



All Saints Catholic School
SAINTLY NOTES
May 12, 2010

May 11-14	5 th Grade Pines Trip
May 13	FIESTA of FORMS—7am to 7pm
May 14	Mass 10:00 (K) Early Dismissal 11:45
May 15	Confirmation 5:00
May 16	Uniform Mass Sunday All Saints Church
May 17	Prayer Group 7:50am
May 19	Spirit Day
May 21	Mass 10:00 (1 st) 8 th Grade Awards CYC Ice Cream Social
May 24	Prayer Group 7:50am
May 24-26	8 th Grade Finals
May 27-June 1	7 th & 8 th Grade Finals
May 28	8 th Grade Commencement 6:00
May 31	Memorial Day, No School
June 2	Field Day—full day—free dress day—Brown Bag Lunch Used uniform sale 8am-1:30pm
June 3	Mass 8:30—Sunday church cloths Last Day—Dismissal 10:30

This Week in Saintly Notes:

1. Sister Says
2. Orchestra Competition
3. Hola—Art Fest Thank You
4. Fiesta of Forms
5. HSA Dues
6. SAC and SFC Applications
7. Account Balances
8. 5th Grade at the Pines
9. Summer Book Swap
10. Magic Tree House Contest
11. Eagles/CYC/ICYC
12. Scrip Program
13. Kids Kudos
14. Church Ministries
15. Attachments

Sister Says I am sure that most of you have heard by now that Father Tom will be leaving All Saints during the summer to become pastor of Prince of Peace Catholic Church. Effective mid July, our new pastor will be Bishop Mark Seitz. Change can be hard but we always have to be open to the movement of God's Spirit. I have known Bishop Mark for about twenty years. He is a good and holy priest and a wise and compassionate person. He will help to lead the entire All Saint's Community through the next portion of our journey. We will also have an associate pastor assigned but as of this writing, I don't know who that will be.

We have Fiesta of Forms tomorrow from 7a.m. to 7p.m. I have been told that this is quite an event so I am looking forward to the experience.

Last but not least, I want to let you know the middle school electives sheets are attached to the Saintly Notes. We have a nice variety of classes including band, orchestra, drama, yearbook, newspaper, art, Spanish, chess, fitness, All Saints Student Radio with Mr. Barney Lane, and study hall. Some classes require an additional fee but the costs are very reasonable and cover basic expenses. You will be asked to select several choices because if classes do not fill with a minimum number of students it may have to be cancelled. I hope that we will continue to be able to expand our electives so that we have classes that will be of interest to our students.

See you at Fiesta of Forms! **God bless you. Sister Denise**

Orchestra Competition

The ASCS Intermediate Orchestra received all "I"s from the judges at the Sandy Lake Orchestra Fun Fest competition on Monday! This is the highest rating the judges can award! The Orchestra performed Jupiter by Deborah Baker Monday and Hey Fiddle Fiddle by Brian Balmages and did a terrific job.

Congratulations to our Intermediate Orchestra Students on their hard work and stellar performance.

Hola!

ARTFEST was a great success because of our wonderful parent volunteers! Thank you for your time and dedication to our students. We would like to especially thank Nicole Ramirez for coordinating the parent volunteers, Julie Lewis for organizing the student art sale, Jennifer Korinek for shopping for all of the ARTFEST craft supplies, Maria Abernathy for locating, reserving and setting up the snow cone machine, Cindy Fernando for supplying all the boxes, Cathy Glebus for painting the wooden ARTFEST signs, Matt Frazier for creating all the wooden flamingo stands and the Schmieder family for donating enough water bottles for the whole school.

Thank you! Thank you! Thank you! We hope everyone had a great day celebrating the ARTS!

Fiesta of Forms

Thursday May 13
7am-7pm

Please mark your calendar and plan to attend Fiesta of Forms tomorrow Thursday May 13. We will be here from 7am until 7pm. The forms packet were sent home with the youngest or only child last week. Fiesta of Forms is your one-stop opportunity to take care of the following:

- ✚ Complete all the paperwork for next year (emergency form, contact information, pick-up/walker form, etc)
- ✚ There will be a notary to notarize the emergency forms
- ✚ Safe Environment Training update so you can continue volunteering and chaperoning from the start of school
- ✚ School Supplies (\$70/student) Band/Orchestra Fees Cash or check to ASCS
- ✚ Home and School Dues and Classroom Dues—check or cash to HSA
- ✚ After Care and Summer programs

HSA Dues and Class Dues

In your Fiesta of Forms packet, you will receive the HSA checklist form. As always, you will have the opportunity to pay your HSA dues (\$35 per family) and your class dues (\$20 per child) during Fiesta of Forms. You may pay via cash or check made payable to ASCS HSA. As always, thanks for your support!

Used Uniform Sale

The used uniform sale will be held on **Wednesday June 2, 8am-1:30pm**. Please see the attachments for details on pricing and when the uniforms must be dropped off and picked-up and money collected. This is cash only sale. No checks or credit cards excepted.

Students will have a free dress day on Wednesday June 2 for field day and must wear Sunday church cloths for Mass on Thursday.

SCHOOL ADVISORY COUNCIL (SAC) and SCHOOL FINANCE COUNCIL (SFC) FOR ASCS

There are openings for members for the School Advisory Council and the School Finance Council. If you interested in serving, please contact the SAC president, Jean Power at jp@powerdaley.com and an application will be emailed to you.

Account Balances

Lunch and Eagles Care balances must be paid in full by the last day of school. Please watch your account balances closely as we near June 3rd. The last day lunch will be served is Tuesday **June 1**. Final report cards will be held if all balances are not paid in full.

If a family has money in the lunch account it will be carried over to next year, refunds will not be given to returning families. Families that will not be returning to ASCS in the fall should send an email to Laura Olson at the end of the school year requesting a refund of lunch account monies.

5th Grade at the Pines —having a great time!



Summer Reading Book Swap



The library will be sponsoring our second annual, Summer Reading Book Swap. Beginning May 10th, all students are welcome to bring in gently-used, age-appropriate paperbacks to donate for trade with other paperbacks brought in by classmates. We want to keep our students reading over the summer!

Students can bring in a maximum of 20 paperback (not hardcover) books. These books can be fiction, nonfiction, graphic novels or picture books. Board books, comic books, Chick-fil-A type books and magazines will not be accepted. Please check your child's donations for unacceptable donations to avoid their disappointment if books they bring in are rejected. Also, books brought in should be at a reading level appropriate for the student; in other words, a 3rd grade student should bring in books appropriate for 2nd - 4th grades. Mrs. Herbst will evaluate the donations for condition and appropriateness and make note of the number of acceptable books each child has brought.

'Swapping' will begin Monday May 17th. The participating students can come to the library to select "new" titles for themselves. If a student brought in 2 books, then they can select 2 "new" titles.

This is a totally voluntary event. We know that younger students in particular are very attached to their books and become quite reluctant to give them away. That is OK! Also, please do not bring in books that other students would not want, such as ones that are colored in or torn.

A contest for kids who love the Magic Tree House books!

ESSAY QUESTION:

Jack and Annie travel through space and time in the Magic Tree House to complete the missions for Merlin or Morgan. Write about an adventure you would like to have in the Magic Tree House. Where would you go and what would you do?



To ENTER:

Download and fill out the [application form](http://www.randomhouse.com/kids/magictreehouse/activities/mth-essay-form.pdf) (<http://www.randomhouse.com/kids/magictreehouse/activities/mth-essay-form.pdf>) and send it to the address on your form with your essay attached by October 31, 2010 Mail-in entries only. You must be between 7 and 14 years old to enter.

The Grand Prize:

ASCS Sainly Notes
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An official Magic Tree House for your own backyard Retail value: \$5,000; Approximate dimensions: 4' x 15' Winner must have 8' x 24' space available outside to fit the tree house. Runners-Up: Ten winners will receive an autographed Magic Tree House book! Book title will vary; retail value: \$12.99

Eagles/CYC/ICYC

Eagles Care is open Friday, May 14th after early dismissal.



Friday, May 21st End of the Year Ice-Cream Social and games, 3:00pm – 4:00pm. Cost \$2 per person. For grades K – 5th. Email alagrec@allsaintsk8.org if your child(ren) will be attending. Students go to the café after school.

CYC and ICYC end of the year celebration 4pm – 5pm.

Monday, May 31st Eagles Care and facilities is closed in observation of Memorial Day.



We started the SCRIP program at ASCS on November 10, 2009. In 5 months, through your participation, we sold almost \$100,000 of SCRIP and made almost \$5000 for the school. After paying our operational costs (shipping fees and admin. software fee) and putting almost \$2000 back into our inventory of SCRIP cards, we've been able to give Sr. Denise \$3000 for technology in the classrooms. We were able to do this with about half of the All Saints families participating...think of the possibilities if every family purchased SCRIP on a regular basis for their groceries, gas, restaurants, clothing, gifts and more.

Our HSA/SCRIP reimbursement program for the 2010-2011 school year has begun! From May 1, 2010 through April 30, 2011, any school family that generates at least \$200 in profit through SCRIP will receive \$50 off of their HSA dues/fees for the 2011-2012 school year. Extended family and friends can also purchase SCRIP and apply their profits toward a selected school family's account.

Graduation and the end of the school year are quickly approaching. We hope you'll consider SCRIP when you purchase your graduation or other end of school gifts.

The All Saints enrollment code is 28FD5D3D22337 at shopwithscrip.com.

In addition to our regular hours, we will be selling SCRIP and taking special orders from 7AM – 7PM at Fiesta of Forms. Hope to see you then!

Kids Kudos Corner

Congratulations goes out to the 4th grade girls volleyball team - "The Slammers" for receiving 2nd place for their division at the PSA End of Season Tournament last Saturday. The 4th graders are **Katie Abel, Sarah Abel, Sarah Kate Bach, Stefanie Bussman, Jenna Ganus, Abby Kite, Siyan Melke, Jade Sham, & Claire Steffek.** Congratulations girls on a great season and a sensational tournament!

Congratulations to the Purple Pumas volleyball team for a winning season. 4th graders **Eden Franzen, Yvonne Franzen, Hannah Korinek, Madelena Korpinski, Morgan Steele and Kelly Wegmann** played with heart and soul to place third in their division. Their spirited play made them a fan favorite at the PSA end-of-season tournament. Good going, girls!



Church Ministries

2010 Bishop's Appeal

We're very close to our 2010 Parish goal! A big thank-you to those who have pledged to the 2010 Bishop's Annual Appeal! To date 590 All Saints Parish families have made pledges totaling \$213,762. If you have not yet made a pledge, please pick up a pledge envelope in the pew, or contact the parish office. Our goal for the 2010 Bishop's Appeal is \$225,000.

Registration for Vacation Bible School (VBS) Begins

Registration forms are available online from April 11 through May 20 at allsaintsdallas.org or in the RE Office. Calling all children ages 4 through 10 yrs old (entering 5th grade for 2010-11)! Register for your spot on a crew for a "High Seas Expedition" the week of **July 12-16 from 8:45am-12pm daily**. Don't miss this voyage of a lifetime: hear God's word, sing songs of praise, see His word in action, play games that illustrate His word, and eat yummy snacks!



Teen and adult volunteer positions available. Discounts given for children of an adult who volunteers all 5 days of VBS. Safe Environment training must be current through July 2010 to volunteer.

Registration forms can be delivered to the silver drop box by the door outside the RE Office. To mail your registration, please send to:
All Saints Catholic Church Attention:VBS, 5231 Meadowcreek Dr. Dallas, TX 75248

Knights of Columbus SCHOLARSHIPS

The Lumen Christi Council is accepting applications for scholarships to eligible members of All Saints Catholic Church. The scholarships are for an undergraduate education in a

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University, College, Junior College, Technical School, Business School or Seminary. The scholarship will be awarded primarily on scholastic performance, community service, and established need (as set forth in a personal statement). A committee of impartial Knights will determine who will be awarded the scholarship. To apply, interested applicants must fill out an application form and return it to Chris Diaz by June 14, 2010. Application forms are available each Sunday in the Fellowship Hall or from Chris Diaz chris@cdstats.com or Harry Storey hstorey@hhdulaw.com.

ALL SAINTS 2010 PARISH DIRECTORY

We Want to See Your Smile!

Sign up continues for our **All Saints Photo Directory** the weekends of May 15 & 16 and May 22 & 23rd. To reserve your appointment time, please come by the Conference Room (off the atrium) after the 5:00 pm masses on Saturday and Sunday. Sign up in the Fellowship Hall after all the Sunday morning masses. Online sign up is open from Tuesday through Fridays at www.allsaintsdallas.org.

Photo dates & times: Tuesday through Friday, May 25th - 28th and June 8- 11th (12:30-6:50pm) and Saturdays, May 29 and June 12th (10:00 am – 4:50 pm) in the Kamel Life Center.

Volunteers are greatly appreciated and needed to greet and sign in parishioners on their photo session day, so please contact Barbara Hammond at 972.778.0325 to lend a hand.

Confirmation Preparation

May 14th - Confirmation Practice in the Sanctuary 7:00pm

May 15th – Confirmation/Reception in the Sanctuary 5:00pm

ATTACHMENTS

Please do not miss the following attachments:

- ◆ Middle School Electives
- ◆ Used Uniform Sale
- ◆ Nutrition Nuggets
- ◆ Book Swap

ASCS Middle School Electives
2010-2011

Band*

Meets Monday – Thursday (full year only)
Requires commitment to practice time and concert participation
Fee: \$100.00 for the year plus instrument rental and other incidentals

Orchestra*

Meets Monday – Thursday (full year only)
Requires commitment to practice time and concert participation
Fee: \$100.00 for the year plus instrument rental and other incidentals

Chess

Meets Monday & Tuesday (full year only)
Fee: \$100.00 per semester (minimum of 8 students per semester)

All Saints Student Radio with Mr. Lane – Limited to 7th and 8th Grade

Meets Monday & Tuesday or Wednesday & Thursday
Fee: \$50.00 per semester (minimum of 8 students - maximum of 16)

Drama

Meets Monday & Tuesday - No additional fee required

Art with Mrs. McNeil (medium to be announced)

Meets Monday & Tuesday - Fee: \$50.00 per semester

Art with Mrs. Rowden (medium to be announced)

Meets Wednesday & Thursday - Fee: \$50.00 per semester

Spanish

Meets Monday – Thursday (full year only) - No additional fee required

School Newspaper

Meets Monday & Tuesday (full year only) - No additional fee required

Yearbook - Limited to 7th and 8th Grade (limit of 12 students)

Meets Monday & Tuesday (full year only) - No additional fee required

Study Hall

Meets Monday – Thursday
Students may sign up for Monday/Tuesday -- Wednesday/Thursday
or for Monday – Thursday
No additional fee required

Fitness with Mrs. Meyer

Meets Monday & Tuesday– This class will be co-ed. --- No additional fee required.

Technology

Meets Wednesday & Thursday – No additional fee required

Sign-up sheets will be available at Fiesta of Forms.

*Beginning Band and Orchestra is available to 5th grade students. 5th grade students not electing band or orchestra will take Art.

All Saints Uniform Resale Event

Wednesday, June 2, 2010 8:00am-1:30pm

If you have uniforms that are in good condition, but your child cannot wear them any longer, consider the uniform resale. You can make some extra money and buy uniforms for next year at bargain prices. Below are the instructions on how to participate.

Drop Off Used Uniforms: Tuesday, June 1st, from 2:00pm-3:00pm or June 2nd 7:30am-7:45am

Please have your items labeled (SEE BELOW) and folded.

Please bring them to Front Atrium Entry Area.

Time of Sale: Wednesday, June 2nd from 8:00am-1:30pm

CASH ONLY (\$1's, 5's, 10's preferred) Sorry, no checks can be accepted.

Pricing

All plaid items (skirts, jumpers)- \$15

All shirts, sweatshirts, sweaters, spirit shirts- \$5

Shorts & pants - \$5

ASCS Outerwear - \$5

Accessories (ties, modesty shorts, belts, shoes) \$2

Spirit T-shirts -\$ 5

Pick-Up: Please pick up your unsold items and money from 2:00pm-3:30pm- Wednesday, June 2nd, 2010

Uniforms not sold/money not picked up by 3:30pm on Wednesday, June 2nd will be considered a donation to ASCS. (Pick up in front entry area)

- * Please be sure all items are CLEAN and Stain Free.
- * All resale items must be approved uniform items (we will not sell unapproved merchandise)
- * All items must have a ASCS sales tag (See Below)
- * Uniforms may be donated to ASCS by writing ASCS on the tag
- * ASCS is not responsible for lost/misplaced items

All Saints Uniform Resale Event

How to fill out your ASCS Sales Tag: (Pin label on right-hand side please)

Example tag:

SIZE: YS (youth small)

ID# 5-Dawson

(your ID # is the grade of your child- your last name)

If you have more than one child, just choose youngest grade level)

Please print your own tags, pick tags up in the office, or make your own.

*Questions/ volunteers, email Cathy Dawson at david.c.dawson@att.net

*ONLY UNIFORM ITEMS APPROVED FOR 2010-2011 SCHOOL YEAR MAYBE SOLD.

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2010

All Saints Catholic School

Abby Tett, RN and Marie Miles, RN - Health Clinic

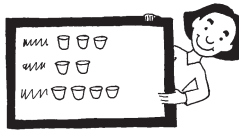
BEST BITES



Keep a water log

Encourage your family to drink more

water with this idea. Hang a small erasable whiteboard on the refrigerator.



Write each person's name down the left side. Each time a family member drinks water, have her draw a glass next to her name.

Play tourist

Seeing the sights in your own town is a fun way to build physical activity into your family's weekends. You might visit the animals at the zoo, explore plants at a botanical garden, or tour a local factory. *Tip:* Check Web sites for free or reduced-price admission days at nearby attractions.

DID YOU KNOW?

Seeds are filled with nutrients. Add them to your child's diet by tossing unsalted sunflower seeds into salads or adding pumpkin seeds to soups and cooked vegetables. Choose sesame-seed bagels, or try grinding seeds in a coffee grinder and sprinkling them on oatmeal or cold cereal.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack wisely

As spring days fill up with soccer practice, school play rehearsals, and more time at the playground, families often scramble for quick and healthy snacks. Here are some suggestions.



After school

When your children come home hungry, try mini-meals rather than chips or sweets. Keep lean deli meat on hand for turkey and ham sandwiches on whole-grain bread. Or make hard-boiled eggs ahead of time. Your youngsters might like them plain, or they can fix deviled eggs. Help them split the eggs in half lengthwise, remove the yolks, and mash them with light mayonnaise, mustard, salt, and pepper. Mound the mixture back into the egg whites, and sprinkle with paprika.

On the go

Carry snacks in the car when you're driving your children to and from activities. Fill a sports bottle with water for

each child. Take along snacks that are portable and easy to eat, such as squeezable yogurt, pita filled with hummus and grated carrots, or a whole-wheat English muffin with melted cheese.

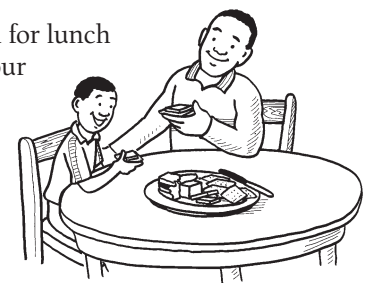
Anytime

Fruit is always a favorite snack. Dress up everyday fruits by making fruit cones. Puree peaches (peeled and pitted) in a blender, fill an ice cream cone with fruit (kiwi pieces, blueberries, pitted cherries), and drizzle the peach puree on top. For other fun fruit snacks, freeze orange slices or grapes. Or let kids dip apple slices in a little caramel sauce. 🍓

Guidelines for snacking

Snacking between meals is actually important for growing children. Try these tips for fitting snacks into a healthy diet:

- Have regular snack times (after school, an hour before bedtime) so your child doesn't eat all afternoon and evening.
- Keep snacks small enough that he's not too full for lunch or dinner. You might make snacks off-limits an hour before meals.
- Avoid "liquid calories" by not serving soda, sports drinks, or fruit drinks with snacks.
- Encourage snacks that combine at least two food groups. *Example:* a protein (cheese) with a grain (crackers). 🍓



Chores: Fit and fun

Your house needs cleaning, you want your children to get exercise, and they just want to have fun. There is a way you can accomplish all of this! Try these ideas.

Choose a job. Motivate your youngsters to pitch in by making a game out of choosing chores. List jobs (sweep, vacuum, mop, take out the trash), and let each family member roll a pair of dice. The highest roller picks his chore first, the second-highest next, and so on.



Beat the clock. Put more energy into family cleanup time by turning it into a race. Let each person be in charge of straightening up a different room. Then, set a timer. Rushing to beat the buzzer will make everyone move faster!

Make it fun. Add a twist of fun to everyday chores.

Have younger children dust with (clean) socks on their hands. Place a small hamper in each bedroom so children can “shoot” dirty laundry into the basket. Or play music while doing chores—you might even take a dance break in between tasks. ♡

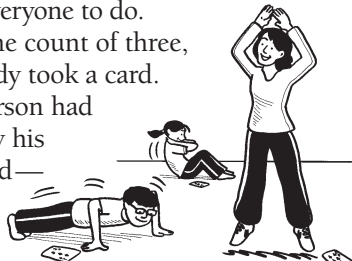
PARENT TO PARENT

Pick a card

My son Luke came home from school the other day excited about a game his gym teacher had taught his class. He asked if we could try it.

He got a deck of cards and had us think of a different exercise to match each suit. We decided on jumping jacks for spades, push-ups for diamonds, running around the room for clubs, and jogging in place for hearts. He said aces were wild—whoever drew one got to name the activity for everyone to do.

On the count of three, everybody took a card. Each person had to follow his own card—a 6 of spades meant



you had to do 6 jumping jacks. A 3 of diamonds meant 3 push-ups. On the next turn, my daughter drew an ace, and she had us do 10 sit-ups.

We had a great time playing the game, and Luke was proud that he had taught it to us. Now we have a good way to get indoor exercise on rainy April days—or any day! ♡

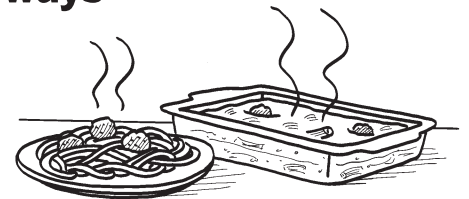
IN THE KITCHEN

Meatballs, two ways

Make one batch of meatballs for two nights of meals. Here's how.

Combine 2 lbs. extra-lean ground beef or ground turkey with $\frac{1}{3}$ cup bread crumbs, 4 tbsp. grated Parmesan cheese, and 2 eggs. Shape into 10 large and 20 small meatballs for:

■ **Spaghetti and meatballs.** In a skillet, brown the large meatballs in a little olive oil. Place in a baking dish and bake at 350° for about 30 minutes. Then, put in a saucepan with marinara sauce and cook until heated through. Serve over cooked and drained spaghetti.



■ **Baked ziti.** Cook 1 lb. ziti according to package directions, and drain. Mix 16 oz. skim ricotta cheese and 2 eggs. In a 9 x 13 inch pan, layer $\frac{1}{2}$ cup tomato sauce, half the cooked ziti, the ricotta mixture, the small meatballs, $\frac{3}{4}$ cup sauce, and the rest of the ziti. Top with 1 cup shredded skim mozzarella cheese. Bake at 350° for 1 hour. ♡

ACTIVITY CORNER

Art projects

Does your child love to do art projects? Help her learn about nutrition as she gets creative.

Start by having her cut out pictures of healthy foods from old magazines or catalogs. Suggest that she look for fruits, vegetables, whole grains, lean meats, chicken, fish, beans, and eggs. Then she can try these projects.

Collage. Have her sort the pictures into food groups (grains, vegetables, fruits, milk, meat and beans). She can arrange each set into a collage, glue the pictures down, and label

the sheet. Hang the collages in the kitchen as a reminder of healthy foods to choose.

Mobile. Let your youngster make a breakfast, lunch, or dinner mobile—or all three! For each one, she can glue pictures onto index cards and carefully cut around the shapes. For a breakfast mobile, she might feature eggs, toast, pancakes, fruit, milk, and orange juice. Then, help her punch a hole in the top of each picture. Tie string through the pictures, and hang them from a coat hanger. ♡



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
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Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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Summer Reading Book Swap



Do you love to read?



Do you have tons of paperback books that you've finished?



Would you like to get new books to read over the summer?

Join in on the Swap!

All students (K-8) are invited to participate in our 2nd annual Book Swap.



Beginning May 10th bring in your used paperback books:

- Gently used paperbacks only
- Maximum of 20 books
- Grade range equal (for example, a 3rd grader should bring in books appropriate for a 2nd-4th grader)
- Fiction or nonfiction, picture books or graphic novels are okay, **but no magazines, Chik Filet type or comic books please.**
- A record of number of books brought in per student will be kept so that student will know how many books they will be able to select.



Weeks of May 17th-May 28th:

- Come in before assembly or during library time to select your 'new' books
- New book selections must be grade range appropriate.



Miscellaneous:

- Mrs. Herbst will have final approval on the condition and appropriateness of books brought in.
- Please don't bring in books before May 10th
- This is a voluntary program!

See you at the Swap!