

# The Cardinal Flyer

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## B.J.'s Corner

*From the Principal*

"When we cannot find contentment in ourselves, it is useless to seek it elsewhere."

Last week was a great one!

All our students seemed to be on task and teachers full of energy.

As we settle into our school year, please insure early to bed for the younger ones and check to insure homework is getting completed.

Thank you everyone for your timeliness in the morning drop off and patience in the afternoon pick up.

Have a perfect week.

Principal BJ  
bjrossow@stcharlesabq.org

## Welcome

Mrs. Jovannah Adler-Saenz, she will take over for Mrs. Franchini who has retired from full time teaching.

*continued on page 2*

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## INSIDE THIS ISSUE

- 1 B.J.'s Corner
- 1 What is an Honest Person?
- 2 Athletic News
- 2 Club News/Alumni Notes
- 3 Calendar of Events **\*CHANGE\***
- 4 Fundraising Updates and Deadlines
- 4 May I Suggest? / Kudos
- 4 Nurse's Niche

## What is an Honest Person?

*Words to Live By*

Honest people love truth and justice. They are honest in their words and actions. They do not lie, steal, or cheat.

### To Lie Is Dishonest

Lying is intentionally deceiving others. The Lord gave this commandment: "Thou shalt not bear false witness against thy neighbour" ([Exodus 20:16](#)). Jesus also taught this when he was on earth (see [Matthew 19:18](#)). There are many other forms of lying. When we speak untruths, we are guilty of lying. We can also intentionally deceive others by a gesture or a look, by silence, or by telling only part of the truth.

### To Steal Is Dishonest

Jesus taught, "Thou shalt not steal" ([Matthew 19:18](#)). Stealing is taking something that does not belong to us. When we take what belongs to someone else or to a store or to the community without permission, we are stealing.

### To Cheat Is Dishonest

We cheat when we give less than we owe, or when we get something we do not deserve. Cheating in school is a form of self-deception. We go to school to learn. We cheat ourselves when we coast on the efforts and scholarship of someone else.

A friend related this experience her husband had while attending medical school. "Getting into medical school is pretty competitive, and the desire to do well and be successful puts a great deal of pressure on the new incoming freshmen. My husband had worked hard on his studies and went to attend his first examination. The honor system was expected behavior at the medical school. The professor passed out the examination and left the room. Within a short time, students started to pull little cheat papers out from under their papers or from their pockets. My husband

*continued on page 3*

## Athletic News

### Football:

Sept. 13<sup>th</sup> (5:00) Queen of Heaven

Sept. 17<sup>th</sup> (4:00) Assumption

### Volleyball:

Sept. 11<sup>th</sup> – Home - Hope (A,B, & C)4:00, 5:00,& 6:00

Sept. 12<sup>th</sup> – Home – San Felipe (B & A) 4:00 & 5:00

Sept. 13<sup>th</sup> – Away- St. Mary's Belen (B & A)

4:30 & 5:30

**Kudos to the Boys Flag football team. They tied one game and won two. Their season is off to a good start!**

**Girls Volleyball C-team won last evening and our A,B, & C teams play at home tonight.**

**GOOO CARDINALS!!!**

**B.J.**

### 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

### Journalism Club

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. 5<sup>th</sup>-8<sup>th</sup> 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 in Mrs. Hernandez's room after school on Tuesdays and Wednesdays. Meetings last until 4:15p.m.

### Boy Scouts

There will be a meeting for all interested boys grades 1<sup>st</sup>-4<sup>th</sup> on Thursday, September 13, 2007 in the cafeteria at 6:30p.m. Come and check out the scouts!

### Girl Scouts

New and returning 5<sup>th</sup> & 6<sup>th</sup> grade girls. If you are interested in Junior Girl Scouts please come to a meeting Friday, September 14, 2007 at the Parish Center. It will be from 3:00p.m. to 4:30p.m. Call Pearl for information at 400-2932

### Alumni Notes:

Luke Lanquit class of 2000 will graduate from the Albuquerque Police Academy on September 28<sup>th</sup>.

Mia Janelle Henderson, class of 2003 died tragically, while a freshman at University of Arizona. Our prayers are with her and her family.

If you have news about our alumnus, please email it to me.

B.J.

### Classroom News

#### Science Kits

Please see the attached wish list for our Science Lab Kits. Bring in items to the office and Mrs. Saiz will keep the Elementary Kits updated. Thanks for your generosity.

## CALENDAR OF EVENTS

### UPDATE ON K-1 PARENT FORUM

Mrs. Sue Dibble APS Coordinator for private schools presented “strategies for language development that supports reading skills” followed by our exchange of ideas on reading strategies within families.

All families returned their surveys with 100% positive comments. Suggested future guest speakers include nutritionists, development of listening skills, and behavioral management and many more.

Thank you families, and teachers for participating in our forum.

PARENT FORUM (2<sup>ND</sup>-4<sup>TH</sup>)

SEPTEMBER 27<sup>TH</sup> IN GYM

7:00 P.M. – 8 P.M.

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

PARENT FORUM **\*THIS IS A CHANGE\*** (5<sup>TH</sup>-7<sup>TH</sup>)

OCTOBER 10<sup>TH</sup> IN GYM

7:00 P.M. – 8 P.M.

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

recalled his heart beginning to pound as he realized it is pretty hard to compete against cheaters. About that time a tall, lanky student stood up in the back of the room and stated: ‘I left my hometown and put my wife and three little babies in an upstairs apartment and worked very hard to get into medical school. And I’ll turn in the first one of you who cheats, and *you better believe it!*’ They believed it. There were many sheepish expressions, and those cheat papers started to disappear as fast as they had appeared. He set a standard for the class which eventually graduated the largest group in the school’s history.”

When we are honest in every way, we are able to enjoy peace of mind and maintain self-respect. We build strength of character, which allows us to be of service to God and others. We are trustworthy in the eyes of God and those around us.

On the other hand, if we are dishonest in our words or actions, we hurt ourselves and often hurt others as well. If we lie, steal, cheat, or neglect to give the full amount of work for our pay, we lose our self-respect. We lose the guidance of the Spirit. We may find that we have damaged relationships with family members and friends and that people no longer trust us.

### We Must Not Excuse Our Dishonesty

People use many excuses for being dishonest. People lie to protect themselves and to have others think well of them. Some excuse themselves for stealing, thinking they deserve what they took, intend to return it, or need it more than the owner. Some cheat to get better grades in school or because “everyone else does it” or to get even.

To become completely honest, we must look carefully at our lives. If there are ways in which we are being even the least bit dishonest, we should repent of them immediately. When we are completely honest, we cannot be corrupted. We are true to every trust, duty, agreement, or covenant, even if it costs us money, friends, or our lives.

### We Can Be Completely Honest

Honesty is a moral compass to guide us in our lives. Honesty is a principle, and we have our moral agency to determine how we will apply this principle. We have the agency to make choices, but ultimately we will be accountable for each choice we make. We may deceive others, but there is One we will never deceive.

## FUNDRAISING UPDATES AND DEADLINES

### ENTERTAINMENT BOOKS

Books are available in the Finance Office September 10<sup>th</sup> thru October 5<sup>th</sup>. More information to follow.

### SMITH'S AND TARGET

These are easy ways to help St. Charles. Just designate your card to our school number and we will receive checks from these stores.

### BOX TOPS

Cut the box tops for education coupons off boxes and bring them in. We will receive checks for these too!

### UNITED WAY

Designate your contributions to St. Charles.

### MAY I SUGGEST?

Q: Could all the teachers have a fire extinguisher? 5A

A: Thanks for asking – The fire extinguishers are located in accordance with the fire code.

### KUDOS To...

John Paul Norman, 7<sup>th</sup> grade. He was one of only 14 young composers state-wide whose compositions were selected for the Hey, Mozart! Project, to be professionally arranged and orchestrated, then played by the NM Symphony Orchestra in a concert at the National Hispanic Cultural Center, on Friday September 7<sup>th</sup>. Each young composer played his/her composition before they heard it for the first time played by the Symphony in front of Friday's full house. John-Paul's composition, "Stroll Through Boston, 1951", closed the program with its lilting melody and joyful orchestration; it was a memorable finish to an exciting program and concert goers exited the hall singing his tune!

## Nurse's Niche

### Are These Vaccinations For Real?

New Mexico State law requires every child attending school to be immunized and have valid documentation on file at the school.

Students in grades Kindergarten to 5<sup>th</sup> grade must be immunized against Tetanus, Diphtheria, Pertussis, Polio, Measles, Mumps, Rubella, Hepatitis B, and Varicella. Each of these immunizations has a specific requirement for age as determined by the Centers for Disease Control. Students in grades 6<sup>th</sup> through 8<sup>th</sup> also have these requirements with the exception of the Varicella vaccine. This year the New Mexico Department of Health will audit the status of all student compliance to this requirement. It is critical that all students have their immunization records on file in the nurse's office.

Vaccinations help control the spread of communicable diseases. Children especially need to be vaccinated because according to The New Mexico Department of Health, "vaccines protect them from illness and permanent disability." Vaccines are made from weakened or eradicated germs. These vaccines are given by injection, by mouth, or by a spray that a person inhales. The microorganisms in the vaccine help the body assemble its defenses so that when exposed to the real disease germs, it can battle and destroy them.

It is vital that all students have a vaccination record on file at the school. If you have recently received a letter from the nurse's office requiring updated records or an update in vaccinations, please submit the information needed to the school immediately. All new students need to submit an initial copy of their vaccinations by October 1<sup>st</sup>. If you have a physician's appointment pending for these vaccinations or questions regarding vaccinations, please contact me by telephone or in person at the school. Thanks in advance for all your assistance in acquiring the essential documentation for the health of all of our Cardinals.

Nicole Sandoval RN

John-Paul was interviewed and photographed for Albuquerque Journal, the article and picture appeared in the West Side edition on Friday, September 7<sup>th</sup>. Way to Go John –Paul . We are very proud of you.

