



The Cardinal Flyer

SEPTEMBER 15, 2009

VOLUME 12, NUMBER 3

BJ's Corner

"The time is always right to do what is right."

Our students have settled into the school routine. I visit most classrooms daily and can see everyone is on task. Below is a list that will help keep your child on the right foot:

- Get 8-10 hours of sleep each night.
- Eat a healthy breakfast in the morning.
- Pay attention in class.
- Write down assignments for each subject.
- Start projects when you get them.
- Complete homework on time.
- Read for pleasure each day.

Parent conferences are around the corner. (October 9th) The time of your meeting should be ready to go home with your child next week.

On Monday, each student was provided a packet of information containing a Sally Foster booklet. This is not a mandatory fundraiser. I do encourage participation as every little bit helps with our budget.

Have a wonderful week.

B.J.

Sally Foster Fundraiser Came Home Yesterday!!! **GET READY!!!**

UP TO 50% OF EVERY PURCHASE GOES DIRECTLY TO OUR SCHOOLS!

Our fundraiser featuring Sally Foster® gift wrap and gift was sent home yesterday, September 14th.

You'll find:

- Premium gift-wrap, value-priced
- Gifts for everyone
- Chocolates so good they've been served at the White House

And, everything is \$20 or less!

Orders must be turned in by SEPTEMBER 25th.
THANKS FOR YOUR SUPPORT!!!!

Calendar Update

September 16th – Picture Day (In uniforms)

Picture Day Tomorrow

Tomorrow is Picture Day. Please send in your order form with the money if you wish to purchase pictures.

NJHS News!

Congratulations to the following students, they were elected as officers in St. Charles' National Junior Honor Society for the year 2009-2010.

Historian – Katrina Llamas
Secretary – Micayla Kavanaugh
Vice President – Sergio Herrera
President – Arial DeHerrera

Nurse's Niche

Is It Flu Time?

Flu season is right around the corner and a lot of us are getting ready to gear up to stay healthy. Many of you may wonder what St. Charles Borromeo School is doing to keep our students healthy. We continue to super clean the whole building twice a week. Students are taking an active part in cleaning the classrooms regularly also. We remind students at school about good hand hygiene and etiquette. We send sick children home especially those who have a fever of 100°F or above (this has always been our policy!). These are just few things we are doing at St. Charles. What are you doing at home? Here are some steps to protect your family from the flu.

1. **Wash your hands.** The single most effective way to stay healthy in any flu season is to frequently wash your hands. Wash your hands when you come in contact with sick people, before you eat, and whenever you just feel the need. Wash them for a good 15 seconds rubbing your hands together with soap and rinsing with water. Remind your children to also wash their hands, they will listen eventually. Don't forget to wash those hands where ever you go, it may save you some time and money.
2. **Cover nose and mouth.** It is my practice to teach the students at St. Charles to sneeze or cough into a tissue. This is the most hygienic way to avoid the spread of germs. However, if this is not available, sneeze or cough into your elbow. It is common courtesy to sneeze and cough away from another person.
3. **Stay home.** The New Mexico Department of Health states that "**If you or your child is sick, stay home for at least 24 hours after there is no longer a fever or signs of a fever without the use of fever reducing medicine.**" If you send your child to school with a fever you are sharing their germs with the whole school. Help them get well by resting at home.
4. **What about a vaccine?** The CDC and NMDOH are recommending the regular flu shot and H1N1 flu shot this year. Initial vaccines will be given to the medically frail and at risk patients.
5. **Don't Panic.** The single most important thing you can remember, if you get sick this season, is to not panic. Your body is a wonderful instrument of healing. Principal BJ always jokes that when she is sick she stays home in bed and drinks chicken soup. The children always laugh at her but she is actually very accurate. Your body needs rest and good nutrition to heal. Simple advice from a very wise person. And I am not just saying that because she is my boss!

Nurse Nicole

St. Charles
Borromeo Catholic
School

1801 Hazeldine SE

505-243-5788

Fax: 505-764-8842

www.stcharlesabq.org

Kudos:

A big thank you to the wonderful parent that gave us our beautiful Cardinal Windspinners. They look so great in our planters and outside of kindergarten. Go Cardinals!!

Sister Clara is our Teacher of the Year.

A,B & C Volleyball teams beat Menaul last night.

Boy's Flag football team will play tonight for the first time- Good Luck!

Congratulations to our 2009-2010 Yearbook Staff members.

Take Charge of Education at Target

Great news, our school received a check for \$208.00 from Target. It is an easy program to join. All you have to do is designate your REDcard at target to St. Charles. To enroll, go to Target.com/tcoe or call 1-800-316-6142. Thanks for your continued support!!

Buy Scrip every week!

Please remember to buy Scrip on Tuesdays. Remember – shop for those items you normally do and a percentage goes to St. Charles. It only takes a few minutes of your time. Thanks for supporting our school!

Carpool

If anyone is interested in carpooling from Peralta, Los Lunas or Bosque Farms, please call Mr. Trujillo at 220-3402.

Games Coming Up! Come out and support your Athletic Teams!**Volleyball – Games for C- Team are at 4:00, B-Team at 5:00 and A-Team at 6:00pm**

September 15 – Annunciation at St. Charles

September 17 – Postponed until October 2 at St. Thomas Aquinas

September 21 – St. Mary's Belen at St. Charles

Football – Games are at Bullhead

September 15 – Fatima – 4:00 p.m. – Field 6

September 17 – St. Mary's Belen – 5:00 p.m. – Field 6

September 22 – Annunciation – 4:00 – Field 6

September 24 – Bosque – 4:00 – Field 6

September 29 – Assumption – 4:00 – Field 7

October 1 – St. Therese – 4:00 – Field 7

October 7 – San Felipe – 5:00 – Field 7

October 13 – St. Mary's ABQ – 5:00 – Field 6

October 15 – Holy Ghost – 4:00 – Field 6

A Message From the St. Charles School Advisory Council

Dear Parents and Friends,

This past Sunday's Gospel reminds us that if we are to truly know Christ's love for us, we must deny ourselves, take up our crosses, and serve one another. One message to be drawn from this week's message is that we need to practice our faith and be "authentic" in how we emulate Christ's love and support for us. In other words, we need to strive to "keeping it real" as Christians. One way to reflect on this week's Gospel is to ask ourselves the question: "How am I helping to make St. Charles School a better place?" As we all know, our school is dependent upon many kind and generous acts from parents, grandparents, family members, and friends of St. Charles. Our school could not survive without these gifts of love and support. We are all called to serve as Christians and as a school community, we can all think of ways that we can help improve our school and help contribute to maintaining excellence in our children's educational experience.

Have you wondered about how you can help contribute to Catholic education? Have you wondered about how our own School Advisory Board here at St. Charles is organized and how it is given its charge by the Archdiocese Catholic Schools Office? Answers to these questions and many other valuable pieces of information can be learned by visiting the Archdiocese Catholic Schools website at www.csoadmin.org. Below is a sample of information from the website that we thought you might find interesting.

Respectfully,
David Atencio

Role of Volunteers

Volunteers are a valuable resource to Catholic schools. They assist in the classroom, supervise lunchroom activities, work in the school offices and libraries, monitor school playgrounds, tutor students, serve as chaperones and coaches, clean grounds and facilities, provide skilled labor and help to organize projects and raise funds. The Catholic schools deeply appreciate the efforts of these generous individuals, who give so freely of their precious time and talents to benefit our educational communities. If you are interested in volunteering for the Catholic Schools Office, please call us at 831-8173. If you would like to volunteer at a specific school, please contact them directly -- see the [directory](#) for contact information.

Catholic School Alumni Association □The Catholic Schools Office coordinates the activities of a Catholic School Alumni Association in the Archdiocese of Santa Fe. Membership is open to anyone who ever attended a Catholic school, whether in New Mexico or elsewhere, including those who were taught by religious in New Mexico before the Dixon case prohibited them from teaching in public schools.

These individuals are helping Catholic schools to accomplish their core mission — to develop a student's intellectual, physical, moral and spiritual potential — by contributing their time, talents and treasure to this important work. If you would like more information about the Alumni

Association or an application form, please contact the CSO at ☐505-831-8173 or cso@archdiocesantafe.org.

Role of the Archdiocesan School Advisory Council (SAC) ☐The Archdiocesan SAC is an advisory body whose purpose is to advise the superintendent, promote Catholic education and serve as an appellate board. Voting members are one representative from each of the archdiocesan schools' SAC, while non-voting members are representatives of Catholic Center ministries, clerics and principals. The voting members are recommended by the school pastors and appointed by the archbishop to staggered three-year terms.

The Archdiocesan SAC is directly accountable to the superintendent, acts in an advisory capacity, and is only empowered to act as a body. Individual members may not act alone or seek to influence policy outside their stated mission. No member is authorized to speak on behalf of the Catholic Schools Office. The Archdiocesan SAC is governed by a constitution and by-laws which are approved and signed by the archbishop, the superintendent of schools and the current chairperson of the Council.

Local School Advisory Council (SAC) ☐Each school's SAC is a body representative of the school's parent community and called to work closely with the pastor, the principal, the superintendent and the Archdiocesan SAC in a spirit of cooperation and interdependence for the purpose of supporting quality Catholic education. The SAC shares in the responsibility of proclaiming, in word and deed, the message revealed by God of building a community of faith and giving service to God and one another.

The SAC is directly accountable to the principal and is only empowered to act in an advisory capacity and as a body. Individual members may not act alone or seek to influence policy outside their stated mission. No member is authorized to speak on behalf of the local school, the Catholic Schools Office or the archdiocese. Each local Council's constitution and by-laws must be approved and signed by the pastor, principal, current chairperson of the Council, superintendent of schools, and the current chairperson of the Archdiocesan SAC. Copies of the minutes of each official meeting are sent to the Catholic Schools Office.