

The Cardinal Flyer

Volume 10, Issue 26

April 8, 2008

B.J.'s Corner

From the Principal

"A cheerful look brings joy to the heart".

Proverbs

Time is moving quickly as we prepare for the end of this school year. As we get busy with spring sports, finals and DRA testing try to remain enthusiastic and calm.

Friday, April 11th is a teacher professional development day. (No School)

Jog-a-thon is fast approaching. Get those entry fees in as soon as possible.

Enjoy the spring days and give thanks for all you have.

Have a wonderful week.

B.J.

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Classroom News

Flowers to Honor Mary: Our Lady of Peace

During the first school Mass in May, we will have the traditional service of presenting flowers to Mary and honoring her as Mother of God, mother of the resurrection. Please have your children bring flowers to this special Mass, Wednesday, May 7, 9:00 a.m. During the Introductory Rites, the students will process to the place of honor, in the church (between the ambo and piano), and place flowers in vases, in front of the image of Our Lady of the Blessed Sacrament.

Additionally, this year, our parish is having a special novena for peace from May 4 - 13. All are welcome to join in the rosary, weekday afternoons at 4:15 p.m. in the Shrine Chapel. On Saturday, May 10, there will be a special procession and recitation of the rosary at 6:15 p.m. On Tuesday, May 13, the last day of the novena, there will be a special potluck dinner at 6 p.m., Mass at 7 p.m., and then candle light procession and recitation of the rosary around the campus to the different images and patrons of Mary. Each night, different parish groups, and members from other organizations around ABQ, (i.e. Pax Christi, etc.), will also be present to pray for peace under the patronage of Our Lady of the Blessed Sacrament and Fatima. Please check the flyers in church and other information on the parish website.

All School Masses

Parents, grandparents and relatives are always welcome to attend our school masses. Our apologies to those new parents that didn't know they could attend mass last week for the awards. Come and join us anytime.

Kudos to...

Matthew Willie for his excellent performance at the State Geography Bee ant UNM on April 4th. He did a terrific job!

Scrip Update

See the attached flier!

Turn in orders on Tuesday by 9:00a.m. The new turn around time is now Friday of the same week. It is now more convenient to order.

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!

Music News: Free Concerts

The Albuquerque Youth Symphony will present two free concerts at Popejoy Hall this weekend.

Saturday, April 12th at 6:00p.m. The Junior String Orchestra, Junior Orchestra and The Junior Symphony will be featured.

On Sunday, April 13th at 3:00p.m. The Albuquerque Youth Symphony and the Albuquerque Youth Orchestra will share the program. One of St. Charles Alumna, Caroline Peck, will play in the Albuquerque Youth Orchestra (on Sunday). Go and support these talented young musicians. It's free!

May I Suggest?

Q: Dear Principal B.J.

Can we write in gel pen for Math? Could we have rolling backpacks to carry our heavy books from class to class? Please, thanks for what you've done for us.

You're a fantastic principal!!

A: Thanks for asking. However, Math is always done in pencil. It is easier to erase than ink.

Rolling backpacks unfortunately break up the cement around the school house. I broke the schedule up so you only have to carry two books max at a time.

Fundraising

Jog-A-Thon

Coming soon! - April 24th

The last day to register is April 22nd. Pledges are due on or before Jog-A-Thon day, Thursday, April 24th.

Please see the attached forms.

Scrip Cards

See the attached flier for new information.

Don't forget to order Scrip Cards. 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

CARWASH TO BENEFIT FUNDRAISER

FOR "NEWBORNS IN NEED"

Please come and support our carwash sponsored by the St. Charles Borromeo School NJHS Club and Builder's Club. It will be held this Sunday, April 13, 2008 (WEATHER PERMITTING) in the St. Charles Borromeo School's parking lot from 10:00a.m. to 1:00p.m.

All money raised will go to purchase items for the "Newborns in Need" campaign.

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.

Nurse's Niche

Good Sense for the Sun

How many times has your child run out the door on a hot sunny day without sunscreen? More often than not, the answer to this question is everyday. It is a well know fact that staying in the sun for too long without skin protection can result in a sunburn. It is always time to make an active effort to protect your skin.

The environment has invisible light called ultraviolet rays that passes through the air and can penetrate the skin. Sunburn happens when the skin comes in contact with these rays without protection. Fair skin, light colored eyes and hair have a greater likelihood of getting sunburn. This is due the amount of melanin in the skin. Melanin protects the skin from the harmful effects of the sun.

Sunscreen is the single most important step to take in protecting your skin. Another important measure to take is to not spend so much time in the direct sun. If it is possible, move to shaded areas or even indoors. It is also very critical to remember to drink water. As the months get hotter and hotter, it is especially important to remember this between the hours of 10am and 4pm.

How does one choose a good sunscreen? Not all sunscreens are equal in quality. Ideally, for the weather in New Mexico, buying a sunscreen with SPF 30 or above will give you the greatest amount of protection. SPF is sun protection factor that shows you how long you can stay in the sun before getting burned. However, it is always a good idea to reapply sunscreen throughout the day.

Sunscreen should be applied all over the body on the skin 15-20 minutes before going into the sun. If you forget, put it on when you remember. Take good care of your skin and when you grow older, your skin will continue to take care of you.

Nicole Sandoval, RN

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