



Building The Kingdom of God

April 13, 2017

Today I had the great honor to attend the Chrism Mass at the Cathedral of Holy Angels with our eighth grade leaders. At this Mass, and throughout the world in every diocese, the bishop gathers with his priests to celebrate Mass. During the Mass, the priests renew their promises to serve the Lord, and the oils which are used for the celebration of Sacraments are blessed and consecrated. I wish the entire school could have attended but space is extremely limited.

As we enter the holiest time of the year, please get your family involved in these religious events:

April 13 – Holy Thursday Mass of the Lord’s Super. This will be in church at 7 PM, and everyone is invited.

April 14 – Good Friday with the Commemoration of the Lord’s Passion. This will be in church at 3:00. How can we celebrate the Alleluias of Easter without focusing on the death of our Lord on Good Friday?

April 15 – Holy Saturday. Easter Baskets will be blessed at noon in the church.

April 15 – Holy Vigil of Easter at 7 PM in church. During this Mass new Catholic will be welcomed into the Church.

April 16 – Easter Sunday Masses at 7:30 AM and 10:30 AM.

Praying for your family to have a blessed Easter.

All the best,
Ms. Arter

EARTH DAY:

Earth Day is right around the corner on Saturday, April 22. If the weather cooperates, students will clean up the grounds on the day before, April 21.

As stewards of the Earth, it is our responsibility to look after the Earth and everything the Lord created. It’s also a great time to get outside with your child and clean up your yard or neighborhood.

Pope Francis recently reminded us “Our Earth needs constant concern and attention. Each of us has a personal responsibility to care for creation, this precious gift which God has entrusted to us.”

UPCOMING DATES:

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

PRAYERS:

Please pray for our 4th grade students, parents, grandparents and chaperones who will be exploring Indianapolis on April 20 & 21. We love to hear their stories when they return.

PTO MEETING:

Our next PTO meeting will be Tuesday, April 25. The slate of officers includes:

- President:** Angie Henrich
- Vice President:** Bob & Mary Wellinski
- Secretary:** Doriedee Mark
- Home Room Coordinators:** Ruth Nelson & Leticia Haro.

CALLING 3RD—7TH GRADERS:

Do you want to learn about technology? Do you like to build with Legos? QAS is offering an opportunity to do both with the new QAS Robotics Club. We started meetings on Wednesdays from 5:30-7:00. This spring and summer we will be learning the basics of programming and using Legos to build robots in order to gear up and compete in the First Lego League (FLL) Robotics Challenge next Fall. The club is open to any QAS students currently in grades 3-7 who are interested in learning about programming and robotics. There is no charge for participating.

HOLY WEEK:

Thank you for the amazing donations of food and other items that we presented at Mass on Tuesday.

DAILY E-MAIL:

We have been sending a short daily e-mail via Ascend each Monday—Friday. If you would like your e-mail added, please stop in the school office.

USDA CORNER:

[Kids' Risk of Diabetes Rises with Screen Time](#)

Spending three or more hours a day in front of a screen (TV, video games or cell-phone) could put kids at risk of type 2 diabetes. Researchers in the United Kingdom looked at data from nearly 4,500 children. The results show that those who spent more time in front of a screen had biological markers known to increase the risk of type 2 diabetes. These kids' bodies weren't as good at processing sugar, which is the hallmark of diabetes.

The researcher wrote, "It appears that we've lost the balance that's necessary for healthy living."

Children need a variety of activities during each day including physical, spiritual, and mental. Too much screen time isn't good for children nor is it good for adults.

Try adding more physical activity into your day and include your children – take a walk after dinner, rake leaves together, or play basketball. And remember to turn off the screens!