



The Cardinal Flyer

SEPTEMBER 1, 2009

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BJ's Corner

THERE WILL NOT BE A FLYER NEXT WEEK.

"If you do not have a dream, you cannot have a dream come true."

The past week has been a very busy one filled with last minute maintenance fixes, schedule adjustments, tryouts for football and volleyball, choir and our now famous "Picnic in the Backyard."

The dust has settled and we are off and running smoothly. Classes are all busy and students involved. I will be formally observing classes starting in October; however, I do informal observations frequently.

I am on lunchroom duty daily and have noticed some students (K-5) may purchase their lunch, take a bite and throw it out. I suggest you check with your child and insure they like what is being served. (The APS lunch menu is on our website.) I have the Kinder students pack up what they don't eat if they bring their lunches. Lunch period is 20 minutes for eating and 20 minutes for playing.

I recently read two excellent articles by John Rosemond, 1st- "Separation Anxiety Rooted in Overly Attached Parents", (August 6, 2009) and 2nd- "Parents Can't Protect Their Kids from Every Adversity", (August 27, 2009). John Rosemond's website is: www.rosemond.com

Have a safe and relaxing Labor Day weekend.

B.J.

Big News!!

St. Charles received a check for \$700.00 from the Wal-Mart Recycle Program! Thank you everyone. Keep bringing in those plastic bags.

Entertainment Books

The first of our many necessary fundraising campaigns have begun. We would like your help in selling entertainment books. We receive \$10.00 per book after the first 100 books are sold. That means if every child sells two – we can profit \$4500.00. This would really help us.

Each of you should have received an entertainment book packet (one from each child). If you want to purchase it – please send the money with your child. If you do not want it – please return to your child's homeroom teacher immediately so others can sell it.

Calendar Update

September 7th – Labor Day
No School

September 8th –
Archdiocesan In-Service
No School

September 10th – Green
Shirt Order Forms and
Entertainment Book Order
Forms Due

September 16th – Picture
Day (In uniforms)

Nurse's Niche

The Promise of a New School Year

Last week was the first full week of school. It is that special time when everyone is getting to know each other and their teacher. When we come together with each other it is important to remember certain courtesies. So now is the time to remind your children about important things that will ensure their health.

1. Wash Hands. Please reinforce and remind your children at home to wash their hands. It is so important to remember that because when we are around others our hands are vessels for spreading germs. Keep asking them if they washed their hands.
2. Cover those noses. Remind them at home if they sneeze to turn their heads away from others and into their elbow or hands. Germs are also spread this way around school. Nose picking is bad. How many times last week did I catch a student picking their nose? Too many to count. Remind them that this is another way to spread germs. Many children will cause a nose bleed if their mucus membranes are dry. It is just common sense to leave your nose alone. Remind them at home even when you don't think they are listening.
3. Sleeping is good. Please ensure that your child is going to bed early enough for 8-10 hours of sleep a night. Sleeping replenishes the body for learning. More sleep is lost from electronics than any other reason. So remember to turn off the television, computers, and cell phones. Give your child the best start to their day with a good night's sleep.
4. Breakfast is still important. Many times I will see students who don't have enough time to eat breakfast and then forget their morning snack. Their first meal of the day is lunch. The brain's fuel is glucose and that is found in food. How can a brain function without breakfast? It can't. Breakfast is too important to pass up. Eat a good balanced breakfast with plenty of protein so they can make it through the day.
5. When to stay home. If your child has a fever above 100°F, keep them away from other children and stay home. Remember that they cannot return to school until 24 hours after the fever has subsided. It is also important that if they have had a fever for more than 3 days to see your pediatrician.

If you follow these recommendations, your children will succeed and stay healthy. Have a terrific school year.

Nurse Nicole

Kudos:

Mel and Dianne DeHerrera and Yvonne Ybarra for taking charge of the picnic and food items at no cost to St. Charles.

Barbara Menicucci - for baking beans in the Solar oven.

Donna Gallegos- Acknowledgment sign.

Everyone for a wonderful Open House.

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Buy Scrip every week!

Please remember to buy Scrip on Tuesdays. Remember – shop for those items you normally do and a percentage goes to St. Charles. It only takes a few minutes of your time. Thanks for supporting our school!

Calendar Update....

Do not forget to look at the left column for Calendar Update

Football Practice

Monday – Thursday 3:30 – 5:00

Volleyball Practices

C Team Volleyball

Monday – Thursday 3:30 – 4:30

B Team Volleyball

Monday – Thursday 4:00 – 5:00

A Team Volleyball

Monday – Thursday 4:45 – 6:00

A Message From the St. Charles School Advisory Council

Dear Parents and Friends,

What a joy it was to see so many families at our annual Open House and School picnic! We hope everyone had time to meet their child's teacher and the other wonderful staff of St. Charles. We are grateful that cooking delicious hot dogs is yet another of Martin's talents. Martin Lujan is our school's maintenance engineer, school crossing officer, and we are grateful for the countless other roles and responsibilities that he fills to help St. Charles School. We thank Martin and all those who participated to make our annual picnic a success.

We encourage you to visit the school website often for updates and announcements and to think about ways that you can help in your special way to make this year a success for all. We ask that you take a look at this year's "School and Class Wish Lists." This is found on the front page of the school's website. On this list, you will find a number of items that teachers have wished for after thinking very carefully about their instructional goals for our children this year as they plan their lessons and learning activities. Teaching is like many other professions in that it requires tools and supplies. As a community, we all contribute to our children's expendable supplies, that is, supplies that are used up throughout the year. However, there are other supplies and tools that teachers have identified as particularly useful in providing interesting, challenging, and engaging learning experiences for children. Like other professions, educational practices are always evolving and effective tool use is part of what makes teaching and learning a success. Unfortunately, often times the tools and supplies that teacher's use year after year become damaged or out dated. Please take a look at these wish lists and think about how you can help

move St. Charles School forward. Please consider making a gift to your child's classroom or to another teacher that you know. They could benefit from your gift. There are some more expensive items on these lists that perhaps could be provided to our school if groups of families worked together to purchase for our school. Perhaps room parents could consider identifying some of these items for a particular classroom and then coordinate with the families in the class to purchase an item as a class gift to our school.

We want to encourage all families in our community to become involved in our children's learning and school activities. An abundance of research has shown that the number one predictor of academic achievement in children's subsequent schooling is parental involvement. In addition, in a recent study, researchers found that teachers in their study agreed that the single most important need to help students learn is parental involvement. Successes in school are built upon many foundational supports. Parent's involvement is one such foundation for later academic success. We invite you to share your ideas and thoughts with us on how we can move St. Charles School forward and maximize the learning opportunities for all our children in these very formative years. Our contact information is listed on the school website.

Respectfully,
David Atencio

Solar Cooking

Did you enjoy the taste of some "solar cooked beans" at the open house last Friday? If you did, we want to say "thank you" to the New Mexico Solar Energy Association for letting us use their large Global Sun Oven to cook them.

Mrs. Menicucci put the pots of beans in at around 10:00am and by 3:00pm they were completely cooked.

If you are interested in more information about solar cooking you can check these websites: <http://www.solarcooking.org/> or at <http://www.solarranch.com/products.html>

Mrs. Menicucci is a board member of NMSEA which is a non-profit organization dedicated to teaching students and adults about and renewable energy and sustainable living. To learn more about renewable energy join us at the 2009 Solar Fiesta at Highland High School on September 26 or 27.

For a list of educational workshops at the Solar Fiesta go to <http://www.nmsea.org>



