

The Cardinal Flyer

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September 4, 2007

B.J.'s Corner

From the Principal

"Laughter is the most beautiful and beneficial therapy God ever granted humanity."

Thank you to all of you who attended the Picnic in the Backyard! It was a wonderful success. Thank you so much to the parent volunteers, student volunteers, and teacher volunteers who spent most of the evening working to make it a success. I would make a list of your names but there were so many of you that I am afraid I will miss one. In ten years, I have never experienced such an outpour of willingness to help us out. Thanks again for all of your help. This is going to be a great year!!!

Our students have settled into their daily routine. However, I always need your help families with checking homework and reading our Tuesday flyer.

I spent a great deal of time observing classes last week and I am proud to say my teachers are using a variety of teaching methods and are enjoying their students.

Thursday, September 6th at 7:00p.m. is our first Parent

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Strengthening the Family

Words to Live By

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, [and] to observe the commandments of God.

By teaching and rearing children in gospel principles, parents can protect their families from corrosive elements. Parents need to give highest priority to family prayer, worship through the liturgy and other services, and wholesome family activities. However worthy and appropriate other demands or activities may be, they must not be permitted to displace the duties that only parents and families can adequately perform.

The key to strengthening our families is having the Spirit of the Lord come into our homes. Countless things can be done within the walls of our homes to strengthen the family. A few ideas:

- Make our homes a safe place where each family member feels love and a sense of belonging. Realize that each child has varying gifts and abilities; each is an individual requiring special love and care.
- Remember, "a soft answer turneth away wrath" ([Prov. 15:1](#)). When we raise our voice in anger, the Spirit departs from your home." We must never, out of anger, lock the door of our home or our heart to our children. Our children need to know they can turn to us for love and counsel.
- Encourage our children's private religious behavior, such as personal prayer, personal scripture study and worship. Measure their spiritual growth by observing their demeanor, language, and conduct toward others.
- Pray daily with our children.
- Have family time once a week.

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Forum for Kinder and 1st grade parents. It will end by 8:00p.m. Please do not bring your children as this is adult discussion.

After School Reminders:

School does not end until 3:00. This means that 2nd – 5th will probably not exit the building until after 3:05. Mid-school will not be out until 3:10. As student exit the building – they should look for their ride – mid-school students are allowed to leave their teacher for a few seconds to see if their ride has moved far to the east. Upon seeing their ride, they need to quickly go and tell their homeroom teacher they are leaving. If they do not see their ride, they should stand with their homeroom teacher and watch for their rides coming into the parking lot. Please remind them to watch for you first and not just stand there talking to their friends.

K is on east side. 1st and 6B exit via the east doors, 2nd – 5th exit via the center doors and 6A, 7th and 8th exit via the west doors. This does not mean you should wait by those doors when you are in the pick up lane – please move forward as cars leave and your student will find you.

All students left at 3:20 p.m. will be escorted to After Care and signed in. Volleyball (C-team) will change and go directly to After Care at 3:05 and be picked up by their coach. Football players will do the same. They will not be charged in AfterCare unless they are brought back by the coach after practice or a game.

B and A Team members if they do not get picked up right after school will go to AfterCare. These students will be charged.

***Please do not park and get out of your car when you are in the drop off/pick up lane. If you are dropping off students early – do not park in the drop off lane starting at 7:15 a.m. Any time before that – you should be able to do so and not cause a traffic delay.

PLEASE BE CONSIDERATE AND BE A GOOD ROLE MODEL IN THESE PROCEDURES. It will only ensure safety of your children and happiness for yourself and others. Thanks!

Your support of St. Charles is greatly appreciated.

Principal BJ
bjrossow@stcharlesabq.org

Athletic News

*****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

Join the Press

Do you love to write? Do you love to know what is going on in the school? Do you love trying exciting new things on the computer? If so, you are right for the Journalism Club. 5th-8th grade students are encouraged and welcome to join. The journalism team will interview people, write articles, and create graphic pages using Microsoft Office Publisher. We will work together to publish the weekly Cardinal Flyer! Meet Mrs. Hernandez after school on Wednesday, September 5th in the Cardinal Café for more details.

CALENDAR OF EVENTS

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 – 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.

2-4 PARENT FORUM

SEPTEMBER 20TH IN GYM

7:00 P.M. – 8 P.M.

This forum is mandatory for all second through fourth grade parents.

5TH – 7TH PARENT FORUM *THIS IS A CHANGE*

OCTOBER 10TH IN GYM

7:00 P.M. – 8 P.M.

This forum is mandatory for all fifth – seventh grade parents.

- Eat together when possible, and have meaningful mealtime discussions.
- Work together as a family, even if it may be faster and easier to do the job ourselves. Talk with our sons and daughters as we work together.
- Help our children learn how to build good friendships and make their friends feel welcome in our homes. Get to know the parents of the friends of our children.
- Teach our children by example how to budget time and resources. Help them learn self-reliance and the importance of preparing for the future.
- Teach our children the history of our ancestors and of our own family history.
- By word and example, teach moral values and a commitment to obeying the commandments.
- Know what our children are doing in their spare time. Influence their choice of movies, television programs, and videos. If they are on the Internet, know what they are doing. Help them see the importance of wholesome entertainment.
- Encourage worthwhile school activities. Know what our children are studying. Help them with their homework. Help them realize the importance of education and of preparing for employment and self-sufficiency.
- Act with faith; don't react with fear. When our teenagers begin testing family values, parents need to go to the Lord for guidance on the specific needs of each family member. This is the time for added love and support and to reinforce your teachings on how to make choices. It is frightening to allow our children to learn from the mistakes they may make, but their willingness to choose the Lord's way and family values is greater when the choice comes from within than when we attempt to force those values upon them. The Lord's way of love and acceptance is better than Satan's way of force and coercion, especially in rearing teenagers.

May we be able to welcome and maintain the Spirit of the Lord in our homes to strengthen our families.

FUNDRAISING UPDATES AND DEADLINES

SALLY FOSTER

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.

MAY I SUGGEST?

Q: Why did they change the Cardinal Flyer?

A: I changed the format to keep you on your toes.

Q: Can we have two or expand the basketball court because other people wanna play basketball but we can't because other people are playing on it and there is no more room.

A: Maybe at a later date. Until then, maybe you could play something else or better learn to share.

Nurse' Niche

Don't Forget to Recharge Those Batteries: Part II

Sleep as defined by Webster's Dictionary is "the natural periodic suspension of consciousness during which the powers of the body are restored." According to the Mayo Clinic, children especially need a good night sleep. This will help give them a fighting chance at school. A school-aged child will need approximately 11-12 hours of sleep per night. This will provide them with the much needed rest to help them with concentration, memory, and decision making. In addition it is important to sustain a regular time in which children go to bed and wake up in the morning. As Children grow older, they will come to find they will need less and less sleep.

The bedtime routines in the home are essential in creating good sleep habits. Allow children to relax before they go to bed like a warm bath or just some quiet down time with mom or dad. Comfort objects help alleviate fears with bedtime. For example, so if a child is afraid of the dark, it is crucial to provide the night light. Children generally benefit from sleeping alone. However, ensure that routines are in place and the room is comfortable and free from noise and distraction. For this reason, televisions and computers should be kept out of the bedroom. "Shorter sleep time is associated with more TV watching," says Mary A. Carskadon, PhD, a member of The National Sleep Foundation Task Force. "It's impossible to say which is the chicken and which is the egg, but it does raise a red flag about TV sets in bedrooms. The bottom line is that the association with reduced sleep is something parents should consider when furnishing their children's bedrooms."

"Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brain power, just as weight lifting builds stronger muscles. Then you are at your personal best," says Marc Weissbluth, MD. So don't forget to recharge those batteries when feeling tired. Send your children to bed at a regular time and they will thank you for it.

Nicole Sandoval, RN

