



“EYE OF THE TIGER”

ST. PATRICK NEWSLETTER

September 2007

The Saint Patrick's Students have spoken! The name for the 2007-2008 St. Patrick Newsletter is “Eye of the Tiger” Congratulations to our 6th, 7th & 8th Graders who came up with the name!

A Message from Principal Rieschick

Fall is here! Summer things are packed away and here at St. Patrick there are even mornings where we are pulling out our long-sleeve shirts and sweaters. However shopping centers, have been ready for fall since July 5th! For about two weeks they touted “Back to School” motifs (a few colored leaves and giant pencils). Then they went right on to what has somehow become one of the biggest holidays of the year: Halloween.



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.

Where does the Christian aspect of Halloween come into play? In the year 835, Pope Gregory IV moved the celebration for all the martyrs (later all saints) from May 13 to November 1st. The night before became known as ‘*All Hallow’s Eve.*’ Eventually the name was shortened to the current Halloween and on November 2nd, the Church celebrates *All Saints Day*.

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,

Mr. Rieschick



A letter from Mr. Dom Puglisi Superintendent Catholic Schools



A very sincere and warm thank you for allowing me the opportunity to visit your school, individual classes, and even have the time to enjoy recess with you.

It never fails. When I have the opportunity to see our wonderful students in action, have the opportunity to talk with them and listen to their comments, I become even stronger in my commitment to Catholic education. I thank you for the behavior and respect that was shown. Each one of you makes a sound statement regarding St. Patrick Catholic Elementary School. Never forget that your school exists because of you, the student. Special thanks to the teachers and staff who allowed me to take time away from their lessons plans to spend time with the students. Please know that my prayers are with all of you and I ask that you keep all our schools and students in your prayers.

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

Mr. Puglisi

STEWARDSHIP and the St. Patrick Dinner Dance

STEWARDSHIP is a biblical term. Stewardship recognizes that we, as individuals, are not the owners of our lives, our time, our talent and not our treasure, but stewards and managers of our resources. Stewardship is not just about money. It is time, talent, and treasure given to God in thanksgiving for all He has given to us.

STEWARDSHIP is the response of each individual's call to discipleship, a lifelong "way of life," whereby one responds to the **mission** and **ministry** of the local and universal Church, sharing the Gospel of the life, death, and resurrection of Jesus Christ.

STEWARDSHIP is the "key" to an active, vibrant parish school such as ours, where dedicated and committed parents and guardians, giving freely of their time, talent and treasure without expectation of return, create a dynamic atmosphere that invites and encourages others to become involved. We must set a positive example for the entire community of St. Rose Parish.

Vibrant school stewardship fosters a strong sense of appreciation for God's gifts, where a humble, giving spirit is rewarded through increased awareness and growth as well as the opportunity for education and fellowship.

With this in mind, I want to sincerely thank each one of you who helped with our first 2007-2008 event that took place on Friday, September 14th. So many of you assisted with the coordination and set-up of this dinner dance, from the selling of tickets to bartending and serving food to clean up. In particular, I especially want to thank and mention, Mr. Rene Cornejo. Thank You to All!

St. Patrick School raised \$8,486.00 to assist with the renovation of the girls and boys bathrooms!!

I also want to mention that on Friday, October 26th, our St. Patrick Students will be enjoying a fun-packed day of class parties, wearing saint costumes, hayrides and pumpkin gathering. That same evening, we will be having a children's parade and haunted house in a safe-environment for both children and adults at Msgr. Kavanagh Hall.

ALL ARE WELCOME AND INVITED!!!



Anonymous Phone Calls and Letters



As Principal of St. Patrick Elementary and Middle School, I am always willing to talk with parents, guardians, teachers and administration about their input and concern regarding policies and problems. If you write me a letter, I will write you back. If you call me, I will call you back. If you want to make an appointment to see me, you are welcome to do so.

However, I will not accept anonymous phone calls or letters.

Anonymous letters do not give the opportunity to respond or inquire further about the issue or problem being raised, nor to correct any misunderstandings or misinterpretations that might exist. Sometimes, for example, I receive anonymous calls of complaint about a letter recently sent out, or an athletic program, or how a class is being conducted.

The anonymity of these kinds of calls or letters does not allow me to follow up with the concerned person. This can be very frustrating. One of the reasons given for anonymous calls or letters is that there is a fear of reprisal against the student of the parent or guardian who is complaining. I have no evidence that this has ever happened, and whenever this concern arises, I will always pursue it and I am willing to protect your identity. However, I need to know who you are. Many times I will need to follow up with you to get more information or clarification. It is also difficult to give credence to concerns if the author or caller is not willing to identify him or herself. Thank you,

Mr. Rieschick

NEWSLETTER NEWS

- Don't Forget to get your Parent Participation Forms from the office— 30 Hours of Parent Participation = \$200.00 Tuition Credit!!!
- As in past years, the CAKE BOOTH is a huge part of the fun and activities. We are asking each family to bake and donate a cake for the booth (and, if you wish, bake more than one!) Please bring them to the Boland Hall on Saturday, October 13th between 9:00 am.—2:00 pm. Or bring them to the Festival on the 14th. We will also be needing parents to work in the children's game booths. You can sign on for a specific time by coming in or calling the office. Of course, Parent Participation hours are given.
- Sell those raffle tickets. Profit from tickets comes directly to school. Remember, there are prizes for selling. We are asking every student to sell 3 books—\$30.00.
- Tenemos en la oficina de la Escuela los Libros "Niños Seguros, Fuera de Peligro" el cual enseña a los niños a ser Fuertes y seguros de sí mismos. Estos libros son gratis y si usted desea obtener una copia favor comunicarse a la Escuela.
- Save PLASTIC BAGS for recycle thru Wal-Mart. Turn bags in at the office. Every little effort helps the environment plus the school earns a little money when we turn them in.

For Our Children: A fun day is being planned! Be ready!
A parade, carnival, and class parties will be taking place here at
St. Patrick School! Get ready for a pumpkin Patch, and
Hayrides, too, thanks to Mr. Roger Abbott.



DRESS CODE UPDATE: Please refer to page 12 of the **Parent-Student Handbook:**

I want to thank the parents and guardians who have expressed their concern over the dress code during our cooler months. Even though changes were made at the beginning of the year, we see the need to make one further change, namely:

Girls in **all grade levels** may wear green Sequoia plaid skirts or tan khaki slacks throughout the year.

Please note also that:
White tights may be worn under skirts/jumpers, and, sweatpants under skirts/jumpers will not be permitted.



October is RESPECT LIFE MONTH A Prayer Affirming Life

God, you are the Lord and Creator of Life.
You have blessed men and women with the privilege of bringing new life into the world.

You have imparted in our hearts
The desire to nurture and protect life
at all its stages.

I accept these gifts as a sacred trust.
Through the power of the Holy Spirit
Help me to affirm the value of life.



Grant me the wisdom and courage
to speak out and defend human life.

Give me compassion so that I may lovingly counsel
those who would reject the gift of life,
which is the reflection of your image and likeness.

Amen.

DAYS TO REMEMBER

Thursday, October 4: Feast of St. Francis & the Blessing of our Families Pets @ 3:15 p.m. in Mary's Garden w/Msgr. Church.

Friday, October 5: Minimum Day: Worldwide Holy Hour from 11:00—12:00 at St. Rose

Due to the St. Rose Fall Festival, children will have **"no school" on Monday, October 15th**. Therefore, school will take place for all our students on Columbus Day, October 8th.

Thursday, October 11: Picture Day— All students must be wearing their school uniforms.

Friday, October 12: Mustardseed—**No School**—Diocesan In-Service for all Faculty

October 22—26: Principal Rieschick at Diocesan Administrators Retreat

Friday, October 26: End of First Quarter; Halloween Parade, Carnival, Saints Costumes Festivity, and, in the evening, a haunted house!!!! Parents and Guardians are welcome too!!! (more information to come)

November 15—19: Scholastic Book Fair

CATHOLIC HIGH SCHOOL OPEN HOUSES

- Sunday, October 7th, 11:00—1:00 p.m. at Jesuit High School
- Sunday, October 7th, 12:30—3:30 p.m. at Christian Brothers High School
- Sunday, October 14th, 1:00—4:00 p.m. at St. Francis High School
- Sunday, October 21st, 1:00—4:00 p.m. at Loretto High School
- Sunday, November 4th, 12:00—2:00 p.m. at Cristo Rey High School

Let's Eat Right!!!

Feeling good starts with eating right – taking charge of what you put into your body. Eating right does not mean giving up your favorite foods. It means filling your diet with lots of healthy foods and enjoying your favorites every once in a while. Start with the five easy steps to eating healthy, not only will you stay fit but you'll feel great!! Here are the five easy steps to eating healthy:

Limit sodas – Soda is like candy in a can. When you are thirsty do you eat candy? If you want a drink because you are thirsty, choose water.

Increase your daily servings of fruit and veggies – Make your daily diet full of color with fruits & veggies. This is the good stuff!!

Change to whole grain products - Whole grains are the fuel your body wants and needs to power you through the school day. Ask your parent or guardian to stock up the kitchen with some healthy choices of whole grains.

Eat more food with calcium – Its true, every body needs milk! The amount of milk you need to eat depends on your age. Calcium builds those healthy bones, Just make the change to 1% low fat milk and be sure you are getting the milk you need each and every day!

Choose healthy foods when dining out – make super-sizing a thing of the past or you will end up super-sized! Find the healthy choices off the menu & keep an eye out for super-sized portions.

Hey St. Patrick Students – want to know more about eating healthy!? Check out the following webpage called *Stay Fit, Eat Right – Looking Good California* – www.stayfiteatright.org

Dear Ask Anne,

Please tell me about Fruit Snacks. My kids like them, but are they healthy?
Curious About Fruit Snacks

Dear Curious About Fruit Snacks,

Processed snacks promoting "real fruit" ingredients and flavors are popular treats for children of all ages. Brightly packaged and kid-friendly, these goodies sound like a parent's dream – fruit your child wants to eat. But a closer look at the label reveals that most of these "fruit" treats are no substitute for the real thing. Most fruit snacks are like candy. Even fruit snacks proclaiming they are made with real fruit juice can be deceiving. The real fruit juice is generally concentrated grape or apple juice, and in that juice, you're not going to get the fiber that you would get in an actual piece of fruit. The best type of fruit to snack on is the actual fruit, whether it be a piece of fresh fruit, canned fruit packed in its own juice or dried fruit.

Focusing on real fruit does not mean your child can never enjoy a processed fruit snack, but save the fruit snacks for a treat on special occasions. While fruit is an every day food, fruit snacks are an occasional food.

Signed— Ask Anne
From Elk Grove Unified School District

HEALTHY NUTRITIOUS RECIPES

CHINESE VEGETABLE STIR—FRY

Sweet 'N' Sour Sauce

3/4 cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1 1/2 teaspoon cornstarch
1 teaspoon light soy sauce

Stir—Fry Vegetables

4 teaspoons vegetable oil
1 cup broccoli florets
1 cup carrots, sliced
1 cup cauliflower florets
1 cup celery, sliced
1 cup red bell pepper, chunked
1 cup sugar peas, stems removed

Directions:

Combine the ingredients for the Sweet 'N' Sour sauce in a mixing bowl. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for 2 minutes. Add bell pepper and sugar peas, cook for 2 minutes. Add Sweet 'N' Sour sauce, bring to a boil and cook for 1 minute, covered.



PEACH CRISP

A light and healthy dessert that takes just minutes to prepare!

3 cups fresh peaches or (4) 15 ounce canned sliced peaches in 100% juice, drained
2 tablespoons corn starch
1 1/4 teaspoons cinnamon
1 teaspoon vanilla extract
2/3 cup old-fashioned oats
1/2 cup packed brown sugar
1/3 cup prepared baking mix
3 tablespoons margarine



Directions:

Preheat oven to 400 degrees. Spray a 9 inch square baking pan with nonstick cooking spray. Pour peaches into pan. Combine cornstarch, 1 teaspoon cinnamon, oats, brown sugar, baking mix and margarine. Mix with fork until crumbly; sprinkle over peaches. Bake 20-25 minutes or until peach juice is thick and bubbly and topping is lightly browned. Makes 9 servings.



St. Patrick's Sports Corner



St. Patrick's Game Schedule

Football (All games @ St. Patrick)

9/14 – 5:00pm vs. Our Lady of Grace
 9/21 – 5:00pm vs. St. Robert
 9/28 – 5:00pm vs. Holy Spirit
 10/5 – 5:00pm vs. Sacramento Country Day
 10/12 – Bye
 10/19 – 5:00pm vs. Sacred Heart

Varsity Volleyball (All games @ St. John Vianney)

9/12 – 6:00pm vs. Merryhill South
 9/19 – 6:00pm vs. St. Mel
 9/26 – 5:00pm vs. Sacred Heart – Red
 10/3 – 6:00pm vs. St. John Notre Dame
 10/10 – 5:00pm vs. Sacred Heart – White
 10/17 – Bye
 10/24 – 7:00pm vs. St. John Vianney

Jr. Varsity Volleyball (All games @ Holy Rosary)

9/12 – 5:30pm vs. St. Charles – White
 9/19 – 6:30pm vs. St. Philomine – White
 9/26 – 6:30pm vs. O.L.A.
 10/3 – 7:30pm vs. Holy Rosary
 10/10 – 6:30pm vs. St. James
 10/17 – 7:30pm vs. Courtyard
 10/24 – 4:30pm vs. Grace Valley

Varsity Girls Volleyball Team

Coach: Jenny Albert
Scorekeeper: Darlene Albert

Cheyenne Alfaro (8th)
 Stephanie Morroz (8th)
 Ylianna Rodarte (8th)
 Tyler Albert (7th)
 Marisa Alfaro (7th)
 Rebecca Castillo (7th)
 Melissa Gonzalez (7th)
 Deanna Insixiengmay (7th)
 Noel Langley (7th)
 Kianna Reyes (7th)
 Joelle Santos (7th)
 Marissa Turner-Smith (7th)

Junior Varsity Volleyball Team

Coach: Rosa Valdivia

Briona Blanco (6th)
 Ashley Bridges (6th)
 Ashley Canas (6th)
 Shelby Dixon (6th)
 Mariah Montegano (6th)
 Lexy Torres (6th)
 Victoria Valdivia (6th)
 Lynda Zabala (5th)
 Celestina Cornejo (5th)
 Elena Carpenter (5th)

Football Team

Coach: JT Terrell, Richie Lopez

Hubert Enriquez (6th)
 Lorenzo Lopez (6th)
 Nicholas Blanco (7th)
 Yanik Jain (7th)
 Jonathan Paz (7th)
 Alberto Serrano (7th)
 Derrick Shorter (7th)
 Dean Smith (7th)
 CJ Goodier (8th)
 Christopher Gutierrez (8th)
 Vathsala Insixiengmay (8th)
 Adrian Keh (8th)
 AJ Machado (8th)
 Anthony Pires (8th)
 Marcos Raymundo (8th)
 Jeremy Wright-Pace (8th)

