



Building The Kingdom of God

April 20, 2017

We have been undergoing a renaissance of values and virtues during the past two school years to help shine light on the Christ like behavior we are instilling in our students. There is nothing new about justice. There is nothing original about love. Virtues are among the oldest ideals in the world. Our virtues project is helping us create a total environment of caring and respect. One of the greatest joys is when we can share those moments when our students, faculty, and parents are shining examples of the fruit of our work.

I would like to share with you one of those stories. Mr. Michael Walker, Sr. is the father of Michael, grade 4 and Myles, grade 2. He was born and raised in Michigan City. He has been in law enforcement for 24 years. Michael started his career at the Westville Maximum Security Prison. He has been a Sheriff's Deputy for the past 16 years. Michael also has a passion for his community. Michael is a member of the Exchange Club and also a mentor for CAYA, Court Appointed Youth Advocate.

CAYA's mission is to support the best interest of those youth who are involved in the juvenile justice system due to delin-

quent acts by promoting intervention services and providing a positive mentor. Michael has been an outstanding mentor. In fact, he is has been awarded the **CAYA Mentor of the Year Award**.

Michael Walker, Sr. is a living example of the positive results that our community encounters when we put our virtues to work.

Yours In Christ,

Mrs. Kim Gondeck

The Indiana Sheriff's Association will be sponsoring a Youth Leadership Camp for current 7th and 8th graders who might be interested in a possible career in law enforcement. The northern session of the camp will be held on June 27 – 30 at Pine Creek Camp in Pine Village, Indiana in Warren County. Applications must be submitted by June 20 and are available in the office.

FAMILY TRIVIA NIGHT:

The Family Trivia Night has been canceled due to low family registration.

UPCOMING DATES:

April 24—May 5 –ISTEP+ testing
April 25—27—Little Vikings BB Camp

PRAYERS:

Please pray for our 4th grade students, parents, grandparents and chaperones who are exploring Indianapolis today & tomorrow. We love to hear their stories when they return.

PTO MEETING:

PTO will meet on Tuesday, April 25 at 6 PM in the school cafeteria. We will be voting for officers at this meeting.

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.

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.

SPORTS SPECTACULAR SIGN UPS:

The 3rd Annual Sports Spectacular is Friday April 28.

We are still in need of student and parent players for Volleyball & Boys Basketball. Please turn in your forms ASAP.

USDA CORNER:

The face of school snacks is changing. Healthful foods are replacing cookies and candy as birthday and party snacks given to kids.

- **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% of the weight in any snack food may come from sugar.
- **Nutrient Requirements:** 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.

These new policies will take effect at the beginning of the 2017-2018 school year. Plan ahead now. Talk with your child about celebrating birthdays and holiday parties without sugary snacks. The celebration is much more important than the food, and together we can help our students be more healthy.