



“The Lord is near to all who call upon him.”
Psalm 145

Dear Parents and Guardians,

September 22, 2017

Thank you to the many families who were able to join our parish for its 125th Anniversary Mass and reception last Sunday. Cardinal Wuerl, Fr. Fred, numerous concelebrants, an enthusiastic choir, and a church full of love made for a memorable day. The parish’s next big anniversary event is a November 4th Dinner Dance at Catholic University. Tickets are \$60 each or 2/ \$100. Tickets can be purchased at the school. We are a blessed community and only growing more vibrant!

Alleluia! After seven weeks of labor, lots of planning, and fund raising our cafeteria and Margot Hall bathrooms are finally complete. Each room has wider doors, new lighting, new walls, new ceilings, new tiles, new ventilation, new toilets, new sinks, and fixtures. They are beautiful! Please ask to see them next time you have a free moment.

Buses Needed... Several field trips are being planned, but we are having difficulty securing school buses to provide the transportation. Many companies have contracts with school districts and are unable to meet our needs. If you know of an affordable and reliable company please share their contact information with Ms. Kathleen, our Pre-K4 teacher.



Halloween Fun... The HSA is hosting a Haunted House and “Trunk-or-Treat” event on Saturday, October 21, 5:30-8:30 PM. Festivities will be held in the cafeteria and outside. There will not be a dance/ party in Margot Hall. The participation fee is \$5 per child. This includes pizza, games, a moon bounce, entrance into the haunted house, and other treats! See the flyer enclosed in this week’s Friday Folder.

A Note from our Georgetown Graduate Nursing Students...

This week in Health Club we discussed the importance of Exercise and Hydration. We encourage you to exercise with your child and to encourage your child to exercise every day! Thanks so much!

Learning Objectives of the Week:

- To understand the importance of exercise
- To learn how much exercise we need per week
- To differentiate between different types of exercise
- To learn ways to get good exercise
- To learn the importance of hydration for exercise and health

Questions to ask your child:

- How much exercise do we need each week?
- What is a type of aerobic activity?
- What is a type of muscle strengthening activity?
- How does exercise help us?
- How much water do we need to drink every day?
- How does water help us?



Hoops for Hope... Students in grades 4-8 are invited to attend the annual “Hoops for Hope” event on Tuesday, September 26th. This fund raising event is free to our students. Selected students will enjoy complimentary transportation and pizza, participation in a basketball clinic, and an opportunity to enjoy a fun basketball game. Space is extremely limited. More information was distributed today. Contact Ms. Moore for more details.

Lunch Reminders... All children must bring lunch to school or pre-order from school provided offerings; staff may not leave the building to purchase lunch for students. Please respect pre-ordering deadlines to ensure that an adequate amount of food is prepared and distribution can happen smoothly. Please be sure your child’s name is on the order form.

Children are encouraged to bring nutritious food for snacks and lunches. Refrain from foods that are highly processed, contain high fructose corn syrup or artificial flavoring or coloring, and have high levels of sugar and/ or sodium. Students are not allowed to bring or drink soda or energy drinks while in school or in extended care. Parents may drop off forgotten lunches in the school office. Lunch purchased at fast food restaurants and dropped off is strongly discouraged. Students receiving fast food will not eat in the cafeteria with their classmates. No child is permitted to leave the school grounds to purchase lunch or to patronize any local shops.

School Activity Fee... This **\$150.00** fee will allow us to subsidize activities such as honor roll assemblies and Night of the Arts; give teachers funds to purchase items for their classrooms and recess; cover the cost of the annual Children’s Fair; provide a school yearbook for every student, and supplement upgrades to our classroom technology. This fee will eliminate certain “asks” that you formerly received throughout the school year. Thank you for your continued support!

Child Protection... We are hosting two Virtus training workshops—October 3rd and October 17th from 6:00-9:00 PM in the cafeteria. In order to attend you must register at www.virtus.org. For more information, please contact Ms. Moore, our local coordinator.

Have a wonderful weekend.

Mr. Thomasian

| <i>Upcoming Events</i> | |
|------------------------|----------------------------------------------------|
| Tuesday, September 26 | Hoops for Hope |
| Friday, September 29 | 1 st Quarter Progress Reports Sent Home |
| Tuesday, October 3 | Virtus Workshop (cafeteria) |
| Wednesday, October 4 | 12:30 Dismissal |
| Friday, October 6 | Family Bingo Night (6:00-8:00 PM) |
| Monday, October 9 | Columbus Day- No School |
| Wednesday, October 11 | Picture Day (academic uniform, individual & class) |
| Friday, October 13 | Professional Day- No School |
| Friday, October 20 | Middle School N.E.T. Retreat |
| Saturday, October 21 | Halloween Haunted House & “Trunk-or-Treat” |

Proudly celebrating our 95th year!