



"EYE OF THE TIGER"

ST. PATRICK NEWSLETTER

November 2008

A Message from Principal Rieschick

A BLESSING OF THE HARVEST



As the fall harvest culminates these first days of November, the Church reminds us that it is from God that all these gifts of earth come. The great bounty of autumn veggies and fruits is all around us- the store displays are full, farmers markets are at their peak, and orchards are busier now than any other time of the year. God, the great architect of all creation, brings forth to our attention the promised fruits of his kingdom, when Christ his Son will return in glory.

This month of November many of us will gather for Thanksgiving with family and friends to give thanks to God for all the blessings we have received throughout the year. Our Thanksgiving roots began in 1621 in Plymouth, Massachusetts, when the pilgrims celebrated a three day feast with the Native Americans. The celebration of Thanksgiving is a perfect reminder and opportunity for all of us to stop and think about how often we say thanks for things throughout the year. Better yet, how often do we say thanks every day? For many, reaching out to others is a way to say thank you. Some may volunteer to serve supper at a local shelter, or, visit a local nursing home, or even invite someone you know who is alone to your celebration! You may visit a hospital or even reach out to a friend who is struggling. Anyway, I wish you all a Happy Thanksgiving with that bit of food for thought.



November 1st: All Saints Day

Catholic saints are holy people and human beings who lived extraordinary lives. Each saint the Church honors responded to God's invitation to use his or her unique gifts. There are seven characteristics of saints: All saints are filled with the love of God – they have chosen God above all others and made a definite commitment to God. All saints love other human beings – it cannot be any other way as stated in the First Letter of John (4:20). All saints are risk-takers! When God called, they answered! Saints are humble, willingly and lovingly attributing to God all that they have and all that they will ever be. Saints are people of prayer and saints are not perfect! Each of the saints had human flaws and faults. They made mistakes- even at the end of their lives however, they still found themselves in need of contrition, pardon and reconciliation. Saints are people of their times. They spoke of injustices. Are there saints among us in the year 2008? Let me hear from you!!

November 2nd: All Souls Day

The Catholic Church has encouraged prayer for the dead from the earliest times as an act of Christian charity. In the middle of the 11th century, St. Odilo decreed that all Cluniac monasteries offer special prayers and sing the Office for the Dead on November 2nd- the custom spread and was finally adopted throughout the Roman Church.

November 7th: Veteran's Day Mass



Following Mass, we invite all families who have or had family members both alive and deceased in our American wars to join us for coffee, tea and pastries in Mary's Kitchen. We also invite all our children to bring in photo's of family members who served in our armed forces to their classrooms. **(Please put child's name & grade level, in pencil on back of photo so it can be returned).**

November 11th: Veteran's Day (NO SCHOOL)

Formerly known as Armistice Day, the name was changed to Veteran's Day in 1954. President Eisenhower called on all citizens to observe the day by remembering the sacrifices of all those who fought so gallantly, and through rededication to the task of promoting an enduring peace. Now, all service men and women are honored of all American's wars.

November 8th : *Let the Children Come to Me*

Selected students from the 5th and 6th grades will be participating in this friendly and spiritual competition at Our Lady of Grace!
Go St. Patrick's!!!

The following students will participate in the competition:

- ◆ Yesenia Gutierrez (6th)
- ◆ Cara Mamola (6th)
- ◆ Ricardo Perez (6th)
- ◆ Ricardo Fernandez (6th)
- ◆ Sergio Bañales (6th)
- ◆ Robert DeLeon (5th)
- ◆ Conor Dixon (5th)

DATES TO REMEMBER

Saturday, November 1st: All Saints Day

Sunday, November 2nd: All Souls Day, Day Light Savings Time Ends

November 3 - 6th: Parent Teacher Conferences 12:30 - 4:00 pm.
MINIMUM DAYS

Tuesday, November 4th: Election Day

Thursday, November 6th: Confessions, Booster Club Meeting (6:30 pm.)

Friday, November 7th: MINIMUM DAY; ALL SCHOOL MASS - **AWARDS-**

Saturday, November 8th: "Let the Children Come to Me" at Our Lady of Grace

Tuesday, November 11th: Veteran's Day Holiday: **NO SCHOOL**

Thursday, November 20th: CSAC Meeting (6:30 pm)

Tuesday, November 25th: Thanksgiving Mass (10:00 am)

November 26-28th: Thanksgiving Holiday: **NO SCHOOL**



Hello St. Patrick Families,

It is hard to believe that we are now at the end of the first trimester. Report cards are heading home and with them, at times, come some anxiety. Remember, achievement doesn't require perfection. Children should live up to their potential, but that does not mean they need to be perfect. In fact, when children spend too much time avoiding their mistakes, their learning may suffer. Assist your child focus on what they did well instead of what they did wrong. Ensure your child to continue to engage in new experiences instead of avoiding them because of fear of failure. Show your child that you value who they are, not simply how they perform. Help them to see what is important and what is not. Meanwhile, applaud them for taking risks. Let them know it is okay to make mistakes. Remind them we learn more from our mistakes. Also find time for non-competitive activities that do not result in a grade or score.

Parents & Guardians – Thank You for all you do to support student learning at your home!

November Dates for Saints, Prophets, and Witnesses for Our Time!

November 3:	St. Martin de Porres – a Dominican Lay Brother	(1579-1639)
November 4:	St. Charles Borromeo – Cardinal and Bishop	(1538-1584)
November 11:	St. Martin of Tours – Bishop	(316-397)
November 13:	Cardinal Joseph Bernardin – Archbishop of Chicago	(1928-1996)
November 21:	St. Columban – Irish Abbot	(530?-615)
November 22:	St. Cecilia – Martyr	
November 24:	Fr. John LaFarge – Champion of Interracial Justice)	(1880-1963)
November 29:	Dorothy Day – Co-Founder of the Catholic Worker	(1897-1980)
November 30:	St. Andrew	
November 30:	Etty Hillesum – Mystic of the Holocaust	(1914-1943)

Health Corner

Dear Ask Anne,

My child's class will be having a celebration for the holidays. I'm helping organize the food. I'd like to encourage other parents to send healthy snacks for the party. Do you have a suggestion for healthy party treats that students would like?

Thanks,
Party Planner

Dear Party Planner,

Typically, foods for school celebrations include cupcakes, candy, cookies and soda, and often, not in moderation. So what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. By offering healthy choices during a classroom celebration, students are learning that healthy foods are fun and good to eat.

Most kids are excited about having a party, not just about eating junk food and they will be even more excited and accepting of healthy party foods if they are involved in the planning. Below are some ideas for healthier party foods. Remember to check for food allergies and inform parents about foods to leave out to accommodate these special needs.

Healthy Party Foods: (#note: peanut butter, nuts may be allergenic)

- Air-popped popcorn
- Pretzels
- Crackers and peanut butter
- Baked chips and salsa
- Cut up fruit with yogurt dip
- Cut up veggies with yogurt/ low fat ranch dip
- Low fat breakfast or granola bars
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds
- Low-fat pudding
- Low-fat yogurt
- Squeezable yogurt
- Yogurt parfaits
(yogurt and fruit topped with cereal, granola or crushed graham crackers)
- 1% milk
- 100% fruit juice
- Sparkling water or fruit juice



Thanks for asking, Anne



St. Rose / St. Patrick Annual Fall Festival Raffle Ticket Sale

Grade	% Participation	Total Collected	Average \$
K	92.31%	\$1,080	\$90.00
1 & 2	78.95%	\$650	\$34.21
3 & 4	72.73%	\$500	\$45.45
5th	81.25%	\$450	\$28.13
6th	62.50%	\$250	\$15.63
7th	71.43%	\$330	\$23.57
8th	90.00%	\$384	\$19.20
		\$3,644	

Most \$ collected: Frances Hadano (Kinder) - \$520
 2nd \$ collected: Jack Hagyard (4th) - \$320
 3rd \$ collected: Sharbel AbouBechara (4th) \$120
 Orlando Martinez (1st) \$120
 Dominic Hoang (Kinder) \$120

Pizza Party Winners: KINDERGARTEN!!!! CONGRATULATIONS!!!!



Donations Received

Kindergarten	400
1st / 2nd Grade	282
3rd / 4th Grade	95
5th Grade	355
6th Grade	281
7th Grade	138
8th Grade	156

Classes have raised **\$170.70** for St. Patrick School.

KINDERGARTEN IS THE WINNER !
 Pizza Party!!! Congratulations!

Thank you for all your support!!!



PARENTS AND GUARDIANS:

St. Rose Parish is in need of our assistance. They are requesting altar servers for the weekend masses. If your child is in 4th, 5th, 6th, 7th and 8th Grade he can help as an altar server. The school will provide any necessary training before your son is requested to serve a mass. If you have any questions, please feel free to contact Julie Renteria at (916) 206-9077.



Varsity Volleyball team came in 2nd place in their league and won their 1st Playoff game!

CONGRATULATION GIRLS!!!

