



Building The Kingdom of God

March 16, 2017

We close the chapter on Quarter 3 this week and optimistically look forward to a fresh start of the fourth quarter and the final 47 days of the school year. This optimism is a virtue that keeps us centered on what is good. Optimism is a strategy for making a better future, because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so. Our students have that opportunity to finish the school year strong continuing to reach new academic accomplishments and creating a brighter future.

Optimism has been shown to generate improved physical and mental health, longevity, performance, excellence, creativity and success in attaining goals and dreams. Learning the strength of optimism is a powerful way to find your positive path. Optimism is a virtue that takes work to see in our lives. There are three things we can practice in order to see it grow and they are as follows:

First, the belief in your own power to make your life and your future better.

Second, the belief that negative events in your life are not permanent or personal.

Third, the belief that positive events

in your life are permanent and positive.

Optimism is about positive, can - do beliefs, expectations, choices and strategies, about knowing you are responsible for your life and that you have the ability to be effective on your own behalf. The optimist learns all he can from adversity and then propels himself forward toward his goals and vision.

We need to embrace the start of the fourth quarter with an optimistic view. We are able to set new goals for the quarter, work hard to achieve them, and then celebrate our accomplishments as we enjoy our summer break. What optimistic goals do you and your children want to achieve? Share with us so we can help you achieve them.

Yours In Christ,

Kim Gondeck, Vice Principal

NOTICE: Due to construction work and its impact on our classrooms, QAS School will be closed and utilizing eLearning on Friday, March 17. Teachers will be available from 9 AM to 1 PM.

UPCOMING DATES:

March 23—Confirmation at Notre Dame

March 30—Report Cards Home

April 3 thru April 9—Spring Break

April 10—School Resumes

April 14—Good Friday—No School

April 17—Easter Monday - No School

April 25—27—Little Vikings BB Camp

April 28—3rd Annual Sports Spectacular

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.

K OF C FISH FRY FRIDAYS:

Join us for great food and fun from 4:00 to 7:00 in the cafeteria! Here are the dates:

March 17

March 24 Living Stations

March 31 1:30 & 6 PM

The price for the fish dinners for adults are \$10 for fish or shrimp, \$9 for seniors,

FOR YOUR INFORMATION:

“No Federal Immigration Official enters Queen of All Saints School without a court order or warrant.” If you have questions, please call Ms. Arter.

PREKINDERGARTEN & KINDERGARTEN ROUND UP AND OPEN HOUSE:

Prekindergarten and Kindergarten students will be dismissed at noon on Wednesday, March 29. This is to provide our PK and KG teachers time with the new families. Please remind family and friends of our Round-Up and Open House on Wednesday, March 29 from noon to 6.

USDA CORNER

Here are the remaining tips for Healthy Snacks:

6. Keep an eye on size: Snacks do NOT replace a meal so look for ways to help children understand how much is enough. Store snacks in snack-sized bags.

7. Fruits! Fresh, frozen or canned with 100% juice can be an easy “grab & go” option.

8. Consider Convenience: A single-serving container of low-fat or fat-free yogurt or string cheese can be just enough for an after-school snack.

9. Get rid of SUGAR: Keep healthy foods handy so kids avoid cookies, pastries or candies between meals.

10. Homemade Goodies: Homemade sweets can substitute unsweetened applesauce for fats like butter or shortening making your recipe delicious and HEALTHY.

Next week watch for ways to make better beverage choices.