Braves’ Bulletin
April 13, 2017

Calendar of Events

School Board Ballots Due  Thurs., April 13th by 3:00 pm (No Exceptions)
Lost & Found    Thurs., April 13th – All items without names that have not been claimed will be donated to St. Vincent De Paul and/or to the Used Uniform Sale.
Good Friday       Friday, April 14th NO SCHOOL
Easter Monday     Monday, April 17th NO SCHOOL
All School Mass   Tues., April 18th @ 8:30 am
                 Hosted by Mr. Yanci’s 7th grade class
Kindergarten Screening Wed., April 19th
TVCS Dance        Friday, April 21st @ 7 pm at St. Mark’s
MAP Testing       April 24th – 28th (Monday – Friday)
First Holy Communion Saturday, April 29th @ 5:00 pm (School Choir)

Principal’s News

Please read my blog this week, it is about McCall Outdoor Science School- MOSS
https://www.stjoes.com/category/principals-blog/

(In Dr. Quilici’s absence, please email administrator@stjoes.com with concerns or questions you would like addressed.)
• **Employment Opportunity**
  St. Joe’s Catholic School is currently seeking candidates for the position of school principal beginning the 2017-2018 academic year. We are accepting applications from individuals who will value joining a well-established and growing community of like-minded educators and families committed to living the Catholic faith, academic excellence and joy. If you are interested in applying for the position, please inquire via email to St. John’s Pastoral Associate, Oralia Lorenzana, [oralial@boisecathedral.org](mailto:oralial@boisecathedral.org). Deadline for applications is Friday, April 21, 2017.

• **Theology of the Body Seminar with Christopher West**
  The Marriage and Family Life Office is sponsoring a day-long seminar on the Theology of the Body with Christopher West on Saturday, April 22, 2017.
  
  Location: St. Mark’s Catholic Community, Boise
  
  Join Christopher West, best-selling author and world-renowned presenter of Catholic teaching on marriage and the family and Founder and President of The Cor Project, for a hope-filled presentation on God’s plan for the family seen through the lenses of St. John Paul II’s Theology of the Body and Pope Francis’ *The Joy of Love*.
  
  • Learn what St. John Paul II called the three “infallible and indispensable” means for a fruitful marriage.
  • Experience how God’s plan for marriage and family life illuminates the entire biblical story.
  • Learn how to combat the distortions of family life that are becoming more and more widespread in our world today.
  • Find true hope and healing for the wounds afflicting marriages and family life today.
  
  Registration is $35 per person and includes day-long seminar, lunch, and study guide.
  
  If you have questions, please contact me at [jwonacott@rcdb.org](mailto:jwonacott@rcdb.org) or phone me at 208-350-7535.

• **ATTENTION ST. JOE’S SCHOOL MOMS!**
  And She Laughs – A Catholic Women’s Event
  On Saturday, May 13th join 400 women from around the state for a memorable one-day Catholic Women’s Event featuring inspiring talks, delicious food, fun workshops and a lot of laughter!
  To register to go: [https://www.idahocatholicwomen.com/](https://www.idahocatholicwomen.com/)

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**SJPA News**

**St. Joseph’s Parents’ Association News**

I want to take this opportunity to thank Elise Slattery for chairing the Me & My MVP Dance Party on April 8 and Monica Van Bussum for chairing the Spring Used Uniform Sale. We appreciate their service to St. Joe’s through these community building and fundraising events.
The Fun Run will be held on Friday, May 12, from 1-3 p.m. This year we will be soliciting flat donations (rather than pledges per laps) and challenging each student to raise more than $100 in donations. Pledge sheets will be out shortly and collections will be due prior to the run.

Do you have questions or are you interested in volunteering? Please contact Janelle Wise, wisej78@gmail.com

Please remember to log your volunteer hours! Every St. Joe’s family is required to contribute 25 volunteer hours, with five of those hours dedicated to fundraising. You will be billed for volunteer hours not completed following the Fun Run, on your June billing statement.

Log hours here: https://volunteer2016.afrogs.org

Mark your calendars: The next SJPA board meeting will be at 2 p.m. on Tuesday, April 18, in the Parish Hall. All are welcome to attend!

Thank you! Nicola McIntosh - SJPA President, 2016-17, 208-921-5473 or themacs97@hotmail.com

Science Olympiad

Congratulations to all of the students who competed in the Science Olympiad! A special thank you to Mrs. McClure and all of the parents who gave so much of their time to help mentor and guide our students! We appreciate all that you do!!

Third Place Overall: 7th Grade Team

First Place Medals:

Wright Stuff: Ethan Blake/Liam Garner
Hovercraft: Joe Hormaechea/Olivia Moore
Microbe Mission: Justice Walker/Izzy Rudin
Crime Busters: Riley McGarrty/Brand Lindsey
Experimental Design: Livi Porter/Olivia D'Souza/Ellen Colburn

Second Place Medals:

Anatomy: Riley McGarry/Olivia D'Souza
Ecology: Marilyn Perez/Monty Jackson
Hovercraft: Izzy Rudin/Sophie Robinson
Bottle Rockets: Kole Stockwell/Carter Vandenberg
Food Science: Olivia Moore/Shan Peck
Dynamic Planet: Joe Hormaechea/Josh Hodges
On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.” So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloth but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.

“Return to Galilee”

The Gospels have collected the memory of three remarkable women who, at dawn on a Saturday, approached the tomb where Jesus was buried. They cannot forget him. They still love him more than anyone else. Meanwhile, the men have fled and perhaps remain hidden.

The message these loving women hear as they arrive to the tomb, is of an exceptional importance and transcendence. The oldest written gospel reads as follow, "Do you seek Jesus of Nazareth, the one who was crucified? He is not here. He has risen." It is a mistake to look for Jesus in the world of the death. He is alive forever. We will never find him where life is dead. We must not forget. If we wish to find the risen Christ, the one full of life and creative power, we must not have to look in a dead religion, reduced only to external routine compliance of precepts and rituals, or in a dull faith sustained with stereotypes, clichés, and worn-out formulas, devoid of true living love of Jesus.
So, where can we find HIM? The three loving women received the following mission: "Now go, tell my disciples and Peter, that I go before you to Galilee. There they shall see ME." Why must we return to Galilee to see the Risen Lord? What is the deeper meaning hidden in this invitation? What does this mission of Jesus tell to Christians today? It was in Galilee that the Good News of God, the humanizing project of the Father, was heard for the first time and in all its purity. If we do not hear the same message today, with simple and open hearts, we may feed ourselves with venerable doctrines, but we will not be able to know the joy of the Gospel of Jesus, capable to "resurrect" our dormant faith. It was on the shores of Lake Galilee, that Jesus began to call his first followers to teach them to share his lifestyle, and to collaborate with him in the great task of making the life of the outcast people more human.

Today Jesus continues to call us to the same project. If we do not hear today his call and he does not “go before us,” where will the whole Christian community go? It was walking along the dusty roads of Galilee, on the way to Jerusalem, that the first community of Jesus started growing. His followers were able to live with him a unique experience. His presence fills all. He was the center. Sharing their lives with Jesus, the disciples learnt to live welcoming everyone, forgiving all, healing and restoring self-confidence in everyone they met; in short, awakening trust and faith in the unfathomable love of God.

If we do not, radically, place Jesus in the center of our personal as well as communitarian lives, we will never experience his presence in our midst. If we determine ourselves to return to Galilee, the “invisible presence” of the risen Jesus will acquire human traits when reading the Gospel narratives; then, his “silent presence” will become a concrete voice of encouragement, sending us on the same mission of the three loving ladies.

TVCS Sports

Please visit the TVCS website: https://sites.google.com/a/sacredheartboise.com/tvcs-athletics-treasure-valley-catholic-schools/home for all registration materials and to stay up to date on all sports news.

- **2017 BK Baseball Annual Banquet & Auction** – April 22nd

Do you have a baseball player? Is he looking forward to playing ball as a BK Knight?

Please mark your calendar to bring your sons and daughters and join us for the 2017 Bishop Kelly Baseball Annual Banquet and Auction. The date is Saturday, April 22nd at 6:00pm in the Carley Center on the BK Campus. Come out for dinner and meet the coaches and current players. There will both a live and silent auction. Coach Brennan will be our guest speaker. Proceeds will help us build our new hitting facility.

Tickets can be ordered online by going to: https://bkdiamondknights.maxgiving.com

We look forward to seeing our future baseball Knights at this event!

*See attachment for BK’s Summer Baseball Camp – June 6th-8th*

- **BK Cheerleading Parent/Cheerleader Try-out Informational Meeting**- April 24th at 6pm

*See attachment for more information about BK’s Cheerleading Try-out’s, Schedule and Registration Form.*
• **BK Legion Baseball Team Tryouts** – May 25\(^{th}\) & 26\(^{th}\)

If you have a son who is 13 years old (7\(^{th}\), 8\(^{th}\) or to be 9\(^{th}\) graders) and wants to play for a Bishop Kelly legion team, tryouts are May 25\(^{th}\) & 26\(^{th}\) at BK. This is a great way to take your first step into Knights baseball. If you are going to try out please contact Coach Cammann at jcammann@bk.com so you are up to date if anything changes.

• **STEM Summer Camps at BK**

Last year was our first year hosting these camps and they were very successful and a lot of fun. These are for grades 1-9, so please be sure your kids see this opportunity. Here’s a link to the website to learn more about the camps and to register. Spaces are limited. [http://stembususa.org/camps/](http://stembususa.org/camps/)

**STEM Camp (June 12th – June 16\(^{th}\))**

- Minecraft Robotics (Grades 1 – 4)
- Build a PC: Intro to Coding (Grades 3 – 5)
- MIT Android App Inventor (Grades 5 – 7)
- Arduino Laser Tag (Grades 6 – 9)
- Build a Drone (Grades 6 – 9)

**STEM Camp (June 19th – June 23\(^{rd}\))**

- Maker Lab: Hands-on Fun (Grades 1 – 2)
- Arduino Maker: Cars (Grades 3 – 5)
- Minecraft Mods (Grades 3 – 9)
- Virtual Reality Experience: Game Creation with Unity (Grades 6 – 9)

• **24\(^{th}\) Annual Bishop Kelly Youth Football Camp** – June 26\(^{th}\)-29\(^{th}\)

The only contact camp for Optimist age players and incoming 8th graders.

For players in grades 3\(^{rd}\) – 8\(^{th}\) for the 2017-2018 school year camp dates: June 26\(^{th}\)- 29\(^{th}\) 2017

Fee: $150; $120 for additional family members.

Camp includes; Football fundamentals, Helmet, Camp Shirt, Insurance and lots of FUN.

For applications and online registration; [www.bkfootballcamp.com](http://www.bkfootballcamp.com) or Contact Camp Director Tim Brennan at tbrennan@bk.org
News from the Nurse

Sports Nutrition for Busy Families and Busy Lifestyles

By: Sarah Kinsella, MD, CAQ, FAAP

Busy nights juggling sports, dance class, homework, and work or school events can create the perfect storm for making some regrettable food choices.

We know 1 in 3 America children and teens eat fast food daily, according to a report from the Centers for Disease Control and Prevention's National Center for Health Statistics. As parents and role models, you are responsible for stopping the fast food cycle and getting creative with quick dinner options.

The American Academy of Pediatrics (AAP) offers the following tips to help busy families eat and drink better before, during, and after game time.

What Busy Families Should Eat and When. Preparing healthy food ahead of time makes you a proactive parent instead of a reactive one. Plus, it saves money in the long run—who could argue with that!

- **Go for small frequent meals and snacks.** Try to spread calories throughout the day and avoid large meals in close proximity to exercise. If your entire evening is spent on a ball field or on the go, loading food up and taking it with you is a practical option. No matter how long you will be out for, always have a piece of fruit or a healthy protein or nut bar with you. Eating every 3 hours will help to keep your child's blood sugar steady and also decrease overeating at meal times.

- **Healthy snacks in the car are ok!** While the single serving snacks from the store are handy, try creating your own pre-packaged snacks that feature the foods your kids like most such as a half sandwich on whole grain bread or a bag of sliced fruit. Don't forget about apples, oranges, bananas, grapes, and other fruit that also comes pre-packaged in a single serving size. While fruits can be high in sugar, they also offer other nutritional components that make them a win for busy child athletes. Other good snack ideas include dried fruit and nuts, hard boiled eggs, and unsweetened applesauce. See Choosing Healthy Snacks for Kids for more ideas.

- **Have a fueling and hydration strategy.** Young children participating in light activities lasting 1 hour or less may not need to snack before and after exercise. Rather, help these children focus on good nutrition every day. Older, more active kids may benefit from some of the fueling and hydration strategies listed below.
  - **Before exercise:** Around 3-4 hours before exercise, an athlete should eat mostly carbohydrates with a moderate amount of protein. This small meal should be low in fiber and fat, as these can cause an upset stomach. A 70-pound child should drink around 8-10 ounces of water around 2-3 hours prior to exercise while a teenager or adult should have 12-20 ounces of water. Drinking an additional 6-8 ounces directly before exercise will be helpful.
  - **During exercise:** Hydrating is important during exercise. Encourage your child to have a small amount of fluid (3-4 ounces) every 15 minutes. For activities less than an hour, water is sufficient. For activities lasting longer than 1-2 hours, or in very hot environments, sports drinks can help replenish carbohydrates and electrolytes. Sports drinks are very different from energy drinks which have caffeine and excess sugar. Energy drinks are not recommended. See the AAP policy statement, Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?, for more information.
  - **After exercise:** Within 30-60 minutes after exercise, it's important to replenish any fluids lost and to refuel with an appropriate source of energy. Focusing on a snack that is rich in carbohydrates and proteins will help rebuild and restore muscles. Chocolate milk is an excellent example of a recovery drink.

- **Find energy balance.** Athletes need more energy during times when they are more active than normal (e.g., try-outs, tournaments, multiple or overlapping sports). Encourage and plan specifically for extra food and fueling during these periods. Snacks that combine a carb like a cracker and some protein like peanut butter are the most energy efficient. Make sure your child has access to these kinds of power-packed snack options.

How to Still Eat as a Family

The busy schedules of our families' means that many nights we are not all home at the same time to have a nice, sit-down dinner. Dump the guilt. Family meals may not happen every day—that's ok! Make the most of your family meals when
they do occur—and it doesn’t have to be dinner. Why not make your family meal **breakfast**? It is more likely that everyone will be home at the same time early in the morning which means it is easier to get everyone around the table for some healthy food and family bonding.

**Saint Alphonsus School Health Program**

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**Lunch Calendar**

You may download the April/May lunch calendar(s) at [http://www.stjoes.com/calendar-food.html](http://www.stjoes.com/calendar-food.html)

This institution is an equal opportunity provider and employer.

**Student Handbook**

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