

The Cardinal Flyer

Volume 10, Issue 1

August 28, 2007

B.J.'s Corner

From the Principal

"Success often comes from not knowing your limitations." Frank Tyger

I am excited to be the principal of St. Charles, as we begin the school year 2007-2008.

The St. Charles school year began with much fanfare within each classroom. Our extraordinary teachers spent countless hours in classroom preparation as well as professional development. Your children are in excellent hands.

A special **thank you** to Mrs. Barbara Temer who spent a great deal of time preparing raffle tickets and room information. Another special **thank you** to Mrs. Karen Lakeman, who helped organize Career Day and my entire collection of Rosemond and miscellaneous articles.

Kudos to Martin and Ron in maintenance who moved several thousand pounds of books alone! What would we do without them?

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The Importance of Family

Words to Live By

This year our theme is F.A.M.I.L.Y. As a community family we hope to work together to help each other learn what we need to, treat others in a kinder, gentler way, and take care of one another. We are ever grateful to our Heavenly Father who placed us on this earth with family units to guide, protect and teach us how to live in the world.

In a world of turmoil and uncertainty, it is more important than ever to make our families the center of our lives and the top of our priorities. Families lie at the center of our Heavenly Father's plan. 'Children are a heritage of the Lord' (Psalms 127:3). Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live.

We need to make our homes a place of refuge from the "world", which is increasing in intensity all about us. Even if the smallest openings are left unattended, negative influences can penetrate the very walls of our homes. Several years ago, a grandfather was having dinner with his daughter and her family. The scene is all too common in most homes with small children. His daughter was trying to encourage her young, three-year-old son to eat a balanced meal. He had eaten all the food on his plate that he liked. A small serving of green beans remained, which he was not fond of. In desperation, the mother picked up a fork and tried to encourage him to eat his beans. He tolerated it just about as long as he could. Then he exclaimed, "Look, Mom, don't foul up a good friendship!" Those were the exact words he heard on a television commercial a few days earlier.

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Kudos to Mrs. Annette Lujan, who also spent countless hours this summer to reorganize our teacher resource library.

Special Kudos to my staff and Ms. Harrison who went above and beyond to prepare our school for this year.

Families, please read all papers sent home, as some procedures have changed from year's past. Check our website: www.stcharlesabq.org if you haven't already.

Friday, August 31st is our Open House starting at 6:00p.m. followed by picnic in the "backyard."

September 6th is our first Parent Forum. (K-1) parents only. This adult discussion is formatted to help with the myriad of questions you may have regarding the raising of Kinders and 1st graders.

Follow-up to Orientation

There are three areas that I would like to address concerning information given at Orientation. **First**, all parents and students must use the crosswalk before and after school – it is located on the east side of parking lot. **Second**, please check the handbook on what to do when your child is absent – it is on page 12 – please follow those guidelines. **Third**, I have reconsidered my response to the 8th grade parents concerning e-mailing our teachers. Although, I want to be part of the technological world – I am not yet ready to cross over completely. Please contact my teachers via the telephone and they will return your call. I would prefer the one to one human contact. Please send a note with your child regarding absences.

Thanks for your enthusiasm and willingness to work together to benefit your child.

Have a Safe Labor Day.

Go Cardinals!! ☺

Principal BJ
bjrossow@stcharlesabq.org

Athletic News

Football Practices: Mon.-Thurs.

Coach: 3:30-5:00 Mr. Michael Gonzales

Volleyball Practices : Mon.-Thurs.

C-Team 3:30-4:30 Elena Atencio

B-Team 4:30-5:30 Jamie Campos

A-Team 5:30-6:30 Jamie Campos

Go to after care and your coaches will pick you up.

***Reminder of New Policy Adopted in 2006-07

All students on any team will need to go to After Care to be ***picked up by Coaches for practices and games***. If your child is in After Care for a few minutes, they will not be charged. If his/her practice is later and is in After Care until the second practice starts, you will be charged. **No siblings are allowed at practice. Players may not bring siblings to a game without a parent.**

All St. Charles students attending games at our facilities must be in uniform and follow all rules in the handbook. Unfortunately, we are unable to admit students who are not supervised by their parents. All students must be with a parent or grandparent or guardian. All students who are not with his/her own parent will be escorted to After Care.

Please take this opportunity to spend more time with your child. If you are unable to escort them, they will not be able to attend. We apologize for any inconvenience, however we do expect your support. ☺

Club News

Girl Scouts

Parents of 2nd, 3rd, and 4th grade girls. There will be an organizational meeting on Tuesday, Sept. 11th at 3:00 in the Parish Center. Please attend if you want to join Brownies or 4th grade Junior Girl Scouts.

Brownies – Shan Herrera

4th Grade Juniors – Francie Fidel

Need a Driver

Is there anyone in the Paseo/San Pedro area willing to bring a child to school for a little extra money? Please call Amy @ 280-0403.

SAFETY TRUMPS CONVENIENCE

Cardinals, please work with me. Attached to the flyer are the Dos and Do Nots in regard to the parking lot. Most of you are being cooperative, some of you just do not know what to do, and others are being a bit discourteous. Please try to maintain a courteous and safety first attitude when you approach the parking lot. ☺☺

CALENDAR OF EVENTS

PICNIC IN THE BACKYARD

AUGUST 31, 2007

6:00 P.M. TO 8 P.M.

Welcome Back! Come and meet your child's teacher and see his/her classroom. Then go to the playground and have some hotdogs, chips and lemonade. (Remember, this is just a meet and greet – no time for conferences – make an appointment for another time if you need to talk to the teacher).

LABOR DAY

SEPTEMBER 3

NO SCHOOL

K-1 PARENT FORUM

SEPTEMBER 6 IN GYM

7:00 P.M. – 8 P.M.

This forum is mandatory for all parents of Kinders and 1st graders. A guest speaker has been invited to discuss Language formation other parents who are interested in this topic are also invited.

TEACHER PROFESSIONAL DAY

SEPTEMBER 7

NO SCHOOL

Students have a day off while teachers come together to learn new strategies to improve instruction.

SALLY FOSTER FUNDRAISER ENDS!

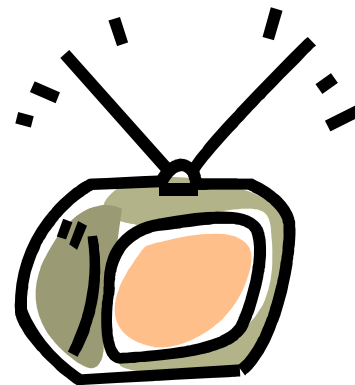
SEPTEMBER 10

3:30 P.M.

Please turn in your order forms for the Sally Foster Fundraiser by 3:30 p.m. on September 10. **This is not mandatory; however, we appreciate your support.** If every child sold at least three items, we would bring in over \$5000.00.

Oh, what impact advertising, television programs, the Internet, and the other media are having on our family units! If that was several years ago, what are our children saying to us today? What phraseology is being picked up and becoming the norm? Are we letting the wrong influence into our homes? May this be our year to refocus our efforts for enjoying the light and truth of the gospel in our homes and rededicating ourselves to our families and keeping them safe from the influences that modify their behavior for the worse rather than for the better.

Oh, what impact advertising, television programs, the Internet, and the other media are having on our family units!.



Please discuss our daily mottos with your child and help them apply them to each and every thought and action:

F.A.M.I.L.Y.

F – Friend – one who knows all about you and likes you just the same.

A – A life lived for others is a life worthwhile.

M – Minds are like parachutes -- they function only when open.

I – If you cannot do great things, do small things in a great way.

L – Life's most persistent question – What are you doing for others?

Y – You show courtesy to others, not because they are who they are but BECAUSE YOU are who YOU are.

FUNDRAISING UPDATES AND DEADLINES

SALLY FOSTER

Packets went home with your students on Friday. Deadline is September 10th 3:30p.m.

Top Seller Prizes:

1st Place- IPOD Nano

2nd Place – CD-Boom Box

3rd Place – MP3 Player

There will be two drawings for a Personal CD player for anyone who sells product.

ENTERTAINMENT BOOKS

Pre-Order forms will be sent out in two weeks.

Entertainment books are available in the Finance Office now if you are interested in purchasing one.

SMITH'S AND TARGET

These are easy ways to raise money for school. Designate your Target Card and Smiths Fresh Value card to St. Charles.

MAY I SUGGEST?

Q: Would you please send out guidelines and a map for the parking lot? Not everyone understands where to go. A map may be helpful. Roberta Zamora

A: Done. See attached.

Q: Why do we have to stand with our teachers after school – we are old enough to take care of ourselves? Mid-school Students

A: I am concerned for your safety. I also need your help in setting a good example for my younger students. Watching you – they will be safer too.

Kudos...

...To Faith and Taylor O'Connell for filling up every playground ball in every Red bag in the school. Thanks for helping us out.

...To Brianna Naranjo for winning the Duke City Filmmaker Contest. The contest challenged budding filmmakers to shoot, edit and premiere a film in a

Nurse's Niche

Don't Forget to Recharge Those Batteries: Part I

Sleep is the forgotten country and is not getting the attention it merits. It plays out in the home, in the pediatrician's office, and in school. Sleep is an important factor in the lives of children. Mary A. Carskadon, PhD

Human's need sleep to survive. It is a fact of life. Children especially need sleep to grow and learn. Sleep provides each person with the time necessary to rejuvenate. Getting enough sleep is the key to maintaining healthy energy levels, concentration, and remaining productive at work and school.

While a person sleeps the body is "downloading" the day's events. As the human body begins to relax, the brain organizes thoughts and happenings of the day. Dreaming may occur depending on the stage of sleep the person may be in during the night. The muscles in the body will rest as hormones are released to start repairing the body and mind. The stages of sleep that the body follows during the night are important to developing good sleep habits.

Sleep is one of the most important events in a person's day. Sleep helps a person perform in school and work. Without sleep the body has no chance in recovering from day to day. Make sleep a priority in the home and promote good sleep habits in children today so that they never forget to recharge those batteries.

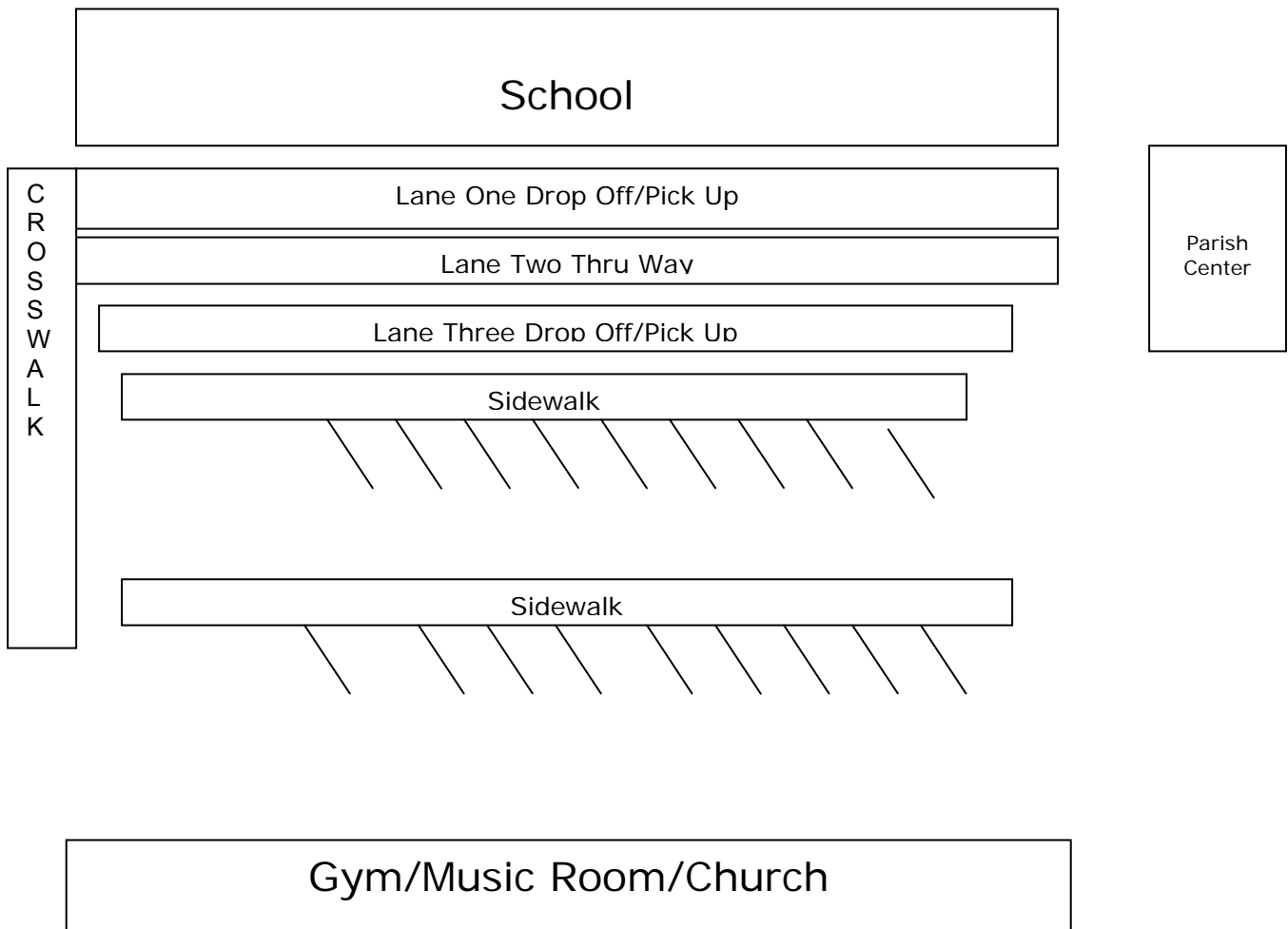
Nicole Sandoval, RN

week. Her film was about how greed corrupts a modeling ingénue. Way to Go Brianna!!

...To Daniel Griego for being accepted into the People To People Leadership Summit in Washington D.C. He went to Washington in July. All students accepted into this program must meet rigorous academic and leadership requirements. Daniel was accepted for the honor based on outstanding scholarship merit and leadership potential.

....To Angelo Zamora for playing Aladdin in Disney's play over the summer. See attachment.

...To Dylan and Jordan DeRaad for being perfect examples of what to do in the Pick up process after school. What a family!



1. There is no parking in Lanes One, Two and Three. DO NOT PARK YOUR CAR AND GET OUT FOR ANY REASON. THESE ARE DROP OFF AND PICK UP LANES ONLY.
2. NEVER WALK ACROSS PARKING LOT – YOU MUST ALWAYS USE THE CROSSWALK ON THE EAST SIDE.
3. Do not leave space between you and the car in front of you – as cars leave move forward if your child is not there to be picked up yet.
4. As you enter parking lot and move into drop off or pick up lanes – go as far as possible. DO NOT STOP AND PICK UP YOUR CHILD BY PARISH CENTER IF THERE IS A LOT OF SPACE BETWEEN YOU AND THE CAR IN FRONT OF YOU. Your child will walk to where you are going to stop.
5. Make sure your children are completely out of the car or in the car before you move. As soon as you drop off or pick up your child, look behind you and move into Lane Two to move out of the parking lot unless it is in the morning you can usually proceed along the lane you are in because this is faster.

6. All siblings and car pools will be waiting with the youngest child to enable the line to move faster. It makes more sense for older children to find younger rather than younger to find older because they are more responsible.
7. Please be patient and follow directions of all parking lot attendants and Brother Peter.
8. Please do not break traffic laws on University. DO NOT BLOCK intersection. DO NOT STOP in ANY LANES on University except the right lane. Cars are stopping in middle and left lanes. This is not only dangerous and discourteous but illegal (See picture – cars stopped in all three lanes – this is illegal).



9. License numbers will be taken of cars that are not doing what they are supposed to do. These will be given to principal and illegal actions will also be reported to the police.

The purpose of these rules and guidelines are to facilitate the safety of your children. It will also make the drop off / pick up process as quick and efficient as possible..

THANK YOU FOR YOUR COOPERATION!

