



St. Andrew the Apostle Catholic School

E-Notes



February 5, 2010

O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures...May the glory of the Lord endure forever; may the Lord rejoice in his works. Psalm 10:24,31

Volume 2,
Issue 22

February Virtue of the Month: Cooperation/Community Building

Useful Links

[St. Andrew School](#)

[St. Andrew Church](#)

[Virtus](#)

[Arlington Diocese](#)

Contact Us

[School Office](#)

703-817-1774 Phone

703-817-1721 Fax

Email Addresses

Staff

Principal

[Mrs. Sigg](#)

Office Manager

[Mrs. Arduini](#)

Admin. Specialist

[Mrs. Sisson](#)

Liturgy Coordinator

[Mrs. Bailor](#)

Nurses

[Mrs. Zeller](#)

[Mrs. Soderstrom](#)

Upcoming Weekly Activities

Tues, Feb 9

Dress Down Day for Students who attended Mass on Jan 31st in uniform
Afternoon Advanced Band, 3:15-4:00 pm
Tiny Twirlers, 3:15—4:15 am

Wed, Feb 10

7th and 8th grade Science Fair, Awards Assembly at 3:30 pm

Thurs, Feb 11

Majorettes Practice, 3:15-4:15 pm
Battle of the Books, 3:15-4:15 pm

Fri, Feb 12

NOON Dismissal
Children's Choir, 7:25—8:10 am
All School Mass [Grade 1 Preparation]
Confessions Grade 7

Sat, Feb 13

First Penance, Grade 2, 10:00 am
Parent/Teacher Dinner-Auction, 7—11 pm,
Westfields Golf Club

Principal's Notes

Dear Parents,

God has shown us the beauty of His earth this week. The snowfall on Wednesday was the most beautiful one that I can remember, and today's predicted snowfall looks to change the patterns of family activity this weekend. Hopefully, *Punxsutawney Phil* is right and we can put winter behind us in less than 6 weeks.

Attention All Parents: St. Andrew the Apostle Catholic School will be in session on Monday, February 15 (President's Day). I understand that some families have already made plans for the 3-day weekend, but given the present weather forecast, I do not want school to be in session after Friday, June 18th. Thank you for your understanding.

Faculty

Preschool

[Mrs. Ralston](#)

[Mrs. Phenis](#)

Kindergarten

[Miss McCarthy](#)

[Mrs. Koziol](#)

Grade 1

[Mrs. Donahue](#)

[Mrs. Bailor](#)

Grade 2

[Mrs. Yehl](#)

Grade 3

[Mrs. Zook](#)

Grade 4

[Miss Angus](#)

Grade 5

[Miss Hedley](#)

Middle School

[Mrs. Hubbell](#)

[Mrs. Deurmeier](#)

[Mrs. Bolden](#)

[Mrs. Hetrick](#)

Art

[Ms. Holleran](#)

Computer

[Mrs. Brown](#)

Library

[Mrs. Robertson](#)

Music

[Mrs. Sloane-Hornseth](#)

Physical

Education/Health

[Mr. Crossin](#)

Spanish

[Mrs. Hubbell](#)

Resource Teacher/

Lunchroom

[Mrs. McCullough](#)

Last year Catholic Schools Week was shortened due to snow events and this year followed those footsteps. We were blessed that we were able to enjoy many scheduled activities:

- Many of our school families ignored the snowfall last weekend and joined in the celebration of the Eucharist Mass celebration at 8:45 AM on Sunday. A special note of thanks to Gregory Brainard for his essay on “What Catholic Education Means to Me.” He has a bright future ahead of Him in the light of Christ.
- Given the weather we had a wonderful turnout during Open House on Monday, as twelve prospective families who visited our school. Many thanks to our parent tour guides who assist us in this effort.
- On Monday morning, our school community braved chilly temperatures as they enjoyed a beautiful Opening Ceremony around the bonfire to kick off Catholic Schools Week. The prayer service encompassed our school's theme, “Fanning the Flames of Faith”, as well as the theme of Catholic Schools Week, “Dividends for Life.” The bonfire signified the guidance we receive from the Holy Spirit. Students listened to the Gospel of Matthew regarding the distribution of talents. At the end of the prayer service, students were given an envelope which contained a one dollar bill. Students were asked to provide a dividend with that dollar by 'investing' in a worthy cause. I hope each family had a meaningful dialogue on the best way to help others in need.
- Mr. Jamey Turner wowed our student audience with his glass harp, handsaw and wrench instruments Monday afternoon. Music, science and history were woven together as he taught children about playing the glass harp and other instruments. Some students had an opportunity to play the instruments that he has created. Mr. Turner has performed at the Supreme Court, the Kennedy Center, the Today Show, Good Morning America and in countries all over the world.
- For National Dental Health our collection of dental products on Tuesday was a huge success. We collected e two overflowing baskets of toothpaste, toothbrushes, and floss to donate to a local homeless shelter.
- *Crazy Hat Day* was fun for all, and I witnessed the creative talents of many of our youngsters. It was quite impressive!
- Father Peffley, pastor of Holy Trinity Parish in Gainesville, brought each student a Miraculous Medal and chain to be worn by students each day. He blessed the medals and talked about the significance of the medal. Interspersed with lessons on our faith, he performed his juggling act with various objects, including sticks, bowling balls, and knives.
- Today at 2 pm Fr. Kelly and Fr. Mullaney joined us for CSW presentations. Our 7th grade students did a short play on St. Andrew the Apostle, our patron Saint, and Mrs. Deurmeier's majorettes performed an act for our school community. In appreciation of our priests' service to our

school community, our students sang in unison the song, "We Appreciate You." Fr. Kelly and Fr. Mullaney were very moved by the event, and both are still trying to determine which smiley face was their replica.

- Our homerooms decorate posters to display outside the classroom with prayers to the Holy Spirit to fill students' hearts with the fire of faith. They were beautiful and I am sure that God was pleased with their good works!

PTO General Meeting Rescheduled

The PTO General Meeting, originally scheduled for Tues, Feb 2nd, has been rescheduled for Wednesday, February 10th at 7:30 pm in the Parish Hall. If school is not in session on Feb. 10th, the meeting will be held on March 10th at 7:30 pm. We appreciate your flexibility in the scheduling of events during this winter season.

Science Fair Awards Presentation Time Change

The Science Fair for 7th and 8th grade students will be held on Wednesday, February 10th. Our Science Fair judges are from INOVA Fairfax Hospital and they are looking forward to viewing our students' Science Fair Projects. We will have the Science Fair Awards Assembly for students and parents at 3:30 pm that afternoon [Feb. 10th]. Given the strong threat of inclement weather in the forecast, if we do not have school next Wednesday, February 10th, the Science Fair will be held on Thursday, February 18th and the Awards Assembly for parents and student will be held at 7:00 pm on the evening of Feb. 18th. We hope you will be able to attend!

News from the Nurse

Looking for ways to keep your children entertained and off the couch when the weather is bad? These quick-and-easy ideas will keep them happy and busy.

To read more, go to http://kidshealth.org/parent/growth/learning/rainy_day.html.

The Most Important Meal of the Day

Children Need Their Morning Meal. While adults need to eat breakfast each day to perform their best, children need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When students skip breakfast, they can end up going for as long as eighteen hours without food [from night to lunchtime], and this period of semi-starvation can create physical, intellectual and behavioral problems.

A Good Investment

If you and your children regularly skip breakfast in the interest of saving time or getting a few more minutes of sleep, remember that eating a wholesome, nutritious morning meal will probably save you time in the long run. By recharging your brain and your body, you'll be more efficient in just about everything you do. Interestingly, studies show that children who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis. Preparing a good breakfast can be as quick and easy as splashing some milk over cereal. Time invested in breakfast is much more valuable than the few extra minutes of sleep you might get by bypassing the morning meal. If you and your children seem unable to make time for breakfast, pack a breakfast brown-bag the night before so

that you and your kids can eat on the way to school and work.

Break the Fast to Shed the Pounds

Some people skip breakfast in an effort to lose weight, but the practice is more likely to cause weight gain than weight loss. Skipping breakfast is strongly linked to the development of obesity. Studies show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.

According to research, skipping meals, especially breakfast, can actually make weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger. Several studies suggest that people tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals. To teens, especially teenage girls, skipping breakfast may seem like a perfectly logical way to cut down on calories and lose weight. It's important for moms to educate their kids about the importance of the morning meal and the role it plays in maintaining good health and preventing obesity.

WebMD Medical Reference

A wonderful resource on early childhood health care and education may be located at: www.chipr@childhealthonline.org. Please check it out!

Fat Tuesday Pancake Breakfast

Our eighth grade parents will be hosting a Fat Tuesday Pancake Breakfast on Tues, Feb 16th. Pancakes will be served starting at 7:15 am at a cost of \$3 per person. Please join the fun and camaraderie!

Future Open Houses

If you know of anyone interested in Catholic education, please spread the word about our school. We have planned the following Open House Dates for prospective parents:

Tuesday, March 2, 2010 from 9-10:30 am
Monday, April 12, 2010 from 9-10:30 am
Thursday, May 6, 2010 from 9-10:30 am

St. Andrew's 2nd Annual Lenten Soup Supper Nights!

All school families and parishioners are invited to the second year of Lenten Soup Supper Nights at St. Andrew's! The Soup Suppers were a huge success last year due to the amazing cooks we have in our parish family. Don't miss out on the opportunity to experience these incredible culinary talents while supporting a great cause!

The Via Sola High School group will be hosting Soup Nights during Lent starting on Feb. 19th and ending March 26th to benefit their mission trip to the Dominican Republic on Fridays. Please join us for the first Soup Supper Night on Friday Feb. 19th from 5-6:30pm.

Soups and Bread are desperately needed to cover all six Soup Nights! Please contact Mr. Corey Morgan at cym.standrew@gmail.com or call the parish office if you would like to help

out by donating a pot of homemade soup. Generous donations of bread are also welcome and needed.

Corey Morgan
Coordinator of Youth Apostolate
St. Andrew the Apostle Catholic Church

Pro-Life Bake Sale Rescheduled

The Pro-Life Bake Sale scheduled for this weekend is being postponed due to the "significant snow event" expected over the weekend. We will have the Bake Sale NEXT weekend Feb 13-14th. Thank you for your support of this important ministry!

Reminders

- Lunch orders are due no later than Tuesday, February 16th. Late orders will not be accepted.
- During this time of year of unpredictable weather, it is very important that you make sure that your children wear coats or jackets to school. We have outdoor recess and P.E. and want our students to be dressed appropriately.
- The Parent-Student Luncheon originally scheduled for tomorrow will be rescheduled. The make-up date will be announced at a later date.

It is impossible to predict when our students will return to school. Please be safe and I hope that we see your children again very soon. God bless!

Sincerely yours in Christ,
Glenda M. Sigg