



# Saint Michael School

---

Teaching Children Their Value  
as Children of God

January 25, 2012

**Friday, January 27 - No School, Teacher Professional Development Day**

**2012-2013 Tuition Information** is being sent home today.

**Congratulations to:**

Emily Carlstrom and David Perez-Christel for being awarded the Salesian Scholarship to PVI for their high scores on the High School Placement Test. Thank you to all of our teachers for helping these children to academically succeed.

Katherine Baisa and Emily Carlstrom for advancing to the second round of the Thomas Jefferson High School Placement Test. Thank you to Ms. Wilson for preparing them to advance to this level through the Honors Math program.

**Catholic Schools Week** begins on Sunday, January 29<sup>th</sup> with a school Mass at 12:00 Noon. There are fun activities planned for the week. Please see the last page for more information.

**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](mailto:fabiola.a.francisco@gmail.com)

**George Mason University Basketball** is pleased to offer a personalized website for Catholic Schools of Arlington to purchase tickets for just \$9 (50% off the regular ticket price). *(Please note, there is also a \$1.25 fee per ticket).* After clicking the link, you will be able to select from one of two games - Saturday, Jan. 28<sup>th</sup> vs. JMU at 2:00 PM. or, Saturday, Feb. 4<sup>th</sup> vs. ODU at 5:00 PM.

<https://oss.ticketmaster.com/html/go.html?l=EN&t=gmu&o=2653220&g=1221>

The password is: mason

George Mason is currently in first place in the CAA with a conference record of 4-1 and has won 18 of their past 19 conference games. In addition to the basketball game versus CAA rival JMU, there will be a pre-game block party. There will be a family friendly area with a Kid Zone at the Block Party.

**Weather Related School Closings** - We follow Fairfax County schools for all delays and closing due to the weather. There are two way you can check: (1) Listen to WTOP radio, (2) Listen to the tv stations, or (3) the Fairfax County website under Emergency Announcements for closings or sign up for their alerts through the Fairfax County Public School KIT (Keep in Touch) website at: <https://signup.blackboardconnect.com/fcps/> .

**Hot Lunch & Pizza** orders are due tomorrow, January 26<sup>th</sup>.

**CLINIC CORNER** - **5** - Eating **5** servings of fruits and vegetables a day promotes good health and may also reduce eating less nutritious foods which contribute to unhealthy weight gain.

The following are some suggestions to help guide you and your family to eating more fruits and veggies:

- Offer fruits and vegetables for each meal and for snacks. At first they may refuse, but be consistent. Over a period of time they will develop a taste for the healthier foods.
- Many children do not like the taste of vegetables by themselves. If this is the case, try to add vegetables to a pasta dish or put them in soups or meat loaf. Some prefer raw vegetables such as cherry/grape tomatoes or cut up celery/carrots with yogurt dip.
- Some believe fresh produce is too expensive and that is why they do not purchase it as much. However, data from a 2004 U.S. Department of Agriculture study found 2/3 of all fresh fruits and more than half of all fresh vegetables were less costly than processed versions of the same.
- Continue to be a good role model for your children. If your child sees you eating fruit/vegetables they are more likely to try them. Have them get used to fruit/vegetables as a part of every lunch and dinner. They will need to have at least 1 serving of fruit/vegetables with every meal and snack to meet the recommended **5** servings a day.

**Mark your Calendar - Dates to Remember:**

January 29 - Catholic Schools Week begins with Mass at 12:00 Noon

February 1 - Report Cards

Early Dismissal, 11:30 AM

February 2 - McDonald's Night

February 8 - Science Fair Judging - Grades 7 & 8

## CATHOLIC SCHOOLS WEEK SCHEDULE

**Sunday, January 29<sup>th</sup>, Mass 12:00 Noon**

**Monday, January 30<sup>th</sup>, Celebrate School Spirit**

The students can wear PE pants with a team sport shirt/sweatshirt or their gym shirt/sweatshirt

School Spirit Pep Rally - Grades 4-8, 1:30-2:30 in the Gym

Bingo - Grades K-3, 1:30-2:30 in the Cafeteria

Family Bowling Gift Certificate (Bowling and Pizza) is being raffled off this week by Student Council. Twenty five (.25) cents per chance. Winner will be announced Friday afternoon

**Tuesday, January 31<sup>st</sup>, Celebrate Our Faith and Parent Thank You**

Breakfast to Go at drop off for parents

Religion Bee, Grades 4-8, 1:30 in the Cafeteria

International Night - Celebrating our Diverse Culture, 7:00-8:30 PM in the Senior Building

**Wednesday, February 1<sup>st</sup>, Celebrating our Faculty and Staff**

Celebrating Academics - Spelling Bee, Grades 4-8, 10:00 AM in the Cafeteria

Early Dismissal, Faculty Meeting - 11:30 AM

**Thursday, February 2<sup>nd</sup>, Celebrating our Students**

Ice Cream Floats, Silly/Fuzzy Sock Day

Ronald McDonald Show, Grades K-3, 1:00 PM in the All Purpose Room

Movie for Grades 4-8

McDonald Spirit Night, 5:00-8:00 PM at McDonald's on Backlick & Braddock Roads

**Friday, February 3<sup>rd</sup>, Service for our Troops**

Mass, 8:30 AM

Collection of small personal items, phone cards, socks, etc. to send overseas. Make Valentine Cards for troops.