



# The Cardinal Flyer

OCTOBER 13, 2009

VOLUME 12, NUMBER 8

## BJ's Corner

Dear Families,

Last Friday's conferences went very well. Thank you for your patience and for purchasing donuts, coffee and juice. National Junior Honor Society collected \$178.00 which went into our Spirit Fund. Thank you Mrs. Kappus and students for your hard work.

Each year I teach a course on "How to Take a Catholic High School Entrance Exam." This course is designed for 8<sup>th</sup> graders and covers test taking skills, testing protocol, test practice and essay writing. This course builds confidence and refreshes students' minds. Over the last eleven years we have a 99% success rate of acceptance into St. Pius. The class starts November 2, 2009 and will continue until the test is given in mid-January.

If you know of any parents of Kinder aged children, please encourage them to attend our in session Open House during November between 9:00 a.m. and 2:00 p.m.

Remember the more bodies in the seats, the less tuition is!

Have a great week.

B.J.

## A Huge Thank You!!

Thank you to all the families that have donated Clorox Wipes. We really appreciate you! Martin uses a large amount every day. Thanks again for your generosity.

## Kudos...

Kudos to the NJHS members! They sold donuts and drinks during Parent Teacher Conferences to help raise money for our school. They were extremely polite and worked very hard.

## Mark Your Calendar

Picture retake day will be on Wednesday, October 28, 2009. If your student was absent on picture day, they can get an order form from the front office. If you are unhappy with the previous picture, you **MUST** bring in the old pictures and hand them to the photographer on retake day.

### Calendar Update

October 23 and 26 – No School-DRA Assessments

October 28<sup>th</sup> – Picture Retake Day

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



Calling all ghouls, witches and goblins...



Do you have any new or gently used Halloween decorations that you are willing to donate for the Halloween Carnival? If so, please send them with your little ghouls, witches and goblins. Anything will do - the more the better!

Do you know anyone that would be willing to donate cotton candy, caramel apples, prizes and trick-or-treat bags? Do you have one large generator and/or two small generators that can be used for the day? The generators can remain on a truck or trailer.

If so, please call Annette Paez at 350-4564.

## You Can Help with the Yearbook!!

**Get your pictures in the yearbook!** The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

Here is how you can submit photos online:

- Go to: <https://images.jostens.com/login>
- If it does not automatically log you into the site, enter username: 400006460 and password: joyful
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today! The last day to submit photos is 2/21/2010.

Thank you, and enjoy the rest of the school year!

Donna Gallegos  
Yearbook Adviser and the 2010 Yearbook Staff.

*The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions can be used in the book.*

## Time is running out! New Spirit Shirts and Sweatshirts are on Sale!!

Preorder the new spirit shirt today! New this year we are selling a spirit hoodie. This can be worn to and from school and all day on Fridays (Spirit Day!). Also for sale are the red zipper sweatshirts. This can be worn every day. Your child has the order form or you can get one from the finance office. Order by **October 16<sup>th</sup> by 9:00 a.m.**

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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!

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

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

## **Volleyball Tournament Schedule**

**Congratulations to all volleyball teams. They placed in the upper bracket for the tournament. Below are the times of the games. Good Luck Cardinals!**

### **A-Team**

Play St. Mary's Belen Tuesday, 10/13 at Holy Ghost 6:00p.m.

If they win

Play on Friday, 10/16 at Sandia Prep #1 at 4:00 p.m.

If they win

Play on Saturday at St. Pius at 2:15 p.m.

### **B-Team**

Play Annunciation at Annunciation on Tuesday, 10/13 at 5:00p.m.

If they win

Play on Wednesday at Sandia Prep #2 at 6:00 p.m.

If they win

Play on Saturday at St. Pius at 11:45 a.m.

### **C-Team**

Play Sandia Prep at Sandia Prep #1 on Wednesday, 10/14 at 4:00 p.m.

If they win

Play Thursday, 10/15 at Holy Ghost at 5:00 p.m.

If they win

Play Saturday at St. Pius at 9:15 a.m.

## **Nurse's Niche**

**This message was sent to me regarding the H1N1 last week. I think it makes a lot of sense. I wanted to share this with our St. Charles School community in hopes that it may help your family stay healthy. – Nurse Nicole**

Dr. Vinay Goyal is an MBBS, DRM, DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital, Bombay Hospital, Saifee Hospital, Tata Memorial etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).

The following message given by him, I feel makes a lot of sense and is important for all of you to know

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face.
3. \*Gargle twice a day with warm salt water (use Listerine if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, \*clean your nostrils at least once every day with warm salt water. \*Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but \*blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.\*
5. \*Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). \*If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
- 6.\* Drink as much of warm liquids as you can. \*Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

## **A Message from The School Advisory Council**

Here is part three of the series on great schools...

Dear Parents and Friends,

In the mid 90s, David Berliner and Bruce Biddle examined the nature of our schools in this country to provide evidence that our schools are in fact succeeding. They like the other scholars who we have learned about these past few weeks, uncovered elements that make some schools great. As we have learned by looking at the ideas of these educational scholars, there seems to be strong evidence that our "little school with the big heart" possesses many essential elements of a great school. We all want to help St. Charles Borromeo School continue to be a great school. In order to do so, we need to be active in our support and involvement in doing our part in promoting excellence in all facets of our children's education. Below are some ideas taken from Berliner and Biddle's work that accentuate how we can continue to assure that St. Charles continues to be a great school.

Berliner and Biddle believe that good schools afford both parents and children with dignity and hope. St. Charles is a school that empowers its students and families to succeed in their futures. Children leave our school ready not only to tackle the

intellectual challenges that lie ahead, but also leave here ready to spread dignity and hope in others around them. As instruments of peace, love, and justice for others, our children practice their Christianity in acts of kindness toward others. How can we as parents and teachers improve on our excellent track record in this area? How can we help our children extend their gifts to others? I remember my child being taught in first grade a wonderful rubric for knowing how to treat others with dignity and love, her teacher simply asked her to ask herself: What would Jesus do? We all share the responsibility of modeling for our children the very same lessons Jesus has taught us.

Berliner and Biddle believe that good schools enlarge their curriculum with emphasis on skills necessary for living in a democratic society. Our children are given a very diverse and rich variety of learning experiences as students at St. Charles. Children are educated through multiple modes, learning activities, assignments and projects. As such, children are afforded many learning opportunities to develop skills necessary for future learning and for succeeding in life as adults. I am the proud curator of a garage full of projects, poster boards and works of art that archive and provide testimony of great learning experiences had at St Charles over the past six years. In order for these to continue, we need to support these opportunities and future adventures for the students of St. Charles. Have you looked through the classroom wish lists to see what you and perhaps friends could provide to our school? Are there ways that your gifts of time, treasure or talent can enhance the educative experiences for students at St. Charles? Enlarging the curriculum at a private school such as St. Charles not only requires forward thinking teachers and administrators, it also requires forward thinking and resourceful parents and families....how can we improve our support for high quality learning experiences? Good schools also use innovative teaching methods, cooperative learning, peer tutoring and project-based instruction. From Kindergarten forward, students at St. Charles are encouraged to work together and to help one another as well as to count on others for support and guidance. Learning is a social process that unfolds when children find themselves working together on long-term projects. Our annual Christmas production is the culmination of many parents, teachers, staff, children and other members of our community working together to provide a beautiful event that celebrates the birth of our Savior. In much the same way, our annual art extravaganza is a celebration of a whole year's worth of creativity that can only come from many people working very hard for long periods of time. These are just two instances of great things happening at St. Charles that provide our young learners with the skills necessary for their future employment in the work force. In the real world after school, they will learn that perseverance, drive and determination will result in many accomplishments and will be the successes for many of their future successes.

Next time you are at St. Charles, take some time look at the wonderful products of hard work and determination. They are all around you. They are displayed in all the classrooms, showcased in all the hallways, and celebrated periodically with awards. They are emulated in the intense learning and engagement that takes place in each and every classroom, if you happen to visit school, take a peek into any classroom and see tomorrow's leaders. When you drop off your children or pick them up after school, acknowledge the professionals that around the school, each of them deeply committed to keeping things moving forward. It is their dedication, perseverance and commitment that helps model for our children greatness in their own acts of effortful engagement in their learning and in their acts of Christianity toward others. In sum, a great school takes a lot of hard work, dedication, and commitment of all of us. Working together, we all will assure that St. Charles will always be a great school.

Respectfully,  
David Atencio