

The Cardinal Flyer

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B.J.'s Corner

From the Principal

"If the only thing we leave our children is the quality of enthusiasm, we will have given them an estate of incalculable value".

Thank you to the many parents who turned out last Thursday for our Jog-A-Thon. It was a great success!

A special thank you to Francie Fidel, (Hurley and Libby's mom) and Dianne DeHerrera, (Ariel and Mel's mom) who put in countless hours of organizing this event.

Our Developmental Reading Assessment finished without a hitch! This assessment is a great tool for our teachers.

Progress Reports are coming home today! Your students have another four weeks before final grades. Normally low grades are a direct result in a child not turning in homework.

Have a great day.

B.J.

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Nurse's Niche

So your child comes home from school and wants a snack. They want cookies and ice cream. You want fruit or vegetables. The battle begins to find a compromise for a healthy snack. The truth is there should be no compromise when it comes to nutrition. Adults teach children healthy habits and should dictate a healthy diet.

Prepare. The most difficult part of any healthy diet is preparation. Cut some fruit and vegetables and put in baggies at the beginning of the day. This way your child can grab already portioned snack bags.

Moderation. Even healthy food should be eaten in moderation. Never eat out of the box or bag. Prepare portions in advance so children can gain an understanding of appropriate serving sizes.

Hunger. Discover the real reason for eating. Is your child really hungry or just bored? Determine if they are really eating their lunch at school. If they bring lunch, have them show you what they ate. If they buy lunch, ask them detailed questions about their meal.

Water. Limit intake of soda like Coca Cola or Pepsi. Soda has lots of sugar and calories. In fact, soda should be limited to special occasions or the weekends. Water is always the best choice.

Multitasking. Don't allow your child to snack in front of the television, computer, or even while they are doing homework. Distracting the brain may have it's consequences with eating more than planned.

Enjoy. Food should be enjoyed by everyone even children. Try different new foods and keep your mind open. Remember that children learn from adults so if you try new things, they will also. Eat slow so that each bite can be enjoyed by your mouth and brain.

Ideally, if children need a snack after school, fruit and vegetables are the best choice. The key to smart snacking is in watching the content and portion sizes of food. Don't get discouraged. Once they taste the refreshing flavors of fruit and veggies they won't want anything else. Nicole Sandoval RN

Scrip Update

So far this year we have earned \$204.02 in free money as people have purchased Scrip cards in the last 4 weeks. Remember – you are buying cards for cash and the cards act as cash. Every card you buy generates free money for St. Charles. There are just a few weeks left to try it out! Please take some time and order Scrip – you get it in two days!!

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.

Don't Forget About Brother Peter!

We are still asking for donations for Brother Peter. We want to send him off with a Bang!! Our assembly is on Friday, May 9th. Please send in donations to your child's homeroom by May 7th. Thanks.

Newborns in Need

Send in your baby items. We are still doing our service project for the babies.

Special Art Exhibit Preview Night

See the attached flier. **Last day to purchase tickets is April 30th!!**

Space Day

Get ready to blast into space and experience the Cosmic energy at the 1st Annual St. Charles Space Day, Tuesday, May 13, 2008 for K-5.

There will be several SPACE STATIONS filled with fun, adventure and learning.

We need parent volunteers to help prepare for this day!!

If you would like more information or would be interested in volunteering please contact Aline Gonzales-Saiz at 792-8982.

Hope to see you there!

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.

Mark Your Calendars...

May 21, 2008

Athletic Awards to be given at Mass – 9:00 a.m.

May 28, 2008

Academic and Young Catholic Awards – 9:00 a.m.

May 30, 2008 Early Dismissal 12:30 p.m.

Move-Up Day is **mandatory** for all students. If students are not in attendance – they will not receive their report card until August even those that are mailed (6th and 7th).