollment is April 1, 2008.** Do not miss this deadline!!!

Science News

We at St. Charles would like to thank those students, families and friends who contributed to the Atomic Fundraiser. We raised over \$1000.00. WAY TO GO Cardinals! This money purchased new magnifying glasses, hot plates, and magnets.

A pizza celebration will be March 7th for those students who submitted pledges.

Upcoming science presentations:

Rio Grande Traveling Program will be visiting our 2nd and 3rd grades in March.

UNM Regional Science Fair March 20-22 at Johnson Gym (UNM).

Congratulations to Shane Gilbert, Daniel Griego, Jodi Griesemer, Bobbi Pierson, Analisa Romero, Alex Martin, and Andrew Givens! They will be representing St. Charles at the Central New Mexico Science Fair Regionals at UNM on March 20 -22, 2008. The Public is welcomed to view the exhibits on Sat. March 22 from 11am. to 2pm. Way to go!

Fundraising

Scholastic Book Fair

The Book Fair will be from March 10 – 14. Save up your dollars to get as many books as you can. More Info to Follow! (See attachment).

Sock Hop

See the attached flier. Come and join the fun!!

Saturday, April 5, 2008 4-7p.m.

Calendar of Events

*Please note changes in Calendar below.

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

*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

It is imperative that each child in these grades takes and completes the exam during the week. Please DO NOT take your child out of school early, for an appointment. I would appreciate your full cooperation with this requirement. Please make sure your child gets 10 hours of sleep and a healthy breakfast.

*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.

SCHOLARSHIP APPLICATIONS

Scholarship applications are available for 08-09 in the finance office. Payment of a non-refundable \$20.00 application fee must be submitted. You can apply online: www.factstuitionaid.com. Application deadline is April 15th.

GIRL SCOUT COOKIES

Come and buy Girl Scout Cookies next Tuesday, March 4th. There will be a table set up after school. Support our girls!

trouble. Telling is trying to get some help or to solve a problem.”

Reach out. Look to the example of the good Samaritan, who cared for a man who had been beaten (see [Luke 10:30–37](#)). “He wasn’t in a position to confront the attackers, but he certainly dealt with the aftermath,” he says. Similarly, we can reach out in kindness to those who are bullied. If you see someone in that situation, try to be a friend. Friends decrease a teen’s chances of being bullied.

If You’re Being Bullied

Try to appear calm and confident. Try not to react, because a reaction is what most bullies are hoping for. First try to simply walk away. To walk away from trouble is not a sign of weakness. Stay calm and act confident, even if you don’t feel confident. Stand up straight, and make eye contact. Firmly tell the bully to stop. And don’t lash out physically. Retaliating physically may make a bully feel justified in his or her behavior.

Tell an adult. Many kids who are bullied feel that they should handle the situation by themselves. But bullying often does not stop until an authority figure gets involved. A trusted adult can help you plan a way to avoid being bullied and help provide support along the way. Keep telling until the situation improves. If the bullying is severe, it may be appropriate to inform the police.

Don’t blame yourself. No one deserves to be bullied. Because you are a victim of bullying does not mean you are a bad person. The person who has the problem is the bully, not the one being bullied.

Forgive. Forgiving a bully does not mean thinking that what he or she did was okay. Nor does it mean you shouldn’t stick up for yourself or that you should pretend the bullying never happened.

Forgiving does mean letting go of feelings of bitterness and anger—feelings that will damage you far more than they will affect the bully. The Lord said, “I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men”.

Rely on the Savior. His love, and the knowledge that you are a child of Heavenly Father, is your greatest source of self-worth. The Savior knows what it’s like to be beaten and spit upon, but He never forgot who He is—the Son of God. Because of the Atonement, He understands perfectly the hurt you feel, and He can heal you.

Today, both Greg and Emily agree that the damage caused by bullying doesn’t have to last forever. Both have gone on to have successful careers and families of their own. And while neither would wish for such a painful experience again, they agree that in some ways they are better people as a result: they are more understanding of those who are struggling and are more anxious to reach out and help. **And they know that their worth does not depend on what others think of them, for the worth of every soul “is great in the sight of God”**

Kudos to...

Andres Gallegos, 8th grade, He has been accepted to Phillips Academy Summer Program. He is one of about 600 students from 44 countries to include Australia, Japan, Hong Kong, Morocco, Russia, China, and Zimbabwe. What a wonderful honor! Good Job Andres!

May I Suggest?

Q: Can we get pizza hut pizza on Fridays?

A:.. Sorry, APS provides the pizza as part of their lunch program.

Q: Can there be one day where we can wear whatever we want?

A: Thanks for the suggestion. I'll consider it.

Q:

A:

Nurse's Niche

Childhood Obesity Part II: The Real Problem

We talked about the growing concern of childhood obesity two weeks ago. Again Obesity is defined as having too much body weight for height. It is not simply being overweight anymore. It is not an appearance problem either. When a child has been obese for many years, the extra weight has some additional health effects. The following information was gathered from the National Institutes of Health.

- **Blount's disease.** Bone deformity of the lower legs caused by obesity.
- **Arthritis.** Carrying extra weight can wear down the joints.
- **Asthma.** Children can experience breathing problems from the added weight.
- **Sleep apnea.** This is a temporary cessation in breathing during sleep. It is a critical problem as it could lead to inattentiveness during the day due to lack of sleep or interrupted sleep.
- **High blood pressure.** Hypertension is very common in children who are obese. When the body is exposed to this for an extended period of time, the heart and arteries don't work as they should.
- **High cholesterol.** As many adults have learned high cholesterol increases the risk of heart attack and stroke.
- **Insulin resistance and diabetes.** Insulin resistance may happen and develop into diabetes.
- **Depression.** Low self-esteem and depression are possible affects of obesity.

These are just the beginning of a long list of health problems that may occur in response to obesity. These are serious health issues that adults face everyday. It is by far better to encourage your child to get regular exercise, eat food in moderation, and think about what they are eating. Challenge your family to stay healthy by making choices that are appropriate.

Nicole Sandoval RN