



## NEWSLETTER 2017

Available online at <http://smmwichita.com/school>

### Stewardship Opportunities

#### Las Oportunidades de Compartir

Volunteers are needed for the following events:

- Lunchroom Helpers – Francisco Trujillo 267-4911
- Classroom Aides – Theresa Lam 267-4911
- Tutors – Theresa Lam 267-4911
- Gardeners – Kathy Johansen 267-4911
- Office Aides – Adriana Delgado 267-4911

### SPIRITUAL THOUGHT:

*"Getting to heaven is not just a "me and Jesus thing." If you're going to the moon, you will need everyone at NASA helping you. And you will have to obey THEIR RULES. If you're going to go to Europe from the USA, you will need the State Department and the people that run the airline or the ocean liner helping you. And you will have to obey THEIR RULES.*

*And if you're going to heaven, you will need the Church that Jesus Himself set up for us all, AND YOU WILL HAVE TO OBEY THEIR RULES..."*

### **THINKING GAMES: Parent to Parent**

Between school, errands, and activities, my family spends lots of time on the go. I decided to use some of it for "thinking games." I taught my kids a game my parents used to play with me, called "Would You Rather?" I offer two options and ask which they prefer and why. For example, I might say, "Would you rather live near the beach or the mountains?" My son came up with a game he named "Three Favorites." Someone picks category (outfits, movies), and we all tell our top three choices. My daughter thought of "What Doesn't Belong?" We take turns naming items and asking the others to explain which is the odd one out and why. The kids especially like this game because there can be more than one "right" answer. For example, when I named *owl*, *ostrich*, and *eagle*, my daughter said, "Ostrich, because it can't fly." My son's answer was, "Owl, because it hunts at night." Now they want to play all the time. I'm glad because we're having fun—and they've gotten better at thinking through their ideas.

# Care For The Most Important Part of Your Child

As Catholic parents, we know that the soul is the only part of our child that will live forever but sometimes we put off nurturing it in favor of more immediate priorities. Yet, it's important to build good spiritual habits while children are young, so they are ingrained into adulthood.

Consider these ideas for raising a strong, healthy soul in your child's body:

**Feed the soul like you would the body.** Spiritual nourishment comes from attending Mass every weekend, receiving the Sacraments, and daily prayer. Encourage prayer as a family, too.

**Educate the soul.** Denying a child a proper academic education is unthinkable, so make sure to provide ample opportunities to learn about our faith through religious education programs.

Whether your child is in Catholic school or the parish school of religion, give religion homework the same priority as any other essential subject. Periodically review the homework, check on progress, and don't let her miss a single class.

**Show by example.** When we teach our child to ride a bike or tie their shoe, we do so by showing them how. Make sure to also show your child ways to live the faith. Discuss what you do to keep your own soul healthy and strong.

**Daily exercise is key.** One only gets better with practice. Make sure your child practices his faith every day. Prayer and service to others are two every day habits that start in childhood.

*"Putting junk food in your body ruins your physical health with what seems good going down. Likewise, putting junk in our brains, like pornography, ruins our spiritual health, with what seems good going down - Proverbs 16:25: There is a way which seems right to a man, but its end is the way to death.*

Esparza	Elias
Ureno	Karol
Marquez	Valeria
Gonzalez	Jacqueline
Esparza	Eloisa
Pham	Genny
Prado	Jesus
Del Rio	Stephanie
Valenzuela	Emmanuel
Rodriguez	Valeria
Sanchez-Vasquez	Julian
De Loera	Juventino
Le	Danny
Seiler	Stephanie
Spencer	Teresa
Fr. Weldon	Eric



**Accelerated Readers Rewards** We are in need of variety of prizes to reward students for their hard work all year long. Please send donated items to the School Office indicating AR Awards.

“Kind words do not cost much. Yet they accomplish much.” *Blaise Pascal*

## Picture This

Good readers form mental pictures as they read. To improve your child’s comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

## Book Picks

*The Man Who Counted: A Collection of Mathematical Adventures* (Malba Tahan) combines an adventure story with interesting math puzzles.

Learning about the solar system is fun when planets tell the story themselves. Dan Green’s *Astronomy: Out of This World!* Contains fascinating facts and details along with cartoon illustrations your child is sure to love.

## Just For Fun:

Q: What has three feet but no legs or arms?

A: A yard.

## Checklist of ADHD Symptoms in Adults

Attention deficit hyperactivity disorder ([ADHD — previously called ADD](#)) is a neurological condition defined by a consistent pattern of inattention and/or hyperactive impulsivity that interferes with daily functioning in at least two settings – for example, at work and at home. ADHD symptoms often look different in children than they do in adults. But this is universal: If you recognize the signs in yourself or your loved one on the following [adult ADD test](#) [<https://www.additudemag.com/adhd-symptoms-test-adults/>], and the symptoms persistently disrupt life for at least 6 months, you may be dealing with ADHD. If you suspect that you have adult ADHD, contact your medical health-care professional for a diagnosis. <https://www.additudemag.com/adult-test-for-add-adhd/>

## Think Logically

Mathematical thinking comes into play anytime we organize things. Help your child stretch his logical thinking by asking him to sort something, such as the spice jars in your cupboard. He might arrange them alphabetically, by color, or another way. Point out that sorting makes it easier to find items later.

## Line Them Up!

Sometimes children get math problems wrong simply because they haven’t lined up the numbers correctly. Try this: Have your youngster do problems on graph paper, using one box per number. Once she gets used to this system, she’ll be able to transfer her lining-up skills to regular paper.

# Tangy Lemon Cheesecake Bars

Classic lemon squares can contain 36g sugar per piece. We put a puckery cheesecake spin on ours--cutting sugar to just 6g per bar--which allows the bright citrus to shine.

## Crust:

- 4 ounces whole-wheat pastry flour (about 1 cup)
- 1/3 cup sliced almonds, toasted
- 3 tablespoons powdered sugar
- 1 tablespoon canola oil
- 1/4 teaspoon kosher salt
- 1/4 cup cold butter, cut into small pieces
- Cooking spray

## Filling:

- 3/4 cup fat-free Greek yogurt
- 1/3 cup granulated sugar
- 1 tablespoon grated lemon rind
- 1/3 cup plus 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 1 (8-ounce) package 1/3-less-fat cream cheese
- 2 large eggs

Hands-on Time: 25 Mins

Total Time: 3 Hours 30 Mins

Yield: Serves 18 (serving size: 1 piece)

1. Preheat oven to 350°.
2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almonds, powdered sugar, oil, and 1/4 teaspoon salt in a food processor; pulse until almonds are finely ground. Add butter; pulse until mixture resembles coarse meal. Pour mixture into an 11 x 7-inch glass baking dish coated with cooking spray. Pat mixture down into an even layer, patting firmly without compacting too tightly (which will make crust tough). Bake at 350° for 23 minutes or until lightly browned. Remove from oven; cool completely.
3. Reduce oven temperature to 325°.
4. To prepare filling, rinse processor, and wipe dry. Place yogurt and next 6 ingredients (through cream cheese) in processor; process until smooth. Add eggs; process until smooth. Pour mixture over crust, spreading evenly. Bake at 325° for 30 minutes or until set.
5. Cool completely on a wire rack. Cover and refrigerate 3 hours or until chilled.



## Melting Ice

When it's icy out this winter, your youngster may see salt being sprinkled on sidewalks and roads. With this experiment, he'll find out why.

Have him gather three clear plastic containers and place an ice cube in each one. Next, he should sprinkle 1 tsp. salt on one cube and 1 tsp. sugar on the second cube.

Suggest that he label each container ("salt," "sugar," "plain"). Then, he should monitor the cubes and time how long it takes each one to melt.

*The result?*

Your child will find that the "salt" cube melts the fastest. That's because salt lowers the freezing point of water, causing the ice that it touches to melt.

## Be There!

Regular attendance in elementary school sets up a good pattern for your youngster's entire school career. Show your child that school comes first by trying to keep days off for illnesses and family emergencies. Also, schedule routine doctor and dentist appointments for after school or over school breaks.

## Parent Talk

After Theresa turned ten years old, I had to drag her to Mass on Sundays. She said it was boring and didn't want to go. For lots of reasons, attending Mass is not negotiable in our house. So could I help her learn to love the Mass as much as I do? I asked our pastor for help.

Fr. Krempa suggested we try attending Masses at different times to see if one felt right. We usually go to the 9:00a.m. Sunday Mass because I enjoy the classic music. But at the 5:30p.m. Saturday Mass, the children proclaim the readings and act as ushers. Theresa thought that looked cool.

Now we take turns choosing the Mass we attend. When it's Theresa's turn, she chooses the children's Mass because she loves ushering and handing out bulletins afterwards. And the grace she gets from participating in Mass instead of fighting it can't be beat.

## Put Mass on Your Family Schedule Every Week

Studies show that the best way for parents to be sure their children will remain faithful Catholics when they grow up is to take them to Mass every weekend. That's how children learn that Jesus is there for them now and always. If you have trouble getting your family to Mass every weekend, consider this:

**"Weekends are a busy time for our family."** Schedule Mass on the calendar the way you would an important soccer game or dance performance. There are many different Mass times at different parishes, including Saturday night Masses of Anticipation and Sunday nights. Think of Mass the way you do any favorite activity and schedule around it.

**"My children have religious education class. That's enough."** Giving children a firm grounding in the faith is very important but not taking them to Mass every Sunday is like serving them a steak dinner that's missing the steak. Jesus is present in the flesh every Sunday at your church. Don't miss the chance to bring your children there, too.

## Upcoming Events

<b>December 1</b>	<b>Votive Mass for the Sacred Heart of Jesus ALL School Mass – Grade 4</b>
<b>December 5</b>	8:45/9:05 -9:35 Middle School Study Hall 8:45 Guest Speaker: Fernanda Reyes - Grade 8 9:00 Confession 7 3:30 Faculty Meeting: Mindset Chapter 4
<b>December 6</b>	8:00 ALL School Mass – Grade K Leads 1:00 – 3:00 TAs @ Newman 4:30 – 6:30 ESOL Linguistic @ Music Rm
<b>December 7</b>	St. Juan Diego/Guadalupe Spirit Day 3:00 Scholar's Bowl @ Holy Spirit 7:00 – 9:00 School Council @ Music Rm
<b>December 8</b>	8:00 <i>Immaculate Conception</i> ALL School Mass – Grade 8 Leads 9:00 Rosary – Father Leads

- December 9** 9:00 Grade 8 Girls Basketball @ St. Jude  
1:00 Grade 7 Girls Basketball @ St. Jude  
1:00 Grade 6 Girls Basketball @ Resurrection  
2:00 Grade 8 Boys Basketball @ St. Jude  
2:00 Grade 6 Boys Basketball @ Resurrection
- December 11** **8:00 – 3:00 Faculty & Staff Retreat @ SLC – NO SCHOOL**
- December 12** **Our Lady of Guadalupe – NO SCHOOL**
- December 13** Administrative Review of Lunch Program until December 15  
8:00 Grades 5-8 School Mass – Grade 7 Leads  
12:40 – 1:20 Mini Retreat with Kapaun Students – Grades 3-4-5  
3:30 Mentor/Mentee Meeting  
5:30 Grade 7 Girls Basketball @ Collegiate North  
6:30 Grade 8 Boys Basketball @ St. Mary, Derby  
6:30 Grade 6 Boys Basketball @ Resurrection
- December 14** 8:00 – 3:20 SFA Coaching Visit  
8:00 Grades K-4 School Mass – Grade 3 Leads  
12:00 – 3:00 Operation Holiday – Grade 8 (Early Lunch before leaving)  
3:30 Career Committee Meets 1 of 2 @ Music Rm
- December 15** 8:00 ALL School Mass – Grade 2 Leads  
1:00 – 3:00 TAs Last Day  
6:00 Faculty & Staff Christmas Party @ PLC
- December 16** 8:00 Grade 8 Boys Basketball @ Holy Cross Lutheran  
8:00 Grade 6 Boys Basketball @ Collegiate North  
11:00 Grade 8 Girls Basketball @ Blessed Sacrament  
12:00 Grade 7 Girls Basketball @ Holy Cross Lutheran  
12:00 Grade 6 Girls Basketball @ Collegiate North  
2:00 Grade 7 Boys Basketball @ Holy Spirit
- December 18** 5:30 Grade 7 Boys Basketball @ Blessed Sacrament
- December 19** 8:00 Grades 5-8 School Mass – Grade 6 Leads  
9:00 Confession – Grade 6  
11:30 – 12:30 December Birthday Celebration  
6:00 Advent Program at Church
- December 20** 8:00 Las Posadas All School Mass – Grade 5 Leads (Need Parental Help)  
9:00 – Cookies & Milk at Gym afterwards (Need Parental Help)  
10:00 NO SFA  
10:00 Advent Class Party  
11:00 Sack Lunch  
11:30 Early Dismissal  
1:00 Department Meeting
- December 21** **8:00 – 3:00 Teacher Inservices - NO SCHOOL**
- December 22 – January 1** **Winter Break - NO SCHOOL**
- January 2** **8:00 – 3:00 Mandatory Work Day - NO SCHOOL**  
**1:00 Faculty Meeting**
- January 3** **Spring Semester Resumes – BACK TO SCHOOL**

