



“EYE OF THE TIGER”

ST. PATRICK NEWSLETTER

October 2008

St. Rose Fall Festival is here!



Come to the 52nd Annual Fall Festival on Sunday, October 12, 2008 from 1:00 to 7:00 pm. Prizes Galore including a Raffle with \$10,000 in CASH PRIZES. Food, drinks, Carnival Atmosphere, Live Music & Entertainment and Mariachi Music. Free Admission and Convenient Parking. Remember to sell your raffle tickets. Each student was given two books. All proceeds from these ticket sales will come right here to our school and will count towards your families fundraising responsibility. Remember: No School on Monday, 13th!

WEBSITE VOLUNTEER NEEDED!!

We Need Your Help! Thanks to our CSAC President, Rod Renteria, our webpage looks great! However, we need a volunteer to keep it updated– if you are willing to help give Rod a call at 230-9471 or go to the website: www.saintpatricks.net.



A Message from Principal Rieschick

Halloween has been a popular secular holiday for children since way before I was a youngster. Within the last few years it seems to have caught on for adults too. Think of the millions of dollars spent on decorations and treats! Has anyone else noticed how Halloween decorations, complete with outside lights and garlands, are beginning to rival Christmas decorations in popularity? At the same time, many Christian adults are becoming increasingly concerned about recognizing this holiday that seems to celebrate witches and devils. Some worry that an emphasis on the devil and witches might negatively affect youngsters and adolescents.

“All Hallows Eve,” or *Halloween* as it came to be called, refers to the evening before All Saints Day. This holiday is not a Holy Day. The origin lies with the ancient Celtic tribes who lived in Ireland, Scotland, Wales and Brittany as an ancient pagan festival for the dead. During this festival, Celts believed the souls of the dead – including ghosts, goblins, and witches- returned to mingle with the living. In order to scare away the evil spirits, people would wear masks and light bonfires.



The *Catechism of the Catholic Church* says that through the communion of saints “a perennial link of charity exists between the faithful who have already reached their heavenly home, those who are expiating their sins in purgatory and those who are still pilgrims on earth. Between them there is, too, an abundant exchange of all good things” (#1475).

Dear Parents and Guardians, during Halloween we need to discern between symbols and imagination, to protect our children from very real dangers, to cut through the customs that contradict our relationship with God, including occult practices. At this time of year violent movies with Halloween settings flood television and video stores, warped personalities copy malicious acts “for fun” and young people experiment with the occult because of publicity given to witches and warlocks.

It’s precisely because Catholics *do* believe in the reality of evil that we solemnly promise to turn away from “*Satan and all his works*” in the baptismal rite. This is a chance for you – as parents, guardians and godparents – to make good on that promise: be vigilant about television and video games, don’t give warped personalities the publicity they crave, choose carefully if and where your child will trick or treat. Most of all, be free from fear. We who are in Christ have nothing to fear, and we should be ready with an answer to those who act as if the devil were the equal and opposite of God. There is no “equal or opposite” of God. Catholic tradition tells us that Satan is a created being, a fallen angel. Christ has conquered sin and Satan once and for all. All of us, saints and angels, people of faith living and dead, share in that victory (**CCC, #391, 395**). God Bless You!



A letter from Mr. Dom Puglisi Superintendent Catholic Schools

Thank you for the opportunity to attend the celebration of Liturgy with you on Tuesday, September 9th, 2008. As I stated to a number of you when I visited your classroom, you were the first school I visited last year and the first school I was able to visit this year. I pray that this year is one that is filled with successes, fulfillment, and the opportunity to fully understand the importance of your Catholic education. I hope you listened closely to Father Brian and Sister about vocations. A special thank you to the faculty, staff, and administration for allowing me the opportunity to visit you. I look forward in a future visit where I will have more time to spend in your classrooms.

God continue to bless you, your family, and your school and parish community.

In the peace of St. Francis and St. John Baptist de La Salle,

Mr. Puglisi

DATES TO REMEMBER

Thursday, October 2: Confessions, Booster Club Meeting at 6:30 pm.

Friday, October 3: MINIMUM DAY: All School Mass at 8:00 am. Hearing Screening, Blessing of Pets after school.

Monday, October 6: Mustardseed. **NO SCHOOL.**

Wednesday, October 8: Diocesan Safe Environment Visit, Loretto visits St. Patrick.

Thursday, October 9: Fall Pictures

Friday, October 10: Christian Brothers Shadow Day for 8th Graders.

Saturday, October 11th: St. Patrick Golf Tournament at 7:30 am. (Forest Lakes in Acampo, Just North of Galt)

Sunday, October 12: St. Rose Fall Festival

Monday, October 13: Fall Festival Holiday.
NO SCHOOL

Thursday, October 16: CSAC Meeting at 6:30 pm.

Tuesday, October 21: St. Francis Shadow Day for 8th Graders.

Friday, October 24: Halloween Festival (7pm.)

Friday, October 31: Halloween Parade (School Hours)



7th Grade Parents will be serving Hot Lunches for Fundraising on: October 8th, October 22nd, November 5th, November 19th and December 3rd. Menus and prices to be announced! Also, Popsicle's and Ice Cream for sale on Tuesday's, Wednesday's and Thursday's after lunch in the lunchroom.



Donations Received

6th Grade	114
Kindergarten	93
5th Grade	92
7th Grade	65
1st/2nd Grade	52
3rd/4th Grade	2

The competition for the Box Top pizza party is a close one. Classes have raised \$41.80 for St. Patrick School. One more month to go!
Keep them coming!



Don't forget your donations for the CAKE BOOTH!

Cakes will be baked in Kavanagh Center on Thursday, October 9th and Friday, October 10th from 9:00 am. to 5:00 pm.

CATHOLIC HIGH SCHOOL OPEN HOUSES

- Sunday, October 5th, 11:00—1:00 p.m. at Jesuit High School
- Sunday, October 5th, 12:30—3:30 p.m. at Christian Brothers High School
- Sunday, October 12th, 1:00—4:00 p.m. at St. Francis High School
- Sunday, October 19th, 11:00—4:00 p.m. at Loretto High School
- Sunday, November 2nd, 11:30— 2:00 p.m. at Cristo Rey High School

Risk Management School Visitation

On Wednesday, October 8th, Mr. Ron Zucca representing the Catholic Diocese of Sacramento will pay his annual visit to St. Patrick School. The purpose of his visit is to provide assistance in the administration of school operations such as the following:

- Supervision of students/staff/faculty & PAL Coaches
- Arrival and Dismissal Procedures
- Emergency Plans
- Injury and Illness Prevention Program
- Interior/Exterior Safety/Cushioning Materials
Non-structural Earthquake Hazards

This visitation also goes hand-in-hand with our upcoming WASC visitation during the month of February,

Congratulations to each faculty & staff member of St. Patrick School!! We completed the entire *Mandatory Reporter Training* on **Shield the Vulnerable: Recognizing, Reporting and Preventing Child Abuse and Neglect!!**

Health Corner



Ask Anne & Lisa

Dear Anne & Lisa,

I am coaching my 11 year old daughter's soccer team. My assistant coach and I were talking about how our soccer girls need to develop good eating habits before practices and games. Could you provide us a list with healthy snack ideas kids could have before practices and the night before game days. We want them to have maximum energy on the field since they will have 60 minute games this year and a longer field to play on. Any advice in those two categories would be great. Thanks, Coach Dad

Dear Coach Dad,

All kids need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include:

- protein (found in meat, eggs, and dairy foods)
 - carbohydrates (fruits, vegetables, and whole grains are the best sources)
- [vitamins](#) (as found in fruits and vegetables, for instance) and [minerals](#) like calcium (found in dairy products)

Kids need some fat, too, but that's not usually difficult to get. It's found in meats, cheeses, nuts, oils, and butter, just to name a few.

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on that day. If you're going to eat a meal, have it 2 to 4 hours before practice or game time. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice. The best pre-game meal includes carbohydrates and protein for energy, but is low in fat and fiber, which can slow digestion.

But you don't want to be hungry either. Bring a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. Sports bars, or energy bars, are convenient, but they aren't necessary for athletes. You can get the same energy from healthy foods.

Avoid sugary stuff like donuts, sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained. But eating and drinking the right stuff will help you play your best. Now, go out there and have a great season!

Thanks for Asking, Anne & Lisa

St. Patrick's Sports Corner



St. Patrick's Game Schedule

Football

9/12 – 5:00pm vs. Holy Spirit (at St. Robert)
 9/19 – 4:00pm vs. St. Robert (at St. Robert)
 9/26 – 5:00pm vs. St. Michael (at St. Patrick)
 10/3 – 4:00pm vs. Sacred Heart (at St. Patrick)
 10/10 – 5:00pm vs. Sacramento Country Day (at St. Robert)

Varsity Volleyball (All games @ St. John Vianney)

9/10 – 5:00pm vs. St. Rose
 9/17 – 5:00pm vs. St. Philomene
 9/24 – 5:00pm vs. Holy Trinity
 10/1 – 5:00pm vs. St. Mary
 10/8 – TBA vs. St. Mel
 10/15 – 5:00 pm vs. St. John ND
 10/22 – 7:00pm vs. St. John Vianney

Jr. Varsity Volleyball (All games at Presentation)

9/18 – 4:30 pm vs. Holy Family
 9/25 – 4:30pm vs. O.L.A.
 10/2 – TBA vs. Presentation
 10/9 – 4:30pm vs. St. Rose
 10/16 – 5:30pm vs. St. Ignatius
 10/23 – 4:30pm vs. Holy Family

Varsity Girls Volleyball Team

Coach: Jenny Albert
Scorekeeper: Darlene Albert

- Tyler Albert (8th)
- Rebecca Castillo (8th)
- Deanna Insixiengmay (8th)
- Joelle Santos (8th)
- Marissa Smith (8th)
- Kiana Reyes (8th)
- Ashley Cañas (7th)
- Shelby Dixon (7th)

Junior Varsity Volleyball Team

Coach: Vanessa & Samantha

- Amanda Sandoval (5th)
- Monica Jimenez (5th)
- Wasiat Yusufu (5th)
- Angelica Ortiz (5th)
- Analisa Surita (5th)
- Jessey Santos (5th)

Football Team

Coach: JT Terrell, Richie Lopez

- Austin Hagyard (8th)
- Yanik Jain (8th)
- Fernando Navarro (8th)
- Jonathan Paz (8th)
- Alberto Serrano (8th)
- Derrick Shorter (8th)
- Estevan Coronado (7th)
- Henry Galan (7th)
- Lorenzo Lopez (7th)
- Stephen Mattson (7th)
- Marc Santillan (7th)
- Michael Spalluzzi (7th)
- Ricardo Fernandez (6th)
- Ricardo Perez (6th)



PLEASE PRAY for our **Young Adult Catholics** as we gather for the Diocesan Assembly on Monday, October 13th, 2008 at St. Isidore Parish in Yuba City.

*Reaviva el Fuego
 Del don que Dios te Dio*