

The Cardinal Flyer

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B.J.'s Corner

From the Principal

Gift of Friends –

Two weeks ago I shared a thought from a book called, "The Ultimate Gift" by Stovall and shared two nice quotes pertaining to problems and laughter.

Today my thoughts are on "Gift of Friends."

"When you just worry about yourself, you are always disappointed. But when you think about others first, and their well-being, everything works out best for you and for them."

Last week we lost our dear friend "Mac" from The Storehouse. Just some thoughts...

Mac always said you are not remembered on this earth for what you do for yourself. You are remembered for what you do for others. Mac loved St. Charles students. He motivated us to want to help others and in his memory this year we will dedicate our Spring food drive in Mac's memory. May he rest in peace.

Have a Sunny week.

B.J.

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The Empty Cart

Words to Live By

Some years ago a group of young men decided to gather food for the needy as a service project. Jim was excited to participate and was determined to collect more food than anyone else. The time arrived when everyone met to turn in their food. They all went out at the same time and returned at a specified time later in the evening. To everyone's surprise, Jim's cart was empty. He seemed rather quiet, and some of the young men made fun of him. Seeing this and knowing that Jim had an interest in cars, the adviser said, "Come outside, Jim. I want you to look at my car. It's giving me some trouble."

When they got outside, the adviser asked Jim if he was upset. Jim said, "No, not really. But when I went out to collect the food, I really got a lot. My cart was full. As I was returning to the church, I stopped at the home of a woman who is divorced. I knocked on the door and explained what we were doing, and she invited me in. She began to look for something to give me. She opened the refrigerator, and I could see there was hardly anything in it. The cupboards were bare. Finally, she found a small can of peaches.

"I could hardly believe it. There were all these little kids running around that needed to be fed, and she handed me this can of peaches. I took it and put it in my cart and went on up the street. I got about halfway up the block when I received the impression in my mind to go back to that house. I gave her all the food."

The adviser said, "Jim, don't you ever forget the way you feel tonight, because that's what it is all about." Jim had tasted the nutrient of selfless service.

The Running Prayer

"Mom, will you make me a hard-boiled egg to take to the park?" Nathan asked. "Sure," Mom said. "Pull out the pan, please."

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Attention Parents:

DRA- Developmental Reading Assessments –

The entire school is assessed over a two day period. Due to the time it takes, classes are cancelled on 19th & 22nd, resuming the 23rd. 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

Congratulations to All our Volleyball Teams.

C-Team Took 2nd Place

A-Team Took 2nd Place

B-Team were 1st Place Champions

And to the Football Team

We took 2nd Place

WAY TO GO CARDINALS, WE ARE SO PROUD OF YOU.

GOOO CARDINALS!!! BJ

Classroom News

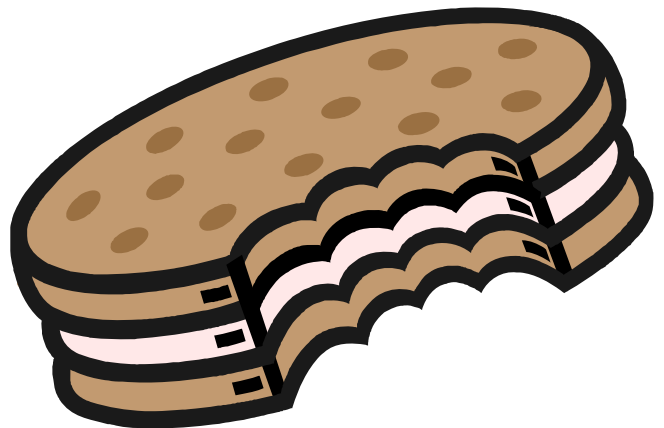
Science News

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 2nd grade needing to make their First Communion, please contact the office. We will let Mrs. Olguin and Mrs. Torres know.

Cookie Dough Sales Are Coming November 2nd!!!



CALENDAR OF EVENTS

*****CALENDAR CHANGE – PLEASE MARK YOUR CALENDARS!!**

Sleep in after the musical! There will **no school for students on December 21, 2007** as was originally planned. It will be a teacher day!

RAFFLE DUE

Mandatory raffle money is due Friday, October 19th.

Late fees will be charged.

Finance office will be open on the 19th which is DRA assessment day. (If you turn in money on the 22nd, the late fee will be charged.

DRA DAYS

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

HALLOWEEN PARADE

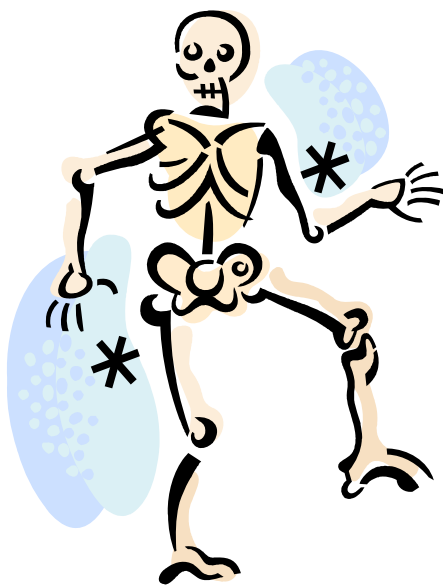
Costume Parade Friday, October 26th at 2:30.

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!



Nathan took a pan out of the cupboard and carefully filled it with water. Mom helped him carry it to the stove, gently placed an egg in the water, and turned on the flame. Nathan loved hard-boiled eggs. Mom set the timer and then hurried to gather the other things they needed for the park.

“Please put your shoes on,” Mom told Nathan and Aria. Nathan helped his little sister tie her laces. “We’re going to the park!” he told her. He held her hand and led her to the car. Mom helped them get their seat belts on, and they were on their way. At the park, Aria liked following the ducks. Nathan threw sticks into the stream on one side of the bridge and watched the water carry them out the other side.

“Can I have my egg now?” Nathan asked. Mom’s face froze with fear. “Oh no!” she said. “Your egg!” She jumped up from the bench and picked up Aria. “Nathan, I need you to run really fast. We left the egg on the stove and it could start a fire! We need to get home right away.”

Mom started running back toward the car. Nathan ran as fast as he could. As he ran, he thought about something he learned at Mass: “I can pray anywhere. I can pray anytime.”

“Well, I guess I can pray even when I’m running,” Nathan thought. He kept running, and inside his head he thought, “Dear Heavenly Father, please bless our house to be safe. In the name of Jesus Christ, amen.”

As soon as Nathan finished his prayer, he felt a warm feeling in his heart. He knew that it was the Holy Spirit letting him know everything would be all right. “Mom!” Nathan said. “What?” Mom slowed down a little.

“I just said a prayer in my heart and I felt a really warm feeling. I think our house is going to be OK.”

Mom stopped running and smiled. “Nathan, I am so glad you told me about your prayer. I feel much better now because the Holy Spirit always tells the truth.” Mom took Nathan’s hand and they walked to the car.

When they got home, the pan still had bubbling water in it. “It is a running-prayer miracle,” Mom said.

Nathan smiled. His heart felt warm and full. He knew that Heavenly Father had answered his prayer. “Mom, can I have my egg now? I think it’s probably done.”

Mom and Nathan laughed.

FUNDRAISING UPDATES AND DEADLINES

TIME IS RUNNING OUT!

Don't forget to buy your new spirit shirt and sweatshirts. The last day to turn in your order form and money is Tuesday October 23rd; by 3:00 p.m. get your order forms from finance office.

BOX TOPS

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

UNITED WAY

Designate your contributions to St. Charles.

SMITH'S EARN AND LEARN

We just received a check for \$591.44 from Smiths. Please see the attached flyer to see how to register your Fresh Values card for St. Charles. **You need to re-enroll yearly!!**

May I Suggest?

Q: Can the girls wear red nail polish? From 6A

A: Sorry, No.

Q: Instead of 15 minutes of morning recess could we have 30 minutes of recess instead? 4B

A: I would love you to have longer recesses. However, you would have to go to school until 3:30p.m.

Nurse's Niche

The Joys of Healthy Snacking

Could anyone image what it would be like to buy a large bag of *Cheetos* and snack on this all day? What about eating a large bag of potato chips or candy? It probably sounds great, but what type of fuel are you giving your body to face the day? Junk food offers nothing more than empty calories to our children. So what is the big deal about *Cheetos* and potato chips? Everyone has their favorites, but moderation, portion control, and good nutrition is important.

Food provides energy for our body and mind. Without proper nutrition it becomes difficult to think, work and play. Hunger can have many affects physically and emotionally. Once this lack of proper nutrition manifests physically we can feel tired, weak, dizzy, and even disoriented. For example, you may see a child manifest inappropriate behavior in response to hunger.

Everyone knows that we should eat 3 square meals a day. 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.

How much you eat and what you eat is also essential. The human body requires a specific amount of calories from nutrients including carbohydrates, protein, and fat. When the body does not get these calories from food, it begins to suffer from malnutrition. That is why snacking is important. Snacking gives us the opportunity to get the missed nutrients that are needed to ensure proper nutrition.

I have often seen the snacks some of the Cardinals have chosen to bring to school. I have seen anything from fruits and vegetables to cookies to those big grab bags of *Cheetos*. I have even seen some children bring the large bag of *Cheetos* and eat those all day in lieu of lunch. Snack time is the time of day to eat nutritious food in order to maintain energy levels keeping the mind attentive. Many schools instituted 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. 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.

I am not saying to give up those *Cheetos* or *M&Ms*. Everyone can have these once in a while, but moderation and appropriate timing is definitely the key to keeping your children healthy. We as parents much teach them the way. - Nicole Sandoval RN

