

The Cardinal Flyer

Volume 10, Issue 13

November 27, 2007

B.J.'s Corner

From the Principal

"You don't have to be the best. You should do your best."

Report cards were given out last week and our students in general are on task. If I wrote conference requested, please contact the office and make an appointment.

As we move toward the holiday season it is imperative that each child stay on a schedule. Insure they get all the class work done and are present daily. Nothing can replace classroom instruction.

St. Charles School presents its annual Christmas pageant on December 20th, 7:00p.m. at the Kiva Auditorium in the convention center. There is a cost associated with our production, \$6.00 for everyone over 11 years old and free to younger. The Christmas program is a culmination of hours of practice so it is mandatory that each child is present.

Parents, this is a really "big deal" in their lives and it is their moment to shine. Please insure vacation doesn't interfere.

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The Year Without Gifts

"He who gives money gives much, he who gives time gives more, but he who gives of himself gives all. Let this be a description of our Christmas gifts."

" 'He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.' " * Dad finished reading the scripture and set the Bible on his lap. "What do you think this verse means?" he asked.

Peter, the oldest child in the family, raised his hand. "Does it mean giving service to others?"

Mom nodded. "That's one way we can give ourselves to the Lord. For our new year's resolution, we've decided to focus on giving service to others and to our family." "We have decided to spend one evening each month serving someone else," Dad said.

"We are also going to stop buying gifts for the whole year," Mom continued. Robbin and Peter sat up straight. "No gifts!" Peter cried. "No presents?" Robbin asked. Julia was quiet, too little to understand.

Mom shook her head. "Wait a minute!" Robbin exclaimed. "No presents? None at all?" "I didn't say *no* presents," Mom said. "We're not *buying* any presents. This year, we're going to make presents for each other." Peter and Robbin looked at each other doubtfully. It didn't sound like much fun.

Valentine's Day came quickly, and for one evening they baked and decorated cookies, something they hadn't done in a long time. They took some to an elderly neighbor and left the plate on the porch anonymously. As the family shared their homemade valentines, it seemed like this was the best Valentine's Day they'd ever had.

For Easter, Peter made a treasure hunt for Robbin using an old Easter basket and plastic eggs stored from last year. Inside the basket was his favorite puzzle, which he knew Robbin enjoyed.

Robbin drew pictures for Mother's Day, and Peter washed the car inside and out for Father's Day.

Advent begins December 2nd. I hope to see you in church. Have a great week.

Principal BJ

bjrossow@stcharlesabq.org

Athletic News

GIRLS BASKETBALL

Nov. 27th B-team @ 5:00 Away Bosque

Nov. 28th A,B,C, Away St. Thomas

Pictures will be taken after school on Monday, December 3rd.

GOOOO CARDINALS!!!!!!

LOBO LEAGUE VOLLEYBALL

If you are interested in forming a volleyball team to play in Lobo league, please see Mrs. Castillo in the office for information. Dave Buchholz, Lobo League Director, has offered to pay the registration fee for three teams. Interested players may also contact Mrs. Melissa Ramirez at 270-0720.

KOATS FOR KIDS

Our Annual Koats for Kids Collection will be on-going through the Month of November and the first two weeks of December, ending on December 14th. Please look through your closets and consider donating gently used outer garments such as coats, jackets, hooded sweatshirts and sweaters that no longer fit family members. Thank you for your kindness in thinking of and caring for those who might spend a cold winter without the help of our Cardinal Family.

God Bless,

The First and Kinder Teachers

VOLUNTEERS NEEDED

Get your service hours! Volunteers are needed for the Susan G. Komen For the Cure Night at the Pit.

University of New Mexico Men's Basketball v. Southern Utah State. November 28, 2007

Game starts at 7:00p.m. Volunteers receive free admission to game for children and adults.

Help with game events and give aways and help raise awareness about breast cancer. To volunteer or for more information, call Traci at 401-5974 or email

tcadigan@comcast.net.

Science News

The Event that you have been waiting for:

The **Second Annual St. Charles Science Fair Awards Banquet** will be Thursday evening **January 24th** from 5:00pm. to 6:45 pm. The Science Fair banquet will be in the Cafeteria, advanced tickets will be sold after Winter Break. (Remember there will be No ticket sales, at the door).

The Science Fair Expo is a Mandatory event for all Middle School students and their families.

The Awards ceremony will begin at 7 pm. This is the time for students to "shine" and be given praise for a job well done. Please invite extended family members and friends. Stay tuned for further details in December.

JUDGES NEEDED

We are looking for a few good Science Fair judges who would like to volunteer their time on Wednesday January 23rd from 8am to 1pm. Light Breakfast refreshments, and Lunch will be provided. If you have any questions, or would like to volunteer as a judge, please feel free to contact Aline Gonzales-Saiz at 792-8982.

SAVE THE DATE...

Join us at the St. Charles Sock Hop for hula hoop, dance, best costume contests and more! Bring the whole family!

Saturday, April 5, 2008 Tickets will be on sale in early February. Watch the Cardinal Flyer for more information.

LUMINARIAS FOR SALE

Support our St. Charles Boy Scouts by ordering luminarias today. \$6.00 a dozen, delivered the weekend before Christmas. Call Phil Sitges at:363-5209 or email your order to ariv9801@msn.com. (Please include contact name, number and address). Payment on delivery.

Calendar of Events

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

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

RED RIBBON WEEK

Red Ribbon Week is November 26th – November 30th.

The Theme for this year is: “I Believe In Me, I’m Drug Free.”

Each student will receive a red ribbon on Monday to wear all week. Please explain to your child what Red Ribbon Week represents and encourage them to participate in our daily activities to show that they want to prevent and stay away from drugs.

The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation reaching millions of young people. Red Ribbon week is a personal commitment through the symbol of the red ribbon. The campaign was started when drug traffickers in Mexico City murdered Kiki Camarena, a DEA agent in 1985. This began the continuing tradition and displaying of Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a DRUG-FREE AMERICA.

Here is a schedule for Red Ribbon Week:

Wednesday: “Being Drug Free is No Sweat”- Wear Sweats to School Day

Students wear sweats to school. Pass out Stickers w/”Being Drug Free is No Sweat.” To remind us that it is no swear to be drug free.

Thursday: “Join the Fight Against Drugs- Wear Camouflage to School Day

The students may wear camouflage to school. Pass out stickers w/”Join the Fight Against Drugs.” To show we are enlisted to join the fight against drugs.

Friday: “Jean Day”

We will wrap up Red Ribbon week with prizes during announcements.

Mom started a Sunday tradition of baking gingerbread, always two batches. The family ate one and delivered the other to someone in the neighborhood.

As Christmas drew near, the family worked secretly as they made presents for each other. On Christmas morning, the children awoke to find a large pile of presents in front of the tree, along with their own handmade gifts.

“There aren’t any names on these ones,” Robbin said, patting a large box. “Who are they for?” Peter asked.

Julia scrambled around the packages, pulling at the bows and paper. Mom smiled. “Let’s open them and find out.” Peter tore open a heavy package. “Bars of soap? How many bars of soap do I need?”

Robbin unwrapped another box. “Toothpaste?” She giggled. “Mom, there must be 20 boxes of toothpaste in here. Oh, and toothbrushes.” Julia opened two packages with lots of combs. Peter opened a slim box of zipping plastic bags. He started to laugh. “Mom, why do I need plastic bags for Christmas?”

“Towels!” Robbin exclaimed, lifting a bundle of colorful towels out of a box.

Peter smiled at Mom and Dad. “All right. What’s going on?” “With all of these things we can make hygiene kits,” Dad said. “The Church sends them to people who are in an emergency situation and have nothing.”

“Like an earthquake?” Robbin guessed.

Mom nodded. “Exactly. Let’s make these hygiene kits, and hopefully we’ll feel more grateful for our wonderful blessings this Christmas season.” They quickly formed an assembly line. Each person was assigned an item to place in the bags—two bars of soap, four toothbrushes, one toothpaste tube, two combs, and two towels. “You know,” Robbin said as she carefully placed two more combs into a bag, “this is fun. It makes me feel good to think we’re helping someone else.” Everyone agreed, and they felt the joy that comes from serving others.

“He who gives money gives much, he who gives time gives more, but he who gives of himself gives all. Let this be a description of our Christmas gifts.”

Fundraising Updates and Deadlines

UNITED WAY

Designate your contributions to St. Charles.

BOOK DRIVE

This week the 4th grades Junior Girl Scouts are having a Children's Book Drive to benefit the children at Carrie Tingley Hospital. Please help us by donating gently used or new picture books (chapter books are too old for the patients). There is a box in the hall outside Principal BJ's office the books can be placed in. Thank you for helping us spread the gift of reading!

Junior Girl Scout Troop 318.

***No 4th grade Junior Girl Scout Meeting today, November 27. Remember Math Magic this Saturday!

Kudos to...

Libby Fidel (4B) for being chosen to be in the NM All State Children's Choir and will perform in January.

Way to go Libby!!

May I Suggest?

Q: To Whom It May Concern, I miss the Cardinal Christmas Tree! Please tell me why it wasn't up upon returning to school after Thanksgiving?

A: The tree is missing in accordance, with Father Lane's request. We are into the season of Advent therefore, the tree shouldn't go up until Christmas Eve. Great question – Thanks for noticing.

Q: Can we wear normal clothing on our Birthday?
Amy, Mirea, Davida 4A

A: Sorry, No!!

Q: Can mid-school girls wear nail polish? If not, why?

A: You are allowed to wear clear nail polish. Colors are not allowed, but I will consider it for next year.

Nurse's Niche

The Most Important Meal of the Day

As a child, I always remember my mother telling me to eat breakfast. She would say, "If you eat nothing else today, eat breakfast." As a child I used to think that she was nagging me too much. As an adult, I know mom was trying to get me through the morning so that I could learn and concentrate. Breakfast is "the most important meal of the day" because it replenishes the body. I often see students who complain of stomachaches which are related to skipping breakfast for various reasons.

Katherine Zeratsky RD LD, registered dietician for the Mayo Clinic states, "According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school." Furthermore, studies have shown that children perform better in school activities and tend to be healthier overall. In addition, it is often the case that if you or your children skip breakfast, this would predispose you to consume more calories throughout the day tributary to childhood obesity.

So here is the challenge: Get up earlier so that the family can eat a good heart healthy breakfast together. How many times have you seen the positive outcome of spending time with your children? Breakfast is a great opportunity to sit down with your child before their day begins. So what do you feed them? A fit breakfast should be made of an assortment of food. Among these include protein, dairy, grains and fruits or vegetables. You don't have to overwhelm yourself cooking in the morning. Fresh fruit and vegetables cannot be beat for nutrition, but add some whole grain cereal with low fat yogurt and a hard boiled egg with one slice of toast with peanut butter and you've got a breakfast fit for Albert Einstein.

Slow down your day before it begins. Instead of eating that donut or bagel at the office, consume a healthy breakfast with your children and see the benefits of this meal to yourself. You will have more energy and endurance to get through the morning. You will even feel good about spending a little extra time with your child before they get to school. Nicole Sandoval RN

