



St. Mary's Catholic School

Friday Notes



Available with additional pictures and attachments in parent's email and online at <https://www.aquinas-catholic.com/stmarys/friday-notes/>
(Please let us know if you did not receive them in your email.)

March 5, 2020

Up and Moving

Movement helps to reset students' brains when they get tired during the day. It helps them to refocus their attention and access their knowledge. This is the official list of benefits from the CDC (Centers for Disease Control).

Recess benefits students by:^{1,4,7}

- Increasing their level of physical activity.
- Improving their memory, attention, and concentration.
- Helping them stay on-task in the classroom.
- Reducing disruptive behavior in the classroom.
- Improving their social and emotional development (e.g., learning how to share and negotiate).

There are many ways we keep St. Mary's students up and moving during the day. *Here are a few of them:*

1. We have started "Walk or Read" in the morning before school. Students can walk and chat quietly in the gym (and soon—outside) until 7:45 AM. They may choose to read silently in the hall as well.
2. Teachers take a variety of short "brain breaks" during the day when students seem to be sleepy or fatigued. Sometimes these are stretches or quick Go Noodle video breaks with actions or even an extra recess.
3. Each student has ½ hour of PE during the day. We are blessed to be able to continue providing this as well as ½ hour of music each day when many schools have had to decrease them.
4. Classes take 15-20 minutes of recess at least once a day, usually after lunch.
5. Often classroom activities have students up and moving as well!

Sometimes, recess is the only time we can catch up on academics, but we try not to take it often. We may keep them from another part of their day instead. Education is a difficult task and we look for ways to keep them both active and advancing academically.

Thank you for partnering with us in this journey. God bless, Mrs. Zook



****RSVP/pay for the Father-Daughter Dance by Mar. 13****

PRAYERS

- ❖ *For those dealing with Coronavirus.*
- ❖ *To keep our community and schools healthy.*

VIRTUE IN PRACTICE for March

Mercy: *Caring for those who suffer; forgiving when they don't deserve it.*
St. John Vianney (PK-2), St. Faustina (3-5)

THANK YOU

- ❖ *Welcome to Mrs. Amanda Helgoth (mom of Dakota-3rd and Kadience-1st) who will be taking on the head cook position for St. Mary's. She comes with a lot of experience and yummy ideas for lunch!*
- ❖ *For those who helped us transition our kitchen: Mrs. Cari Kudlacek and Mrs. Pam Meysenburg.*

UPCOMING EVENTS:

****FACTS is open, can start applying for Good Shepherd Diocesan Scholarships now. EASIER application and expanded to help more families this year!** Must apply for 4th+ child free. Please submit by Mar. 27 (Can use 2018 or 19 taxes)**

Fridays, 5-7:30, KC Fish Fry-St. Mary's gym

Fri., Mar. 6, No School

Tue., Mar. 10, Bring a SACK LUNCH, milk available for purchase. St. Mary's Soup Supper, 5-7 PM, SM Gym. Lots of fun games, tasty food, and some raffles and prizes. Every family will have an important role—assignments will come home Mon or Tue. *Thank you for your help with this big fundraiser!*

Mon., Mar. 16, Open Forum-Strategic Planning, Aquinas Chapel, 6 PM, all are welcome!

*Please return soup supper items and donations to the office on Mon or Tue. Attached to the email is the worker sub list. This will help you find a replacement if you cannot complete your shift. *Please know your help is vital for this fundraiser!*

BOXTOPS UPDATE: We earned \$126 last time, for a total of \$877.60 so far this year! Keep it up and download the App if you haven't, yet! This money funds all Spirit Club events.



**St. Mary's Catholic School
Soup Supper, Carnival Games & Silent Auction**



**Tuesday, March 10th, 2020 from
5-7:00 pm**

Adults \$7 Children \$5

(3 years and under free)

~Carry Out & Drive Thru Available~

St. Mary's Gym at 1026 5th St, David City

Photos from Kaitie Ann Healy's post in St. Mary's School

Saddle Up And Head On Over To The St. Mary's Spirit Club

Boots & Beauties

DADDY - DAUGHTER DANCE

Humble & Kind

Saturday, March 21 6-8pm
St. Mary's School Gym

Put on them, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness and patience. Colossians 3:12

\$10.00 per couple and \$2 for each additional student

Bring a Dad, Grandfather, Uncle or Other Special Male Guest!

RSVP with payment no later than Friday, March 13. DJ, Photographer, Games, Finger Foods, Treats and Drinks provided

Please make checks payable to the St. Mary's Spirit Club.

OPTIONAL: Small Town Blooms is offering Daisy Pom Corsage and Boutonniere Deal

Bill Collection 614889 you would like to order

Tag Photo Options

From the Spirit Club Spiritual Coordinator:

BABY UPDATE: Your baby is now 31 weeks (fetal age). He is getting bigger each day! Keep praying for him/her and all the babies in their mommy's tummies.



Please RSVP and pay for the Father-Daughter dance by Mar. 13 for food planning.



St. Mary's and Aquinas have partnered with Tommy Hilfiger Uniforms who can provide the same quality uniform items for 20-45% cost savings!

St. Mary's will continue with our transition of navy/blue to black/gold until the end of next school year (May 2021). Beginning in Fall 2021, this will be our uniform.

You may purchase items now if you like from the address and code below.

(I would NOT order sweaters or cover-ups, yet. We will have a free logo sale with them before school starts. Then, you can have them embroidered for free.)

*Items that **must** be purchased through Tommy Hilfiger:

- **St. Mary's:** plaid skirts, plaid jumpers, sweatshirt cover-ups, and "jacket" cover-ups

- *Aquinas: for 4th-5th graders watch the Torch for Aquinas requirements, may want shorts/pants, etc. from Tommy to be able to carry over*

St. Mary's School UNIFORM OVERVIEW

SCHOOL UNIFORMS by TOMMY HILFIGER

www.globalschoolwear.com

School Code: AQU103

**See the handbook for the entire dress code*

no decals,
with collar



Gold, Black,
or White Top



Black
Slacks



No
novelty
belts

Black
Shorts



Black Cover Ups
sold at St. Mary's

ST. MARY'S
CATHOLIC

Three Options:
Crewneck sweatshirt
Full zip fleece
Full zip dry-fit

Black
Jumper



Leggings
White or Black

under
jumper or skirts
during winter Months

School
Uniforms by
Tommy

Black
Skort



Skirt or
Jumper



Plaid Jumper
Coming for
Summer
Ordering



Black or White
Sweater

Starting for the 2021 School Year

SOUP SUPPER INFO

REMINDER: **FREE Child care is available** in one of the classrooms while you are volunteering. Please let the office know if you will use it so we can plan accordingly.

Jeri-truksa@cdolinc.net or call the office 402-367-3669

SUBSTITUTE LIST Please call for your own substitutes

Shane Augustin , 402-270-2996

Timothy Schmid , 402-641-0244

Justine Stouffer, 402-367-4417

James Collins, (Natasha) 402-615-1981

Chris Urban, 367-8439

Corey Kavan, 402-304-6335

Kirk Scheele, 402-890-4143

Jeff Andel, 402-753-5193, work: 402-563-1309

Chad Thege, 402-216-2578

Dan Coufal, 402-641-6559

2020 Soup Supper Committee

****Thank you for all your hard work in putting this important fundraiser together for our school!!****

We are grateful for your time and commitment!

Kitchen – Matt and Christina Podolak

Dining Room – RJ and Courtney Hein

Raffle - Jill and Mark Kobza

Ryan and Heidy Svoboda

Worker List – Jim and Maggie Miratsky

PR/Finance - Becky & Jeremy Junck

Carnival Games – John and Camille Dalton

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