

The Cardinal Flyer

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B.J.'s Corner

From the Principal

Welcome back to the final weeks of this school year. I hope your break was restful and that you were able to spend quality time with your children.

Please remember that each day St. Charles is filled with a variety of learning opportunities. Therefore, it is imperative that each child be in attendance. Below is a list of absentee numbers for your information.

I was able to proofread our new book – “Cardinal Alphabet”. How proud I am of the effort and final product. Kudos to everyone. We must proof several times and then off to the publisher. They will be on sale during our Art Festival. Stay tuned.

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Sunrise Surprise

“Wake up, everyone!” Dad called from the hallway. “We’ve overslept!” Mom pulled her robe around her and shuffled into the kitchen to make breakfast. As she opened the curtains, she frowned. “That’s funny,” she said. “The sun is coming up later than usual this morning. But what a beautiful sunrise!” She called everyone into the kitchen to see the bright orange ball coming up through the pink clouds. In spite of their hurry, everyone paused in wonder.

“Gorgeous,” Dad said.

“Wow!” Karen said.

“Awesome,” Julie said.

“Can we have pancakes?” Aaron said.

Mother pulled her attention back from the window to look at Aaron. “I’m not sure we have time for pancakes, but I’ll see what I can do.” She put the frying pan on the stove to heat and started mixing up the batter.

“I wonder why Nicky hasn’t called yet,” Karen wondered aloud. “She usually calls by now to see if I can walk to school with her.”

Dad straightened his tie. “I don’t know, honey, but I’m wondering where the bus is. It’s never been this late before.”

“Those pancakes sure smell good,” Aaron said. “I’ll set the table.”

Mother smiled. “That would be great. But shouldn’t you get dressed first?”

Julie hurried into the kitchen carrying her backpack. “I can’t be late. I have a test today.”

“Then you need a good breakfast,” Aaron pointed out as he put the plates on the table. “And maybe a song or two. And a story.”

Julie stared at him. “What are you talking about? We don’t have time to do all those things.”

Average absences for the last month:

Week of: 2/25 13/a day
 3/3 14/ a day
 3/10 17/a day
 3/17 14/ a day

Have a wonderful week.

B.J.

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The Storehouse Food Drive

Thank you!

Cardinals, you are AMAZING!

We collected 17,660 items for the Albuquerque Storehouse.

The class that brought in the most food was 8B with 4,031 items, second place was 5B with 2,350 items and third place was 2A with 1,525 items.

Your generosity will help SO many people in our community.

Remember what our dear friend Mac always said, "You are not remembered for the things in life that you do for yourself, but you are remembered for what you do for others."

Mac would have been SO proud of us.

Congratulation to all of you!

Regional Science Fair

Congratulations to our students that placed in the Regional Science Fair.

Jim Adams Memorial Award - Jodi Griesemer \$100.00

Top of Category: Junior Division Medicine and Health

Sciences Category - Daniel Griego Medal & Certificate

Albuquerque Science Teachers Association Awards –

Daniel Griego \$20.00

Scientific American - Bobbi Pierson \$34.95

Way to Go Cardinals!!!

Scrip Update

Before Spring Break, the 10 teachers did a trial run with Scrip and purchased cards for a total of \$1100.00. Based on percentages, the school received \$48.97.

Remember – you are spending a total amount of cash for the same amount of cash in the form of a card.

The first order for the entire school was placed today. Seven of you participated. We received a total order of \$920.00 and the school received \$64.85.

In just two weeks, 17 people brought in \$113.82 free money.

Scrip Challenge

Just think – if every 7 people brought in \$60 a week – we could bring in \$300.00 a week just for you shopping where you normally shop. \$300 times 30 weeks = \$10,800 free dollars to St. Charles.

Please plan to try Scrip out in the next couple of weeks – see how easy it is. The more we shop the less fundraising we will have to do. Give it a try – you might like it!

Fundraising

Sock Hop

Unfortunately, the Sock Hop was cancelled due to lack of participation.

Jog-A-Thon

Coming soon! - April 24th

Congratulations to Mrs. Olguin's and Miss Wheeldon's classes for tying as the 1st classes to have 100% participation!!

The last day to send in pledges is April 22nd. If you need permission slip or pledge sheet, pick one up in the front office.

Scrip Cards

Don't forget to order Scrip Cards by April 15 at 10:00 a.m. This is an easy and convenient way to raise funds for St. Charles. They can be used just like cash or gift cards!! Order forms available in the office.

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.

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!!!

"We do today," Aaron said mysteriously. And he began to hum as he put the forks beside the plates.

Mom and Dad exchanged a puzzled look. "Do you know something we don't know?" Dad asked Aaron.

Aaron smiled. "Somebody needs to change the calendar," he said.

"So?" Karen flipped up the next month's page on the wall calendar. *April* it said in big letters.

Mom laughed. "It's April Fools' Day!"*

"What have you done?" Karen asked.

"I set everyone's clock ahead an hour." Aaron beamed. "Now we all have time for a nice big breakfast, a song or two, and a story. Isn't that a great trick?"

"You mean I could have slept for another hour?" Julie asked. She looked at Aaron, who wasn't smiling anymore. Now he looked worried.

"You could have. But you would have missed that awesome sunrise," Mom said.

"And this delicious breakfast," Karen added.

Julie put down her backpack. "All right, Aaron, you win. I'll pick out a song to play on the piano." She patted him on the head before going to the living room.

"And I'll get my flute." Karen hurried to her bedroom.

"And I'll pick out a story," Dad said, opening his scriptures.

"Mom," Aaron said softly. "I know you sometimes don't like it when people play April Fools' tricks. Are you mad at me?"

"Of course not." Mom gave Aaron a hug. "What I don't like is when tricks make other people feel bad. Your trick is great because it's making us feel good by giving us time to be together. And that's a wonderful way to start any morning, especially April Fools' Day!"

Consider getting up earlier each day to spend time with family. Why should it just be on April Fools' Day?



Kudos to...

Den 2, BSA Pack 135

David Savidge, Devin Urenda and Adam Lopez have been extremely busy this school year with their den. They have successfully completed the requirements in their Cub Scout Handbook for the following awards:

Bear Badge, Leave No Trace, Albuquerque Historical Badge and World Conservation Award. They had to visit 10 sites in Albuquerque, clean environment (plant a tree, clean school grounds), practice 7 steps of Leave No Trace and complete 12 achievements in their handbooks. They also completed the Parvulei Dei (Children of God) booklet and will be recognized at St. Francis of Assisi in Santa Fe with a conferral mass on May 3rd at 10:30a.m. This booklet focused on Catholic values and Father Lane kindly reviewed booklets. Please salute these three hard working boys and remember the scout motto, DO YOUR BEST!!!

Ashley Temer and Samantha Cunico for receiving a 3rd Place award for the Poverty USA Project. These girl's names were left out last time. Way to go Girls!!

May I Suggest?

Q: Could we have a pin knockout tournament for St. Charles? Justin, Johnny, Richard and Richy

A: Maybe, talk to Coach Sandoval.

Q: Can we have a cross displayed in our Cardinal Café and our gymnasium? As a Catholic school we should display our pride in being Catholic. Wondering why we don't?

A: Very good question – We had a cross hanging in the lunchroom. I moved it 8 years ago to the front hall. Talk to me, about size and cost. B.J.

Nurse's Niche

Preparing for the Jog-A-Thon

As the Jog-A-Thon approaches, I observe that not all the participants may be ready for the upcoming physical activity. Some lack endurance and some lack daily physical activity. Nevertheless, it is probably a good idea to prepare for the upcoming Jog-A-Thon. This event can be a strenuous physical activity that is "good for your health." Therefore, it is important to prepare the body weeks in advance.

What is the best way to prepare for the Jog-A-Thon?

Answer: Practice, Practice, Practice. My old track coach used to say "The only way to get better at running is to run and never give up." What about walking? This is still an activity that requires some preparation in advance.

First, ensure the safety of the child. All children should have had their annual check up with their physician to ensure no health issues. Another important factor is to make sure that they are wearing appropriate clothes and shoes for the weather and for running. Good supportive shoes are essential for running because they provide the feet and knees with cushion and support.

Finally it is time to make a plan of action. Make small goals and write them down in an exercise log. For example, the plan is to walk or run 10 laps for the Jog-A-Thon. First, determine the ease or difficulty in walking 3 laps in 15 minutes, and then adjust accordingly. Write it down and check back on the daily goal. Finally, add to the goals with laps and time.

The proper preparation for any physical activity is to stretch the muscles to prevent injury. Stay relaxed when running and walking. Remember that talking and smiling should be activities easily done. Footsteps should be light on a steady pace as if stepping on pillows; never pound your feet. Cool down is equally important because it gives the body an opportunity to recover. Cool down should consist of stretching and slow walking so that the heart can recover.

Most important of all, remember to have fun. Finding the joy in certain activities is difficult unless there is a sincere enthusiasm for that activity. Think of inspiring things to keep you motivated. Remember that trying is the half the battle in any successful adventure.

Nicole Sandoval, RN