



Saint Michael School

Teaching Children Their Value
as Children of God

February 15, 2012

February 20 – No School, Presidents' Day

The School Day begins at 8:00 AM with Prayer and Pledge of Allegiance. All students are expected to be in their place at this time. Everyday we have at least 30 children that are coming in after the bell rings at 8:00 AM and disrupting Prayer. Please have your children at school by 7:55 AM NOT 8:05 AM.

Spaghetti Dinner to benefit Camilla Hall will be on Saturday, February 25th. Please see the attached flyer for more information.

Ash Wednesday is next Wednesday, February 22. All are invited to join us for Mass at 8:30. Ashes will be distributed during Mass.

Fasting and Abstinence: Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Lunch on Wednesday, February 22 will now be Cheese Quesadilla instead of Beef Taco. We made the change because it is Ash Wednesday. If your child ordered the beef taco and does not want the cheese quesadilla please send in a note and we will send you a credit to use for your March lunch order.

Re-Registration forms were sent home. Please make sure to return your registration form as soon as possible. If you know of someone who would like to attend our school please have them give us a call to set up a tour. If you have a rising Kindergartner and would like an application please call the office and we will send one home to you.

Claire's Gourmet came home today. Ask your child about the wonderful prizes too. They have a wonderful assortment of pizzas, cookie dough, desserts, and much more. You may want to stock up on pizzas for Fridays in Lent.

Hot Lunch & Pizza Order Forms came home today. Please return no later than February 28th. No late orders will be accepted.

Yearbook Pictures - The yearbook is looking for pictures of the kids in the school activities this year. Please email the pictures to fabiola.a.francisco@gmail.com

CLINIC CORNER - **O** - Avoiding sugared beverages is the last part of the 9-5-2-1-0 health message. According to the American Association of Pediatricians, children should avoid all beverages with added sugar. The potential health problems linked to high intake of sugared beverages are:

- Overweight or obesity due to additional calories in the diet
- Decrease of milk consumption, resulting in calcium deficiency
- Dental carries and potential tooth enamel erosion

Beverages that children should be encouraged to drink include: fat free or 1% milk, 100% fruit juice, and WATER! Beverages for them to avoid are sodas and juice with added sugar.

Mark your Calendar - Dates to Remember:

February 22 - Ash Wednesday, Mass 8:30 AM

February 24 - Stations of the Cross, 2:30 PM

Additional Information:

PVI Shrove Tuesday Pancake Supper - Please join the Paul VI Catholic High School community for Shrove Tuesday Pancake Supper. It will be held on Tuesday, February 21st from 5:30-8:30 PM in the school cafeteria. The evening will feature entertainment, games, face painting, and fun for the entire family and of course the BEST pancakes ever. Adults: \$7, children under 6 years: \$5, under 4: free. Back by popular demand create your own omelet for an additional \$4. For more information contact Campus Ministry, campusministry@paulvi.net or 703-352-0925 ext 330.

Open House at Pope John Paul the Great - JP the Great invites all students in grades 5 - 7 to preview high school by attending our Open House on Thursday, March 15, from 4 - 6pm. Meet the faculty and students at JP, while learning more about our academics, athletics, clubs, admissions requirements, and more. Wolfie the mascot will be available for photos, and there will be plenty of fun snacks! All are welcome, including rising 9th, 10th and 11th grade students looking to transfer to JP next year. For more information, please visit www.jpthegreat.org or call (703) 445-0300.



VIRGINIA CATHOLIC CONFERENCE

JOIN US. THE CAUSE IS GOOD.

**TAKE ACTION BEFORE CRITICAL FLOOR VOTE ON SCHOOL
CHOICE**

[Take Action!](#)

Urge Senate to support Education Improvement Scholarship legislation.

The Virginia Catholic Conference's top education priority – the Education Improvement Scholarship bill – cleared a major hurdle this morning, passing the Senate Finance Committee by an [8-7 vote](#). The bill, which provides tax credits for K-12 scholarship donations, now proceeds to an unprecedented floor vote later this week in the Senate, where it faces an even stiffer challenge. [Please email your Senator now](#) in support of this bill, which is vitally important to families with limited economic means, and to Catholic and other nonpublic schools across Virginia as they work to sustain enrollments and provide opportunities for children in their communities. [After clicking the link in the previous sentence, you will need to scroll down and click "Send Message" in order for your Senator to receive your message.]

Please also forward this important message to as many others as possible!

If you are viewing this alert via the Virginia Catholic Conference's [website](#) or if a friend forwarded it to you, you are invited to join the Conference's advocacy network, which would enable you to receive regular alerts and updates from the Conference directly by email on respect-life, social-justice, and education issues. If interested, please [click here to enroll](#) and complete the very short electronic form that is provided.

Help ensure that more families in need of financial assistance can choose the best educational



St. Michael School Calendar March 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>St. Michael School 7401 St. Michael Lane Annandale, VA 22003 703-256-1222</p>				<p>1 Spring Pictures</p> <p>Claire's Gourmet Orders Due</p>	<p>2 First Friday Mass, 8:30 AM</p> <p>Stations of the Cross, 2:30 PM</p>	<p>3 Diocesan Spelling Bee</p> <p>First Penance, 10:00 AM</p>
4	5	<p>6 Grade 8 Vocations Mass at Holy Spirit, 11:00 AM</p>	<p>7 PTO Meeting, 7:00 PM</p>	8	<p>9 Diocesan Teacher Institute—No School</p>	10
11	12	13	14	<p>15 Grade 4—Gunston Hall</p> <p>First Communion Parent Meeting, 7:00 PM</p>	<p>16 Stations of the Cross, 2:30 PM</p>	<p>17 St. Patrick's Day</p> <p>Catholic High School Registrations</p>
18	19	<p>20 Claire's Gourmet Orders Delivered</p>	21	22	<p>23 Stations of the Cross, 2:30 PM</p>	<p>24 Confirmation Retreat, 8:30-2:00</p>
25	26	27	<p>28 Faculty Meeting, Dismissal, 11:30 AM</p>	29	<p>30 End of 3rd Quarter</p> <p>Stations of the Cross, 2:30 PM</p>	<p>31 Communion Retreat, 9:30-1:00</p> <p>Garwood-Whaley Music Festival</p>