

The Cardinal Flyer

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B.J.'s Corner

From the Principal

"Your enthusiasm is directly proportional to your excitement for what you are doing and for what you look forward to doing."

Due to the overwhelming response in our community to send students to St. Charles, it becomes necessary to cap class size. First Come First Serve includes current students and new students. Do not lose your spot- Register Now!!

A portion of our eighth graders have enthusiastically prepared for the St. Pius entrance exam which will be administered this Thursday here at St. Charles. Good Luck to all.

Last Saturday our choir sang the National Anthem at the Lobo game! Governor Richardson was present and local V.I.P.S. Kudos to our Cardinal Choir, Mrs. Mordaunt and Mrs. Mulhern our manager.

Wednesday St. Charles 2nd graders will attend the Catholic Schools Mass with the Archbishop presiding. They have been chosen to represent our school.

Connor Munsey took 1st place in the Spelling Bee and

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Tree House

"How many more boards do you think we need?" Jordan* asked as he and Derek huffed and puffed up the driveway to Ben's backyard. "Oh, maybe one more load," Derek said. "My dad says we can use all the scrap wood we need from the pile in our backyard."

The boys were hauling wood in Derek's wagon for the tree house they were building in Ben's oak tree. When it was finished, it would be their clubhouse. During the summer, the boys had formed a club. The tree house would make their club extra special. Jordan and Derek dumped their load on the pile of boards. Jordan called up to the tree, "How's it coming?" "Pretty good," Brandon answered. "The floor is a little crooked, but we've nailed it in tight. We'll start on the walls next. Send up a couple of really straight boards."

All week long they worked on the tree house, and even when it got really hot outside, they didn't mind. Ben's mom sent out frozen treats, and the four boys sat in the tree, eating the treats and talking about how fun their tree house would be when it was finished. Finally the tree house was ready. It was getting close to dinnertime, so they all climbed on their bikes to go home. Derek yelled over his shoulder, "Remember, Jordan, ten o'clock tomorrow—our first meeting in the tree house!"

"I'll be there!" Jordan hollered back. The next morning, Jordan wolfed down his scrambled eggs and toast, then hurried through his chores. "May I go now, Mom? We're having our first club meeting in the tree house." "Sure, Jordan. Just be back at noon."

Jordan hopped on his bike and headed to Ben's house. He could tell by the bikes in the driveway that his friends were already there. As Jordan climbed the wooden planks nailed to the tree trunk, Derek popped his head out of the tree house door. "Stop right there, Jordan," he said. "You have to give the password first." "Huh? We've never had a password." "Well, we do now. It's—"As Derek said the password, Jordan got a sick feeling in his stomach. "But that's a bad word," he thought. Aloud, he said, "Derek, what are you talking about? I'm not going to say *that*." "Then you can't be in our club!"

"Come on, Derek, I don't feel good about saying that, and I

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will go to the Regional Bee tomorrow. Good Luck Connor.

The next few Tuesdays it is my privilege to have 1st graders in my office for a “working lunch.” These Cardinals sit around my table and have conversation and after lunch each individual reads a short book to me...I love my job!!!

Monday, January 21st Martin Luther King’s Holiday followed by conferences on Friday, January 25th. Conferences are important and I strongly encourage attendance and timeliness.

January is enrollment time! Remember it is open to all and first come, first serve. Visit our Finance Office very soon to reserve a spot.

B.J.

bjrossow@stcharlesabq.org

Athletic News

Boys Basketball

Jan. 22nd against Hope @ Home

A,B,C teams games begin at 4:00p.m.

Classroom News

Science Fair

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 are on sale now. **(Remember 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.

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.

Geography Bee

Congratulations to Matthew Willie (7B) for winning our 2007-2008 Geography Bee. Matthew will now take a test to try and qualify for a spot in the State Geography Bee. Congratulations to Connor Munsey (4B) our 1st Runner up and to Rafael Sarmiento (5B) our 2nd Runner up. Good Luck Matthew.

Spelling Bee

Congratulations to our recent winners of the Spelling Bee.

1st Place - Connor Munsey, 2nd Place – Ariel Tobiyas and 3rd Place – Taylor O’Connell and Hurley Fidel. Good Job Cardinals!!

Volunteer Needed for Special Art Project

Mrs. Gallegos is in need of a parent volunteer to help organize a special art project. She needs someone with fast typing skills and availability during the day. The work should not take more then a day or two. Call Mrs. Gallegos at 243-5788 if you can help.

Calendar of Events

*Please note changes in Calendar below.

MARTIN LUTHER KING JR. DAY

No School

SCIENCE FAIR AND AWARDS BANQUET

Science Fair January 23rd – All students must set up their project from 7:00 a.m. to 7:40 a.m. Students must be in homeroom by 7:45 a.m.

Dinner and Awards Thursday, January 24th. – All students must attend Award's Banquet at 7 p.m. in uniform in the gym.

PARENT TEACHER/STUDENT LED CONFERENCES
CONFERENCES

January 25th By Appointment

Make sure you 5th – 8th grade student is her with you in uniform to run conference. This is a must!

CATHOLIC SCHOOLS WEEK

January 27th – February 1st

All Catholic Schools Mass January 16, 2008

10:00am Our Lady of Annunciation Parish

*MANDATORY PARENT FORUMS

ALL PARENT FORUMS HAVE BEEN CANCELED UNTIL NEXT FALL DUE TO SCHEDULING CONFLICTS.

Please visit our website for information and updates - www.stcharlesabq.org.

PRESIDENT'S DAY

No School

*ITBS TESTING HAS BEEN CHANGED.

For 3-5 – testing will occur on February 25 –28.

For 6-8 – testing will occur on February 27 and 28

Please make sure your child is here well rested and fed.

really want to try out the tree house today." Jordan heard laughs and snickers coming from inside. It was Brandon and Ben. "Jordan's chicken!" "Come on, Jordan—we *all* said it."

Jordan was quiet for a minute. Then he squared his shoulders and said, "I guess I can't be in the club, then. I won't say that." He climbed down the steps, got on his bike, and slowly rode home.

When he came in the back door, Mom said, "Hi, buddy. You're home early." "I guess I didn't feel much like playing today." His lip quivered just a bit.

"What's wrong, honey?"

Jordan hesitated, then blurted out, "The tree house is finished, but the others say unless I say the password, I can't be in the club." "Well, what's the password?" Mom asked. "I can't tell you. It's not a nice word."

"I see." Mom walked over to the refrigerator, poured him a glass of chocolate milk, and sat down at the table. She was quiet for a minute, and then said, "Jordan, do you remember the story of Daniel and the Lion's den?" "Yes."

"Well, when the King's men passed the law about praying to any God other than the King's idols, what did Daniel do?"

"He prayed anyway because it was the right thing to do."

"Even if he would probably be killed in the Lion's den?"

"Yes, he decided to do what was right even if he might be eaten by the lions. "Well, isn't that like what you did today?"

Jordan was puzzled. "I don't get it, Mom. What does that have to do with my club?" "Well, Daniel wouldn't do something that he knew was wrong. He stood up for what was right, and so did you."

"I guess you're right, Mom." He took another gulp of chocolate milk. "But even though being kicked out of the club isn't anywhere near as bad as getting put in a lion's den, choosing the right can be hard sometimes." Mom smiled. "That's true. But don't you feel better for making the right choice?" "Yes, I do. You're right, Mom. Thanks."

Just then the doorbell rang. It was Brandon. "Jordan," he said, his head down a little, "I'm sorry. We never should have had that crummy password. I wish I could have been brave like you. Can we still be friends?"

"Sure, Brandon! What do you say we go over to the park and shoot some baskets?" "OK! I'll go home and grab my ball!"

Jordan smiled as they rode their bikes to the park. "Mom was right," he thought. "It feels lots better to choose the right!"

Yearbooks are on Sale Now!!

Our theme this year is "We Are Family" and we want our whole St. Charles Family to get a copy.

Only one book captures this year's incredible events and experiences at St. Charles- your 2008 yearbook. Order your yearbook now to ensure a copy for your family. The price of the yearbook is \$30.00. Placing your order is quick and easy:

Fill out the attached order form. Send a check payable to St. Charles and turn in the form and check to the business office.

OR To place a credit card order, go to jostens.com, locate St. Charles, and click on the 2008 Yearbook link.

Deadline for ordering your yearbook is January 18th. You may pick up order forms in the front office. If you have any questions you can contact Mrs. Gallegos, the yearbook advisor, at 243-5788.

Kudos to...

Danielle Genero, KB, her work was accepted for the Fun Page of the Sunday Albuquerque Journal. It should be published on Jan. 27th. Good Job Danielle!!

May I Suggest?

Q: Can we have crazy hair day on a Friday in case the hair style doesn't come out right away?

Amy, Sonia, Esteban, Anelisa, Janelle, & Jesse 4A

A.: I'll plan it. B.J.

Nurse's Niche

Is the Hot Heater Good For You?

We are in the midst of the season when we stay inside where it is warm. The heater from the car, the warmth at home, and the furnace at school all dry the air around us. Hot air from heating sources is dry. So what does this mean to humans who seek the warmth in the winter? It means that we must take special care to prevent dry skin, dry mucus membranes, and headaches. It may seem so simple, but is actually self care that is difficult in the winter.

Dry skin occurs everywhere we have skin. It does not have to be exposed to the weather or the dry air to be affected. Most individuals will see dry skin on their hands, face, and legs. It is never too late to use lotion on skin but it is only a temporary solution to the overall problem.

Dry mucus membranes sounds like a desert in Nevada. It is, in fact, the dryness that occurs in the lining of our nose, throat, and mouth. Many will start to feel an itch in the nose. When the lining becomes cracked and crusted, nosebleeds can occur and feel similar to a tickle in the nose. Nosebleeds occur when the blood vessels inside of the nose break. Dry chapped lips also happen. Lips begin to bleed and the top layers begin to peel. These are signs of dehydration.

Headaches occur for many reasons. Among these types may include a reaction to the weather. Whether it is due to dehydration or exposure, headaches are true to the one experiencing the pain. Headaches are the pounding or throbbing pain in the head. Many times in the winter months, the simple solution is to stay well hydrated by drinking a predetermined amount of water per day.

More and more often, I am seeing that many young cardinals experience the affects of dry heat. Whether it is in the winter or summer, the symptoms are undeniable. The quick and easy solution is to drink more water. More important, though, is to take care of yourself in these winter months by making healthy meal choices, exercising, and getting enough sleep. Remember all this and stay warm too.

Nicole Sandoval RN

