

The Cardinal Flyer

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October 23, 2007

B.J.'s Corner

From the Principal

(DRA) Developmental Reading Assessment

Our teachers at St. Charles spent the last two days assessing each individual student in each class.

The intent of this assessment is to provide the teacher information on where each child is in reading. The assessment determines vocabulary, fluency and comprehension.

The information is then gathered and recorded and later used to adjust curriculum to fit children's needs.

Thank you for your cooperation with this process.

The Halloween Carnival is Saturday, from 11:00am. to 3:00pm. If you have not volunteered for an activity please do so. Call your room parent or our office.

Lastly, please dress young children appropriately as the temperature drops.

See you at the carnival!

B.J.

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Stop and Listen

Words to Live By

Kristy had just arrived home from school. She was excited because they were having guests coming over for dinner. When she walked in the door, her mother called out, "Kristy, I have to run to the store. Your brother is in charge while I'm gone. I love you! I'll be back soon."

Kristy didn't want her older brother watching her. She was ten years old—old enough to watch herself. She went to her room and did her homework. When she finished, she found her brother. "Can I go ride my bike?" Her brother looked outside. "No, Kristy, it looks like it's going to rain."

Disappointed, she went to her room to read a book. Before long, she heard the phone ring. Her brother called to her, "Kristy, Melissa's on the phone for you." She hurried and picked up the phone. "Hi, Melissa, what are you doing?" "I just got a new bike. Do you want to go riding with me?"

Kristy was quiet for a moment and then said, "OK. I'll meet you at the corner." She sneaked out the back door and rolled her bicycle off the porch and down the driveway. When she got to the corner, Melissa said, "Let's play follow the leader!" They jumped on their bikes and took off. Melissa took the lead, and Kristy followed.

At first, the wind was blowing in their faces, and they were having a great time taking turns being the leader. Then Kristy started to worry. Melissa was getting farther and farther ahead, and Kristy couldn't keep up. They were also quite a long way from home, and there was lightning and thunder in the distance. Soon it started to rain. Kristy was getting cold and wet. She called out, "Melissa, stop!"

Melissa crossed an intersection, then stopped and waited for Kristy to catch up. When Kristy was near enough, Melissa yelled to her, "Come on!"

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School Wide- Pictures

On Thursday, October 25, 2007 we will be taking two whole school pictures. Students must wear red on top (preferable long sleeve) – blue or plaid bottom. Make sure your students have shirt tucked in unless they have a sweatshirt on. NO multi-colored tights etc. – students must be in uniform. We will be taking picture outside – so if it is chilly – students must have red sweatshirt.

Principal BJ
bjrossow@stcharlesabq.org

Athletic News

Girl's basketball season is beginning.

GOOO CARDINALS!!! BJ

Picture Re-Takes

Picture re-take day is Tuesday, November 13th. If your student was absent on picture day they can take pictures on that day. If you don't like the photos that were previously taken, your student **Must** return the original pictures on picture day and give to the photographer.

Classroom News

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.

Art News

Congratulations to the following students whose art work was chosen to be displayed at the Archbishops Dinner on Friday October 26th.

Brandon Ortiz, "*The Funny Face Gang*", Watercolors, 4th grade

John Paul Norman, "*Alexander and the Griffins*", Tempera Paint, 7th grade

Andres Gallegos, "*Tomato, Tamoto*", Pastel, 8th grade

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!

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!

(See attached flyers).

Kristy slowed down. She had a bad feeling inside—sort of a heaviness in her chest. She remembered a Sunday School lesson on being obedient to Heavenly Father and to our parents. She knew she should have listened to her brother, like her mother had told her to.

But Kristy also wanted to please her friend. As she approached the busy street, she heard a still, small voice in her mind telling her to stop. She looked at her friend. Again she heard the voice telling her to not cross the street. As she came to the curb, she pulled on her brakes and skidded to a stop. As soon as she did, a car raced past her. Kristy started to cry. She knew that if she hadn't listened to that still, small voice, she would have been hit by that car. She was frightened, and she felt bad. She shouted across the street, "Melissa, we need to get home."

"I guess you're right," Melissa said. When it was safe, she crossed the street. As they turned their bikes around, they were starting to shiver. They rode home as fast as they could. When the two friends reached their street, they said good-bye and rode to their homes.

When Kristy walked in the door, she was soaking wet. Before she changed into dry clothes, she knew she had to apologize to her brother. Her brother said, "I was worried when I saw that you weren't here and that your bike was gone. I'm grateful that you listened to the Spirit. And I hope next time you'll listen to Mom or Dad, or me. We only ask you not to do things because we love you!" He gave her a hug.

"I really am sorry," Kristy said softly.

"I know, and I forgive you. Now go get cleaned up for dinner."

After changing her clothes, Kristy knelt by her bed and let Heavenly Father know how thankful she was for Him and for saving her life that day. She told Him how sorry she was for not being obedient, and she promised to do better.

She hurried and set the table for her mother. While she was finishing, her parents came home. Kristy sat down with them and told them what had happened.

They each hugged her, thankful that she was safe and that she understood the importance of listening to them and to the still small voice.

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 23, 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.

Fast Facts to Stop the Spread of Germs in Schools

Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).

Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)

Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)

Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.

Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

***Chart Taken from Centers for Disease Control and Prevention, 2007

May I Suggest?

Q: Can we have half days on every last Friday of the month? 4B

A: I would love to. However, our calendar for this year has already been approved. No changes allowed.

Q: Could we have a pizza party on the last Friday of the month? Elliot, Deezha, Jenna & Brandon

A: Ladies and Gentlemen, you have pizza every Friday! Just call it a party.

Nurse's Niche

The Season is Upon Us Part I: Hand washing

I often watch the health habits of our students. I speak to them about hygiene basics rather often as a group and as individuals. It is important to see the big picture about hygiene and that is the need to develop healthy habits. If we decide to develop these habits as children, life is so much easier when we are struck with difficult health decisions. Hand washing is an easy habit to develop. It requires some attentiveness, antibacterial soap, water and a towel. It is also the best way to stay healthy and clean.

Hand washing is the single most effective way of preventing the spread of germs. Washing hands can protect your health and avoid missed days from work and school. Research studies show on average that only 80% of all Americans wash their hands regularly. This means 20% are not even bothering to wash their hands. Is our society too busy to wash their hands? As the cold and flu season begins and the weather gets colder, it is in our best interest to make the time to wash off all those germs.

As children we are taught to wash our hands often. The human hand can collect microorganisms throughout the day. Once our hands are contaminated and unwashed we can infect our self or even spread germs to others. "According to the Centers for Disease Control and Prevention, as many as 76 million Americans contract a foodborne illness each year. Of these, about 5,000 die as a result of their illness." (Mayo Clinic, 2005)

If we make a resolve to wash our hands especially when we know we have come in contact with germs, it could make a difference to our wellbeing. Washing your hands could be the single most important decision you make to prevent the flu from making your family sick this year. You can be rest assured that those 15 seconds of rubbing your hands together at the sink is time well spent.

Nicole Sandoval RN

(See Chart in left column concerning Germs)

