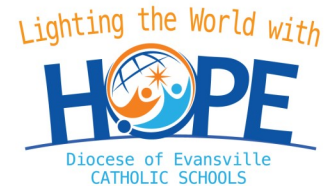


ST. BENEDICT CATHEDRAL SCHOOL PARENT NEWSLETTER



Our Mission:

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

| Upcoming Events | NEWS From Mrs. Ford |
|---|--|
| <p>Thursday, September 6th 6:00-7:00 PTO Open Meeting & Visit Classrooms</p> | <p>PTO SHOE COLLECTION...WE NEED MORE SHOES!!! We are short 600 pairs of shoes! We need at least 600 more pairs of shoes to receive our \$1,000. Spread the word! Bagged shoes should go to the homeroom teacher for collection until Sept. 16th!</p> <p>TOOLS FOR SCHOOLS \$1,000 GRANT VOTE, VOTE, VOTE EVERYDAY... Reading Writing, Arithmetic. All it Takes is One Quick Click! We Could Win a \$1,000 Grant from Old National! Visit oldnational.com/toolsforschools to vote before September 30th. Tell your family & friend to vote for St. Benedict Cathedral School!</p> <p>WELLNESS FOR STUDENTS UPGRADE GRANT (formally HEROES) St. Benedict Cathedral School has a continued focus on wellness for our students, families and staff. Studies have shown that healthy students, particularly those who engage in physical activity and healthy eating, are better learners. Please see the attached letter on page 4 of items we have integrated into our school environment. Also, as a reminder, no fast food and or Subway can be brought to school for lunches for students. This is part of our wellness plan for students.</p> <p>PTO CHILDREN'S SOCIAL \$5 PER CHILD DONATION Just a reminder that the \$5 per child Children's Social donation envelope is due tomorrow. Mark your calendars because Friday, October 12th is the day of the event. Volunteer signups will be emailed at a later date. Chance Stahl & Shannon Wilhite have been working hard already to make this day a success!</p> |
| <p>Friday, September 7th Alternate Dress for Students who sold 10 or more Raven Raffle Tickets PTO Children's Social \$5.00 Donation Envelopes are due today!</p> | |
| <p>Tuesday, September 11th 2nd Tuesday of each month is Spirit Day Students may wear a St. Ben's Spiritwear Shirt w/Uniform Shorts or Pants MHS SPIRITWEAR IS NOT PERMITTED</p> | |
| <p>Wednesday, September 12th 9:00 School Mass</p> | |
| <p>Sunday, September 16th Last Day of Shoe Collection We need 600 more pairs of shoes!</p> | |
| <p>Tuesday, September 18th School Picture Day...Students May Wear Alternate Dress PTO Zaxby's Giveback Night</p> | |

Lunch Menu for September 10th-14th \$2.75 per day/.50 Milk & Water

| 10 | 11 | 12 | 13 | 14 |
|------------------------|-----------------|------------------|-----------------|---------------|
| Grilled Chicken on Bun | WaCKY TaCoS | Chicken Tenders | Chicken Alfredo | Mexican Pizza |
| Potato Wedges | Tortilla Scoops | Whipped Potatoes | Peas | Salad |
| Baked Beans | Salad | Green Beans | Garlic Toast | Fresh Veggies |
| Fruit | Fruit | Fruit | Fruit | Fruit |
| | | Roll | | |
| Milk | Milk | Milk | Milk | Milk |

OTHER PERTINENT INFORMATION

Please logon to www.sycamoreeducation.com & click on the newsletter for information on the following items:

- Shoe Drive Flyer...page 3
- Wellness Letter to Parents...page 4
- MHS Mattress Flyer to Benefit the Music Department...page 5

**INDIANA UNIVERISTY BLOOMINGTON
SCIENCE FEST
SATURDAY, OCTOBER 27, 2018
9 am-3 pm**

Science Fest is an STEM educational day of fun in science, math and technology. IU Science Fest will be held on Saturday, October 27 from 9 am – 3 pm. This event will be the LARGEST open house event that IU has ever done, we keep adding partners daily. This event is free and open to the public with no registration required. We have activities for all ages!

To learn more, visit us at www.go.iu.edu/sciencefest



Shoe Drive!

We're making progress, but we still need more.

Last day to collect September 16!

Boxes in the south entrance of church and east entrance of school.

Accepting all shoes, flip flops to heavy boots, in gently used or new condition

Contact Lori Oliva with questions lori_slp@hotmail.com or 618-263-7799

September 6, 2018

Families of St. Benedict Cathedral School,

St. Benedict has a continued focus on fostering a culture of wellness for students, families and staff. Studies have shown that healthy students-particularly those who engage in physical activity and healthy eating-are better learners.

In 2013, our school received an Upgrade grant (formerly known as the HEROES Initiative), which provides the tools schools need to offer opportunities for students to win in the classroom through healthy choices and physical activity. Upgrade currently supports 30 schools with evidence –based programs to develop healthy student behaviors for daily success.

A few of the items that have been integrated into our school environment as part of this initiative include:

- *Movement-based Physical Education (K-8)
- *Walking Program: Raven Roamers (K-8)
- *Super-Food HEROES-a taste-test program for grade 4
- *Garden Towers-grade 3
- *Minds-in-Motion (Pre-school-elementary grades)
- *Policies ensuring healthy food or non-food classrooms celebrations and reward systems
- *Walk to School Day in Oct.
- *Race for Education in Nov.
- *Swag Group (middle school)
- *Guest Speakers on Nutrition

The school's wellness council drives these efforts and guides the school to view aspects such as fundraisers, school events, and classroom routines through a lens of health. We ask for your support as we continue to work together to improve our current programs and also create new healthy living opportunities for all those who enter our building.

Know that our wellness policy can be found on our school's website. We look forward to building a foundation that will ensure a sustainable culture of wellness far into the future.

Please feel free to contact me with questions regarding this initiative.

To your health,
Laurie Schopmeyer
Wellness Coordinator
lschopmeyer@evdio.org

4TH ANNUAL REITZ MEMORIAL MATTRESS FUNDRAISER

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- ✓ All Sizes Available! Delivery Available!
- ✓ Firm, Plush, Pillow Top, Latex, Gel Memory Foam, Air, Hybrid Mattresses
- ✓ All Mattresses are BRAND NEW with Full Factory Warranties!
- ✓ Adjustable Beds, Luxury Pillows, Sheets, Frames and Mattress Protectors!
- ✓ Cash, Check, Credit, Layaway and FINANCING AVAILABLE!



Adjustable Beds



Pillows

.com/CFSEvansville

jstreet@customfundraisingsolutions.com

.com/CFSEvansville

When: Sunday, September 16

Time: 11AM-5PM

Where: Memorial High School

Event Link: facebook.com/CFSEvansville



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