



Building The Kingdom of God

January 19, 2017

The United States of America was established by our forefathers on a set of ideals that was and is the foundations of our democracy. The ideal of democracy comes from a belief in freedom and equality between people. More importantly it is the virtue of idealism that drives us to care for what is right and meaningful in life. Idealists want to make a difference.

As we prepare for the inauguration of our 45th president, Mr. Donald Trump, we have a perfect opportunity to discuss the ideals upon which our constitution is based. We can look at the government structure our founding fathers had as a vision to a better way of life. Ask your children what dreams they have for the future of our society. How can they make their ideals a reality? Help them to make a plan and then watch them step by step make the dream come true.

It is important to share the virtue of idealism. When we instill in our children the ability to not become caught up in controversy but instead to really care about what they value in life, the wind of change will send them sailing across any stormy sea. The ideal of democracy is tremendously positive, remembering that the virtue of

idealism is a gift from God is monumentally more powerful.

Take the time to share with your child the rich tradition that our nation is founded on and help them to ask God to continue to bless our nation with life, liberty, and happiness.

Yours In Christ,
Mrs. Kim Gondeck

SAFE TRAVEL:

Please remember in your prayers our 8th grade leaders along with Mrs. Gondeck, Miss Gondeck, Mrs. Neary and all of our parent chaperones as they participate in the Right to Life March in Washington, DC.

CATHOLIC SCHOOLS WEEK:

We are celebrating Catholic Schools Week January 29th to February 4. Please see the enclosed flyer with the list of events. We will also have our annual Scholastic Book Fair all week. Stop in and view the wide variety of books we have available, and encourage your child to read something they might not normally select.

FRENCH STUDENTS:

Two French students will be joining QAS School community in February. Both students, from Saint Denis International School in Loches, France, arrive in the USA on February 2 and will spend four weeks at Queen of All Saints School!

FREE THROW SHOOTING CONTEST:

The Knights of Columbus will be hosting a Free Throw Shooting Contest on Jan. 28 for students who are 9 to 14 in the QAS gym. Parents must bring a copy of the child's birth certificate. Registration is at 5:30 and the competition begins at 6. More information is available in the school's office.

SCIENCE NIGHT & SCIENCE FAIR:

Please mark your calendars now to attend Science Night & Science Fair on Wednesday, Feb. 1 from 5 to 7 PM.

All students in grades PK—8 are encouraged to enter the Science Fair. Mrs. Betty Catterlin has Science Boards for sale at \$2.50 each plus she has complete instructions. Projects can be investigatory, research, demonstration, models or collections. Experiments involving humans or animal subjects are not allowed.

ANGEL AWARD:

Students, parents, colleagues and others are requested to nominate teachers for the Angel Award. This award is to recognize outstanding, creative, and innovative accomplishments of teachers in the Diocese of Gary. See office for an application.

UPCOMING DATES:

Jan. 29—Catholic Schools Week begins

Jan. 31—Bring Someone Special to Lunch

Feb. 1—Science Night and Fair

Feb. 2—City-Wide Catholic Schools Mass at Marquette High School.

Feb. 3—Fun Fair

USDA CORNER:

The face of school snacks is changing. Healthful foods are replacing cookies and candy as birthday and party snacks given to kids. School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements starting next school year.

- **Calorie Limits:** All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.

- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.

- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.

Nutrient Requirements: In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

Watch this column for more information.