



ST. JOSEPH'S CATHOLIC SCHOOL



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Braves' Bulletin – October 5, 2011

Calendar of Events

State In-Service Days	Thurs. & Fri., Oct. 6 & 7, No School
Safe Environment Class	Sat., Oct. 8 (10 a.m.), St. Mark's, Boise Rsvp w/ Phyllis Sawyer at psawyer@stmarksboise.org
Family Day	Sun., Oct. 9, Attend Mass Together!
All School Mass	Tues., Oct. 11 (8:30 a.m.), All Welcome!
Fall Conference	Fri., Oct. 14, No School
HSA Meeting	Tues., Oct. 18 (5:30 p.m.), Library, <u>Different Time & Place</u> - All Welcome!
School Board Meeting	Wed., Oct. 19 (5:30 p.m.), Library, All Welcome!
Red Ribbon Week	Mon. – Fri., Oct. 24 – 28
Picture Retakes	Fri., Oct. 28 (8-9 a.m. only)
End of First Quarter	Fri., Oct. 28, Noon Dismissal
Open House/Party	Sun., Oct. 30 (11 a.m. – 1 p.m.), All Welcome!
Book Fair	Mon. – Fri., Oct. 31 – Nov. 4, Library, All Welcome!
Parent-Teacher Conferences	Thurs., Nov. 3, Noon Dismissal
Parent-Teacher Conferences	Fri., Nov. 4, No School
Friendship Feast	Thurs., Nov. 10

A Message from the Principal

Dear Parents,

I am looking for your assistance. Now that we have some vacant wall space, I am hoping to **create a “Memory Wall” with pictures from the past 111 years of St. Joseph’s.** If you know previous students or parents of previous students, would you please make an effort to ask them for old pictures of students or activities here at our school? We would be delighted with originals, but if they prefer, we could certainly make copies and return the originals. I know that there are moms and grandmothers in our community that have these pictures; please help us get copies of them. If we wait too long those treasures will be lost to us forever!

This week and last, we have been concentrating on **MAP testing**, and I am sure your children have been keeping you informed. We appreciate the great job you do at home making sure they are well-rested and well-fed before coming to school and having to take a two hour computer test. They are doing very well and, as usual, doing exactly as we ask.

This Thursday and Friday are State In-Service days, so I want to thank each of you for allowing us this time to work and learn together. The ultimate beneficiaries will be our students! **Next Friday**, October 14 is also a “no school day” for students, as it will be our **Fall Catholic Conference**. Again, it is an opportunity for our staff to attend sessions that will renew our Catechist Certification and reinforce our Catholic Identity here at St. Joseph’s.

I would like to invite all parents to our **October HSA meeting**. It will be an evening meeting to enable those of you who are interested but unable to attend day time meetings. It is nice to attend just to be aware of who our officers are and all that they are doing for our school. Hope to see many of you at this HSA meeting!

On Tuesday at Mass, we recognized our **Students of the Month for September. Congratulations to:** KAM-Alison Turcke, KALL-Lucy Glynn, 1Ca-Bella Boudreau, 1Co-Sadie Ball, 2Se-Andrew Fritz, 2Sk-Parker Anderson, 3R-Aslan Trapp, 3S-Daniel Wilson, 4B-Molly Elliott, 4S-Cooper Stukel, 5J-Andrea Wilson, 5W-Elizabeth Joy, 6G-Keelie Sirhall, 6R-Caleb Elliott, 7-Ryan Wilson, 8M-Kaed Benski, and 8Y-Ryan Melvin. We are very proud of these students who have done a consistently great job in all areas of the school!

Upcoming events this month that are very important, more information to come:

- October 24-28: Red Ribbon Week, “Say NO to Drugs”.
- October 31-November 4: St Joseph’s Book Fair. A GREAT opportunity to do your Christmas shopping!
- November 3 & 4: Parent Teacher Conferences.

An Invitation: St. Joseph’s Catholic School would like to invite all families, friends, alumni, and parishioners to an **Open House/Halloween Party on Sunday, October 30 from 11 a.m. – 1 p.m.** This is an opportunity to tour our new facility, meet some of the staff and ask questions about the school. If any of you have friends or relatives who might be interested in joining our community, please invite them to come with you. In the spirit of Halloween, there will refreshments for parents and candy for the children!

Respectfully,
Antonia A. Bicandi

Kitchen Assistant Position Available

The Kitchen Assistant position is currently available. If you are interested, please download the application from our website:

http://stjoes.com/documents/StJosephsSchool_ApplicationForEmployment.pdf

Please contact Karen Page (Kitchen Manager) with any questions at 949-0393 or email at kilyter@msn.com

Lost-and-Found

All items left in our **Lost-and-Found** bucket located at the bottom of the middle stairway off the main hallway will be sent to St. Vincent de Paul on **Friday, October 14**. If your child's name is legible, all items will be returned. Uniform items with no names will be given to our Used Uniform Sale and the non uniform items with no names will be sent to St. Vincent de Paul.

Nurses' Notes

Fabulous Fall Fruits and Vegetables:

In many parts of the country, fall means a bountiful harvest of fruits and vegetables that are not only delicious and nutritious, but also fascinating in their history and their place in our traditions. Apples, pear, squash, pumpkins and sweet potatoes are ancient world travelers. Taste testing of recipes with these foods can be integrated with family dinners and history, geography, science, health, sociology and even mythology.

Apples are ancient. Apples are believed to have originated in the forests of the Tien Shan Mountains in eastern Kazakhstan and appear in historical records from before 8000 B.C. From there, they made their way via trade routes to the Fertile Crescent of the Middle East, then to Europe and America.

Besides being crunchy, sweet and filling, apples are a good source of soluble fiber and flavonoids, plant chemicals that have antioxidant and anti-inflammatory activity. Apples contain no salt or fat. Fresh local apples in season have a crunch and sweet-tart flavor that cannot be duplicated. Offer apples whole, fresh, baked, in slices with low fat yogurt dip, in applesauce or even on salads with chicken tenders, low fat cheese or walnuts/almonds. Younger children will find apple slices easier to eat than whole apples.

Pumpkins are a Native American vegetable. Seeds from plants similar to pumpkins have been found in Mexico that date back to 7000 to 5500 B.C. Native Americans roasted long strips of pumpkins over an open fire and early American settlers used them in a variety of soups and stews. The earliest version of pumpkin pie may be been a whole pumpkin with the top and seeds removed, filled with milk, honey and spices and baked in the hot ashes of a dying fire.

Pumpkins are an excellent source of the antioxidant beta-carotene, are fat free and low in sodium. In addition to the traditional pumpkin pie, they are excellent in muffins, breads and soups and puddings. Canned pumpkin is easily available and works well in breads, muffins and cookies.

Linda Miller
School Nurse

School Counselor

Making Good Choices

I have been working with your students these past two weeks on making good choices in their lives and schoolwork. Students identified that they are mainly taught right from wrong by their parents, however teachers, the church, their peers, and media, also influences their decisions. I encouraged the students to step up when they are faced with a choice they know in their hearts is wrong and do the right thing they have been taught. We discussed that when we make bad choices, we need to take responsibility and learn from them rather than making the choice again. If possible, talk with your child about what they might do in certain situations. This will help to open up conversation about guiding them in right choices.

Last week, Jennifer Sengleman sent out a parent letter regarding our Program for Peace, which will be starting soon. The first step in the program will be completing a survey regarding the current social situations at St. Joe's. Please be on the lookout for this survey as your input will be greatly appreciated. Once we compile the surveys, parents will receive the policies of the program and we will have school-wide assemblies to kick off the program. This will be an exciting change for St. Joe's and I hope parents will be supportive of the program. Thank you!

Betsy Miller
School Counselor

Lunch Calendar

You may download our **October** lunch calendar at http://www.stjoes.com/calendar_food.html

Student Handbook

You may download our **Student Handbook** at http://www.stjoes.com/about_handbook.html

Field Trip Driver Requirements

- A photocopy of your driver's license.
- A copy of your declaration of insurance form showing at least **\$300,000 in liability coverage**.
- Forms 1 and 2 found here: <http://www.stjoes.com/forms.html>
- Safe Environment Class.

These will be kept on file for the current school year but must be **resubmitted each school year.**

Athletics and Activities

All games begin at 4:15 p.m. All buses depart from Sacred Heart School. Athletes may be checked out from school no more than 20 minutes prior to bus departure time.

TVCS Football

Oct. 5 @ Middleton – Bus departs at 3:15 p.m.
Oct. 12 @ Vallivue

TVCS Girl's Basketball

Oct. 10 1st day of practice. 6-8 p.m. @ Sacred Heart School. (**7th grade:** Practice will begin on Monday, Oct. 10, with three days of tryouts. There will not be cuts, but placement onto an A,B, or possibly C team. The coaches are Jeff Wokersien & Tim Garland).

TVCS Wrestling

Oct. 10 1st day of practice. (Time & place to be announced later)

TVCS Dance

Oct. 21 @ St. Mary's (7-9 p.m.), \$5.00 + can of food + student ID

Attn: TVCS Parents: From the St. Joe's website click the TVCS button (left side toward the bottom) or go to <http://tvcs.rcdb.org> for all updated practice, game schedules and registration forms. Contact Brock Carpenter at 344-9738 (Sacred Heart School) with any questions.

YMCA

The YMCA's **Harrison Classic** 1 mile run for kids is this Sunday, October 9th at 3 p.m. Check out their website for updates, registration, course maps, race details, and results: ymcatvidaho.org

Register online for **Y Basketball and AAU** for girls and boys in Kindergarten through 9th grade.

Grant Opportunities

Opportunity For Middle Schoolers Who've Performed Service Work this Past Year

If you've made a difference through volunteering over the past year, you could win \$1,000 and a fabulous trip to Washington, D.C. next May by applying for a Prudential Spirit of Community Award! Click here (<http://spirit.prudential.com/view/page/soc>) to apply and follow the on-screen instructions. Once you have completed your online application, go to the "Certification" page to either email certification instructions to Maureen Ayers at ayersm@stjoes.com, or print them out and hand-deliver them to the office. This must be done by **November 1, 2011**. Print out the signature page of your application, sign it, have a parent or guardian sign it, and then either mail or scan and upload it to the application site by **November 1, 2011**. (If you do not have Internet access, please call 877-525-8491 toll-free to receive a paper form.)

All state-level honorees will be announced in February. The top middle level and high school applicant in each state and the District of Columbia, will receive an unrestricted award of \$1,000, an engraved silver medallion, and an all-expense-paid trip with a parent to Washington, D.C., next May 5-8. From two to ten runners-up in each state, called Distinguished Finalists, will get bronze medallions. Other state-level winners will receive Certificates of Excellence. Finally, ten of the State Honorees will be named America's top ten youth volunteers of the year at a special ceremony in Washington, D.C., on May 7, 2012. These National Honorees will be awarded an additional \$5,000, gold medallions, crystal trophies, and \$5,000 grants for the charities of their choice.

News from our Parish – St. John's Cathedral

Ministry Fair!

Make plans now to attend the parish Ministry Fair in the Parish Hall next Saturday, October 15 (6-7 p.m.) or Sunday, October 16 (9 a.m. – 3 p.m.). At the Fair you will see displays and be able to ask questions about the many ministries and activities here at the Cathedral. Attend the Fair so that you can better discern your Stewardship Commitment on Commitment Weekend, October 22-23.

Wine and Cheese Social

Come to the Parish Hall for wine and treats after the 5 p.m. Mass (Saturday, October 15, 6 p.m.) and check out all that is happening at the Ministry Fair.

Parish Clergy Appreciation Potluck

Friday, October 28 (6-8 p.m.) in the Parish Hall is our annual Parish Clergy Appreciation Potluck. Fr. Henry, Fr. Jose, Deacon Steve, Deacon Tom, Deacon Jack, and Deacon Ken will be honored. You're invited to bring a potluck dish, according to your last name:

- A-F Desserts
- G-K Salads
- L-Q Meatless Casserole / Main Dish
- R-Z Soda, Juice, Water

So that the Vocations Committee and Knights of Columbus will know approximately how many parishioners will be attending, please RSVP to Jim & Mary Ellen Nourse at 322-0603.

Christmas Raffle

The Women of St. John's is ONLY having a Christmas Raffle this year, so please support this project. Items are being gathered at the church office or call 345-4664 for pick-up. We are filling baskets with the following themes: chocolate, BSU, wine, kitchen items, bakery, kids, etc. Other items are also welcomed. Tickets will be in the bulletin in October, so please purchase them and return by mail, collection basket or choose what you'd like to win by visiting our display on November 13th and 20th! Proceeds will support our liturgies and St. Vincent de Paul. Thanks for your help!

News from Bishop Kelly High School

Tuition raffle tickets are available again this year at BK!

Buy one ticket for \$50 or 2+ tickets at \$40 each for a chance to win a \$5,000 tuition voucher at any school/college of your choice. You can purchase by contacting Rita Franklin at 323-4789 or rfranklin@bk.org if you have any questions. Proceeds benefit the BK scholarship fund. (Prize is taxable.)

