

ENJOY GREAT FOOD & FUN

And **RAISE SOME DOUGH!**

15% of all food, non-alcoholic beverage and token sales benefit

St Jerome Catholic School "Family Night"



We look forward
to seeing you
there!

Date: Tuesday, September 16, 2014

Time: 5:00 PM - 8:00 PM

Place: Peter Piper Pizza at
Metro Center
9620 North Metro Parkway
West Suite #130
Phoenix 85051



Everyone
grab a slice.



Present this flyer to the cashier when ordering. Not valid with any other offers. BOGO cards will not be accepted.

ST. JEROME CATHOLIC SCHOOL NEWSLETTER

Home of the Falcons

We, the St. Jerome Catholic School Community, are dedicated to the spiritual, academic and character development of our children in the Catholic faith.

Our students are striving to become Faith Followers, Complex Thinkers, Stewards of Social Justice and Life Long Learners. WE ARE...St. Jerome Catholic School!



September 5, 2014

www.saintjermeschool.info

No. 3

HELP NEEDED

Calling all parents and volunteers!!!! The St. Jerome School Board is asking for volunteers this coming Tuesday, September 9th at 6:30 PM in the Parish Hall. We need help stuffing the Fall Festival Raffle Tickets, and last year, we had enough help that we were done in an hour. Pizza and drinks will be provided, so please earn your P.L.U.S.S. hours by helping. If you can help, please let the office know or email the Festival Chairperson, Richard Rodriguez at rsquare2@cox.net. Thank you for your help.

PRE-ENGINEERING PROGRAM USING LEGO FOR GRADES K - 2nd!!

Let your imagination run wild with tens of thousands of LEGO!! Build engineer - designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design!! Explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well instructor. See the included flyer to sign up!!!!

GRANDPARENTS DAY

Thank you for joining us today for our Annual Grandparents Day Mass and Luncheon!!! We had a wonderful time with our wonderful grandparents and enjoyed our special time with you and your grandchild!!



KNIGHTS OF COLUMBUS SOCCER CHALLENGE

Council 7465 is hosting their annual Soccer Challenge on Friday, September 12 at 1:30 PM on the St. Jerome ball field. The competition is open to boys and girls ages 10 through 14. Each participant will take fifteen penalty kicks and score points based upon three different on goal target areas. Winners in each category will advance to the State Challenge at Bourgade Catholic High School on November 8. Students should see Mrs. Pusac for an entry form.



EDLINE

Parents of new students in Grades 4 through 8 will be notified soon when they can pick up their Edline login information from Mrs. Pusac. Edline gives viewable access to teacher grade books so parents can track and monitor student progress throughout the quarter. It also gives you the ability to directly communicate with your child's teacher via email.

HOODIE ORDERS

School-logo embroidered zip hoodies are available for purchase on a pre-paid, pre-order basis. Bulk orders are placed periodically. The **next order** will be placed on Friday, **September 12th**, for delivery by the first part of October. The order form is included in this Newsletter and also available at the front office. Please send in the completed order form with check or cash payment by no later than Friday, September 12th.

NEW ALTAR SERVER TRAINING

Calling all students in Grades 4 through 8! Are you looking for an opportunity to become more involved in the liturgy? Altar serving is a great way to fill that need and to serve St. Jerome Parish. Please see the flyer in this week's Newsletter.

CAFETERIA NUT POLICY

Food allergies, especially nut allergies, pose a significant health hazard in the school setting. Several of our students have nut allergies with the potential for anaphylaxis, a life-threatening allergic reaction. Students in Grades K - 8 were educated on the first day of school about this serious issue.

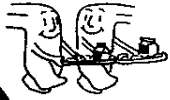
In order to provide a safe environment for all students, and to best monitor the required hand washing, we have instituted the following procedures in the cafeteria:

- ♦ Any student who brings peanut butter or any nut-containing items must sit at the nut table.
 - ♦ Students with nut products may bring one friend to the nut table.
 - ♦ Students with nut products and their friends may not leave the nut table until the supervising adult gives them permission.
 - ♦ Upon leaving the table, all students at the nut table must immediately wash their hands with soap and water before touching anything.
- Thank you for your support and for reinforcing with your children the importance of these procedures.

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2014



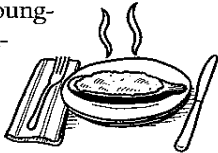
BEST BITES

Veggie "pizza boats"

Put more vegetables into your youngster's diet by turning them into "pizza boats."

Slice a zucchini or yellow squash in half lengthwise, and microwave until tender (2–4 minutes).

Then, top each half with tomato sauce, shredded skim mozzarella cheese, and sliced mushrooms. Microwave or broil until the cheese melts.



Kick it

Help your child get a "kick" out of exercising with this core-strengthening activity. Lie on your backs (heads and shoulders off the ground), and take turns calling out kicks to do. For "scissors," move your legs up and down while crisscrossing them back and forth. For "flutter," lift both legs, and then alternate raising and lowering them.

Cut portions down to size

Do your children eat larger portions of meat than they should? Try this chef's trick. Cut meat or chicken into 3-oz. servings (the size of a deck of cards), and thinly slice. Then, fan the slices on each person's plate. The smaller amount will fill the plate—and your youngsters will think their food looks "prettier"!

Just for fun

Q: What animal makes the most of its food?

A: A giraffe—it goes a long way!



Healthy learners

There are no two ways about it: When children have healthy habits, they go to school more ready to learn. Use these ideas to help your youngster thrive in the classroom.

Eat breakfast

Breakfast-eaters score higher on tests and have better grades, behavior, and attendance. Make breakfast a daily habit by building it into your child's schedule. *Tip:* Consider having her eat breakfast at school. That way, the meal can be part of a relaxed routine at school rather than a morning rush for you.

Stay active

Did you know that after just 20 minutes of exercise, brain activity improves? Encourage your youngster to run, jump, and move around after school—her body and brain will stay more active! In fact, see if her focus for homework improves after a game of hide-and-seek or a jump-rope session. *Idea:* Help her keep track of



times that she is active. Ask how many 20-minute periods she tallies each day.

Get enough sleep

If your child is tired, she won't be able to pay attention, absorb information, or learn as much. Try making it fun to go to bed on time with nightly rituals like reading to each other or playing a quiet game. *Note:* Set a bedtime that gives her 9–11 hours of sleep. If she wakes up around the same time each morning without needing an alarm, she's getting the right amount of shut-eye. ♥

Joining a team

As the new school year starts, you might be wondering if your child is ready for a team sport. These questions can help you decide.

- **Behavior.** Does your youngster follow directions? Will he share and take turns nicely? When he plays games, does he manage losing well? If the answers are yes, he may be ready.
- **Interests.** Has your child told you he wants to play on a team? If you bring it up, does he seem enthusiastic? Let his interest level be your guide. After all, he's the one who has to commit to attending practices and games.

Remember, children develop at different rates and have different interests. If you wait until he's ready, he's more likely to enjoy team sports and get the physical activity that goes along with them. ♥

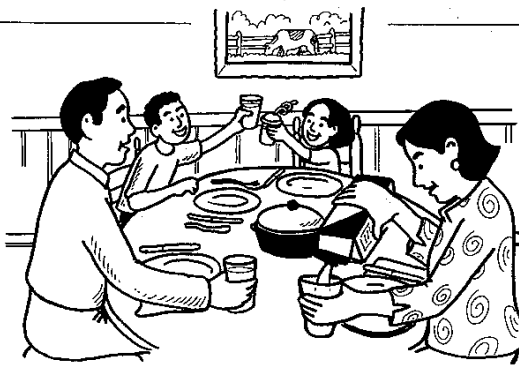


Got (enough) milk?

It's a fact that most kids don't get enough calcium. And what's the single best source of calcium for a child? Milk! In addition, milk provides vitamin D and protein—other important nutrients for your youngster.

Try these strategies for getting your child to drink 2–3 cups of fat-free milk a day:

- Make milk or water the only choices at meals.
- Serve milk ice-cold.

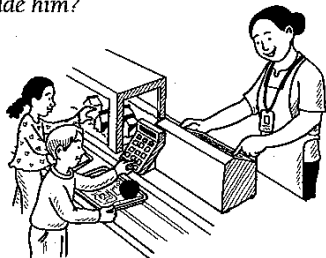


- Put milk in fun glasses or mugs. Use striped, colorful, or bendable straws. *Idea:* Give your youngster a straw to drink up the milk left in his cereal bowl.
- Let him see you drinking milk yourself.
- Use milk in foods that your child eats, such as oatmeal or tomato soup.

Note: If your youngster has milk allergies or is lactose intolerant, get calcium-fortified almond, soy, rice, or lactose-free milk. ♣

Q&A The cafeteria experience

Q: I'd like my son to buy school lunch each day, but he doesn't want to. How can I persuade him?



A: You could start by telling him about fun parts like going through the cafeteria line with his friends and picking out his own meals. He might also get to punch in his PIN number or scan a meal card, depending on his school's payment system. Plus, you can mention that he'll get to know the nice people who work in the cafeteria—and they'll get to know him, too.

Then, get your son interested in the food by reading the next day's menu together each evening. He could highlight his choices with his favorite color. Finally, when he gets home, ask positive questions like, "What was the best part of your lunch?" or "What kind of fruit did you eat?" ♣

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
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www.rfeonline.com

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

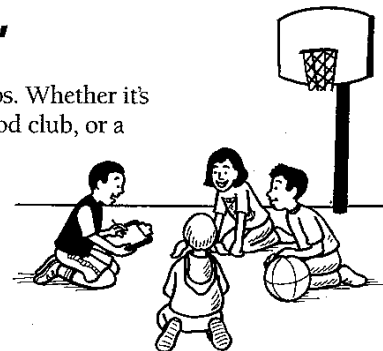
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ACTIVITY CORNER Start a "Fit Club"

Children love to be in clubs. Whether it's a cousins club, a neighborhood club, or a pony-lovers club, groups give kids a comforting sense of belonging. To help your youngster stay active, why not encourage her to start a fitness club? Here's how.

- 1. Invite friends to join.** She might ask the kids on your street or the other third-graders on her bus, for instance.
- 2. Hold an organizational meeting.** Help the youngsters figure out where they'll meet and how often. They could alternate houses or go to a local park, based on when parents can supervise. Suggest that they name their club, too ("The Elmwood Street Exercisers").
- 3. Draw up a list of activities.** The only rule? They have to be *active* activities! *Examples:* Basketball, backyard games, dancing, climbing on playground equipment. Then, let them get started—and get moving! ♣



IN THE KITCHEN Boost your smoothies

Combine all kinds of healthy goodness—fruit, vegetables, yogurt, milk—into one glass of deliciousness with these smoothie recipes. (*Note:* Smoothies work best with frozen fruit. You could freeze fresh fruit or buy frozen fruit.)

Berry good

1 cup blueberries, 1 cup cherries, ½ cup strawberries, 1 cup 100% grape or apple juice, and 2 tbsp. nonfat vanilla Greek yogurt

Banana split

1 banana, 2 cups strawberries, 1 cup fat-free milk, and ¾ cup nonfat plain Greek yogurt



Green pineapple

2 cups spinach leaves, 1½ cups almond milk, ½ cup coconut water, 3 cups pineapple chunks, and 2 tbsp. unsweetened coconut flakes

Add to the fun *and* the nutrition with these pointers:

- Let your child make the smoothie herself. She can put the ingredients into a blender, hold down the top with one hand, and push "on" with the other. Have her blend until the ingredients are combined.
- Mix 1 tsp. flaxseeds, wheat germ, or protein powder into any smoothie. ♣

ALTAR SERVER TRAINING



NEW SERVERS (grades 4 and up)

Saturday, September 6th, 10:00am - 12:00pm

CURRENT SERVERS *Mandatory Retraining*

(For those who did not attend on August 27)

Saturday, September 6th, 9:00am - 10:00am

******* All trainings take place in Church *******

St. Jerome Catholic School

ORDER FORM**

Embroidered Zip Hoodie

Youth Size - \$25

Adult Size - \$32



****All orders must be pre-paid with cash or check made payable to S.J.S.C.**

Indicate how many of each size you are ordering:

Youth Sizes

Small _____

Medium _____

Large _____

X-Large _____

Adult Sizes

Small _____

Medium _____

Large _____

X-Large _____

XX-Large _____

Date: _____

Total: \$ _____

Child/ren Name(s): _____

Parent's Name: _____

Phone: _____

Payment Type: Cash _____ Check # _____

____ Please send hoodie(s) home with my child/ren.

____ Please call me and I will pick up my order at school.

P.L.U.S.S. OPPORTUNITY
VISION SCREENING VOLUNTEERS NEEDED

I am looking for approximately 15 volunteers to help with vision screening this year. Training will be provided when you come on your designated day(s). Some volunteers will help do the screening and some will help with the flow and control of waiting students. Please be sure that you have completed the Safe Environment training. The foundation class is offered at parishes throughout the diocese; go to www.safeenvironmenttraining.org (Register for Classes), or to the Online Renewal link for those who have already taken the foundation class.

Screenings will take place from 7:50 AM - 11:45 AM on the following days:

- Monday September 15
- Tuesday September 16
- Thursday September 18
- Friday September 19

Please email me at mbirnbaum@saintjerome.org by Friday, SEPTEMBER 5th, or return the form below. I will try my best to accommodate everyone's request, but may need to make adjustments if there are too many on one day. I will contact you to confirm your day and time. Thanks for any help you can give.

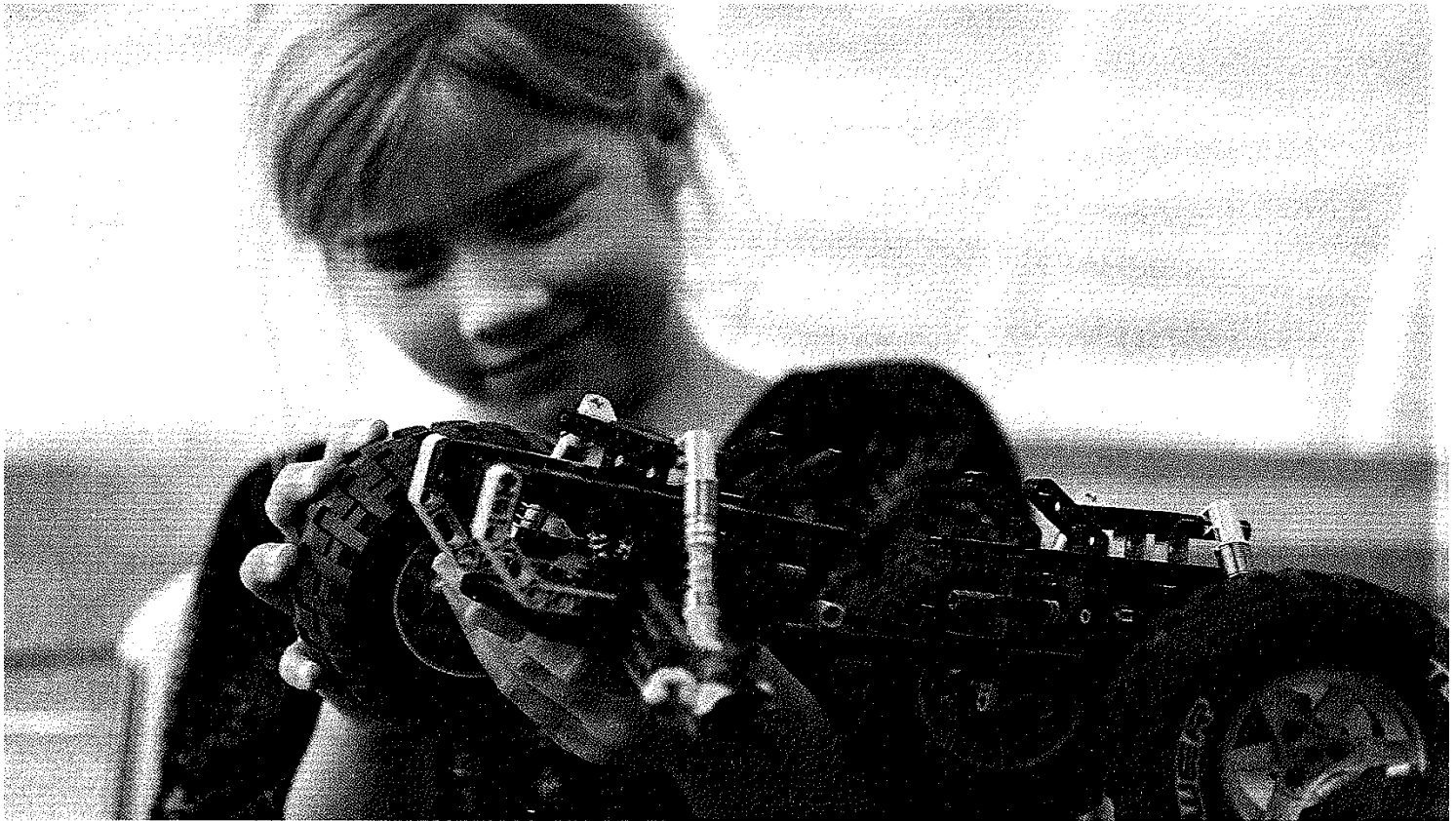
Maurita Birnbaum R.N.
St. Jerome School Nurse

Name _____ Phone#: _____

- I can help with Vision Screening on:
 - Monday September 15
 - Tuesday September 16
 - Thursday September 18
 - Friday September 19

- My schedule is flexible. Schedule me when needed.

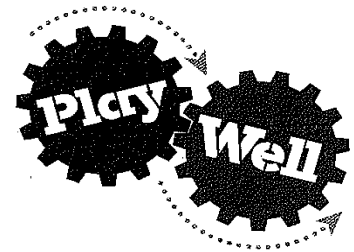
- I cannot help on any day.



Dream it. Build it. Wreck it. Repeat.

Kids are already naturally gifted creators. Then they get added inspiration from our specially trained instructors. They dive into our massive collections of LEGO®. And while they build elaborate objects, structures and vehicles, they explore fundamental principles of engineering and physics. They also learn to collaborate and create without fear of mistakes. The experience is joyful, the impact long-lasting.

Learn more and sign up at www.play-well.org.



*LEGO-inspired
engineering classes
for kids K-8*

St. Jerome Catholic School

Pre-Engineering using LEGO®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

October 17 - December 12 (7 weeks - Fridays)

1:05pm - 2:35pm/Course Fee \$120
Open to Boys and Girls in K-2nd Grades

Maximum Enrollment: 15

Register at www.play-well.org

Questions? jennifer@play-well.org or 602-317-7448