

The Cardinal Flyer

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B.J.'s Corner

We become what we think about." We all become exactly what we make up our minds to become: good or bad; rich or poor; happy or sad; highly successful or just average. So, what exactly do you want? Make up your mind to be the best you can be in everything you do.

Thursday of last week I enjoyed a music class with Mrs. McBride's 2nd grade. Each student wrote a measure of music and then proceeded to play that measure on their set of bells.

Friday afternoon I spent in Sr. Clara's classroom. What a joy I had playing a multiplication game! Did you know each 3rd grader must master their Multiplication tables before moving to the next grade? Question $9 \times 7 = ?$ They also cannot forget their addition and subtraction. Please work on this daily!

Honoring Dr. Seuss and his many books, Mrs. Bridgers came dressed with Hat and Suspenders. The day was filled with Seuss and her class enjoyed green eggs and ham...

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Freedom "from" or Freedom "to"

Freedom

Read what a 12 year old in Indiana wrote about freedom:

All right team, our goal is freedom. Now let's get in there and win freedom. We all know what the plays are: congressmen, forwards; judicial branch, guards; legislative branch, center. Now pass that love, dribble that kindness, but most of all make every shot at freedom count. When the game is over, if we win, we'll really want to hang on to our victory to help our fans live peacefully. The team's captain is the executive branch. After the game is over we can thank our coach, Heavenly Father. The trophy we will get will be the greatest and most treasured honor that the United States will receive. We will dedicate this game to the freedom fighters of America.

Last week, we were reminded to not take our freedom for granted. As citizens of the United States of America and more importantly Christians we experience freedom at many levels. The true dimension of the word freedom provides us with the opportunity to be happy.



Freedom for most people of the world means "freedom from" the absence of malice or pain or suppression. But the freedom that God means when He deals with us goes one step further. He means "freedom to"—the freedom to act in the dignity of our own choice.

What then does it mean to be free? Freedom means to have matured to the full knowledge of our dangerously many responsibilities as a human being. We have learned that everything we do, and even say or think, has consequences. We realize that too long we have believed that we were victims of circumstances. In the

Our 7th graders are learning about impressionists including Monet, Renoir and others.

All of us on staff continue to struggle with our new upgraded phone system. I can assure you we are learning quickly and thanks for your patience.

Lastly, volunteers are being sought to work with Mrs. Donato on the Stations of the Cross.

Families if you are in town on March 21, please encourage your child to volunteer.

Enjoy our warmer weather and visit the Book Fair.

I hope you each saw your child (ren)'s report card on March 7th? After reviewing each of them I believe everyone of our students are experiencing some success.. Please encourage your student to read and do their homework.

From the Principal

B.J.

bjrossow@stcharlesabq.org

Classroom News

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 3/3/08 we have collected 2,282 items. Our goal is 15,000. 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.

Stations of the Cross

Each year the Middle School presents the Stations of the Cross on Good Friday at St Charles Church. We need students to volunteer for this. The costumes are in dire need of re-vamping/replacing. Please contact Mrs. Donato if you can help in any way to help our students shine in their portrayal of our Lord's passion. Leave your name and contact information with either Mrs. O'Connell or Mrs. Castillo.

A Note From Father Lane

Dear Students and Parents:

Thank you so much for the wonderful birthday wishes.

I was overwhelmed by all the wonderful cards - they were each so creative, loving and some quite funny!

You made my day and year! I keep all of you in my thoughts and prayers. I wish I could answer each and every one of your cards, but please know that I did read them all and my floor, with glitter and stickers, proves it!

Thanks for your special thoughtfulness and kindness!

Let us continue to pray for each other!

Father Lane, SSS

Don't wait until the last minute!

Are you interested in summer session – don't forget there are several art classes being offered. Take this opportunity to learn from the best! Mid-school – check out the Clay Animation Movie Making Class!! Pick up a packet form the front office or in After Care!

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. Check out the website www.stcharlesabq.org for more information.

Sock Hop

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

This will be a great family event!!

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

Jog-A-Thon

Coming soon! April 24th

Calendar of Events

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. The dates have been changed to Tuesday, March 11th and Wednesday March 12th. There will be a table set up after school. Support our girls!

ST. PATRICK'S DAY

March 17, 2008. Sister Mary, our superintendent has received clarification regarding this day. We can wear green on that day but have no celebrations. Cardinals can wear a green top with uniform bottoms on Monday, the 17th.

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!!!

Gospel of John, 8:32, we read the following: "And ye shall know the truth, and the truth shall make you free."

As we open our hearts to the message of God's truth, as it was restored in our time, we begin to understand why there was, and still is, so much misery, pain, suffering, and even starvation. In the same dimension as we are learning to accept the truth in our own life, our faith in the living Son of God will grow, and therefore we will receive spiritual gifts of heretofore unknown capacity. We will learn that nothing is impossible for those who believe in Jesus Christ. False bondages will be loosened. Narrow thinking born in tragedies of false traditions will disappear.

One thing, of course, we know: having "freedom to" means that we have the potential of making wrong choices. Wrong choices have their merciless consequences, and when they are not stopped and corrected they lead us into misery and pain. Wrong choices, if not corrected, will lead us to the ultimate possible disaster in each person's life: to become separated from our Heavenly Father in the world to come.

When we have received this life-enabling message, we begin to understand that in our earlier life we were like a football player standing in the middle of the field, totally depressed because we did not know the purpose and the rules of the game. We did not know which team we belonged to, and we didn't even know who our coach was. Only in the awareness of the gospel, our game plan becomes clear, and we comprehend that Jesus Christ is the way to all happiness here on earth and after we leave.

Jesus Christ wants to empower our lives, according to our own righteous choices, to that dimension that, through our faith and our doings, the circumstances whose prisoners we were in the past will eventually change. The Redeemer monitors our lives, together with a multitude of holy angels.

In this freedom that we have received in our time, through our understanding of His divine plan for us, we stand in our full responsibility. Let us always stay close to the loving, caring hand of our Redeemer and our Savior to find safety and joy.

Kudos to...

On Saturday, Conner Munsey, a student in Mrs. Saenz' 4th grade class, competed against 30 other students in our region of New Mexico. Conner one of the youngest excelled. His first word was tracheotomy. Could you have spelled that at 9 years of age?

Last week I was notified that 26 of our students are being honored on Friday, March by the Social Justice Ministry at the CSO. These students wrote lyrics that represented Social Justice Issues.

The yearbook staff met their final deadline and the book is awesome. Thanks everyone.

May I Suggest?

Q: Can we keep our girls' bathroom clean. The downstairs was full of tissue and nonflushed toilets? Avelina, Brianna and Jennifer 4B

A: Yes we can – with everybody's help. Everyone – please pick up and flush. Thanks!

Nurse's Niche

"I Had Another Accident!"

Every person has an estimated timeline which they grow and develop. This plan is an approximate schedule for normal things to mature in your body. The human body is a complex organism. Each system works in its own unique way. A good example of this is the urinary system which is controlled by nerves, muscles, and the brain.

The process of urinating may seem simple enough but children don't fully develop control until the age of 5. Occasional accidents should be rare but not the exception. The bladder fills with urine and stretches similar to a water balloon. The storage of a certain amount of urine then causes the release of it. A baby's bladder will fill and release urine automatically. A school aged child should be able to hold urine inside the bladder until an appropriate time of release. When a child is not able to hold urine this is called incontinence.

There are many reasons for incontinence which may be physical or behavioral. As a child develops bladder control during toilet training, high anxiety events such as unfamiliar situations or angry parents may determine success in a child's ability to gain full control. Although many experts say delayed physical development is very rare, it could occur in children as young as 4 and 5. This is why many physicians do not treat children for this problem until they know for certain that a physical issue is present.

However, infrequent voiding is the most common reason for incontinence. This is the child's choice to hold urine for long periods of time. Sometimes, children find it difficult to leave fun activities or refuse to use public restrooms. This causes them to ignore that signal sent from the brain to go the bathroom. When the bladder is too full, it releases urine and the child realizes that it is too late to urinate in an appropriate place.

As a parent this should be a concern if your child develops incontinence more than twice in a school year. It is counter productive to scold a child who has had an "accident" during the day. It is helpful though to note these habits and discuss them with your child's doctor. It is important to recognize when your child may need some extra help.

Nicole Sandoval, RN