



All Saints Catholic School
SAINTLY NOTES
January 11, 2012

Jan 12	Liturgy of the Word Gr. K-2 10:00am
Jan 13	Middle School Honor Roll 9:30am Mass Gr. 3-8 10:00am Early Dismissal 11:45am
Jan 16	Martin Luther King Jr. Holiday No School
Jan 18	Spirit Day Principal's Coffee 8:00am-9:00am Open House for Prospective Families 6:30pm
Jan 19	Mass Gr. K-2 10:00am
Jan 20	Mass Gr. 3-8 10:00am
Jan 24	HSA Meeting 7:00pm
Jan 26	Saint of the Month 7:45am
Jan 29	Catholic Schools Week begins 9:15am Mass at the Church 10:30am-12:30pm Grandparents Day at School
Feb 04	Father Daughter Dance- Save the date! Details to follow!
Feb 05	Dad's Club Superbowl Party- Save the date! Details to follow!

This Week in Saintly Notes:

1. Science Fair
2. Father Daughter Dance
3. Eagles Care
4. Scrip
5. Athletics
6. Walking Home
7. Community Service Group
8. Box Tops
9. Church Ministries
10. Attachments

ASCS Science Fair 2012



On January 17th 2012, we will host our fourth annual Science Fair. There are going to be three viewing areas. Projects from 7th and 8th grade will be displayed in the atrium, and 6th grade projects will be displayed in the middle school hallway. Projects from K-5th grade are presented in the hallway next to the gym. Middle school students have prepared for the fair since September. All of students worked hard on their projects. Please come view their projects throughout the week and celebrate their hard work.

Father Daughter Dance



Be sure to mark your calendars for the Father Daughter Dance which will be held here Saturday, February 4 from 6:30 pm to 8:30 pm. All ASCS daughters, grade 8 to K, and dads are invited! More details to follow. Invitations will be sent home in backpacks next week.



EAGLES CARE

Happy New Year! Eagles care **will** be open Friday, January 13th after early dismissal. Please email Ms. Lagreca to reserve a spot. alagreca@allsaintsk8.org Eagles care will be closed Monday, January 16th. Free babysitting will be offered for the HSA meeting Tuesday, January 24th.

\$\$ SCRIP \$\$

January Selling Times

At School: Monday – Friday 7:30-8:30 in the atrium

At Church: 1st and 3rd Sunday of each month following 9:15 & 11:00 mass

Order Deadline for items not kept in inventory

Orders placed and paid for by 8:30am on Tuesday will arrive on Thursday after lunch.

Participation:

Approximately 150 families from church and school have purchased Scrip during this school year. We have sold 4800 gift cards and raised \$6300 in profit for the school. Thank you to all who purchased Scrip for your Christmas shopping/gift needs. Our holiday sales were up 25% compared to the same period last year. Keep up the good work!

Family Incentives:

Thirty families exceeded the monthly average purchase requirement (\$300) for the fall incentive that ran from Sept 1-Dec31, and are eligible to be entered in the drawing for \$50 in Scrip cards. The prize winner will be drawn and announced at the HSA meeting at the end of January. ****Note that we are running the same incentive for the spring from Jan 1 – Apr 30, as well as other ones.****



News and Notes from the Athletic Department:



All Saints kicked off its basketball season this past weekend with 8 of our 10 teams seeing action. Our 5th grade blue, 5th grade girls, 6th grade blue and 8th grade D2 teams finished with victories.

The schedule for next week's basketball action is:

Team	Date	Location	Time	Opponent
5th White Boys	14-Jan	ASCC Church	09AM	St Pius Blue
5th Girls	14-Jan	ASCC Church	10AM	St Thomas Blue
6th Blue Boys	14-Jan	ASCC Church	11AM	Highlands
6th Girls	14-Jan	ASCC Church	12PM	St Rita Green
7th Boys D2	14-Jan	ASCC Church	1PM	St Pius Blue
8th Girls	14-Jan	ASCC Church	2PM	MIS
8th Boys D2	14-Jan	ASCC Church	3PM	POP - White
8 D3 Boys	14-Jan	ASCC Church	4PM	Collins
5th Blue Boys	14-Jan	St Thomas St. Mary	09AM	St Thomas Blue
6th White Boys	14-Jan	Sherman	2PM	St Mary Sherman
8th Girls	15-Jan	POP	12PM	POP
6th White Boys	15-Jan	St Elizabeth	1PM	Santa Clara
7th Boys D2	15-Jan	St Monica	3PM	St Monica White
8th Boys D2	15-Jan	St Thomas	2PM	St Thomas
8 D3 Boys	15-Jan	St. Rita	5PM	St. Rita

Come out and watch all the action!

Walking Home...

In order for your student to be dismissed from the west side of the building as a walker, we must have written authorization. Stop by the office and sign our Walker Authorization Form so your child may leave without any problems. Please keep this in mind if your child is going home with a friend who is a walker. We will need a note granting permission to go with another student *and* permission to walk. Thanks for your cooperation!

ASCS Community Service Group (CSG)

Check out our cool **4th Graders!!** We would like to send out a super special Thank You to Mrs. Wessling and Mr. Golder for making time in their busy schedules before Christmas Break to help complete our **DECEMBER SERVICE PROJECT!** Our wonderful and dedicated 4th grade teachers, students and parents tied oodles and oodles of knots in over 25 comfy, cozy **no-sew fleece blankets** to gift to the **infusion/transfusion room** at the **Center for Cancer and Blood Disorders in Children's Medical Center!** A BIG warm thank you to all who participated in this project!!



CSG Project for JANUARY: From now until January 27, CSG will be holding a **School-Wide DONATION DRIVE for New Small Toys**, hosted by **Kindergarten**, to give to the **Center for Cancer and Blood Disorders in Children's Medical Center** for their prize closet – the children (and teens) get to choose a prize e.g., pencils, pens, stickers, bouncy balls, etc when they get a shot or other uncomfortable procedure. These items can be found at any dollar store or in Target's dollar section. Please only donate new toys because some of the children are immune compromised.

Kinder teachers, Mrs. Tanner and Mrs. Moothart, have graciously offered some class time this week for their students to make cards for the children at the CCBD. Thank you!

CSG Project for FEBRUARY: 6th Grade Field Trip to Catholic Charities. No donations required.



2nd QUARTER HOMEROOM WINNER!

1st: 6TH GRADE TOOHEY with **287 Boxtops!**

The entire homeroom will receive a Spirit Wear Pass!

2ND QUARTER TOP CONTRIBUTOR!

Sean Moothart (6th grade/Toohey) with **250 Boxtops!**

Sean will receive a Spirit Wear Shirt!

ASCS turned in a total of 7328 Boxtops! Earning \$732.80 for All Saints!

3rd Quarter begins NOW!!!! Turn in your BOXTOPS to be eligible to win!!

REMEMBER: SEND IN YOUR BOX TOPS IN ZIPLOC BAGS **LABELLED** WITH STUDENT'S NAME **AND** HOMEROOM TEACHER! Drop box located in main office or give to homeroom teacher.

(This quarter there were many bags with no information)

IT'S A SIMPLE WAY TO EARN ALL SAINTS TONS OF MONEY!!

If you have any questions or would like to help, Kristen Theisen at Kltheisen@gmail.com



Church Ministries

JUNGLE JAM

SAINTS **SAINTS**

Join your friends for some awesome games and a
LIVE EXOTIC ANIMAL SHOW
Presented by:

Zooniversity

All Saints Catholic Church
Friday, January 13th 2012
7:00pm to 9:30pm
Grades 5 - 8
\$5.00

Join us for this year's Dallas March for Life!



The Youth Ministry staff at All Saints is organizing a group to attend the pro-life events in downtown Dallas on Saturday, January 21st.

All parishioners are welcome to participate as part of this group!

Join us at All Saints for Mass and a Pro-Life presentation on Saturday morning starting at 9:00am. We will then hop on a bus which will drive us down to the Cathedral Shrine of Our Lady of Guadalupe where we will join thousands of others for the March and Rally for Life at 12:00. If you would like to attend these events as part of our group, please contact Matt Woyak for more information and registration materials (mwoyak@allsaintsdallas.org)

We are in need of several Safe Environment cleared adults to participate in this event as small group leaders.

Two adults will be assigned to a group of 6 youth during the March. Groups must stay together for the entirety of the March. The number of youth we are able to take is dependent upon the number of cleared adults able to volunteer. Please consider joining us for this great event!





Space is limited, so register soon!

Free Throw Contest!

All boys and girls ages 10-14 are invited to participate in the local level of competition for the 2012 Knights of Columbus Free Throw Championship. The local competition will be held on Sunday, January 22 from 1pm to 3pm in the Gym at the All Saints Catholic Church. This competition is sponsored annually with winners progressing through local, district, and state competitions. Participants are required to furnish proof of age and written parental consent. For entry forms or additional information, please contact Chance Barkley at 806-853-7387 or chance.k.barkley@gmail.com.

ATTACHMENTS

Don't miss out on the following:

-  Nutrition Nuggets January 2012
-  Soccer Enrichment with Woody
-  Tumble and Tone Flyer
-  T and T Enrollment Form

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2012

All Saints Catholic School

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



BEST BITES

Fast-food alternatives

Brainstorm a list of quick meals you could make rather than stopping for fast food. For example, make scrambled eggs or tuna fish salad (with light mayonnaise). Or stir-fry frozen shrimp and a bag of frozen vegetables in a hot skillet. By focusing on items you keep on hand, you can serve a healthier meal that is still fast.

Vigorous activity

Getting some “vigorous” physical activity every day is good for your youngster’s heart and overall health. Help her understand what vigorous activity is. After she is active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has done vigorous activity.

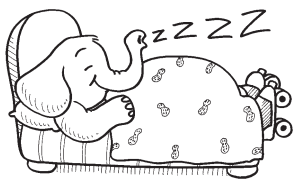
DID YOU KNOW?

Children (and adults) need to wear sunscreen in the winter, too. Even though the air is chillier, sunlight can still be strong enough to damage skin. Get your child in the habit of putting sunscreen on his face, neck, and any other exposed areas before heading out to play this winter.

Just for fun

Q: Why did the elephant put on skates before he went to bed?

A: Because he wanted to get rolling in the morning!



Fabulous fruit

Looking for a nutritious food that is ready to eat, is easily available, and comes in lots of varieties? Try fruit! Consider these ways to encourage your child to have at least 2–3 servings every day.

A color a day. Pick a color for each day of the week, and challenge family members to eat a fruit that matches (plums, grapes, or blackberries on purple day, for instance). At night, report to each other on the fruit you ate. *Idea:* Ramp up the fun by asking everyone to wear clothes that match the color, too.

Ad campaign. Suggest that your youngster design a magazine or billboard ad to persuade children to eat more fruit. She could write a catchy slogan on a poster board, add advertising copy, and illustrate it. Or she could create a script for a radio ad and record herself reading it in



an “announcer’s voice.” Coming up with reasons to eat fruit will get her thinking about why she should have more fruit.

Wheel of food. Have your child think about different ways to enjoy fruit by making a “wheel” for each of her favorites. She could draw the fruit (an apple) in the center of a sheet of paper and make 4–6 lines from it (like spokes on a wheel). At the end of each line, have her illustrate a way to eat the fruit (sliced apples with caramel dip, applesauce, apple-cinnamon muffin).

Fruity ideas

These yummy “recipes” will have your youngster asking for more fruit in no time:

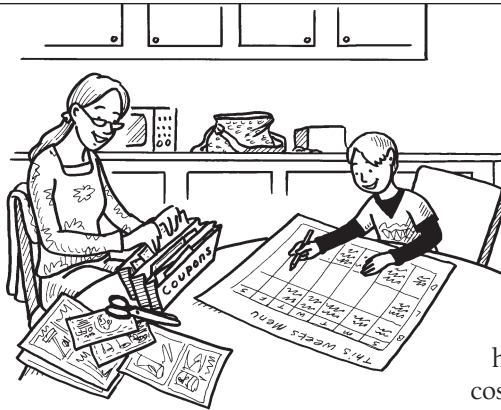
- Make banana ice cream—out of nothing but bananas! Cut bananas into little pieces, place on a plate, and freeze for about two hours. Mix in a blender until the pieces turn into ice cream.
- Create a fruity smiley face in your child’s oatmeal. You could use a tangerine wedge for the mouth, a raisin for the nose, and kiwi slices for eyes.
- Freeze clusters of grapes or cut-up pieces of mangoes or peaches to eat right out of the freezer. Or thread fruit (melon chunks, strawberries) onto skewers for frozen kebabs.
- Using a blender or an electric mixer, combine low-fat cream cheese and sliced strawberries until smooth. Serve as a dip for other fruits.



Money-saving tips

Serving healthier food to your family and saving money can go hand in hand. Here's how:

- Plan ahead. Sketch out your week's menus, and make a shopping list. You'll cut down on impulse buying. *Tip:* Avoid shopping when you or your children are hungry.
- Buy produce that's in season. For example, you'll spend less for cauliflower in the winter or zucchini in the summer. Also, buying items produced locally can save on shipping costs.



- Consider less expensive sources of protein. Eggs, beans, and tofu may cost less than meat, chicken, or fish. *Idea:* Make a vegetarian meal once or twice a week for regular savings.

- Get large containers of plain nonfat yogurt. To serve, stir in fresh berries, cut-up fruit, or a little honey. You'll save on sugar as well as cost, compared to buying yogurt with fruit, flavoring, granola, or candy added.

- Buy in bulk. For instance, get family packs of pork chops and freeze in meal-size portions, or get grains (brown rice, barley) in bulk and store in airtight containers.

- Avoid packaged cookies, bakery items, snack foods, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. ●

Q & A

Count calories?



Q: My son and daughter are both overweight. Should we teach them to count their calories?

A: While it's a good idea for children to understand how calories work, it's best if they don't focus on counting them. Instead, try to help them eat a healthy, balanced diet and get enough exercise.

Teach them to eat vegetables, lean protein, fruit, and whole grains, and to stay away from "empty calories" (junk food and soda with no nutritional benefit). Also, encourage them to take small servings, and have them stop and consider whether they're full before taking more.



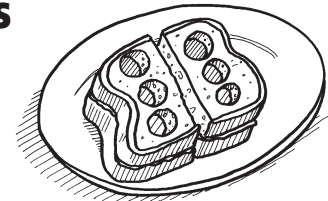
You can explain that calories measure how much energy we get from eating a certain food. Our bodies need calories for energy, but if we take in more than we use, we can gain too much weight. To burn calories, make sure your youngsters have lots of opportunities to be active rather than sitting in front of a TV, computer, or video game. ●

IN THE KITCHEN

Sandwich creations

Begin the new year with interesting new ideas for sandwiches. Here are four to start with:

1. Update your child's PB&J by pairing almond butter with dried cranberries and sliced almonds. Or try cashew butter with apricot preserves.
2. Make a fruit-and-veggie sandwich with crunchy sliced apples, cut-up cooked asparagus, shredded carrots, and pepper jack cheese. *Idea:* Make it open faced (one piece of bread only), and broil until the cheese melts.
3. Spread reduced-fat veggie cream cheese on a slice of bread. Top with



cucumber slices. Roll up tightly, and cut into pieces "sushi style."

4. Create a "stoplight sandwich." Spread hummus on one piece of bread. Then, lay tomato slices across the top third, yellow bell peppers in the middle, and spinach leaves on the bottom. Finally, poke three holes down each side of another slice of bread and lay it on top. You'll have two traffic lights! ●

ACTIVITY CORNER

An hour a day...

Trying to fit more physical activity into your child's life? Help him get the recommended 60 minutes a day by making a game of keeping track.

- Each day, have him draw a picture of a place where he might play (a playground, a football field). For every 10 minutes of physical activity he does that day, he can add a sticker. Challenge him to have six stickers by bedtime.

- Post a map (world, U.S., or state) on a wall in your kitchen or hallway. Then,

let your child pick a destination and put a pushpin in his start and finish points. Each time he exercises for 20 minutes, he can move the pin an inch closer to his destination. When he "arrives," he can pick a new place to travel to.

- Have your youngster draw footprints in a path from one end of a poster board to another. Each footprint could represent an hour of play. Let him color in, date, and label the footprint

with the activities he did that day (kick-ball, hula hoop). Can he color in a footprint for each day? ●



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630



Enrich your soccer skills with Indoor and Outdoor

“Woody” (Terry Woodberry) a familiar face from the Dallas Sidekicks shares his professional techniques in soccer development with players of all ages!

Players will learn new skill techniques and have fun with games and scrimmages.

Come join Coach Woody for soccer enrichment on Wednesdays beginning January 11th from 3:30pm – 4:30pm. Skills are offered to all grades K – 4.

Cost: \$68 for 6 weeks session. Look forward to seeing you there!

For more information contact Andrea La Greca at (214) 217 – 3331.

My child has permission to participate in the above activity sponsored by Terry Wood berry. I understand Terry Woodberry will be responsible for supervision of my child(ren) during class. I hereby release All Saints Catholic School, All Saints Catholic School After School Care program, All Saints Catholic Church and the Diocese from any responsibility.

Childs Name: _____

Parents/ Guardian Name: _____

Address: _____

Contact Numbers: Home # _____ **Work#** _____ **cell #** _____

Make check payable to Terry Woodberry

TUMBLE and TONE

**Gymnastics is back! No registration fee! Sign up
month to month!**

CLASSES BEGIN January 17th!

When: Tuesdays 3:30-4:30pm

Where: All Saints Catholic School, Band Room

Who: Girls, ages 5-9 yrs old

Cost: \$65 monthly, cash or checks acceptable. Payment is due by the 1st of the upcoming month. An additional \$5 fee applies to payments made after the 1st of the month. *Please make checks payable to: Lindsay Rothlein.*

Dress Code: Children should be dressed in athletic wear (leotards, shorts, or athletic pants with a t-shirt or tank top are all permissible). They will also need running shoes for outdoor activities, weather permitting.

Description:

Tumble and Tone is a 1-hour class each week, consisting of strength training and conditioning while building stamina, gymnastics tumbling and bar exercises, stretching and minimal yoga. Tuition is based on 4 classes per month. In the event that there are only 3 classes in one month, we will schedule an additional class, most likely on a Thursday, for those months (Dec, Jan, Mar).

About me:

My name is Lindsay Rothlein. I am a new Mommy and love being around children! I am also an elementary school teacher. I have taught 3rd and 4th grades, but I am currently taking this school year off to stay home with my little girl. I am a former gymnast and NCA competitive all-star cheerleader and have been teaching both for approximately 13 years, to kids of all ages.

In addition, I am a certified yoga instructor and Personal Trainer.

For more information or to get registered, please contact me at:

Lindsay.Rothlein@yahoo.com or

(619) 578-8343

I am so excited to see all of my returning kiddos and hope to meet some new friendly faces!

ENROLLMENT FORM

CHILD'S FIRST NAME: CHILD'S LAST NAME: CHILD'S D.O.B: HOME PHONE #:

MOM'S FIRST NAME: MOM'S LAST NAME: MOM'S CELL/WK #: MOM'S EMAIL:

DAD'S FIRST NAME: DAD'S LAST NAME: DAD'S CELL/WK #: DAD'S EMAIL:

ADDRESS (# AND ST.): ADDRESS (CITY/STATE): ADDRESS (ZIP CODE):

EMERGENCY CONTACT NAME & RELATION: EMERGENCY CONTACT PHONE #:

Liability Waiver Form

To the best of my knowledge, my child is in good physical condition and fully able to participate in this course. While it is unlikely that an incident should occur, I am fully aware of the risks and hazards connected with the participation in this event. I voluntarily assume full responsibility to any potential risk to my child, as a result of participation in this course.

I hereby release, waive, discharge, and covenant not to sue instructors affiliated with the "TUMBLE and TONE" program and All Saints Catholic School from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any damage or injury that has the potential to occur while participating in physical activities, or while on or upon the premises where the event is being conducted.

In signing this release, I acknowledge and represent that I HAVE READ THE FORGOING Waiver of Liability, UNDERSTAND IT AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made; and I execute this release for full, adequate, and complete consideration fully intending to be bound by same.

Parent's Signature

Print Name

Date

Event