

The Cardinal Flyer

Volume 10, Issue 27

April 15, 2008

B.J.'s Corner

From the Principal

"Whatever is worth doing at all is worth doing well."

Our KA class did an outstanding job last Wednesday in the mass.

2A presented "A Living Museum" last Thursday. This was awesome. Thank you.

Next week is the last student edition of this year. A special thank you to everyone involved in this publication, especially, Mrs. Hernandez.

So much goes on in our school that I often neglect to comment. I will work harder on that.

Next Wednesday, is Administrative Professional Day. Remember my staff with special smiles and cheerfulness.

Scrip was tested by our faculty and within two weeks we made \$93.72.

I tried it, I wasn't sure if it would work, but it did!

I received my cards which look like gift cards within three days of my request. Try it, you may like it!

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Kudos to all the mid-schoolers who helped out at the car wash and my two fourth graders, Jennifer and Taylor.

Enjoy our warm weather!

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. Come and join us anytime.

Fundraising

Ready, Set...

Jog-a-thon!

Remember last day for early registration is coming ...this Friday! Only \$5.00. After this date, registration will be \$10.00. The last day to register is 4/22.

Participants can wear shorts and spirit shirts.

Remember your Sunscreen, Hats.

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! 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.

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.

Kudos to ...

The Builders' Club members and National Junior Honor Society members who worked at our Sunday car wash! We raised \$575.00 dollars. All of the money will be used to purchase items for the "Newborns in Need" campaign.

Special thanks to Mr. King (Chris's and Savannah's Dad) and Mr. and Mrs. O' Connell (Faith's and Taylor's Dad) for helping out and working so hard!!

Montana Sandoval for placing 1st in a dance competition held in Denver for ages 6-10. Way to go Montana!

Daniel Griego who was interviewed on Television at

the State Science Fair.

All Cardinals who took part in last weeks dance projects. It was enjoyed by all!!

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 known fact that staying in the sun for too long without skin protection can result in 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