

St. Mary's and
Aquinas website:
www.aquinas-
catholic.com



The Torch



"Anchored
In Christ"
School Year
Theme for
2019-2020

October, 2019

Dear Friends of Aquinas and St. Mary's,

The Diocese of Lincoln's Good Shepherd Scholarship Program awarded over **\$111,000** in tuition assistance to our Aquinas and St. Mary's families. Our own Guardian Angel Fund provided **\$28,000** in additional financial support to our families. This is really good news, and I am so grateful to the Good Shepherd Scholarship, and to our local endowments and to people that help support Guardian Angel. However, we still need your help.



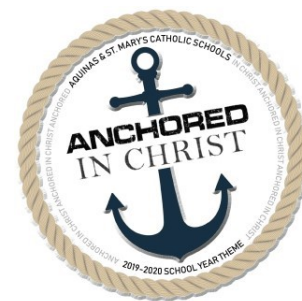
Our Catholic schools receive ZERO financial support from the state of Nebraska, whereas the government schools are fully funded by your taxpayer dollars. We rely completely on the generous giving of our parishioners, parents, grandparents, and alumni. This year, our Guardian Angel scholarship funds are low, and we were not able to give as much to our families in need that we would have liked to. As our tuition rates steadily increase, so also does the need for financial assistance among our families. *Would you kindly consider making a donation today towards our Guardian Angel Fund?*

We sometimes receive in new transfer students during the second quarter and second semester, and those families also need our help. As it stands today, we do not have enough to give scholarships to those new families. **Please pray about sponsoring a student at Aquinas through the Guardian Angel Scholarship Fund.** The full tuition amount for one academic year has increased from last year, but it is still less than most Catholic schools across the country, especially just an hour away in Omaha, where the annual tuition often exceeds \$10,000. A St. Mary's (K-5) child is \$1,500, an Aquinas Middle School (6-8) student is \$2,100, and an Aquinas High School (9-12) student is \$2,590. A full-sponsorship of a student, or any help you can provide, will greatly assist our families in need. A Catholic school education builds a strong foundation for the rest of a child's life. Whether a family is Catholic or non-Catholic, if they desire an Aquinas-St. Mary's education for their children, we want to do what we can to help them.

Many of you reading this now went to Aquinas when there was no tuition, but the vast majority of your education was paid for by full-ride scholarships from our local parishes under the form of assessments. The no-tuition model is no longer feasible today, but we do still need help for struggling families who desire a Catholic education for their children. Your help towards our Guardian Angel fund will directly help those families. Thank you for your financial support of Aquinas and our Guardian Angel Fund! God bless you!

Sincerely yours in Christ,

Fr. Sean M. Timmerman



Tri-Council Schedule

Wednesday, October 23, from 2:00 – 4:00 and 4:30 – 7:00 p.m.

Aquinas Tri-Councils will be held on Wednesday, October 23rd from 2:00 – 4:00 and 4:30 – 7:00 p.m. School will be dismissed at 1:00, so we can start the conferences at 2:00. Busses will run accordingly and lunch will be served. We hope that the afternoon and evening hours will help to make conferences available to as many parents as possible. All conferences will be in the Aquinas north gymnasium with the exception of those parents and students who will meet with Mrs. McMahon in Room 8. You are welcome to attend at any time during these hours as we are not assigning specific times for individual meetings.

Please keep in mind that some teachers may have well over 100 students per day. For this reason, we ask the teachers and parents to please limit their conference time if a line of more than two families develops. If you need more time with a teacher, you may come back when the teacher's line has diminished or make an appointment to meet with the teacher at another time.

College Planning Presentation

Mr. John Svec has arranged for a college planning representative to be at Aquinas during Tri-Councils on Wednesday, October 23. Mr. Warner will be stationed at a table in the gym for the late afternoon session. Starting at 5:30 p.m., he will have a session in the Library covering general college and financial aid planning. If you have other questions, he will answer them for you at that time. All are welcome but it would be especially advantageous to parents of juniors and seniors.

John Baylor Prep Update

The John Baylor Program is in full swing. Seniors are taking the refresher course; juniors are taking the ACT Prep course, and the sophomores will begin their program soon.

Please encourage your student to invest time and effort into this program. We are excited to bring this program into the school and encourage you to help us maximize your student's success. For more information on this program, visit their website: <http://www.johnbaylorprep.com/>

Access Period

Access Period runs from 3:22 – 3:42 p.m. Teachers are available, and students are encouraged to see teachers during this time if they have a question or need some help. **Teachers may require** students to come in during that time if they have incomplete work or are struggling with the class. **Students on level 2 or 3 deficiency must see the teacher** during Access. Club meetings and an occasional pep rally will be held periodically during Access. College reps may also be available. Practices will not start until after Access is over so students can attend Access Period without missing any practice time.

Access time is our time, not free time. If a student is told to come in during Access, that student is required to do so. If the student is performing well in the classroom and has no obligations during access, he/she may go on about the day. If they are behind in their studies, have a meeting or a school activity during access, they must stay.

God Bless!

David G. McMahon, Principal



Monarchs in the Middle

AQUINAS
MIDDLE SCHOOL

OCTOBER, 2019

Students study Geography, Ancient History

Hello. Welcome to another year in Room 3 and with Mrs. Heermann! I hope that your students have told you what has been going on in Social Studies this year, but for those of you who get the infamous "Nothing" when you ask them what they did in school today, here is a quick wrap up of the goings on in Room 3.

In sixth grade, we started with basic Geography terms and went on to studying the earth. We will soon start on U.S. Geography and information about our physical features such as the Appalachian and Rocky Mountains and the different climates we can find in the U.S. After that, we are going to work on our northern neighbor, Canada. We will learn about the 10 Provinces and 3 Territories that make up Canada and how Canada is different from the U.S. **Sixth grade parents: Be warned that we will have a Canadian Visitors Brochure project coming up before Christmas!**

In seventh grade, we have gone from the beginning of recorded history in Sumer to Egypt and just started on Greece. Rome and the area of Saudi Arabia will also be covered before Christmas. We will study mythology, Christianity and the beginnings of Islam as well as China, Japan and India and their cultures and religions after Christmas. We will learn where all these places are on a map and what major bodies of water are important to each civilization. We are just starting to learn about what makes a Golden Age in any society and what usually causes the downfall of each society. **Ask you students why civilizations begin by water, and see what they say!**

In eighth grade, we are digging into American History. We have discussed Vikings and Columbus and many other explorers. We discussed why people would want to settle here and were willing to leave everything they knew to come to a new land. We will soon begin to learn why many of the original colonies were founded and the reasons of the foundation of our desire to rule ourselves. We are studying why the Spanish, French and English were so willing to invest so much time, money and resources into settling this new land.

The students have been fantastic so far this year, and I know that that is because of you parents and your support of Catholic education. It is because of your belief in your faith and the support of our school that has made Aquinas and its students so special. Thank You from the bottom of my heart. You and your children are a blessing to work with, and you are in my daily prayers. God bless you always!

~ Mrs. Ann Heermann

News from Sixth Grade

These sixth graders have spent the first half of this quarter settling into the routines and procedures of Aquinas Middle School. One of the biggest challenges always seems to be staying organized. Since the students move from classroom to classroom at Aquinas much more so than they did in grade school, this can take a while to master. One tool for staying organized is using a student planner; students are instructed to fill in their planners each period with the assignments that will be due the next day as well as any special announcements/reminders. Writing down information helps with retention of that information, so please encourage your students to use their planners.

The middle school students are required to read books independently each quarter and then earn Accelerated Reader points based upon those books. The students may choose the books they would like to read based on their reading levels as determined by the STAR Reading Test. The sixth graders must each earn 15 AR points each quarter, so please encourage your students to read for at least 15 minutes each night. In doing so, their independent reading requirements can be easily met!

~Mrs. Jody Pelan



Upcoming Parent-Teacher Conferences

The best way we can help your children grow in faith and academics is to work with you, the parents, hand in hand. To that end, we are looking forward to **Parent-Teacher Conferences coming up on Oct. 23 from 2:00-7:00 PM. We will have an early dismissal at 1 PM.** We had difficulty finding two consecutive evenings for conferences this year, so we will be trying a **one**-afternoon/evening format instead of the two. Mrs. Truksa will send a note home with your time slot. ***Please call right away if your scheduled time will not work,*** so we can reschedule. If we like this format, we will keep it for the spring conferences. If not, we will continue to work on adding a second night back in.

St. Mary's typically has a VERY high turnout (nearly 100%) for these conferences which makes a big difference in supporting your child's education. It is a great time to share what is going well and where we need more attention by students or support from parents. We can also clarify any classroom policies or homework requests so students can be as successful as possible. Parents can ask teachers any questions they have and see some student work samples. Thank you for making time for this important evening.

God bless your families,

Mrs. Zook
Principal



Clarification on St. Mary's School and Confirmation.

St. Mary's School is a central school for students from 13 parishes in the David City deanery. Each parish in the deanery provides unique Confirmation formation for students in their parish. Each parish also provides this instruction in different years, sometimes 5th and 6th graders—sometimes 5th-7th graders. Because of this variety, St. Mary's School does not provide their specific Confirmation content. We do, as always, provide important religious formation each year to help them grow in their faith and to get them ready for life and for all of their sacraments. This year, St. Mary's Parish is transitioning their Confirmation prep to a program called Encounter. There is more information on this program in their new Parish Guide, weekly bulletins or from the parish office.



St. Mary's Catholic School

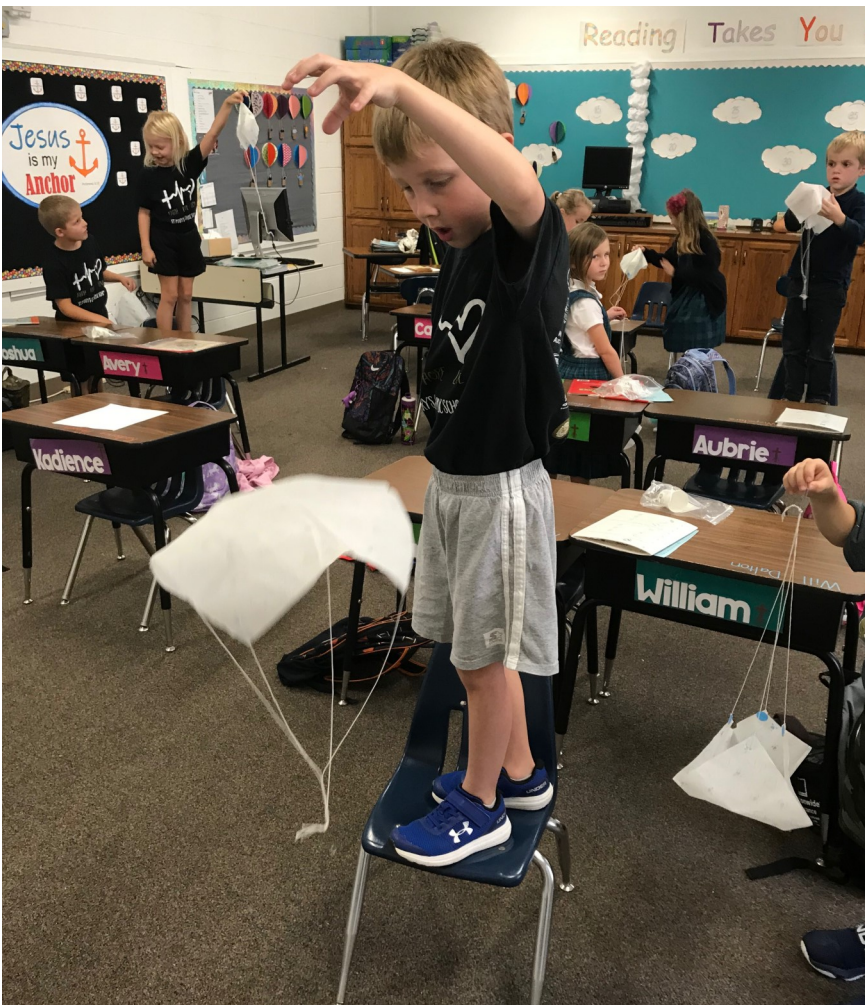
October, 2019

Pre-School/Pre-K News

The first month of school has been great! We have done so many new and exciting things! The Pre-K class is doing a great job learning their letters and numbers! We are great at counting, and everybody is learning their birthday.

The Preschool class loves to paint and play with play dough, When we were working on the letter "A", the Pre-K class made applesauce. It was delicious! When we were working on the letter "F", the Preschool class made fruit salad! Yum!

~ Mrs. Rachel Wisnieski



First Grade News

The first graders have been learning a lot about air in science. We know that air is everywhere; it is a gas; it can move things, and it is helpful. We did an investigation with parachutes we made that showed us air can slow down a falling object. It was fun constructing parachutes and seeing how they work using air resistance. We tried them in the classroom as well as on the playground equipment.

(Left Photo)

~Mrs. Jennifer Suehl
and Mrs. Sandy Vavrina



St. Mary's Catholic School

October, 2019



Kindergarten News

In Kindergarten, we have been practicing writing our letters! We took advantage of the nice weather and wrote them on the sidewalk with our chalk! We wrote the letters and told our neighbors their sounds. It was so nice to get outside and have some fun- all while learning!

~ Mrs. Alison Fozzard and Miss Katie Healy

Third Grade News

In Grade 3, we set goals for students to try to reach in Accelerated Reader. The students read books at their set reading level and then take a computer test to obtain points. They are very excited to try to reach these goals. Please encourage your children to read at home.

We will begin a Rosary unit in October, the month of the Rosary. We are studying each set of Mysteries and learning how to say the Rosary. The students will complete a Rosary book.

Thank you for all the help you give your children with homework. This will make a big difference in their success.

~ Mrs. LaDonna Naiberk and Mrs. Tina Janak

Usborne Books and More Book Sale

*** During St. Mary's Conferences *
Wed., October 23, 2:00-7:00 p.m.**



**Come shop for books with your children.
Get books for holiday and birthday gifts!**

Proceeds to support the St. Mary's School Library



Second Grade News

The second graders haven't slowed down since the beginning of the school year. We have been staying busy with our addition math facts (+9, doubles, +2, & +3), new reading stories, daily spelling words, discussing the Holy Trinity and Baptism in Religion, and plants and butterflies in science. Father Buhman is taking on the second graders this year and will meet with them weekly as our visit from a priest! The second graders have loved his visit the last two weeks, already!! Students will be starting on a new religion book covering all they need to know about 1st Reconciliation! It is part of the BLESSED series. And lastly, the second graders have had a lot of fun pushing their reading with our AR goal. If they receive 40 points, they earn a BIG prize!! Some students have already made it to 20 points! Keep Reading, Second Graders! Keep encouraging your child to read at home, too!!

~ Mrs. Carly Eller and Mr. Trevor Weiss

Fourth Grade News

As a real-world culmination to our letter writing unit, the fourth graders participate in The Great Mail Race. We first learn the names and placement of the five parts of a friendly letter, as well as where we need to have capitals and commas. We write several practice letters to prepare us for the one we will actually mail. Each student chooses a state and researches online to find the name and address of a Catholic school in that state. We write a letter to that school and enclose a



survey that they will hopefully fill out and return to us so we can learn about their state. The students were so excited to lick their envelopes closed and put on the stamp! Now we anxiously await getting some mail in return. ~ Miss Eller Ridder and Mrs. Julie Smith



Fifth Grade News

The fifth graders enjoy making dioramas to represent the Native Americans we studied. (Above Photo)

~ Mrs. Comte and Miss Koranda

October 2019

Aquinas/St. Mary's Catholic Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:00PM SB vs Polk County (Senior Night)	2 Faculty Meeting 10:00AM Late Start	3 4:30PM CC Aquinas Invite 5:00PM VB vs Bishop Neumann 5:00PM SB @ West Point-Beecher	4 SMS Baptism Mass & Adoration 7:00PM FB vs David City	5 9:00AM VB @ Clarkson-Leigh Invite 10:00AM SB @ Bishop Neumann Tour.
6 Abie Sts. Peter & Paul Duck Dinner	7 4:00PM MS VB @ Scotus Tournament 5:30PM 9-10/IV FB @ Scotus	8 4:00PM CC Conf. @ Lincoln Pioneer Park 4:30PM MS VB vs Scotus 4:30PM MS FB @ Lincoln Lutheran	9 Picture Retakes TBA SB Districts	10 TBA SB Districts 4:30PM MS VB Twin River @ Silver Creek	11 End of Quarter I 7:00PM FB @ North Bend	12 10:00AM VB Conference @ Aquinas 11:00 A.M. Bennington Marching Competition
13	14 NO SCHOOL Faculty In-Service 4:00PM MS FB vs Norfolk Catholic 6:00PM 9-10 FB vs Norfolk Catholic	15 5:00PM VB vs Lincoln Lutheran (VB & CC Senior Night)	16 TBA State SB @ Hastings	17 4:30PM MS VB vs Lakeview 5:30PM VB @ Centennial/DCHS Tri TBA CC Districts TBA State SB @ Hastings	18 7:00PM FB @ Twin River TBA State SB @ Hastings	19 TBA VB @ Lincoln Christian Invite 4:00 P.M. Oxbow Marching Competition @ Ashland
20 Bruno St. Anthony's Duck & Pork Dinner	21	22 AHS ASVAB Test (Gr. 11) 4:30PM MS VB @ Seward St. John 5:00PM MS FB @ Bishop Neumann	23 1:00PM Dismissal 2:00-4:00PM 4:30-7:00PM Aquinas/St. Mary's Conferences	24 5:00PM VB vs Yutan 7:00PM FB vs Shelby-RC (Senior Night)	25 NO SCHOOL State CC @ Kearney 6:00PM SMS Trunk or Treat	26 1:00 P.M. NSBA Marching Competition ACT Testing 7:00PM Fall Play
27 2:00 p.m. Fall Play	28 TBA VB Sub Districts	29 TBA VB Sub Districts	30 Penance Service & Eucharistic Adoration	31 SMS All Saints Dress-Up Day		

October 2019

Aquinas Catholic Schools

		Mon	Tue	Wed	Thu	Fri	Sat
	Veg/fruit bar & milk offered every day.		1 Porkettes Mashed Potatoes & Gravy Corn Bread	2 LATE START Deli Sandwich Nachos Green Beans Fruit	3 Pigs in Blanket Tater Tots Baked Beans Fruit	4 Shrimp Poppers Mac & Cheese Peas Fruit	5
6	7 Biscuits & Sausage Gravy Egg Patties Fruit	8 Charbroil on Bun French Fries Coleslaw Fruit	9 Tacos Garnishes Corn Jello	10 Chicken & Rice California Blend Tea Roll Fruit	11 Grilled Cheese Tomato Soup Relishes Fruit	12	
13	14 No School Teachers' Conference	15 Chicken Noodle Soup Ham/Chicken Salad Sandwich Garnishes & Fruit	16 Baked Potato Bar Garnishes Cake Fruit	17 Pizza Tri-Taters Side Salad Brownies	18 Pancakes Cheese Omelets Hash Browns Fruit	19	
20	21 Chicken Fried Steak Potatoes & Gravy Corn Bread	22 Rib Sandwich JoJos Coleslaw Fruit	23 1:00 Dismissal Corn Dogs Tater Tots Green Beans Fruit	24 Chicken Bacon Ranch Wraps Garnishes Fruit	25 No School	26	
27	28 Chicken Nuggets Tri-taters Muffin Mixed Veggies Fruit	29 French Dip French Fries Green Beans Fruit	30 Chili Cinnamon Rolls Garnishes Fruit	31 Halloween Surprise!!			

USDA is an equal opportunity provider and employer



October 2019

St. Mary's Grade School

This institution is an equal opportunity provider

Mon	Tue	Wed	Thu	Fri
Fruit and/or Salad Offered Daily	1 Chicken-n-Rice Carrots Mandarin Oranges	2 Pepperoni Pizza Green Beans Pears	3 Hot Dog on Bun French Fries Mixed Fruit	4 French Toast Eggs Hash Browns Strawberries
7 Taco Meat Shells Corn Pineapple	8 Chicken Noodle Soup Raw Carrots Applesauce	9 Spaghetti and Meat Sauce Corn Peaches Garlic Stick	10 Chicken Strips French Fries Cinnamon Apples	11 Cheese Pizza Peas Pears
14 No School Teachers Conference	15 Hamburger on Bun French Fries Mixed Fruit	16 Beef Stroganoff Corn Strawberries	17 Orange Chicken Rice Broccoli Pineapple	18 Cheese Crunchers Carrots Mandarin Oranges
21 Corn Dogs Green Beans Pineapple	22 Chili Corn Cinnamon Rolls Applesauce	23 Biscuits and Meat Gravy Smiley Potatoes Pears	24 Chicken Nuggets Peas Cinnamon Apples	25 NO SCHOOL
28 Pizza Green Beans Fruit Crisp	29 Chicken Patty Tator Tots Apple Slush	30 Beef Patty Mashed Potatoes Gravy Carrots Peaches	31 Mummy Dogs Brain Beans Eye Balls Spooky Treat	
Milk and/or Water Offered Daily				

Seniors and their Parents

Watch your emails for information from the Career Counseling Office. There

Important Dates and Events:

**October 3: Educational Planning Program at Columbus Community College
1:00-3:00 p.m. For all Juniors.**

October 23: During Tri-Councils, a financial representative will be available in the gym for questions about FAFSA and the financial planning for college, 4:30 – 5:30 p.m. From 5:30-6:00 p.m., the representative will have a large group session in the Library.

Why We Prep



Aquinas High School is in the fourth year of offering the John Baylor Prep “On to College” Program. The program features a series of videos offering review and testing strategies in areas of English, Reading, Science and Mathematics. Each video session assigns 10-20 minutes of homework to be completed before the next session. Students are attending JBP once a week during the school day and have been given a log in /password giving the 24/7 access to the material at www.johnbaylorprep.com.

Baylor explains his program as 80% content, 10% test-taking strategies and 10% motivation. Motivated students can expect to see a 2-3 point jump in test scores, motivation to prepare for their future, and an overall improvement in academic work. A reluctant student will pick up on catchy phrases used and strategies that can improve their academics.

200 Club

Aquinas Patron:

This is your opportunity to become a member of the Aquinas 200 Club.

This starts with your \$50 donation. Then after two hundred tickets are sold drawings are held.

If 200 tickets are sold there are ten drawings with seven winners each.

one- \$200 winner, one-\$100 winner and seven \$50 winners for all multiple drawings.

A person who has won on a previous drawing has the name put back in for the next drawing, so you can win multiple times and people have.

If you wish to join just send \$50 in to Mr. Mimick, and your name will then go into the drawing.

Yours,
Ron Mimick
Activities Director

Detach along the dotted line and send to Ron Mimick, Aquinas High, PO Box 149, David City, NE 68632

Name _____

Mailing Address _____

Phone Number _____

You can win multiple times.

Every Drawing

One \$200.00 winner

One \$100.00 winner

Seven \$50.00 winners

Aquinas Drama Department Presents:

Two One-Acts

Saturday, October 26, 2019 7:00 PM

Sunday, October 27, 2019 2:00 PM

*****Please Note Date Changes*****

A Company of Players

By Ed Monk



A struggling theatre company catches a big break when they're invited to perform at the royal court. The bad news is, it's Prince Hamlet's castle, and he wants them to perform a weird new play he wrote himself.

But.....the show must go on ... but what goes on might be a total mess.



The Last Illusion

By B. Dwayne Craft

Harry Houdini is perhaps the most well-known illusionist of the past two centuries, and the passion and beauty that are behind his fame are revealed during his final performance. Told through the memories and voices of those who knew and loved the man for the magic he brought to their lives, *The Last Illusion* is a touching portrait of the man behind the magic.

Campus Ministry

Spiritual Direction has started for all of our high school students. Pray for them!



The next Aquinas FIRE Event will be on **SUNDAY, October 27**, from **6:30 to 8:30 p.m.!** Stay tuned for more details!

Photo: Fr. Phan gave an inspiring talk to students at this year's first Aquinas FIRE Event.



Thirty-eight students attended Pius X Pro-Life Day and prayed at Planned Parenthood in Lincoln.

TEC Retreats

2019-20 Teens Encounter Christ



Cost: \$120

TO REGISTER, GO TO:

www.lincolndiocese.org/youth/retreats/tec

OFFICE OF YOUTH
AND YOUNG ADULT
MINISTRY

402-473-0625

Open to HS Sophomores thru College Freshmen

TEC is a weekend experience for high school and college students on a Catholic journey of faith, which emphasizes the Paschal Mystery of Jesus in our lives. In TEC you experience:

- a fresh, different atmosphere . . .
- a chance to meet other high school seniors and juniors . . .
- a time to reflect on your life through the eyes of Jesus . . .
- an opportunity for prayer and sharing with others . . .
- a God you can believe in, encountering Christ risen and alive!

The weekend begins at 10:00 a.m. on the first day and concludes on the third day at about 4:00 p.m. You will need to be there the entire time!



Schedule

#111-Oct. 12-14	Hastings
#112-Nov. 22-24	McCook
#113-Feb. 15-17	Wahoo
#114-Apr. 4-6	Camp Kateri
#115-June 6-8	David City

October, 2019

Dear 2020 Seniors and Parents of 2020 Seniors,

This year your son/daughter is a senior. One of the most lasting and treasured reminders of this year will be the senior pictures which will be taken over the summer or the first part of the school year. You will be responsible for getting the following senior pictures to Mrs. Pokorny by **November 1, 2019:**

You need to have your photographer email your colored formal pose picture in a vertical billfold sized JPEG file at 250 dpi to me for the yearbook, composite, alumni board, press releases, and class video. This picture should be the colored formal indoor pose with a plain background. (This should be a head shot with no hands visible please.) You are responsible for making sure the school has this by November 1st. They may email this to Mrs. Pokorny at teresa-pokorny@cdolinc.net

If we do not have your prints by November 1st, you may miss out on being in the composite, yearbook, etc. or have to pay for the late fee to be included. Be sure to schedule for your pictures to be taken by September 1st.

As we at Aquinas should always strive to live up to Christ's example of modesty and Christian decency, we ask that no inappropriate pictures be submitted for publication.

This would include:

Females-no off-the-shoulder dresses or blouses

Females-no tops with an immodest/low cut; no spaghetti or thin straps on shoulders for dresses or blouses

Males-wear a collared shirt and tie. (A jacket is preferred but optional.)

**Nothing that goes against the current dress code, for example-tattoo/
body piercing, hair length, facial hair, etc.**

***Remember that by a colored formal pose, we are asking for a head shot with no hands visible in the picture. The background should be plain/one color and NO outdoor shots.**

Again, remember to have your photographer email your colored formal vertical pose picture in a billfold sized JPEG file at 250 dpi to Mrs. Pokorny by November 1st.

The administration reserves the right to refuse any portrait deemed unacceptable or immodest. Please read and follow the instructions we have provided and there should be no problems.

If you don't plan to have senior pictures taken, Ms. Brown will take a formal head shot picture, but this must be arranged with her before November.

If you have any questions, please contact Mrs. Pokorny at 367-3175. Best wishes and have an enjoyable summer.

Sincerely,

Teresa Pokorny

Senior Class Moderator

Aquinas High School

For All the Memories Buy Your Yearbook! \$70 until November 30, 2019



Make your checks payable to Aquinas Catholic Schools and attach to this form
Return to Ms. Brown in Room 16

Student: _____

Student: _____

Student: _____

POLICY CHANGE

Beginning with the Class of 2020, we are implementing a new policy for those students who are “signing” with a college to participate in a sport or activity. We will have one single “signing” day in April, each year, before graduation when the students will wear a t-shirt representing the college that they will be attending. We will take a group picture of all students from the class who have signed with a college. This group picture will be submitted by the school to the Banner Press for publishing and used on social media. Once the group photo is taken, we will then provide an opportunity to take individual pictures of the students with their parents, coaches, etc. The date will be announce ahead of time, and it will be held at a time outside of the school day to make it easier for parents to attend. We will no longer set up for individual signing sessions with colleges at the school. If the college wants to do so, they can arrange that with the student and parents, but the school will not set up for or be a part of that event.

Teens and Energy Drinks: a Potentially Dangerous Combination

By [Raychelle Cassada Lohmann](#), Contributor June 6, 2018 *US News and World Report*

Energy drinks are one of the fastest growing beverage products on the global market. The worldwide market is projected to increase to \$84.8 billion by 2025, according to a report from the business consulting firm Grand View Research. It found that teens alone consumed \$16.3 billion worth of energy drinks in 2016, and adolescent consumption is only expected to rise. According to the National Center for Complementary and Integrative Health, alongside multivitamins, [energy drinks](#) are the most sought after dietary supplement consumed by teens and young adults, with males between 18 and 34 drinking the most energy drinks and about one-third of kids ages 12 to 17 consuming them regularly.

These drinks offer the promise of boosting mental and physical energy along with increased performance, making them highly appealing to young people. The main ingredient in these drinks is [caffeine](#). Known for increasing mental alertness, this stimulant is the most widely consumed drug in the U.S. Found in products like chocolate, coffee, teas and many sodas, caffeine is often thought of as a harmless drug. And that may be true if it's consumed in moderation, but these energy drinks contain between 70 to 200 milligrams of caffeine per serving!

Scientists agree that it's OK for a healthy adult to have up to about [400 mg of caffeine per day](#) (equivalent to four cups of coffee), but a teen, on the other hand, is an entirely different story. According to the American Academy of Pediatrics, kids between the ages of 12 and 18 should not consume more than 100 mg (a cup of coffee, a couple of cups of tea or about two sodas) per day. Additionally, the Academy recommends that kids steer clear of energy drinks altogether. Unfortunately, our young people aren't heeding that advice. Adolescents are reportedly the fastest-growing population of caffeine users in America. Research indicates 83 percent of teens drink caffeinated beverages regularly, and nearly 96 percent consume them occasionally.

Caffeine isn't the only substance in energy drinks that give consumers a jolt. If you read the label, you'll also find B vitamins, guarana, ginseng, green tea extracts and taurine, all known energy inducers. Due to the natural bitterness of caffeine, lots of sugar is often added to these drinks to make them taste syrupy sweet. So along with a surge of energy, kids can get a [sugar high](#), which ironically can lead to a sugar crash. As more and more people are watching caloric intake, sugar-free versions of these energy drinks are becoming more popular, including with teens. Many kids report drinking them as a supplemental weight loss product. With all that's in energy drinks, [research](#) published last year in the Journal of the American Heart Association warns that there is little known about the safety of some of the ingredients. Now that's something to be concerned about.

With so many of these drinks flooding the market, teens have many to choose from and they don't have to go far to find them. Just one visit to the supermarket, or convenience or health food store is all it takes to purchase one.

The companies producing energy drinks do a fantastic job of marketing their beverages to young people. It doesn't take long to spot logos such as Red Bull or Monster at football games, Formula One races or snowboarding competitions, and at other popular sporting events. Energy drink companies even have sports personalities backing up their products, giving them the facade of being a "healthy" beverage that makes you perform better. Unfortunately, teens are drinking up that message. Adolescents report that they perceive energy drinks as a healthy alternative to soda. It can't be that bad if it contains vitamins right? Of course, the truth is that these drinks can be extremely dangerous to teens.

Dangers Associated With Energy Drinks

In a study from Chapman University, 40 percent of teens reported an adverse effect while consuming energy drinks. These included:

- Abdominal pain
- Breathing difficulties
- Chest pains
- Gastrointestinal problems such as nausea, vomiting and diarrhea
- Headaches
- Heart palpitations / Seizures
- Heightened anxiety
- [Insomnia](#)
- Feeling jittery or experiencing tremors

Researchers also discovered that about 15 percent of teens mixed their energy drinks with alcohol and about 9 percent consumed energy drinks in conjunction with other drugs such as cocaine and methamphetamine. Drinking energy drinks alone has some serious side effects, but adding drugs and [alcohol](#) to the mix can be a dangerous and potentially deadly combination.

Did you know that one energy drink can pose a danger to a young person, according to a Mayo Clinic study? These drinks not only cause blood pressure to rise but they also increase the release of stress hormones into the system, raising the risk of heart damage. Also, all that caffeine can start messing with a teen's sleep-wake cycles, and according to research, teens are already [sleep-deprived](#), getting on average only about seven hours of rest on a school night and needing around nine.

Without any age restrictions to limit sales of energy drinks to youth, any child or teen can purchase these products without parental knowledge. There is one state pushing to make a change though: South Carolina. This state is looking at requiring those purchasing energy drinks to be at least 18 years. If a [proposed bill](#) passes, South Carolina would be the first state in the nation to take a stance against selling energy drinks to minors – and maybe that would spur other states to do the same thing. Over time energy drinks can lead to dependence and withdrawal symptoms; after all, they do contain high concentrations of the drug caffeine.

Aside from educating youth at school, it's important that we, as parents, take time to speak with our kids about the dangers and health risks associated with consuming energy drinks.

Weather Late Starts and Closings Notified through SchoolMessenger

If weather conditions warrant consideration, the administrations of Aquinas/St. Mary's and David City Public Schools will confer and decide on what action will be taken. The administration will attempt to make this decision by 6:30 a.m. If the decision is made to delay or cancel school, SchoolMessenger calls and/or texts will be made to our patrons and we will notify these radio stations: KFOR1240 AM, KZKX96.9 FM, KFRX106.3 FM, KIBZ104.1FM, KTGL92.9FM, KLMS1480 AM, WJAG 780 AM, KEXL106.7FM, We will also notify channel 10/11, channel 8 and channel 7 television stations.

10:00AM LATE START: no morning preschool

**If Aquinas & St. Mary's has a weather late start or snow day,
Holy Family Early Learning Center will be open.
Drop-ins are welcome, please call ahead 402-367-3062.**



Important information to you via SMS text messaging

1: Make sure that the school has your wireless number(s) in our student information database

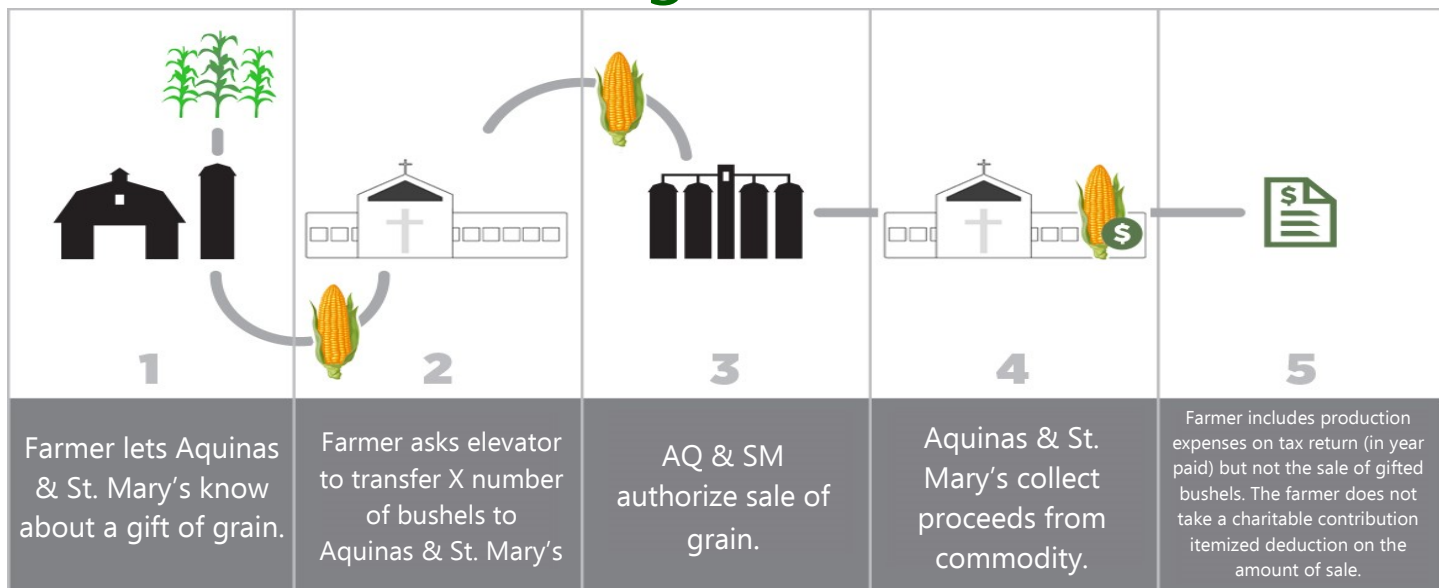
Aquinas 367-3175 & St. Mary's 367-3669

2: Simply text YES to 67587

You'll know you were successful if you receive the following reply message:

You are registered to receive aprox 3 msgs/mo. Txt STOP to quit, HELP for help.

Consider Gifting Grain this Harvest



If you have any questions, please contact Deb at 367-3175



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