

The Cardinal Flyer

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B.J.'s Corner

From the Principal

"A friend is a person who knows all about you and likes you just the same."

As the temperature dips, so do our positive attitudes towards others. At St. Charles our emphasis is to follow the Golden Rule, so if you find yourself feeling poorly about a person, just reflect on the beginning quote and the Golden Rule.

I was able to teach a few classes last week in mid-school and found everyone to be extremely energetic. All our students have the procedures down and appear to be enjoying the curriculum.

Thank you everyone for your support of the Sally Foster drive. I will report the good news on the dollars raised next week.

Our Superintendent, Sister Mary, has spent the last two days visiting St. Charles. She visited all our classrooms and watched our teachers and children in action. Her report back to me was an A+. That being said, we still need to continue to work on our goals in order to go from "great to extraordinary."

continued on page 2

INSIDE THIS ISSUE

- 1 B.J.'s Corner
- 1 Four Simple Things to Help our Families / Our Nation
- 2 Athletic News
- 2 Classroom News/Alumni Notes
- 3 Calendar of Events ***CHANGE***
- 4 Fundraising Updates and Deadlines
- 4 May I Suggest?
- 4 Nurse's Niche

Four Simple Things to Help Our Families and Our Nations

Words to Live By

What great technical progress has been made—in communications, in travel, in medicine, in conveniences for home and work. We stand in respect, almost reverence, for the men and women of science who have made life better for each of us. Yes, we are the beneficiaries of a technological revolution. There has been more of scientific discovery during that last 50 years than during all of the centuries that preceded it. But in so many other areas, we are slipping into the jungle in terms of real civilization—at least in larger urban areas. It was recently reported that there are 800,000 or more violent incidents within families each year in the United States alone. A troubled home inevitably leads to a generation of troubled children.

What can be done? We cannot affect a turnaround in a day or a month or a year. But I am satisfied that with enough effort we can begin a turnaround within a generation and accomplish wonders within two generations. That is not very long in the history of man. There is nothing any of us can do that will have greater longtime benefit than to rekindle wherever possible the spirit of the kind of homes in which goodness can flourish.

Children are like trees. When they are young, their lives can be shaped and directed, usually with ever so little effort. Said the writer of Proverbs, "Train up a child in the way he should go: and when he is old, he will not depart from it" ([Prov. 22:6](#)). That training finds its roots in the home. There will be little of help from other sources. Do not depend on government to help in this darkening situation. Barbara Bush, wife of former United States president George Bush, spoke wisely when in Wellesley, Massachusetts, in 1990 she addressed the Wellesley College graduating class and said, "Your success as a family, our success as

continued on page 3

Next week's parent forum is 2nd-4th grade parents.

Have a Great Week.

Principal BJ
bjrossow@stcharlesabq.org

Athletic News

Football:

Sept. 18th (5:00) St. Thomas

Sept. 20th (4:00) St. Mary's ABQ

Sept. 24th (4:00) Bosque

Volleyball:

Sept. 19th – Home - OLF (A,B, & C) 4:00, 5:00, & 6:00

Sept. 20th – Away – Queen (A,B,C) 4:00, 5:00, & 6:00

Sept. 24th – Home- Bosque (A,B,C) 4:00, 5:00, & 6:00

GOOO CARDINALS!!! BJ

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. ☺

Classroom News

NJHS

The Nation Junior Honor Society is please announce the following students have been elected officers for the year 2007-2008

President - Lauren Paiz

Vice-President: Erica Pascetti

Secretary: Alysia Hernandez

Historian: Daniel Griego

Congratulations to all of you.

Please be Generous

St. Charles Borromeo School is collecting nonperishable food items for the Albuquerque Storehouse. Please bring in items like soup, Ramen noodles, tuna, cake mixes etc. We will be collecting until the end of September. These food items will go to help the less fortunate in our city The Storehouse has a very simple, but very difficult job — providing free food and clothing to people struggling with poverty. St. Charles Cardinals have the honor of helping them. Cardinals you have always been so generous! In fact, we are the **number one** organization to help the Storehouse for 7 years in a row!

For I was hungry, and you gave me food... I was naked, and you gave me clothing..." Matthew, Chapter 25

State Fair School Art Display

The following St. Charles students have their art work on display at the State Fair School Arts building:

Lorenzo Baca	Andres Gallegos
Jennifer Baker	John Paul Norman
Sergio Herrera	Tristin Vigil
Rory Martinez	Lauren Rohde
Miranda Portillo	Brandon Ortiz
Lukas Aragon	Sara Albanna
Matthew Lobato	Patrick Gallegos

These students are representing our school with some amazing work. Take some time to appreciate their efforts when you go to the fair this week. Great job Cardinals!

Alumni Notes

If you have news about our alumni, please email it to me. B.J.

Science News

Thanks to all of you that have brought in items for our Science wish list. Continue to bring in your materials.

CALENDAR OF EVENTS

PARENT FORUM (2ND-4TH)

SEPTEMBER 27TH 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* (5TH-7TH)

OCTOBER 10TH IN GYM

7:00 P.M. – 8 P.M.

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

PARENT/TEACHER/STUDENT CONFERENCES

Parent/Teacher Conferences, K-5 (Mandatory)

Student Led Conferences 6,7,& 8 (Mandatory)

Slips with times will go home next week.

RAFFLE DUE

Mandatory raffle money is due Friday, October 19th.

Late fees will be charged.

DRA DAYS

DRA Assessment dates: Friday October 19th & Monday, October 22nd. No School, students come at their assigned times.

HALLOWEEN PARADE

Costume Parade Friday, October 26th at 2:30.

HALLOWEEN CARNIVAL

The carnival will be on Saturday, October 27, 2007

11:00 a.m. to 3:00 p.m. Come and enjoy!

A GREAT BIG THANK YOU

Thank you to the parents who volunteered to run the carnival. They are: Pearl Coy, Annette Paez, Dina Valdez and Mary Anne Chavez.

society, depends not on what happens at the White House, but on what happens inside your house.”

Religion can help and will do wonders. Religion is the great conservator of values and teacher of standards. Its message on values has been consistent through the ages. What, you may ask, can be done? The observance of four simple things on the part of parents would in a generation or two turn our societies around in terms of their moral values.

They are simply these: Let parents and children (1) teach and learn goodness together, (2) work together, (3) read good books together, and (4) pray together.

1. Teach your children goodness. Teach them civility toward others. Let every husband speak with respect, kindness, and appreciation for his wife. Let every wife look for and speak of the virtues of her husband. Is this old-fashioned? Of course it is. It is as old as truth itself.

2. Work together. “An idle mind is the devil’s workshop.” Children need to work with their parents, to wash dishes with them, to mop floors with them, to mow lawns, to prune trees and shrubbery, to paint and fix up, to clean up, and to do a hundred other things in which they will learn that labor is the price of cleanliness, progress, and prosperity.

3. Read good books together. Children need to learn the wonders to be found in good books, or how stimulating an experience it is to get into the mind of a great thinker as that person expresses himself or herself, with language cultivated and polished, concerning great and important issues.

4. Finally, pray together. Is prayer such a difficult thing? Would it be so hard to encourage fathers and mothers to get on their knees with their little children and address the throne of Deity to express gratitude for blessings, to pray for those in distress as well as for themselves, and then to ask it in the name of the Savior and Redeemer of the world? How mighty a thing is prayer?

As we work together capturing the spirit of goodness in our homes, we will then see it materialize and recapture it for our nation.

FUNDRAISING UPDATES AND DEADLINES

ENTERTAINMENT BOOKS

Books are available in the Finance Office September 10th thru October 5th. Order forms are attached. Please support this fundraiser.

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: Some of us can't drink milk so could we please have two drink choices at lunch? Conner Munsey

A: I need a doctor's excuse saying you are allergic to dairy products and then APS can order juice.

Q: May we suggest, during a fire drill we should not face the school because if it is real, it could hurt our eyes, the pressure could hurt us even more. I think we should have locks on the bathroom in case of an Owl Alert.

From Mollie Balland, Taylor Gallegos, Cheserae Velasquez, and Nathaniel Townsend

A: Thanks ladies and gent. - Two good safety issues.

First, I believe facing the building is better than having your backs to it because you can see what's taking place and it will reduce your anxiety.

Secondly, we have locks on the bathroom stalls in

Nurse's Niche

Your Body Needs Water and You Probably Didn't Know It

What do animals, trees and humans have in common? They are all living beings that need water to live. Human beings need water to help the body function properly. Water keeps tissues in the nose, mouth, and eyes moist. Water helps control body temperature. It helps the kidneys wash out waste from the body. These are just a few of the important jobs water assumes in the body. Without water a person would cease to work normally.

The body can get water from many different sources. Among these are from food like fruits and vegetables. Other types of drinks like fruit juice, soda, and flavored water are sources of water. However, drinking water is the best source of hydration. Even though sodas contain water, they also contain caffeine which can lead to dehydration. Students need to drink water regularly while at school and at home.

Dehydration is the state in which the body does not get sufficient water. When a person is dehydrated it can impair cognitive and physical abilities. Even mild dehydration can put a student at risk for below average performance. Common signs of dehydration are fatigue, headache, dry mouth or lips, thirst, and dizziness.

So then how much water should a person drink? It all depends on body size, activity level, and the weather. If it is a hot day, a person should have water readily available. If engaging in sporting activities; be sure to provide the body with cold water. The cells in the body will readily absorb it. Finally, everyday consumption of water should be during and between each meal. Never let thirst alone dictate when to drink water. Drink it often throughout the day and you will find that this tasteless, odorless, calorie free liquid will keep you at the top of your day.

Nicole Sandoval RN

case of an Owl Alert.

