



Building The Kingdom of God

February 23, 2017

Just a reminder, that ISTEP testing is approaching quickly and I would encourage students to be well rested and have a good breakfast with protein (like eggs, milk, meat or peanut butter) before attending classes. By doing those two easy tips, it will give students a better focus on their testing. This week the students are taking practice ISTEP tests and on Feb. 27, we will begin ISTEP, part 1 in the morning.

Also, please remember to praise your child for the things he or she does well, and be supportive of his or her efforts, especially during the testing times. Kids who feel good about themselves and their abilities will be more confident and less anxious about the ISTEP tests.

Talk with your child about the test and give them pointers such as read the question before you look at the answers. Eliminate answers you know aren't correct. If you don't know the answer, make a smart guess instead of leaving any question without an answer. Make sure you work at a pace that will give you enough time to finish the tests and if you have time, go back and check your answers.

Finally, reassure your child that test scores are only one measure of his or her abilities, just like a photograph represents us at one moment of time. Don't judge your child on the basis of his or her test scores.

Our teachers have done an outstanding job preparing your children, and we are confident that all our third – eighth grade learners are ready!

All the best,
Marie A. Arter
Principal

WAYS TO DEVELOP YOUR CHILD'S ORGANIZATION:

- Keep a family calendar.
- Introduce check-lists such as "5 Things I need to do this weekend."
- Assign chores that involve sorting or categorizing.
- Get lunches, bookbags and clothes ready the night before.
- Create homework supply box.
- Cook together.
- Cultivate an interest in collecting.

WELCOME! WELCOME!

Our French students have arrived. We have pins with the US & the France flag for sale in the school office for \$2.00 or \$5.00 for 3.

READ- A -THON:

There is still time to sign your child up for our first ever Read-a-Thon from Feb.13 - 27. So far \$1,145.00 has been raised. We will read as a school community for at least 20 minutes.

Currently, classes are in this order for contributions—PK, K, 7, 3, 1, 6, 4. All money raised will purchase books for the QAS library.

BISHOP HYING:

Bishop Donald Hying will visit Queen of All Saints School on Thurs., March 23. He will begin his visit with Mass at 8:30 a.m. and everyone is invited to join us. After Mass he will tour all our classrooms. That evening he will celebrate the sacrament of Confirmation at Mass at 7 p.m. at Notre Dame Church.

KNIGHTS OF COLUMBUS FISH FRY FRIDAYS:

Mark your calendar for upcoming Fish Fry Fridays:

- March 3
- March 10
- March 17
- March 24 Living Stations
- March 31

UPCOMING DATES:

- Feb. 28—Mardi Gras Family Night @ 6:00
- March 1—Ash Wednesday
- March 3—Stations of the Cross
- March 4—Choir sings at 4:30 Mass
- March 10—Stations of the Cross
- March 13—I Read test for all third graders
- March 15—End of 3rd quarter

USDA CORNER:

Television is proving to be a major culprit in the fight against childhood obesity. National surveys have shown a relationship between the number of hours children watch television and the prevalence of being overweight. Many experts think that TV time has taken the place of exercise and active play. In addition, television exposes children to numerous advertisements for less nutritious foods and features cross-promotions between fast foods, snack foods, and popular television characters.

Did you know there are recommended limits for daily screen-time which includes cell-phone, computers, video games and TV?

- Children under two years of age: None
- Children two to five years old : No more than 1 – 2 hours
- Children in Elementary School – No more than 1 -2 hours
- Teens and High School Students – No more than 1 – 2 hours