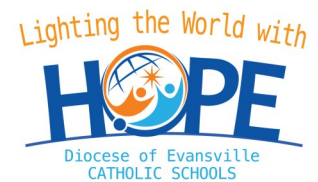


ST. BENEDICT CATHEDRAL SCHOOL

PARENT NEWSLETTER

Our Mission:

To form Christian disciples who proclaim the Catholic faith, achieve academic excellence, and serve others.



Upcoming Events
Monday, January 14th PTO Buffalo Wild Wings Give Back 11 am-11 pm
Wednesday, January 16th 9:00 Mass in the Auditorium
Monday, January 21st Martin Luther King, Jr. Day NO SCHOOL or SNOW MAKEUP DAY
Wednesday, January 23rd 9:00 Mass in the Auditorium NO STUDY HALL TODAY/ Faculty Meeting
Friday, January 25th 6:30-8:30 pm PTO Mother/ Daughter Dance in the Cafeteria
January 28th-February 1st Catholic School Week Scholastic Book Fair in Holy Family Room
Tuesday, January 29th 5:30-6:30 pm PTO Meeting & Open Scholastic Book Fair Shopping
Thursday, January 31st 5-7 pm Come & See Open House

NEWS From Mrs. Ford
<p>LOST AND FOUND IS OVERFLOWING</p> <p>Please check the tables in St. Benedict Hall by the office to claim your missing items. There are a variety of sweat-shirts, jackets, pullovers, lunch boxes, and water bottles. Label your items with a Sharpie and your child's first & last name. Items not picked up after 1 week will be donated to St. Vincent de Paul.</p>
<p>EASTER SEALS HOP-N-ING MONEY DUE TUESDAY, JANUARY 15TH</p> <p>Kindergarten-5th grade students, you still have time to collect your Easter Seals Hop-n-ing money. Envelopes are due to the office by Tuesday, January 15th.</p>
<p>SAVE THE FOLLOWING DATES</p> <p>MARDI GRAS 2019 Saturday, March 2nd 5:30 pm at the DoubleTree Hotel Downtown Invitation, RSVP & Bidpal link will be emailed to out to parents on Monday!</p> <p>Tuesday, April 9th 6:45 pm 5th-8th Grade Musical in the Auditorium</p>

Lunch Menu for Jan. 14th-18th \$2.75 per day/.50 Milk & Water

14	15	16	17	18
Hotdog on Bun	Asian Chicken	Chicken Nuggets	Chicken Quesadilla	Cheese Pizza
Baked Beans	Egg Roll	Whipped Potatoes	Corn	Broccoli
French Fries	Broccoli	Green Beans	Baby Carrots & Celery	Baby Carrots
Fruit	Fruit & Fortune Cookie	Fruit	Fruit	Fruit
	5TH-8TH SALAD BAR	Roll	5TH-8TH SALAD BAR	
Milk	Milk	Milk	Milk	Milk

**BUFFALO
WILD
WINGS**



EAT WINGS. RAISE FUNDS.

On the day listed below, present this ticket to your server and Buffalo Wild Wings® will donate 10%* of your total bill (not including tax, gratuity or promotional discounts) to our organization.

Buffalo Wild Wings strives to support our community and the organizations and sports teams within it. Together we can make a positive impact and help keep our community working and playing together.

(Show this ticket to your server on the date & time listed below.)

ST BENEDICT CATHEDRAL SCHOOL PTA

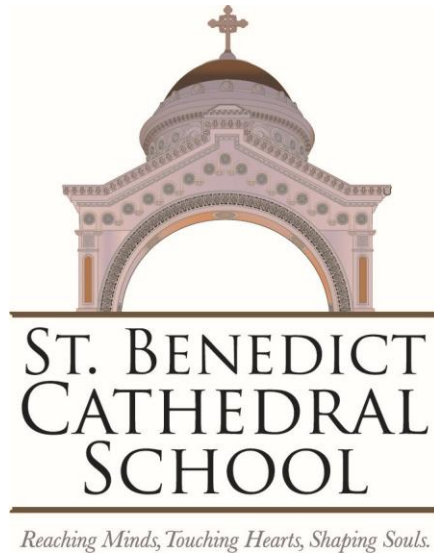
January 14, 2019 • 11:00 AM - 11:59 PM

715 N Green River Rd. • Evansville, IN • 812-471-9464

*The 10% donation is contingent on the organization raising at least \$300 of pre-tax sales during the promotion (subject to change in our discretion).

Other restrictions may apply. Please see participating location for details. ©2015 Buffalo Wild Wings, Inc.

ADMIT ONE



Please join us!

PTO MEETING

Tuesday, January 29th

Woodward Center

5:30 p.m. to 6:30 p.m.

All are welcome and encouraged to attend. Our Scholastic Book Fair will be open for shopping in the Holy Family Room across the hall from the PTO Meeting. We will also have some concessions available for purchase. Please email Ashley Hammer at ashl6181@icloud.com if you have questions prior to the meeting.

Leader in Me
Family Newsletter
Dr. John and Jane Covey

This month we are looking at 2 important components of the Leader in Me program. The first is Community Volunteerism.

Many families look for ways to help others in need. If your time is limited, consider just one or two projects a year and make them a family tradition (for example, making and donating gift baskets to care facilities for the elderly around the holidays).

What can a child learn from volunteering?

- A sense of responsibility
- One person, one family can make a difference
- The benefit of sacrifice -children learn that there are more important things than themselves.
- Cooperation and unity by working together
- Job skills-they learn about fields that may help them decide on future careers.
- How to fill idle time wisely- children learn to use time to help others.

The second component this month is the importance of goals.

Research has shown that the simple act of writing a goal greatly increases the chances of accomplishing the goal. If the goal is broken down into action steps and the action steps are tracked, goals have an even greater percentage of success.

At school, your child may write his or her academic goals. You will gain a lot of information on how your child is doing if you ask your child to tell you about his or her goals. The goals chosen are meaningful to your child.

At home create goals such as reading together, eating dinner at the table or doing an activity together. Involve everyone in choosing a meaningful goal and action steps. Post the goal and action steps in a visible place and be sure to track and celebrate progress!

Help Us Help Our Furry Friends!

Junior Girl Scout Troop #183 is working on their Bronze Award and is seeking your help.

We are collecting items for the Vanderburgh County Humane Society. Collection boxes will be available at school throughout the month of January. Any pet supplies you can donate would be greatly appreciated!

Items Needed:

- empty shoe boxes
- old blankets or towels, not ripped
- paper towel cores
- durable dog toys (nylabones, kongs)
- moist & meaty dog treats
- moist/soft cat treats
- canned cat food (pâté variety)
- Purina cat chow
- kitty litter



Why our project matters!

- The Vanderburgh Humane Society receives no tax-based funding, so it relies solely on donations from generous donors like you!
- The Vanderburgh Humane Society helps over 10,000 animals each year!
- In 2018, VHS placed 1,978 animals into their forever homes!
- Besides dogs and cats, the VHS also helps find homes for rabbits, guinea pigs, birds, mice, snakes and even hermit crabs!
- VHS offers many services including spay/neuter clinics, low-cost vaccine clinics, microchipping, adoption services, fostering services, emergency pet food assistance, and safe pets domestic violence programs.

Our fur babies are our family too! Please help us help more pets find their forever homes and get the assistance they need!

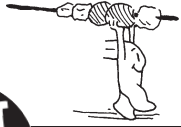
Thank you for supporting our project,
~ Girl Scout Troop 183

Nutrition Nuggets™

Food and Fitness for a Healthy Child

January 2019

Catholic Schools, Diocese of Evansville



BEST BITES

Popcorn party

National Popcorn Day is January 19! You and your youngster can enjoy this treat with a healthy twist. Instead of topping your popcorn with butter, sprinkle it with chili powder or cinnamon. Or drizzle with melted dark chocolate and add coconut flakes. *Tip:* Choose air-popped or plain microwave popcorn to avoid oil and salt.



Spring activity sign-up

Get a head start on spring by signing your child up for sports and activities now. Talk to her about sports she's interested in, and then check registration dates. You might look into T-ball, soccer, roller hockey, and lacrosse leagues. Or she may want to take tennis lessons, join a running club, or try cheerleading.

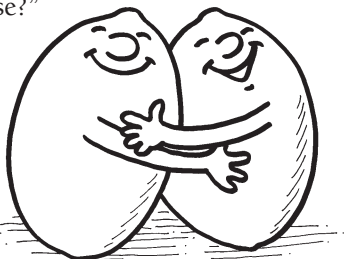
DID YOU KNOW?

Your youngster's stomach is roughly the size of his two fists. That image can give him (and you) an idea of how much food it takes to fill him up. Help him control portion sizes by serving smaller meals and snacks that will satisfy his hunger but curb overeating.

Just for fun

Q: How does a lemon ask for a hug?

A: "Can you give me a squeeze, please?"



Healthy winter traditions

Start 2019 off with new and fun family traditions that will motivate your child to eat healthy foods. Try these ideas.

Cold-weather cookouts

On a clear day, fire up the backyard barbecue or head to a park that has grills. Take along lean burger patties, whole-wheat buns, and fixings like lettuce and tomato. Also, fill a thermos with hot apple cider, and pack nutritious side dishes like mashed sweet potatoes or steamed green beans in insulated containers.

Cozy "summer" picnics

Add variety to winter meals with indoor picnics. Spread out a blanket on the living room floor, and enjoy summer favorites from the frozen food aisle. *Examples:* corn on the cob, strawberries, sliced zucchini. Frozen fruits and vegetables are

just as nutritious as fresh, and they're available year-round.

Themed potlucks

Take turns hosting healthy potlucks with relatives or friends. The host gets to pick the theme! Maybe all foods must begin with C, such as carrots and celery sticks, vegetable chili, and cornbread. Or choose an ingredient (say, oranges) that every dish must include (orange-glazed chicken, spinach salad with mandarin orange slices). ♥



Five-minute circuit

In just five minutes, your youngster can complete his own "fitness circuit" and build endurance and strength. Have him post instructions around the house and do his circuit a few times a day. Here are suggestions.



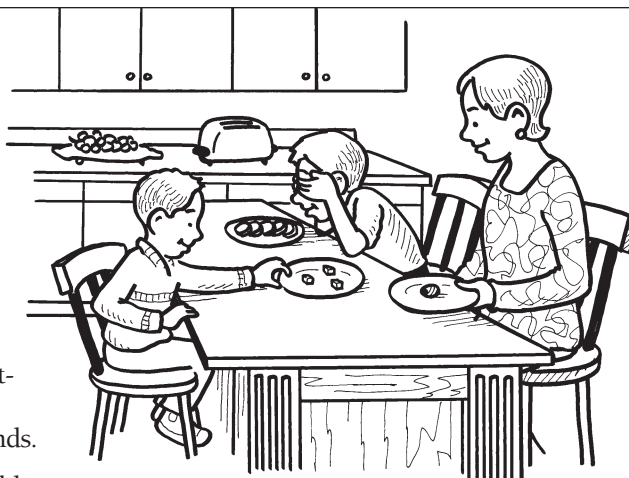
- 1. Basement:** Jump rope while singing your favorite song.
- 2. Foyer:** Throw a ball straight up, clap three times, and catch the ball.
- 3. Living room:** Pretend you're a soldier going under a fence. Lay on the ground, and use your elbows to "army crawl" under a table.
- 4. Kitchen:** Line up chairs, and skip around them.
- 5. Laundry room:** Jump back and forth over an upside-down laundry basket. ♥

A sensory feast

Your child can explore his senses while he eats. The following activities will encourage him to pay attention to the tastes, scents, and textures of food.

Sweet and salty sort. Give your youngster a serving of trail mix, and ask him which items taste sweet (raisins, dried cranberries) and which taste salty (pretzels, peanuts). He could sort the ingredients into piles according to taste and graph his finds.

Scent guessing game. Encourage your child to identify familiar foods by their scents. On separate plates, serve items like cheese cubes,



banana slices, and olives. Have him close his eyes, smell them one at a time, and tell you what's on each plate. How many can he guess correctly?

Texture combo.

Together, make sandwiches or salads that incorporate as many textures as possible. Then, talk about the textures as you eat. For

a sandwich, you might use *soft* bread, *tender* turkey, *crunchy* sprouts, and *smooth* avocado slices. Or toss salads with *crisp* lettuce, *firm* radish slices, *crumbly* feta, and *creamy* dressing. ♥



PARENT TO PARENT

Recipe suggestion box

Pizza, tacos, chicken nuggets...our family tended to eat the same things, and I couldn't find the time to search for new, healthy recipes everyone would like. When I mentioned this to my sister, she showed me her "recipe suggestion box." I loved the idea, so we created one for our kitchen.

I asked my family to collect interesting or unusual recipes. We snipped some from newspapers and food packages, copied



recipes from cookbooks, and printed some from our favorite websites. We even clipped recipes from our *Nutrition Nuggets* newsletters!

My son Tyler decorated a box to store our clippings. Now before we go to the grocery store, we pluck out a couple and buy any ingredients we need. On the menu this week: portobello mushroom shepherd's pie and chickpea gyros! ♥

ACTIVITY CORNER

Music and movement

Music is a great motivator when it comes to physical activity. Use these tips to encourage your child to be active and build large motor skills.

● **Songs with a twist.** Let your youngster create her own versions of familiar songs. For "The Hokey Pokey," instead of "turn yourself around," she might sing, "Do a forward roll" or "Run up and down the stairs." Or sing "If You're Happy and You Know It," and change the actions to "hop on one foot" or "touch your toes."



● **Make up dances.** Together, choreograph a dance routine using different combinations of moves. Each person could pick a dance step (leap, twirl, jump). Then, have your child use the steps to create a pattern. *Example:* Jump, twirl, twirl, leap, jump, twirl, twirl, leap. Put on music, and let her lead you in performing the routine. ♥

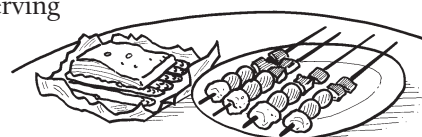
IN THE KITCHEN

Kid-friendly fish dishes

Hook your youngster on healthy fish with these flavorful recipes.

Tilapia foil packets

Your child can wrap these servings up like presents. Set out 4 foil squares. On each square, have her line up 6 asparagus stalks and top with a 4-oz. tilapia fillet. Let her sprinkle each fillet with 1 tsp. lemon juice and add 1 lemon slice. Now she should fold the foil tightly around each serving and place on a baking sheet. Bake at 400° until the fish flakes and the asparagus is tender, about 15–20 minutes.



Salmon and veggie kebabs

Invite your youngster to put together these colorful kebabs. In a bowl, gently toss 1 lb. of salmon chunks with 18 cherry tomatoes, 1 cup cubed red onion, 2 tbsp. olive oil, 1 tbsp. lime juice, 1½ tsp. thyme, and 1 tsp. minced garlic. On separate skewers, your child can thread 1 salmon piece, 2 tomatoes, and 2 onion cubes. Bake at 350° for 15–20 minutes until the fish is cooked through. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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