

Monday Memo

May 10, 2010

Little Flower Catholic School

Principal's Notes

Mission Statement:

It is the mission of Little Flower Catholic School to form young people who live their lives, as Jesus did, rooted in prayer, and who strive for a sense of self-worth, academic excellence, and the Catholic values of mercy and compassion.

Congratulations to our Second graders who received their First Holy Communion. It was a beautiful day in which Fr. Casserly reminded the children that it is just the beginning of their spiritual journey. Thanks to Ms. Tucker who spent the year preparing our students for this great sacrament.

Summer is just around the corner. Please continue to encourage your children to study for tests and hand in homework. Many children seem exhausted in the morning. Remember that while children are in school it is important for them to maintain a healthy bed time so that they can achieve their best.

All financial payments must be met before students take final exams. Failure to meet these deadlines will result in students being unable to take exams and graduate.

Tuition begins in June for next year unless you have already spoken to Sr. Barbara.

Dates to Remember

Exams for Grade 8 begins	5/13
May Crowning	5/14
Library Books Due	5/19
Graduation	5/20
Exams for Grades 4-7	5/24
Field Day	5/27
Noon Dismissal	5/27

Registration Continues

Registration for the 2010-2011 school year continues to improve. We now have a waiting list for grades 2, 7 and 8. If you know of someone interested in attending Little Flower, please have them call the school office for a tour of the school. Remember to have them share that you encouraged them to look at the school.

Besides offering Spanish, technology, library, art, music and PE, we now have a speech therapist from Escambia County.

Little Flower is a wireless campus with Smart Board technology in every classroom. Grants are limited but are available. Also, parish subsidy can help defray the cost by \$800.00 a child if one is a registered member of a Catholic parish. Please remember that if you are on a Step Up for Students Scholarship, you must reapply. The website is now open.

Thanks from Ms. Lambert

Thank you to everyone that made the Spring Concert such a wonderful success. Thanks to the Knights of Columbus for the fabulous meal they prepared, served, and cleaned up! Thanks to all of the ladies that voluntarily helped with selling tickets, serving the meal, cleaning up, and taking tickets at the door.

Thanks to Mrs. Gauvin for her preparations before the show. And last but not least, thanks to the performers: All of our talented piano players and singers. Without their dedication, the show would never have made it off the ground.

Congratulations to our new STUCO

President: Sarah Kirkpatrick

Vice President: Carly Wyant

Treasurer: Alyssa Javier

Secretary: Madison Head

Homeroom Representatives:

Grade 5: Kathryn Armstrong and Mia Volpura

Grade 6: Angie Caabay and Bryookelyn Cramer

Grade 7: George Bush and Evan Flyod

Grade 8: Nayeli Rubio

May 25:

Uniform

**Fitting in the
cafeteria from**

2 to 6 PM

Classes are Moving

After discussions with the School Advisory Council, we are going to move the Fourth Grade classroom. We are running out of space and do need to begin a Pre-K class for the 2011-2012 school year. After looking at various options with the School Advisory Council and Steve Pearce, head of maintenance, we are going to move the Fourth Grade into the existing computer lab. The computer lab will be moved into the library so as to have a true media center for our students.

For this coming year, we will have one classroom free for Speech, Title I and for our volunteers who work with struggling students and gifted students.

Ms. Nabholz uses technology on a daily basis and we need to protect the computers. We have been doing some research and Ms. Nabholz has a wish list for a class set of ipod touch. She would use them in Language Arts and in Math. The cost of one is \$199.00. If you would like to help in this cause, please let us know.

Dates for Grade 8

- May 13: Literature and Social Studies Exam
Volleyball Game in the afternoon
- May 14: Science and Religion Exams
Practice for graduation in the afternoon
- May 17: English and Math Exams
Practice for graduation in the afternoon
- May 18: Practice for graduation in the afternoon
- May 19: No School for Grade 8
- May 20: Graduation: 5:30 PM

**Congratulations to
Wanda Bryant
who is the PTO
Weekly Drawing
Winner.**

Energy Balance in Real Life by: Lynn Deininger, R.N., B.S.N.

Balance your lifestyle. Going to a party? Eat fewer calories (cal) for a few days beforehand so it balances. Or, increase your activity for a few days before/after the party to burn extra energy. This applies to children also. If they'll be going to a birthday party, help them balance their cal the day before/after the party by getting them to be more active. If you eat 150 cal more a day than you burn, you can gain 5lbs in 6 mo. (10lbs a yr.) If you don't want this, or you want to lose extra weight, you can reduce your ENERGY IN or increase your ENERGY OUT. Doing both is best. Reduce ENERGY IN by 150 cal (for 150 # person): Drink water vs. a 12oz regular soda, small french-fries vs. lg./med.- better yet substitute a salad w/ dressing on the side. Eat an egg-white omelet (w/ 3 eggs), instead of whole eggs. Use tuna in water, instead of oil. Increase ENERGY OUT by 150 cal: Shoot hoops - 30 min., walk 2 mi. in 30 min., do yard work (gardening, raking leaves, etc.) - 30 min., bike ride - 30 min., dance w/ your family/friends - 30 min.

**May 28: Last Day of
School**

**8:15 AM Mass followed
by awards and then dis-
missal immediately follow-
ing awards.**

No EDC available.