

Our latest parent pack is
online at
www.holyrosaryrams.org!



Find the following items:

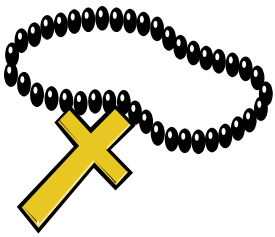
- **HRS Newsletter**
- **PTO Newsletter**
- **Bell Choir Sign ups**
- **September Lunch Menu**
- **September Café Newsletter**
- **Nutrition Nuggets**
- **Soup Kitchen Flyer**
- **Holy Rosary Family Movie Night Flyer**
- **Holy Rosary Gala Kick Off Party Invite**
- **Memorial Girls Golf-Spirit Wear**

follow us on
twitter

HolyRosaryEvv

Receive updates on when the next parent pack is posted and other upcoming events!

Please remember any submissions for our next parent pack need to be submitted to Mrs. Fredrich no later than 3pm on Wednesday, September 14th!



HRS NEWS

Holy Rosary Catholic School, 1303 S. Green River Rd., Evansville, IN 47715, Ph: 477-2271, Website: www.holyrosaryrams.org

September 1, 2011

Next Newsletter: September 15, 2011

The Holy Rosary School Newsletter is published approximately twice a month and posted on our website. Deadline for articles for the Newsletter is **Tuesday by 3 p.m.**

Dear Parents, Students and Staff,

Thank you for a great start to the school year!

Don't forget that our students do not have school on Friday, September 2 and Monday, September 5. Enjoy the four day weekend! Happy Labor Day!



Morning Drop Off: Thank you for your efforts to follow procedures in the morning for drop off. It is going fairly smoothly so far. Don't forget in the last ten minutes of drop off to pull up as far as possible along the sidewalk to allow more cars to unload. Remember, all students should exit on the sidewalk side of the vehicle.

After School Pick Up: Thank you for your efforts to make drop off safe and efficient for our students and families. We do, however, still have some families picking up in the front parking lot who have not contacted the office regarding special circumstances. It is vital that everyone follow the pick up procedures in the back lot *in order for us to safely supervise students* and keep traffic flowing. We also ask that when vehicles are already loaded and leaving HR property that drivers use caution entering or crossing Green River Road at the light. Some vehicles are speeding up to get through the light and we are concerned about safety at the light.

Next week, September 6-9, is Health Week at Holy Rosary. There is a more detailed flyer in the August 18th parent pack regarding health screenings at various grade levels.

Please know that the students and families of Holy Rosary Catholic School will be in our prayers every day of this school year. We look forward to the blessings a new school year brings as we work, play and pray together.

For the children,

Joan Fredrich ☺



LABOR DAY

Dear God,
we pray for the workers
of the world.
For those who care for animals and
those who grow our food.
For those who mine the coal and
those who run the trains.
For those who buy and sell and
those who keep the house.
For those who tend the sick and
those who keep us well.
For those whose work is dangerous,
please keep them safe.
Dear God, we pray for the workers
of the world.

Holy Rosary - the GREEN and the Gold!

Thank you for helping us to
GO GREEN-ER at Holy Rosary
by checking out the parent pack online!
Some forms that need to be filled out
and returned will still come home on
paper with your child.

To find this parent pack ONLINE,
go to www.holyrosaryrams.org.
Click the drop down list under
QUICK MENU.



NEWS FROM AROUND THE SCHOOL



MASS CANTOR SIGN-UPS

There will be an organizational meeting for all Gr. 8 students interested in cantoring at school Masses in the Music Room on Tues., Sept. 6, at 1:15 p.m.. At the meeting, cantors will be given cantor sign up forms to complete. Parents or guardian signatures are required on the form in order for a student to be eligible to cantor. Students are asked to complete and return the forms by Tuesday, Sept. 13.

Cantoring is a leadership position at Holy Rosary and involves helping lead others to God through song, which is sung prayer. Commitment, responsible actions, and an attitude of service through use of ones talents are all very important traits of a cantor. Our first cantor rehearsal will start on Sept. 20 at 1:15 p.m. in the Music Room. The first school Mass at which cantors will lead the music will be Oct. 13.

Congratulations to our Fire Wardens & Student Council



FIRE WARDENS FOR 2011-12

Lindsey Cameron, Brennen Nelson,
Joe O’Daniel, Ellie Sander,
Colin Throop & Olivia Vandever



STUDENT COUNCIL 2011-12

President: Max Scheu
Vice President: Holden Abshier
Secretary: Grace Abushalback
Treasurer: Max McCool
Appointed Official: Keagan Kumar

Homeroom Representatives:

- 8-A Alex Gerling, Joe O’Daniel
- 8-V Olivia Vandever, Ellie Sanders
- 7-A Will Talbert, Elise Milligan
- 7-S Abby Alexander
- 6-G Payton Kumar
- 6-H Dalton Kumar
- 5-D Christian Vandever
- 5-F Bryant Stofleth

Varsity Speech Judges’ Training Correction

The training has been moved to Tuesday, September 13 at 7:00 p.m. at St. Ben’s.



There are still yearbooks available from the 2010-11 school year.



CALENDAR OF EVENTS

- Sept. 1 Mass (K-8) 8:15 (7-A plans)
- 2 No School (Professional Development)
- 5 No School (Labor Day)
- 7 Spirit Dress
- 8 Mass (K-8) 8:15 (7-S plans)
(Feast of the Nativity of the Blessed Virgin Mary)
- 14 Free Dress & Picture Day
- 15 Mass (K-8) 8:15 (6-G plans)
(Our Lady of Sorrows)
- 21 Spirit Dress
- 22 Word Service (6-H plans)
- 29 Mass (K-8) 8:15 (5-D plans)
(Feast of Saints. Michael, Gabriel & Raphael-archangels)
- 30 Free Dress
- Oct. 3 Living Rosary (Carol Ann Gaddis plans)
- 5 Spirit Dress
- 5-6 Camp Ondessonk for 8th Graders
- 6 Last Day of First Quarter
- 6 Mass (K-8) 8:15 (5-F plans)
- 7 No School
- 12 HR hosts Varsity Speech Meet
- 13 Mass (K-8) 8:15 (4-G plans)
- 17-21 Parent/Teacher Conferences



BE AWARE.....and PREPARE
For the
SCHOLASTIC BOOK FAIR!

- Located in the Holy Rosary school Library
- September 18th, after 9 and 11 o’clock Masses, special invitation to Grandparents!
- September 19th through September 23rd, daily during school hours
- Personal checks written to Holy Rosary School accepted.
- Consider a gift for your child’s classroom from the “Teacher’s Wish List.”
- Remember upcoming birthdays, Christmas, or just a way to say, “I love you!”

HR PTO NEWS



Thanks to all who returned volunteer forms. The names have been forwarded to the chairperson of each event. The classroom volunteer forms have also been forwarded to the room contact parent. Contact parents are:

KC - Brandie Jones & Brandy Payne	KP - Ashley McFall & Vicki Wittmer
1D - Sherrie Fisher	1H - Jen Rusche & Alana Figgins
2A - Katie Phelps & Becky Nichols	2P - Andrea Myers & Lori Goris
3Sew - Lainie Becker & Marietta W.	3Sch - Sherrie Fisher & Brande Springer
4G - Elaine Edwards & Catie Diefenbaugh	4J - Melissa Rudolph & Jen Rusche
5F - Sandy Bitter	5D - Lori Goris
6H - Melissa Meuth	6G - Danielle Kumar
7A - Pam Jennings	7S - Raquel West
8A - Suzette Throop	8V - Leann Sander



Party Time!

It is time for the Fall Box Tops contest. We are once again collecting Box Tops, and Campbell's Labels. The homeroom with the most will get their choice of **pizza** party or **ice cream** party. The contest will start Sept 12.

Our collections allow us to purchase the Catholic School T-shirts for each child as well as support our Physical Education Program. Please contact Brande Springer (brande@brande.com or 812-746-7988) with any questions.

Spirit Wear

The order deadline for our second order is the end of school on Sept 6th. Embroidered items from the first order will be delivered next week. If you have any questions or issues with your first order please contact Suzette Throop.

Quick Reminder!!

Health Week is next week. Screening includes vision, height, weight, and scoliosis. Please contact Jen at 483-9564 if you can help!



PARISH YOUTH (BELL) CHOIR 2011-2012 FOR GRADES 3 & 4

Youth Choir is for parish children in grades 3-6.
(Note that Grades 5 & 6 have separate sign-up info.)

Here is some basic information you should know before signing up your child for choir.

1) **CHOIR REQUIRES ABILITY TO FOCUS.**

Your child will need to *focus for at least one hour* at each practice or Mass. This is an enjoyable yet challenging experience that requires effort and concentration. If your child would find this difficult, you may want to wait until next year.

2) **WE SING AND RING.**

The choir sings and rings hand chimes simultaneously. This may be difficult for some children. They will be memorizing all the melodies, reading lyrics and quickly identifying their note(s) on the page. We want your child to enjoy the experience and not be frustrated by it. If you have any questions about your child's ability to participate, contact the choir director or consult your child's teacher for advice.

3) **PROPER BEHAVIOR IS A MUST.**

The Parish Youth Choir is larger than a typical homeroom and works in a confined space. In order to have a safe, comfortable and productive one-hour practice, we must enforce proper behavior, especially in church. **The children are expected to be respectful, listen to the director, follow directions, and refrain from talking without permission, rough-housing or bothering others.** If a child repeatedly chooses to engage in improper behavior after being warned by the director or other adult, he or she may be asked to leave the group.

4) **CHOIR IS A COMMITMENT.**

Please refer to the Mass dates on the sign-up info form. Your child is expected to be here for the all scheduled choir Masses and practices. All practices are important and, of course, each Mass is extremely important. We need every child possible to be here. *Note: If you have special circumstances (your family travels out of town for Christmas Eve or Easter Sunday, e.g.,) but your child would like to participate in choir this year, please contact the director prior to signing up your child.*

Social and recreational activities, including athletic games, practices and tournaments will not be excused absences.

Please do not sign up your child for choir if there is any chance that you would choose to take him/her out of a choir practice or scheduled Mass for any of these reasons.

We need to know we have reliable members. **ASIDE FROM THE FACT THAT WE NEED EVERYONE TO SHOW UP, IT IS ESPECIALLY IMPORTANT THAT OUR CHILDREN LEARN THE IMPORTANCE OF HONORING A COMMITMENT.**

5) **FOR YOUR CHILD'S SAFETY:**

We ask that you **come into church** to pick your child from practice promptly at 4:00 p.m. Children whose parents have not picked them up on time will be taken to after-school care. Also, if you child will be picked up from practice or Mass by someone other than his/her parents, *Mrs. Jackson must be notified by a parent ahead of time via phone call, note or E-mail.*

If your child would like to commit to participating in choir, please complete and return the sign-up form by Friday, September 16th to Mrs. Jackson via homeroom or parish office. Direct any questions to Mrs. Jill Jackson, Director of Music, at jillj@hrparish.org or 477-8923 ext. 223.



2011 - 2012 HOLY ROSARY YOUTH (BELL) CHOIR

SIGN UP INFO FOR GRADES 3 & 4

(Grades 5 & 6 have a separate sign-up form)

WE WILL SING FOR:

CHRISTMAS EVE MASS	Sat., Dec. 24, 2011	4:00 p.m.
SCHOOL MASS	Thu., Jan. 5, 2012	8:15 a.m.
PARISH MASS	Sat., Jan. 7, 2012	5:00 p.m.
SCHOOL MASS	Thu., Feb. 2, 2012	8:15 a.m.
PARISH MASS	Sun., Feb. 12, 2012	9:00 a.m.
EASTER SUNDAY MASS	Sun., Apr. 8, 2012	9:00 a.m.
SCHOOL MASS	Thu., Apr. 12, 2012	8:15 a.m. (<i>Last choir date</i>)

PRACTICES: TUESDAYS in church from 3:00 - 4:00 P.M. (A detailed calendar will be provided.)
 (Exception: 2 Monday night practices from 6:00-7:30 p.m. on December 19, 2011 and March 19, 2012 that replace usual Tuesday practice those weeks.)

Tuesday, October 4 th	First practice:	<u>NEW MEMBERS ONLY</u>
Tuesday, October 11 th	Second practice:	<u>ALL MEMBERS, NEW & RETURNING</u>

Please fill out the sign-up form and return it to Mrs. Jill Jackson via homeroom or parish office by
FRIDAY, SEPTEMBER 16, 2011.

► We must have your permission IN ADVANCE in order for your child to participate.

You will receive a complete schedule and further information when you return the sign-up form provided.
 Questions? Contact Mrs. Jill Jackson at the parish office at 477-8923 ext. 223 or e-mail jillj@hrparish.org



SIGN-UP FORM
HOLY ROSARY PARISH YOUTH (BELL) CHOIR 2011-2012
Grades 3 & 4
 (Grades 5 & 6 have a separate sign-up form)



**Please return this form ONLY to Mrs. Jackson via homeroom or parish office by
 FRIDAY, SEPTEMBER 16, 2011.**

We must have this COMPLETED FORM BEFORE your child attends a practice!

Name of Student _____ Grade & Teacher (4-J, e.g.) _____

Name of Parent(s) _____

Address _____ Zip _____

Phone Day _____ Evening _____

E-mail Address: _____

Emergency Contact (name & phone) _____

Any special needs or issues the director should be aware of :

**I have read the parent information sheet and I understand and accept all of its conditions.
 I give my permission for my child to participate in the Holy Rosary Parish Youth Choir 2011-2012.**

Parent Signature

Date



PARISH YOUTH (BELL) CHOIR 2011-2012

CHOIR ASSISTANTS - GRADES 5 & 6

Youth Choir will consist of children from grades 3 – 6.

As a 5th or 6th grader, your child is invited to sing and ring in the choir and also serve as a choir assistant.

He or she will help teach the new choir members and assist the director in other ways as needed.

The choir assistant plays an important role as mentor and role model for the younger members.

The following information applies to all those in grades 3-6 participating in choir.

- 1) **CHOIR REQUIRES ABILITY TO FOCUS:** Your child will need to *focus for at least one hour* at each practice or Mass. This is an enjoyable yet challenging experience that requires effort and concentration. If your child would find this difficult, you may want to reconsider.
- 2) **WE SING AND RING** hand chimes simultaneously. This may be difficult for some children. They will be memorizing melodies, reading lyrics and quickly identifying their note(s) on the page. We want your child to enjoy the experience and not be frustrated by it. If you have any questions about your child's ability to participate, contact the choir director or consult your child's teacher for advice.
- 3) **PROPER BEHAVIOR A MUST:** The Youth Choir is larger than a typical homeroom and is in a confined space. In order to have a safe, comfortable and productive one-hour practice, we must enforce proper behavior. **The children are expected to be respectful, listen to the director, follow directions, and refrain from talking without permission, rough-housing or bothering others.** It is important for the children to observe proper behavior in church. If a child repeatedly chooses to engage in improper behavior after being warned by the director or other adult, he or she may be asked to leave the group.
- 4) **CHOIR IS A COMMITMENT.** Please refer to the dates on the sign-up info form. Your child is expected to be here for the all scheduled choir Masses and practices. (*Note: An exception may be made if your family will be out of town for Christmas or Easter and your child would like to participate in choir this year. Contact the director about this prior to signing up your child.*) We have a lot of music to learn, so practices are important. **Athletic games, practices or tournaments are not excused absences. If there is a chance that you would choose to take your child out of a choir practice or Mass for an athletic event that may arise, you should not sign him or her up.** We need ALL the children here so that no chimes are missing. Imagine a symphony orchestra if some of the instruments weren't there! **MOST IMPORTANT OF ALL IS THAT OUR CHILDREN UNDERSTAND THE CONCEPT OF HONORING A COMMITMENT.**

If your child would like to participate as a choir assistant, *please complete and return the sign-up form by Monday, September 12th to Mrs. Jackson via homeroom or parish office.* Direct any questions to Mrs. Jill Jackson, Director of Music, at jillj@hrparish.org or 477-8923 ext. 223.

2011 - 2012 HOLY ROSARY YOUTH (BELL) CHOIR



SIGN-UP INFO FOR GRADE 5 & 6 CHOIR ASSISTANT

(Grades 3 & 4 have a separate sign-up form)

WE WILL SING FOR:

♪ <u>CHRISTMAS EVE MASS</u>	Sat., Dec. 24, 2011	4:00 p.m.
♪ <u>SCHOOL MASS</u>	Thu., Jan. 5, 2012	8:15 a.m.
♪ <u>PARISH MASS</u>	Sat., Jan. 7, 2012	5:00 p.m.
♪ <u>SCHOOL MASS</u>	Thu., Feb. 2, 2012	8:15 a.m.
♪ <u>PARISH MASS</u>	Sun., Feb. 12, 2012	9:00 a.m.
♪ <u>EASTER SUNDAY MASS</u>	Sun., Apr. 8, 2012	9:00 a.m.
♪ <u>SCHOOL MASS</u>	Thu., Apr. 12, 2012	8:15 a.m. <i>(Last choir date)</i>

PRACTICES: Most TUESDAYS in church from 3:00 - 4:00 P.M.

(Exception: 2 Monday night practices from 6:00-7:30 p.m. on December 19, 2011 and March 19, 2012 that replace usual Tuesday practice those weeks.)

October 4th – First practice: NEW MEMBERS & CHOIR ASSISTANTS ONLY

October 11th – Second practice: ALL MEMBERS, NEW & RETURNING

Please fill out the sign-up form and return it to Mrs. Jill Jackson via homeroom or parish office by

MONDAY, SEPTEMBER 12, 2011.

► We must have your permission IN ADVANCE in order for your child to participate.

You will receive a complete schedule and further information when you return the sign-up form provided.

Questions? Contact Mrs. Jill Jackson at the parish office at 477-8923 ext. 223 or e-mail jillj@hrparish.org

SIGN-UP FORM
HOLY ROSARY PARISH YOUTH (BELL) CHOIR 2011-2012
CHOIR ASSISTANTS GRADES 5 & 6
(Grades 3 & 4 have a separate sign-up form)

Please return this form to Mrs. Jackson via homeroom or parish office by

 **MONDAY, SEPTEMBER 12, 2011** 

We must have this COMPLETED FORM BEFORE your child attends a practice!

Name of Student _____ Grade & Teacher (5-D, e.g.) _____

Name of Parent(s) _____

Address _____ Zip _____

Phone Day _____ Evening _____

E-mail Address: _____

Emergency Contact (name & phone) _____

Any special needs or issues the director should be aware of:

I have read the parent information sheet and I understand and accept all of its conditions.

I give my permission for my child to participate in the Holy Rosary Parish Youth Choir 2011-2012.

Parent Signature

Date

SEPTEMBER LUNCH MENU

Alternate Sandwich is **PBJ**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1	2	
		Beef & Cheddar Sandwich French Fries Baked Apples Cookie Milk	NO SCHOOL	
5	6	7	8	9
NO SCHOOL	BBQ Chicken Sandwich Baby Carrots Banana Baked Chips Milk	Popcorn Shrimp Jicama Salad Pineapple Cornbread Milk	Sloppy Joes French Fries Baked Apples Brownie Milk	Toasted Cheese Caesar Salad Fresh Kiwi Strawberry/Banana Yogurt Milk
12	13	14	15	16
Ravioli Corn Pears Breadstick Milk	Turkey Wrap Black Bean Salad Mandarin Oranges Tostitos Milk	Chicken Nuggets Mashed Potatoes Mixed Fruit Roll Milk	Lasagna Tossed Salad Apple Sauce Breadstick Milk	Chicken Salad Sandwich Fresh Broccoli w/Dip Peaches Muffin Milk
19	20	21	22	23
French Toast Sticks Tater Tots Sliced Oranges Sausage Milk	Hamburger French Fries Pears Cake Milk	Sweet & Sour Chicken Stir Fry Veggies Applesauce Rice Milk	Citrus Herb Talapia Broccoli w/Cheese Pineapple Tidbits Garlic Cheese Biscuit Milk	Cheesy Breadsticks Carrots Peaches Marinara Sauce Milk
26	27	28	29	30
Turkey Corn Dogs Corn Peaches Brownie Milk	Sub Sandwich Celery Sticks w/Dip Mixed Fruit Chips Milk	Little Caesar's Pizza Fresh Baby Carrots Kiwi Cookie Milk	Bruchetta Chicken Spinach Salad Mandarin Oranges Breadstick Milk	Walking Taco Refried Beans Pineapple Cookie Milk

LUNCH - \$2.10 A DAY/\$10.50 PER WEEK. LUNCH CAN BE PAID BY CHECK OR CASH.

PLEASE PAY ALL MONEY ON MONDAY IF POSSIBLE. PARENTS ARE WELCOME TO EAT ANY DAY - \$2.35 ADULT.

RESERVATIONS MUST BE MADE BY 9:00 A.M. MILK IS \$.40, JUICE IS \$.50, WATER IS \$.50, AND EXTRA ENTRÉE OR SANDWICH FOR STUDENTS IS \$1.00.

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Cafeteria Manager: Lori Schutzius (477-3518)

SEPTEMBER

Mrs. Schutzius
Holy Rosary Cafeteria

Volume 1 Issue 2

Café News

New Menu Items

Exciting food choices available this month!

September 1 - Beef & Cheddar Sandwich

September 16 - Chicken Salad Sandwich

September 29 - Bruschetta Chicken Pasta

ChooseMyPlate.gov

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Don't forget about the lunch price increase.

Students: \$2.10

Adults: \$2.35

Balancing Calories

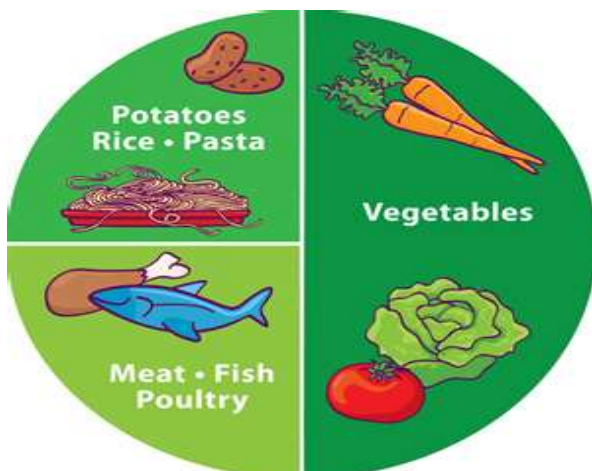
- Enjoy your food but eat less.
- Avoid oversized portions.

Foods to increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat 1% milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals-and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



Be Physically Active Your Way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

- Walking
- Jogging
- Jumping Rope
- Riding a Bike
- Just playing outside

These are just a few ideas.



Recipe of the Month

20-Minute Chicken Creole

Serving Size: 1 cup

Yield: 8 Servings

Ingredients:

- 1 T. vegetable oil
- 2 whole chicken breast, skinless, boneless, cut into ½-inch strips
- 1 can (14.5 ounce) diced tomatoes with juice
- 1 cup chili sauce, low sodium
- 1 large green pepper chopped
- 2 celery stalks, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp. dried basil
- 1 tsp. dried parsley
- ¼ tsp. cayenne pepper
- ¼ tsp. salt

Preparation:

1. In a large pan, heat oil over medium-high heat.
2. Add chicken and cook 5 minutes, stirring occasionally.
3. Reduce heat to medium and add remaining ingredients.
4. Bring to a boil and then reduce the heat to low. Simmer, covered for 15 minutes.
5. Serve over hot, cooked rice or whole-wheat pasta.

Nutrition Totals

Per Serving:

Calories	250
Total Fat	15 g
Saturated Fat	2g
Sodium	150 mg
Protein	5 g

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2011

Holy Rosary Catholic School
Mrs. Joan Fredrich, Principal

BEST BITES



Divide leftovers

Here's an easy trick to help family members avoid overeating. When you're putting away leftovers, package them into individual servings. That can keep your children (or you) from spooning out supersize portions! *Tip:* Stock up on small plastic containers, or put leftovers into teacups and cover with plastic wrap.

DID YOU KNOW?

Everyday fun and games count



toward the hour of daily exercise recommended for youngsters.

Encourage your child to jump rope, play tag with neighborhood friends, dance to music in the living room, or ride a scooter after dinner. It all adds up!

Cut the ketchup

Dipping food in ketchup is popular with many children. But there's a downside: ketchup can be high in sodium—and too much sodium isn't good for anyone. Try switching to low-salt ketchup (read food labels to compare amounts per serving). Or put out other options for dipping, such as hummus or mustard.

Just for fun

Q: What has 300 feet but no legs?

A: A football field!



A healthy start

New teachers, new textbooks, new friends... and new ways to be healthy! Get this school year off to an excellent start with these strategies for helping your child eat well and stay active.

Go over school meals. Your youngster can have two healthy meals at school—breakfast and lunch—by making smart choices in the cafeteria.

Together, go over the school menu and discuss healthy options (take extra vegetables, choose fat-free milk). Then, have her circle what she'll put on her tray.

Keep moving. School days usually mean more time sitting at a desk and less time running around. Make sure your child stays active during nonschool hours by playing outside. If she'll be in after-school care, look for programs that include daily physical activity, even on rainy days.

Get a checkup. Visit a doctor or clinic at least once a year to keep an eye on your



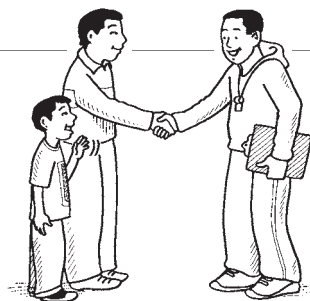
youngster's health. This will also get your child in the habit of monitoring her own health and help her establish a doctor-patient relationship. While there, you can find out if she is at a good weight for her height—and get advice if she's not. Also, be sure that your child is cleared to play sports.

Note: Your youngster needs about 9–11 hours of sleep each night. Develop a bedtime routine (bath, book, tuck-in, lights-out) that helps her wind down gently and fall asleep. ♥

Support PE

PE class can be a fun—and an active—part of your youngster's school week. Help him make the most of PE with these suggestions:

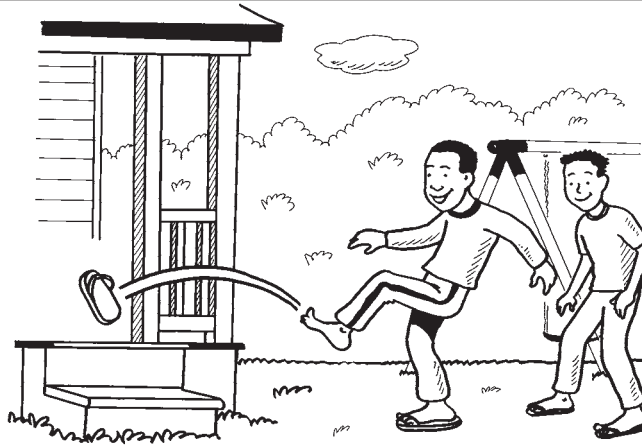
- Show interest in what your child does in gym class. Ask him to tell you about the skills he worked on or the games he played. Better yet, let him teach you what he learned—explaining the steps will give him practice and boost his confidence.
- When your youngster is excited about a PE unit (basketball, tumbling), consider enrolling him in a sports league or program. He'll get healthy exercise while doing something he enjoys.
- Introduce yourself to the PE teacher at back-to-school night. Then, from time to time, email or send a note asking about your child's progress. Staying in touch will show the teacher and your youngster that you care about PE. ♥



Outdoor games

School is back in session, but there are still plenty of daylight hours for playing. Keep your youngsters active with games like these.

Flip-flop golf. Design a “golf course” with objects outside (fire hydrant, swing set, porch steps). The goal is to get through the course with as few “kicks” as possible. To play, take turns kicking off a sandal toward the first object. When it lands, run to that spot, put the sandal back on, and kick it



toward the next goal. Keep going until you finish the course. The lowest score wins.

Bounce a ball. Play this game against the side of a building (your house, a school wall in the playground area). First, mark off a large box on the ground next to the wall. Then, the first player throws a tennis ball against the wall. The second player has to catch the ball—in the air or on one bounce—and throw it back against the wall. If it bounces more than once or bounces outside the box, the other person gets a point. High score wins. ♣

ACTIVITY CORNER

Build a salad

Combine science and healthy eating by helping your youngster learn about plant parts while making a salad he'll want to eat.

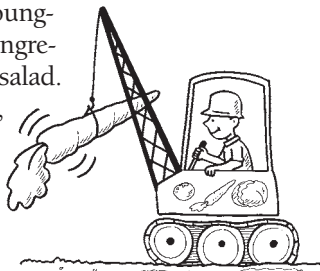
First, take a trip to the grocery store or a farmers' market. Look at the produce with your child, and try to spot different parts of plants, such as:

- Leaves:** lettuce, spinach, swiss chard
- Roots:** carrots, onions, beets, radishes
- Stems:** asparagus, celery
- Fruit:** tomatoes, cucumbers, squash
- Seeds:** corn, peas, sunflower seeds

Let your youngster pick out ingredients for his salad.

Back at home, he can put together his creation. Show him how to rinse

vegetables in running water. Then, he can tear leaves, peel carrots, shell peas, and—with your help—carefully slice cucumbers or squash. As your family enjoys his salad with dinner, he can point out the plant parts you're eating. ♣



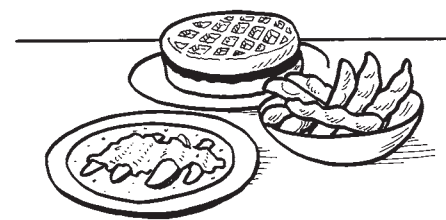
IN THE KITCHEN

After-school snacks

Your child comes

home from school or after-school care and is starving! What can you serve that is healthy, will fill her up, and won't ruin her dinner? Try these ideas:

- Toast two small whole-grain waffles. Spread peanut butter on one waffle and jelly on the other, and squeeze together for a PBJ-and-waffle sandwich.
- Microwave frozen edamame (soybeans) for a fun-to-eat snack. Your youngster can pop the beans right out of the pods—and into her mouth!
- On a whole-wheat tortilla, layer pear slices and provolone cheese. Microwave



until cheese melts (about 30 seconds). Roll up tightly.

- Make frozen yogurt on a stick. Stir together 2 cups low-fat vanilla yogurt and 1 cup blueberries or chopped strawberries (or both). Pour into ice cube trays, stick a pretzel rod into each section, and freeze. ♣

Q & A Liking your body

Q: My daughter is only in elementary school, but she's already worrying about what her body looks like. How can I help her feel good about herself?

A: Children can be sensitive about their bodies from an early age, so you are smart to pay attention to this now. Try to help her focus on healthy eating and being active, rather than on how she looks. For example, you might compliment her for making a good food choice or for playing hopscotch rather than watching TV. Also, you could

encourage her to join a sports team.

Girls who play sports tend to feel better about their bodies and have greater self-esteem.

Make sure your daughter realizes that gaining weight is a normal part of growing up. Discourage her from weighing herself too often or making negative comments about her own body or other people's. Instead, point out that there isn't one “ideal” body size or shape—the important thing is to be healthy. ♣



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
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

SOUP KITCHEN OPPORTUNITY

Some recent volunteers shared:

... It wasn't hard like I thought it would be.

I loved it! I want to do it again...

I felt really good afterwards.

The Soup Kitchen ministry is important to our church as we have been asked by God to serve His people. What a wonderful opportunity to carry out God's will! Please take some time to look at the available dates. Email, call, or send in this paper to the school office so that you can contribute to this great ministry!

Soup Kitchen Information: The Soup Kitchen is held every Sunday at St. John's on Bellemeade. Holy Rosary Catholic Parish ministers our time and talents on the third and fourth Sunday of each month. Each Sunday afternoon, two shifts of four people each prepare food (10:30-12:30) and then serve the food (1:30-3:30). Someone will let you know what to do once you arrive at St. John's! It's that easy!

New Volunteers

If you are not yet signed up to be a volunteer with the Soup Kitchen, here is your chance. On the back of this paper are the upcoming dates and shifts that we do not have all the way filled. Please contact us so that we can mark you down on our schedule.

Current Volunteers

Many of the previous Soup Kitchen volunteers have already stepped up and filled many of the positions! If you have not heard from us this week to confirm your future dates, please touch base with us again.

Flip the Page

If you choose to do the shopping/cooking position, we will provide the menu and reimburse the cost.

Date	# of Volunteers	Duty	Time
Sept. 25	1	shopping/cooking	10:30-12:30
	3	serving	1:30-3:30
Oct. 16	3	serving	1:30-3:30
Oct. 23	1	shopping/cooking	10:30-12:30
	3	cooking	10:30-12:30
Nov. 27	1	shopping/cooking	10:30-12:30
	3	cooking	10:30-12:30
Dec. 25	1	shopping/cooking	10:30-12:30
	3	cooking	10:30-12:30
	4	serving	1:30-3:30
Jan. 22	4	serving	1:30-3:30
Feb. 19	1	serving	1:30-3:30
Feb. 26	3	cooking	10:30-12:30

Older children are welcome to volunteer during the serving shift with a parent.

We also have other dates that are available through August of 2012. We would be glad to share these with you, too!

If you do not want to volunteer to cook or serve, we could use someone to do the shopping. The food would need to be dropped off at 10:30. Again, we would provide the menu, and you would be reimbursed. This would be a great service!

Please contact Danielle Davis or Dande Osborne. Thank you for considering this wonderful opportunity. We look forward to hearing from you.

Danielle Davis
867-2677
ddavis@hrparish.org

Dande Osborne
431-2732
dandeosborne@gmail.com

Holy Rosary Family Movie Night

Under the Stars

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Bedtime Stories

Saturday September 10th @ 7:30p.m.

After Mass in the Courtyard

**Bring your blankets and chairs to sit out under the stars. Picnic baskets or take out are welcome during the movie. Popcorn will be served to all movie goers!*

P.S. Cookie Committee

Come meet Holy Rosary's Cookie Lady! If interested in volunteering in the community, having fun as a family or individual, or interested in earning service hours, come by after mass for more information.

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Stay for the movie and enjoy a cookie on us!

BACK TO THE FUTURE



Holy Rosary Gala

20th Anniversary

Kick Off Party

September 17, 2011

Edgewater Grille, Upper Level

6PM – Hors d'oeuvres and Beverages

6:30-7:30PM – Meeting

**RSVP to Stacey Smith at 909-4310 or
scsmith3@gmail.com by Sept. 15th**

Join us for a no-hosts dinner following the meeting.

Memorial Girls Golf - Spirit Wear Order Form

Item #1 - Navy V-Neck T-Shirt with light pink and white print - \$15

This is a great V-Neck shirt that is more of a designer type T-shirt. It is slightly fitted with superior quality!

Item #2 - Royal Cotton Short Sleeved T-Shirt - \$12

This is a very nice basic T for the parents or anyone else who wants to support the Lady Tigers!!

Item #3 - Royal Cotton Long Sleeved T-Shirt - \$15

This is a very nice basic long sleeved T for parents, players and fans!

Item #4 - Free Swing Windshirt - \$50

This is a ladies lined zippered windshirt, embroidered with the Lady Tiger Logo!

Item #5 - Pullover Sweatshirt with Paw Print in Hood - \$35

This is a nice, basic Sweatshirt with the extra touch of a paw-imprinted hood!

Item #6 - Shorts with Zebra stripe on side and bright pink logo on left leg - \$25

Tiger golf shorts with Zebra stripe on side and bright pink logo on left leg!

Item #7 - Sweatpants - \$30

Comfy sweatpants with white paw prints on left leg and GOLF written on the back!

Please complete below and email Debbie Hinton at debbie_hinton@sbcglobal.net to place your order

Item # _____ Quantity _____ Size(s) _____ Cost _____

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Item # _____ Quantity _____ Size(s) _____ Cost _____

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Item # _____ Quantity _____ Size(s) _____ Cost _____

Thank you for your support of the Memorial Lady Tigers Golf Team!!