

# The Cardinal Flyer

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## B.J.'s Corner

*From the Principal*

"The gift of laughter taught me that in order to love life, you have to enjoy it. And when you can laugh at the good things and the bad, you will begin to feel the love life really has to offer."

Last Friday was a calm laughter filled day, "Crew" balloon inflated by 7:15am and the squeals of excitement were everywhere.

Later that morning our mid-school had career day topped by afternoon team building exercises.

Tomorrow, October 10<sup>th</sup> we have our 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grade Parent Forum from 7:00p.m. to 8:00p.m. in the gym.

Friday, is parent/teacher, student/parent conference time. Please be punctual to avoid delays.

### Attention Parents:

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

### Conferences-

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## Nurse's Niche

### The Truth About Caffeine

The other day I sat at my desk preparing for the day, when a student comes into the nurse's office to use the trash can. This student proceeded to finish and throw away their Starbuck's hot chocolate. At first I didn't think anything of it but then I went to see what the kids were eating for lunch. I saw cans of Red Bull, Coca cola, and Pepsi. Over the weekend I saw middle school aged children coming out of Starbuck's with their lattes and chai teas. I started to think about all the caffeine in these drinks and hence began my research.

Caffeine is a drug. Caffeine is a stimulant. Caffeine is also a diuretic. In terms everyone can understand, caffeine affects the body in many ways including how fast the heart is beating; it increases alertness, and causes the body to loose water. It may even cause dehydration. Suddenly stopping consumption of caffeine can cause the body to experience withdrawal symptoms. Initially, headaches may occur and intensify, then muscle aches, and irritability. A child might feel tired and unable to function during the day from the use and cessation of caffeine. That is why caffeine is a drug.

Caffeine can be natural or artificially produced in food and drinks. Most children consume caffeine daily in soft drinks and chocolate bars. So how much should caffeine should a person get a day? Doctor's and dietician's agree that no caffeine in the diet is the best bet. Caffeine has no health benefits. Once it is consumed, the body will feel its effects for about 6 hours and then pass it in urine. How much caffeine is safe? This is debatable but most doctors recommend no more than 100mg daily.

What about those children who are drinking energy drinks? Well, since Caffeine is a stimulant they may experience something called caffeine

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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: Good luck to the boys, they play today at 4:00p.m.**

**Volleyball: C-Team took 2<sup>nd</sup> place in the tournament and B-Team took the Championship!!**

**GOOO CARDINALS!!! BJ**

Try Outs for Basket ball

**Mon./Tues Oct. 15<sup>th</sup> and 16<sup>th</sup>**

**5<sup>th</sup> & 6<sup>th</sup> grade 3:30 - 4:30**

**7<sup>th</sup> & 8<sup>th</sup> grades 4:30 – 5:50**

**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 11<sup>th</sup>. It is imperative that each child in the 8<sup>th</sup> 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!

BALLOON POSTERS

Darryl Willison, the Official Albuquerque International Balloon Fiesta Artist, is offering a fundraiser opportunity to the families, staff, and community of St. Charles. He is willing to donate \$25 (for each Official Balloon Fiesta signed and numbered, sold) and \$10 (for each Official Poster- not- signed and numbered, sold) to St. Charles.

If you are interested in purchasing, or have any questions,

Please contact Aline Gonzales-Saiz at 792-8982. Remember to mention St. Charles in order to receive this special offer.

sensitivity. This is the amount of caffeine that is proportional to the daily intake that will affect the body. The more caffeine a person consumes, the more they are going to need to sustain the effects. In essence, they may experience some health issues with any type of use.

Is it possible to eliminate caffeine from our diet? It is difficult, but increasing intake of water will help. Reducing and monitoring the amount of soft drinks your child drinks in a day will also alleviate the effects of caffeine. Another way you could help your children is not allow them to drink energy drinks. The long term effects of a caffeine free diet are long lasting. Remember if you don't pack your child's lunch, you may want to take a look at what they are choosing to eat each day. Below is caffeine content for soft drinks, energy drinks and coffee.

Nicole Sandoval

## FUNDRAISING UPDATES AND DEADLINES

UNITED WAY

Designate your contributions to St. Charles.

### Box Tops and Campbell's Soup labels for Education.

My name is Tina Bustos I am the Coordinator for the Box Tops for education and Campbell's soup labels for Education. I would like to inform everyone that I have registered our school to earn extra money and equipment for the school. As you are out shopping try to hunt for labels with box tops. If you have any questions, or would like to help out with this project please feel free to email me at [tbustos@slaud.unm.edu](mailto:tbustos@slaud.unm.edu) attached is a list of items that contain box tops. Thank you

#### May I Suggest?

Q: Can we have root beer milk again in the cafeteria? Connor Munsey

A: I'll check with APS

Q: Why do we have to go to school so early in the morning? I am very tired in the morning. (no offense)

A: I'm also tired but, yes we have to come.

#### KUDOS TO...

ISABEL BACA 3A, OVER THE SUMMER SHE CUT OVER 12 INCHES OF HAIR OFF AND DONATED IT TO LOCKS OF LOVE.

HER MOM AND DAD ARE VERY PROUD OF HER. WAY TO GO ISABEL!!

