



# The Cardinal Flyer

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## BJ's Corner

This is part two of the article last week. Please take some time to read it. Thanks Dr. Atencio for taking the time to share this information.

### Dear Parents and Friends,

Last week, we began a conversation about what makes great schools great by looking at John Goodlad ideas of excellence in education. This week, we continue to look at aspects of excellence in education by learning about Ernest L. Boyer's ideas of what are the very basic elements of a great school. As president of the Carnegie Foundation for the Advancement of Teaching, Dr. Boyer wrote about "the Basic School" and elaborated on the elements of excellence in education that assure success for all learners, engagement in learning at the highest levels, and that affords a school climate where all children realize their fullest potentials. Below is an outline of what Boyer believes should be fundamentally central to each school in order for it to successfully execute its core mission.

#### The School as Community

- A Shared Vision: The Basic School is a place where everyone comes together to promote learning. Classrooms are connected with a clear vision.
- Teachers as Leaders: In the Basic School, teachers are the leaders, with the principal as lead teacher.
- Parents as Partners: In the Basic School, the circle of community extends to embrace parents, who are viewed as the child's first and most important teachers.

#### The Second Priority: A Curriculum with Coherence

- The Centrality of Language: In the Basic School literacy is the first and most essential goal. All children are expected to become proficient in the written and spoken word, as well as in mathematics and the arts.
- The Core Commonalties: In the Basic School, all students become well informed. They study the various fields of knowledge--history, science, literature, civics, health, for example.
- Measuring Results: The Basic School is accountable to parents, to students, and to the community at large. High academic standards are established in both language achievement and general knowledge. Student progress is periodically evaluated, with assessment always in the service of learning.

#### The Third Priority: A Climate for Learning

- Patterns to Fit Purpose: In the Basic School, every student is encouraged to become a disciplined, creative, self-motivated learner. Class size is kept small, the teaching schedule is flexible, and student-grouping arrangements are varied to promote

### Calendar Update

October 2- Balloon Aloft in our Playground

October 9<sup>th</sup>- Parent/Teacher Conferences

October 23 and 26 – DRA Assessments

October 30<sup>th</sup> – Halloween Carnival 11:30 a.m.

learning.

- Resources to Enrich: The Basic School makes available to all students rich resources for learning--from building blocks to books. And the school also gives students access to the new electronic tools that connect each classroom to vast networks of knowledge.
- Support Services for Children: The Basic School is committed to serving the whole child. Beyond a solid academic program, the school provides basic health services and afternoon and summer enrichment programs for students.

#### **The Fourth Priority: A Commitment to Character**

- The Core Virtues: The Basic School is concerned with the ethical and moral dimensions of a child's life. Seven core virtues--honesty, respect, responsibility, compassion, self-discipline, perseverance, and giving--are emphasized to guide the Basic School as it promotes excellence in living, as well as in learning.
- Living with Purpose: The core virtues of the Basic School are taught both by word and deed. Through curriculum, school climate, and service, students are encouraged to apply the lessons of the classroom to the world around them.

St. Charles Borromeo is indeed a great school that is organized for excellence and that assures many successes for all children. Our school is governed with a clear and well-articulated purpose of instilling the virtues of competence, determination, compassion, service and dignity in all students in this school community. Our Catholic faith guides our school and formation of our children, while our commitment of service to our community enriches those around us and emulates Christ's love for all us. Our rich and diverse curriculum along with all the extra curricular activities provides our children with a school experience that is unequalled in most schools in this state. Our small class sizes and our wide use of meaningful assessments of children's progress and learning, guarantees that the learning environment in each classroom is carefully tuned to maximize interest and understanding in all students.

As partners in our children's education, parents, teachers and administrators here at St. Charles share a strong commitment to provide the best opportunities for our children. Simply put, we need each other and our children need everyone involved in our mission. Please remember to buy script. Every contribution to this cost-free initiative helps. Please consider inviting friends, families, and neighbors to support St. Charles at no cost.

Respectfully,  
David Atencio

#### **Balloon Aloft Friday, October 2<sup>nd</sup> 7:00 a.m.**

Pilot Tim Evans and his balloon crew will be visiting again this year. All are welcome to come and watch the "Crew Balloon" inflate and tether. This is a great opportunity to get up close without the traffic! You may walk your child/children directly to the back field on Friday morning. I hope to see you on Friday.

Have a great week.  
B.J.

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## Scrip Contest!

Please remember to buy Scrip on Tuesdays. Every week you order your name will be placed in a drawing for a gift certificate. 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!



# Halloween Carnival Information

**A meeting will be held with room parents and volunteers on Tuesday, October 6, 2009, 3:00 p.m. to 4:00 p.m., in the Teacher's Lounge.**

**If you are interested in helping at the carnival, but cannot attend the meeting, please call Annette Paez, at 350-4564.**

## Kudos...

Congratulations to 1A! This class has read 379 books at home and 225 in SSR which is a total of 604.

Thanks to Micaela Morales and her staff. Our cafeteria and kitchen received a perfect score in cleanliness, food temperature and various other hygiene points.

The girl's volleyball A-Team remains undefeated!! Go Cardinals!!

## First Communion and First Reconciliation

If there are any students other than 2<sup>nd</sup> Graders needing to make their First Reconciliation and First Communion, please notify the office. Also, we **MUST** have a copy of your student's Baptismal certificate in order for them to receive the sacraments. Please contact us before October 9<sup>th</sup>.

## Nurse's Niche

### Why Do I Have to Eat That Snack?

Snacking is defined as the food eaten between meals. Snack food should be something light but filling enough to get you through the next meal. Usually, students think junk food is a good snack. However, it offers nothing more than empty calories. So what is the big deal about junk food as a snack? We want our children to be faced with good nutrition choices that will help them through their day.

**1. What does food really do?** Food provides energy for our body and mind. Proper nutrition helps our body to think, work, and play. Hunger has different affects on the body. Once a body is hungry, it starts to feel tired, weak, dizzy, and even disoriented.

**2. How many snacks should we eat a day?** Good snacks provide our body with the fuel to keep going. It is important to “listen” to the body because it will indicate when it is hungry. These are times when snacking is appropriate. At St. Charles, all grades are given an opportunity to eat a midmorning snack. Many students bring junk food. I have seen bags of cookies, brownies, large bags of potato chips. Although this would not be my first choice for snack, any snack is better than no snack at all.

**3. How much should you eat?** Snack time is the time of day to eat nutritious food in order to maintain energy levels keeping the mind alert. Many schools established the snack time to help children make it to lunchtime. As parents it is crucial to ensure that children are choosing proper snacks that can help them through that time. Please ensure that you are sending your 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders with a good snack with protein that will help them make it through until lunch.

**4. What should you eat?** The human body requires a specific amount of calories from nutrients found in food. That is why snacking is important. Snacking gives us the opportunity to get the missed nutrients that are needed to ensure proper nutrition. If a snack is not nutrient dense, a child will not obtain the benefits from it. Examples of good choices are cut fruit, cut veggies, yogurt and cheese and crackers.

**5. What is the right choice?** I have seen many snacks at recess including fruits and vegetables to cookies to those big bags of potato chips. I have even seen some children throw away their lunch because they ate too much of their snack. Awareness is the first step in making healthy snack choices. Knowing the difference between choices presented in terms of appropriate snacks is a child’s first step in eating right.

Nicole Sandoval RN

### **Games Coming Up! Come out and support your Athletic Teams!**

**Volleyball – Games for C-Team are at 4:00, B-Team at 5:00 and A-Team at 6:00pm**

September 29- St. Charles at St. Therese

September 30- St. Charles at Sandia Prep

October 2 – St. Charles at St. Thomas

October 5 – St. Mary’s ABQ. at St. Charles

### **Football – Games are at Bullhead**

September 29 – Assumption – 4:00 – Field 7

October 1 – St. Therese – 4:00 – Field 7

October 7 – San Felipe – 5:00 – Field 7

October 13 – St. Mary's ABQ – 5:00 – Field 6

October 15 – Holy Ghost – 4:00 – Field 6