



The Cardinal Flyer

OCTOBER 20, 2009

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BJ's Corner

Have a great week.
B.J.

A Message from The School Advisory Council

Dear Parents and Friends,
We want to invite all families, especially newcomers to St. Charles to our Halloween Carnival on the 30th of this month. Parents are invited to assist with the booths for a short time during the day and to enjoy the rest of the time visiting while children enjoy the carnival. Please let your child's teacher know if you are able to assist.

In an earlier letter, we learned that one of the strongest predictors of children's achievement in school is parental involvement. We all are advocates for our children's education when we make our school a priority. Children learn the value of education from observing their parents actively engaged in their school experience throughout the year. We also know that schools, and especially self-supporting private schools, thrive when all parents are involved helping to build for the future. Below are some tips for helping us all to improve on our involvement at St. Charles School.

Respectfully,
David Atencio

10 Tips for parents: Help your child learn in school by:

- ❖ Making learning a priority in the home by providing a place and time for homework - be supportive & structured.
- ❖ Making conversation with your child about their school experience a priority every day.
- ❖ Talking with your child about their subject areas in school and what lies ahead in higher grades as children dig deeper into each of these content areas.
- ❖ Taking advantage of community resources such as the library, after-school tutoring, field trips and summer camps that encourage learning.
- ❖ Getting involved with your child in school, community, and volunteer activities.
- ❖ Encouraging children to think about their academic and career future. Talking with them about possibilities.
- ❖ Turning off the TV and talking with your child about current events, books, movies, family, spirituality.
- ❖ Talking with teacher about what child will learn and expected to do during the school year.
- ❖ Finding out how you can help your child with school related projects at home.
- ❖ Asking teacher about updates & how child is doing in class and how they might need help.

Calendar Update

October 23 and 26 – No School-DRA Assessments

October 28th – Picture Retake Day

October 30th – Halloween Carnival 11:30 a.m.

Only a couple of weeks left...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!

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...

To the students who helped sell tickets after mass last Sunday. Jennifer Hernandez, Alysia Hernandez, Anthony Abeyta-Lopez, Adam Armijo, Jessie Murphy, Angelina Murphy, Sophia Parrino and Michael Parrino. These students raised an additional \$219.00 for St. Charles.

The Girl's A, B and C Volleyball teams deserve high recognition for a terrific effort this season! Thanks also to the coaches who worked diligently to improve the girl's skills.

Sister Clara took 1st Place in her age division last weekend walking in the Duke City Marathon. Way to go Sister!

Nurse's Niche

How Do You Handle Germs?

It is socially acceptable to contain the germs that are emitted with a cough or a sneeze as long as you take great care to cover your mouth and nose when you sneeze. It should seem so simple to remember to cover your mouth and nose when you sneeze and cough. We are taught this at a young age. So how come it is not uncommon to see children and adults alike not doing this basic hygiene practice? The answer is easy...we forget.

The proper procedure to follow when coughing or sneezing is to turn the face and then cover the mouth and nose with a tissue. If a tissue is not available, catch the sneeze or cough in the elbow. In addition, it is essential to keep in mind the need to blow the nose often. Believe it or not, Cardinals have a tendency not to blow their nose. However, the easiest way to stop the nose from running is to blow it. Though, it is important to remember to wash the hands.

So what do we do about those people who forget to cover their mouth and nose? We protect ourselves. Good hand washing is the most significant way to protect ourselves. Alcohol based hand gel sanitizes your hands but it does not get all the germs off the hands. It is a good alternative when you don't have access to soap and water. Hand washing is the single best way to protect yourself from germs invading your body.

So remember to keep it covered when you're about to sneeze or cough. The person next to you will thank you for caring so much about their health.

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Stop the spread of germs by covering your mouth and nose, washing your hands, and reminding your children to do the same.

Mark Your Calendar/ Picture Retakes

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.

Pictures for Football and Volleyball will be October 28th. All teams need to keep their uniform for pictures and then must turn them in to Coach Sandoval no later than October 29, 2009 to avoid late fees.



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.

Sports News

Football –

Congratulations to our Cardinal football team, they had a terrific season. The tournament starts tomorrow.

Wednesday, October 21, 2009 at 4:00 p.m. Field #5 at Bullhead.

If they win

Thursday, October 22, 2009 at 4:00 p.m. Field #6 at Bullhead

If they win

Saturday, October 24, 2009 at 3:00 p.m. at St. Pius.

Girl's Basketball Tryouts

Tryouts will be Wednesday, October 21 and Thursday, October 22.

Try outs are closed. Only coaches and approved personnel may be in the gym during tryouts.

7th and 8th grade 3:15-4:30

5th and 6th grade 4:15-5:30

All girls must have a current physical on file to tryout.