



UPCOMING EVENTS.

- JAN 9
Mass 1:45 P.M.
- JAN 16
Mass 1:45 PM
- JAN 18
End of 2nd Quarter
- DEC 19
Mass 1:45 PM
- JAN 21
Teacher In Service
No School
- JAN 23
Mass 1:45 P.M.
- JAN 25
Report Cards
- JAN 27-FEB 1
Catholic Schools
Week
- JAN 28
Spirit Day
- JAN 29
KDG Open House
5:30 P.M.



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Dear Parents & Students,

Happy New Year! I hope that everyone had a restful break and a joyous Christmas with family. I just want to say how proud I was of all the students at the Christmas Program, they did FANTASTIC!

January is a busy month with a lot of things happening. Please make sure you are checking the family folders each week as many permission and information slips will be going home. During the month we will be MAPS testing in grades first through eighth, the Student Council is sponsoring a canned food drive for 5 Loaves Food Shelf (more details later in newsletter), and of course the greatly anticipated celebrated Catholic Schools Week at the end of the month. A full schedule of events for Catholic Schools Week will be emailed out sometime next week and published in the January 18th newsletter.

Did You Know? According to Very Well Health, the four major bad food habits students have are skipping breakfast, eating foods from the "other" food group meaning junk food, dining out often, and drinking soft drinks.

According to the Academy of Pediatrics 20 to 30 percent of students do not eat breakfast. Eating a healthy breakfast helps jump start metabolism, helps with mood, and increases school performance. Kids tend to choose high fat and calorie content food for snacks. It is much easier for a student to grab a bag of chips rather than fruit that needs to be washed, so having readily available healthy snacks helps them make a healthier choice. It is often easy and time saving to eat out with today's busy schedules, however limiting fast food options and food prepping makes eating healthier meals easier. Soft drinks are one of the primary causes of childhood obesity. Help your child make healthier choices by having fruit juices or flavored carbonated waters on hand and not buying soft drinks. Flavored waters are a low-sugar alternative that still offers a hint of flavor and sweetness and teens really enjoy them once they give it a chance.

Kids' eating habits are often affected the most by the choices of their parents. By choosing healthier options yourself sets the example for your child. In the end everyone in the family will be eating healthier and feeling better.

Save the date: Saturday, February 23, 2019 is our annual Mardi Gras Gala. Don't miss out on a fun time!

Spread the Word: Kindergarten Open House will be held on Tuesday, January 29th at 5:30 P.M. Please tell family, friends and neighbors who are interested in a Catholic education for their child.

Blessings,

Mrs. J

CANNED FOOD DRIVE FOR 5 LOAVES

Starting Monday, Jan. 7th through Friday, Feb. 1st, students can bring in canned goods to donate to the 5 Loaves Food Shelf. If the students collect 750 lbs, they will earn a non-uniform day AND Mrs. Jarchow will wear the school uniform on that day. If 1,000 lbs. is collected, the students will earn 2 non-uniform days and Mrs. Jarchow AND Mr. Measner will both wear school uniforms. Collections can be brought in by students and put in their classroom.

CHRISTMAS PROGRAM



**Fa La La La La
La La La La**



**Students did a great job at the
Christmas Program!**

MARDI GRAS CLASSROOM BASKETS

Mardi Gras preparations are well under way and we need your help. Every class donates a basket to be auctioned off during the silent auction. Listed below are the themes for each classroom. Please feel free to contact me with any questions. We hope to see you at this adult-only event on Saturday, Feb. 23rd at 5:00 P.M. Invitations will be sent home in the family folder. Every contribution helps to create a beautiful basket.

Thank you -
Kate Harrold
Mardi Gras Co-Chair
651-210-0713

1. Requesting a \$5-\$15 themed item
2. Items can be dropped off in your child's classroom
3. A cash donation (with child/family's name on outside of envelope) can be given instead and then MG members will purchase an item to add to the basket.
4. Basket items due by Friday, Jan. 26th
5. Any new holiday re-gifting items or new products can be donated in addition to themed items and the MG members will create additional themed baskets
6. Items containing alcohol or knives (even plastic knives) must be turned into Mrs. Moore in the front office.

The class themes are listed below:

K-3: Wisconsin Badger, Packers, Minnesota Wild, Vikings items

4: Chocolate, Coffee Basket

5: Family Movie Night

6-8: Bottles of wine for the wine grab

THANK YOU!!!!

These cost you nothing extra and St. Mary School funding is supported by your participation:

***Shop on AmazonSmile**, *smile.amazon.com* choose *Immaculate Conception Parish*

***Recycle aluminum cans** at our center near Snap Fitness on N. Knowles Ave.

***Collect Box Tops** for Education labels. Drop off at school.

***Recycle printer cartridges.** Drop off at school.

***Collect Kwik Trip Milk Moola** labels. Drop off at school.

***Save Family Fresh receipts.** Drop off at school.