

# The Cardinal Flyer

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## B.J.'s Corner

*From the Principal*

"When you look at your problems through a spirit of love, you realize that there is a grand design to this world and the problem is given to you for the lesson it will teach you and the better person it will make you."

Thanks to Mrs. Mabray I was provided a copy of "The Ultimate Gift" by Jim Stovall. My quote this week is from that book and during the next few weeks, I'll share my thoughts on "The Ultimate Gift."

Last week was very busy culminating in our Parent Forum. A special THANKS to our guest speaker, Mrs. Teresa Brown, (Tyler's KB Mom) and Judge John Romero. They spoke on Behavior & Consequences.

Approximately 80 families and 10 teachers attended. Fabulous turn out everyone!

This week brings "Balloon Aloft." Tim Evans and his "Crew" balloon will inflate around 7:15 a.m. on Friday, October 5<sup>th</sup> (weather permitting). Families and students are welcome to come to our playground to meet our pilot, Tim and see his balloon up close and personal. Our own Gina Evans (Finance Office) is his

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## The Guy in the Glass (Part II)

*Words to Live By-Continued From Last Week*

The next day at recess Bobby Mills said something about Toby always wearing the same pants and that they were full of fleas. Everybody laughed and started making fun of Toby, and he walked off by himself and sat under the weeping willow tree at the corner of the school grounds. I didn't say anything bad about Toby or laugh at him. But I didn't stick up for him either, not like a real friend would have done. That afternoon when I went home, I had to go through the back door again because I knew I couldn't face the guy in the glass.

After supper I found Dad in the living room, reading the paper. "How can a guy be a real friend?" I asked.

Dad looked up and asked, "What do you mean, Kyle?"

I looked down at the floor. "It's easy to be a friend to Toby here at home," I said, "but when I go to school, I'm scared to be friends. I keep wondering if everyone else will start to laugh at me like they do at him."

Dad dropped the paper on the floor and thought for a while. "Being a friend isn't always easy," he said. "Sometimes it takes more courage to be a friend than to be anything else."

"Can a guy have that much courage?" I mumbled.

Dad reached over and squeezed my arm. "When Jesus was on the earth," he said, "there were lots of men and women that other people didn't like. There were poor people, lepers, publicans, and sinners. People probably made fun of them and wouldn't be friends with them or even talk to them. But Jesus was a friend to everyone who needed Him. He knew that being a friend was very important. In fact, He said, 'Greater love hath no man than this, that a man lay down his life for his friends' [[John 15:13](#)]. And while we may not have to give up our lives for our friends, we should be willing to defend them when necessary, even when it's not easy."

That night when I knelt down by my bed, I prayed harder than I'd ever prayed before. I asked Heavenly Father to help me have the courage to be Toby's friend.

At school the next day my stomach was churning and flopping, and I kept licking my lips and chewing my fingernails. The closer the

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crew chief.

The Class of 2008 (8<sup>th</sup> grade) is responsible for helping Tim fold up his balloon upon completion of inflation.

Monday, October 8<sup>th</sup> is a holiday! That would be a great time to go to Balloon Fiesta, Enjoy.

Have a great three day weekend.

### Attention Parents:

Let me clarify this month's parent conferences and assessments.

#### Conferences-

October 12<sup>th</sup>- Parent Teacher Conferences (K-5)

Student Led Conferences (6, 7, & 8)

In K-5, teachers will meet with parents. No school for students.

6, 7, & 8 – Students will wear their uniforms and lead the discussion with our teachers facilitating and parents listening and asking questions. After the individual conference, students go home.

#### DRA- Developmental Reading Assessments –

The entire school is assessed over a two day period. Due to the time it takes, classes are cancelled on 19<sup>th</sup> & 22<sup>nd</sup>, resuming the 23<sup>rd</sup>. You are asked to bring your student at the time assigned and pick up your student right after testing.

I appreciate your understanding.

.Have a Great Week.

Principal BJ  
bjrossow@stcharlesabq.org

### Athletic News

**Football:** Tournament Today @ 4:00 Bullhead

**Volleyball:** C-Team Today @ Queen of Heaven 4:00

**JV-** Wed. @ Queen of Heaven 4:00

**Varsity** – Wed. @ Queen of Heaven 5:00

**GOOO CARDINALS!!! BJ**

### Classroom News

#### Thank you for your Generosity

Thanks to all of you for bringing in food items for The Storehouse. We collected 2,384 items!! Congratulations to Mr. Garcia's 7A class they brought in the most with 485 items. Mrs. Maguire's KB class was 2<sup>nd</sup> place with 242 items. Way to Go Cardinals!!

*For I was hungry, and you gave me food... I was naked, and you gave me clothing..." Matthew, Chapter 25*

#### Club News

Brownie Troop meets on Wednesday, not Tuesdays as stated previously.

#### Science News

Thanks to all of you that have brought in items for our Science wish list. You are so generous!! Continue to bring in your materials.

#### First Holy Communion

If there are any students other than 2<sup>nd</sup> grade needing to make their First Communion, please contact the office. We will let Mrs. Olguin and Mrs. Torres know.

#### 8<sup>th</sup> Grade ITBS TESTS

ITBS tests for 8<sup>th</sup> grade are being given on, October 9<sup>th</sup>, 10<sup>th</sup> and 11th. It is imperative that each child in the 8th grade takes and completes the exam during the week. Please **DO NOT** take your child out of school early, for an appointment. I would appreciate your full cooperation with this requirement. Please make sure your child gets 10 hours of sleep and a healthy breakfast.

## CALENDAR OF EVENTS

PARENT FORUM \*THIS IS A CHANGE\* (5<sup>TH</sup>-7<sup>TH</sup>)

**OCTOBER 10<sup>TH</sup> IN GYM (WEDNESDAY)  
7:00 P.M. – 8:00 P.M.**

**This forum is mandatory for all fifth – seventh grade parents.**

PARENT/TEACHER/STUDENT CONFERENCES

FRIDAY, OCTOBER 12<sup>TH</sup>

Parent/Teacher Conferences, K-5 (Mandatory)

Student Led Conferences 6,7,& 8 (Mandatory)

Please check the slip your child brings home for times.

RAFFLE DUE

Mandatory raffle money is due Friday, October 19<sup>th</sup>.

Late fees will be charged.

DRA DAYS

DRA Assessment dates: Friday October 19<sup>th</sup> & Monday, October 22<sup>nd</sup>. No School, students come at their assigned times. ( See slip your child brings home).

HALLOWEEN PARADE

Costume Parade Friday, October 26<sup>th</sup> at 2:30.

Younger siblings welcome.

HALLOWEEN CARNIVAL

The carnival will be on Saturday, October 27, 2007

11:00 a.m. to 3:00 p.m. Come and enjoy!

### Halloween Carnival Planning Meeting

A meeting will be held on Friday, October 5, 2007 from 2:00 to 4:00 in the teacher's lounge. (**See attached flier**)

clock's little hand got to the twelve; the more I twisted and squirmed in my seat.

At lunch I finished my sandwich, drank my milk, and headed for the baseball diamond. When I got there, everyone else was lined up and ready for Bobby and me to choose sides.

I had hoped that Toby would be there, but he was over on the steps by himself. I told myself that since he wasn't on the field ready to play, I didn't have to help him out, that he didn't want to play, that maybe he liked being by himself. I looked around, about to choose someone else. But I couldn't. I knew I had a job to do. I thought about Jesus and the lepers and the publicans, and I knew what He would do if He had to choose a team.

"Come on, Kyle," Bobby said. "You're choosing first. Let's get going!"

I looked across the field toward Toby. "Hey, Toby, you're on my side!" Toby looked up. Even though he was a long way away and I couldn't see his face, I could tell that he was surprised. I waved for him to come over and shouted again, "Toby, you're on my team. Hurry!"

For a moment no one said anything. Everyone just stared at me, then at Toby, wondering if I was playing a joke. Even Toby wondered, because he came over kind of slow and had his hands deep in his pockets and was just waiting for someone to laugh or tell him to go play with the girls.

"What do you want him for?" Bobby asked.

I guess he thought I would choose Billy Taylor or Brandon Cooper or Justin Knight. I just shrugged and said, "your turn, Bobby."

"He doesn't even have a mitt," Bobby growled.

"I'll let him use mine," I answered.

"You're going to lose. He doesn't even know how to play ball."

"Your turn, Bobby," I said.

"Who even said he could play?" Bobby demanded, scowling at Toby.

I licked my lips, and I could feel my heart pounding in my chest. "I said he could play," I replied hoarsely. "I'm choosing, and I can choose anybody I want. I choose Toby."

"But *why* is what I want to know?" Bobby insisted. "Why him?"

"Because he's my friend," I answered. The word was out before I really had a chance to think about it, but as soon as I'd said it, I felt good about it, and I knew then that it didn't really matter who won or who lost the game.

My team didn't win that day. We lost by two runs. But when I went home that afternoon, I didn't sneak in the back door. I marched up the front walk and onto the porch and looked my reflection right in the eye. I knew then that I'd made *two* friends that day—**Toby and the guy in the glass.**

## FUNDRAISING UPDATES AND DEADLINES

### ENTERTAINMENT BOOKS

Books are available in the Finance Office until October 5<sup>th</sup>. Order forms are attached. Please support this fundraiser.

SALLY FOSTER

**DON'T FORGET TO PICK UP YOUR SALLY FOSTER IN THE GYM ON THURSDAY, OCTOBER 4, 2007 AT 3:00P.M.**

### BOX TOPS

Cut the box tops for education coupons off boxes and bring them in. We will receive checks for these too!

More information to follow next week.

### UNITED WAY

Designate your contributions to St. Charles.

### May I Suggest?

Q: Can we wear jeans every Friday?

A: Sorry, only once a month or on special occasions.

Q: On the day we have the Halloween party instead of putting on our costumes at the end of the day, could we keep them on all day and have the party all day? Jenna 4B

A: Sorry, No that would cause way too much of a distraction during class time, but you can wear them all day at the carnival.

Q: Can all rooms have digital clocks?

A: Sorry, No I want you all to learn how to tell time with an analog clock.

## Nurse's Niche

### The Fundamentals of Using Backpacks

They come in all shapes and sizes. They are hardly ever used correctly. And more often than not, it is easy to catch Mrs. O'Connell adjusting the straps of some Cardinal's backpack in the morning.

Backpacks can be a terrific asset to help students keep organized and ready for school. However, they must be used properly in order to maintain their benefit. When we use backpacks correctly, the strongest muscles in our body should support the weight. When we overload our backpacks, we can injure our back and cause major health problems.

The Human spine is made up of 33 bones called vertebrae. In between these bones are disks which take in stress; a type of shock absorber. When placing an overcrowded backpack on the spine, the body will compensate for this stress and pull backward arching the back. The body may even bend at the waist forward which may apply pressure to the spine unnaturally. Children will more often lean forward. Over time this will lead to poor posture causing the shoulders to become rounded curving the upper back. This results in back, neck, and shoulder pain.

The solution is simple:

**How to wear a backpack:** Purchase a canvas backpack with two padded shoulder straps. Please ensure that the student wears the backpack over both shoulders. Adjust the shoulder straps so that the backpack lays high above the gluteus maximus. More often than not, students wear their backpacks low to where their bottoms stick out to support the weight. If there is a waist belt, encourage student to use this as it will help support the weight of their load.

**Homework Planning:** Use the student planner wisely and plan ahead of time. Don't take all homework home at once, budget time wisely and complete homework so that you don't have to carry all your books home at once.

**Limit the weight:** Backpack load should be no more than 10% to 15% of your body weight.

**Use Proper Body Mechanics:** Whenever lifting something heavy always bend at the knees. Strengthen abdominal and lower back muscles to help support weight, but don't use backpack for this purpose. Stand upright and walk straight and pack the heaviest books toward the side that lies near your back.

Nicole Sandoval RN

