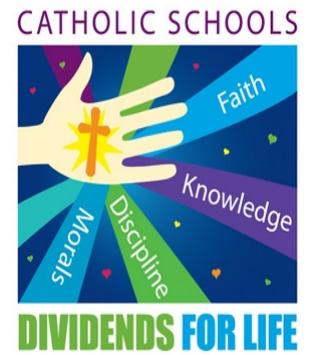


The Principal's Newsletter
January 12, 2018



Educating * Mind * Heart * Spirit



Catholic schools are meeting places for those who wish to express Christian values in education.

For 65 years St. Thomas Aquinas Parish has supported a parish school. May it never lose its sense of appreciation for the vision, mission, sacrifices, and gifts of the past, and may we never tire of enflashing the vision, mission, sacrifices, and gifts today and in the future.

Monday, January 15 – Dr. Martin Luther King, Jr. Day



“When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness. ...I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident: that all men are created equal.’ ...I have a dream that my four little children will one day live in a nation where

they will not be judged by the color of their skin but by the content of their character..”

Dr. King

Friday, January 19 – No Mass

National Geographic Bee at 1:00 in the foyer

Preliminary Round: Contestants are awarded 1 point per question. At the end of seven rounds, players with the top ten scores advance to the finals. The final competition consists of two parts: the final round and the championship round. Each of the ten finalists starts with a clean slate and is eliminated after two misses. In the championship round, both players start with a clean slate again. The moderator asks both contestants the same question at the same time, repeated twice, and both players have fifteen seconds to write their answer. Both players then show their answers and each player who wrote a correct answer receives one point. There are three questions in the championship round. The player with the most points at the end is the champion. If both players are tied at the end, the competition enters the championship tiebreaker round. The rules are the same as for the championship round, except that the last player to answer a question incorrectly is the school champion (single elimination round).

Do you know your geography? Here are some sample questions from the National Geographic Bee.

1. Which state has a longer border with Canada—Montana or New York?
2. The Gila River flows west from New Mexico across which other state— Wyoming or Arizona?
3. The Savannah River forms most of the boundary between South Carolina and which other state—Tennessee or Georgia?
4. The highest and lowest points in North America are in which country—Canada or the United States?
5. Which country is farther west—Guatemala or Cuba?
6. If you went swimming in the Mediterranean, stayed overnight in Marseille and ate croissants for breakfast, you would be in which country—France or Germany?
7. The Great Sphinx, a 4,500-year-old statue that has the body of a lion and the head of a human, is a cultural landmark of a civilization that flourished in the valley of what river?
8. Most of the folktales in the book *The Thousand and One Nights*, which includes the adventures of Aladdin and Sinbad, take place on which continent?
9. Name the country in North Africa that is the most populous in the Arab world.
10. The Amish were among the early German religious groups in colonial America that settled just *west* of the Delaware River. Most of these settlements were in a colony that is now which state?
11. Tundra and taiga are the largest vegetation regions in the world's largest country. Name this country.
12. How many degrees of east longitude are there?

Upcoming Events:

***Wednesday, January 17: Hearing screening for students in the 4-year-old preschool and for student in kindergarten through 2nd grades as well as rechecks for those who may have had some concerns from last year's testing. 3 year-old preschoolers are tested on Thursday.**

***Saturday, January 27 – Annual FREE Chili Supper after the 5:00 p.m. Mass to kick-off the 44th Annual Catholic Schools Week Celebration and our 65th year as a parish school.**



***Thursday, February 8 – Annual Jump-Rope-for-Heart starting at 12:45**

***Friday, February 9 – Prayer Partner Mass at 8:30 a.m. followed by social in gym**

***ASH WEDNESDAY, February 14 – WE HAVE SCHOOL with classes at the regular time.**



The Ash Wednesday Mass will be at 12:30.

Note: WCCSD has Professional Development and NO CLASSES so the buses will not run.

***Tuesday, February 20 – Mrs. Engstrom’s SWIM unit begins**



***Monday, February 26 – Kindergarten Roundup at 7:00 p.m. in the gym. All kindergartners will NOT have class on Friday, March 2nd as next year’s prospective kindergartners will come to experience life as a kindergartner.**

***Monday, March 5 – Preschool Roundup at 7:00 p.m. in the gym**



***Thursday, March 8 – Parent/Teacher Conferences beginning at 3:30 p.m.**

***Week of March 12 – SPRING BREAK**



Planning ahead?

Grandparents/Grandfriends Day – Friday, April 6

Mass at 10:30 followed by a luncheon for grandparents/grandfriends & students

**Annual St. Thomas Aquinas Ball
Saturday, May 5**



Graduation – Kindergarten & 6th – Friday, May 25

Mass at 8:30 followed by a graduation ceremony in the gym

Answers to Geo Bee Questions:

1. Montana
2. Arizona
3. Georgia
4. United States
5. Guatemala
6. France
7. Nile
8. Asia
9. Egypt
10. Pennsylvania
11. Russia
12. 180 degrees



It is of great concern to me that some of our young people are coming to school tired. Some tell me that they don't go to bed until 10:30, 11:30 or even later on school nights. Certainly all parents know that sleep is as necessary to maintaining life as food or exercise.

Experts say children need at least nine hours of sleep a night to ensure good health. For age-appropriate sleeping time, please consider the following chart as a guide:

Age	Nighttime Sleep	Daytime Sleep	Total Sleep
1 year	11 1/4	2 1/2	13 3/4
1 1/2 years	11 1/4	2 1/4	13 1/2
2 years	11	2	13
3 years	10 1/2	1 1/2	12
4 years	11 1/2	0	11 1/2
5 years	11	0	11
6 years	10 3/4	0	10 3/4
7 years	10 1/2	0	10 1/2
8 years	10 1/4	0	10 1/4
9 years	10	0	10
10 years	9 3/4	0	9 3/4
11 years	9 1/2	0	9 1/2
12-13 years	9 1/4	0	9 1/4
14 years	9	0	9
15 years	8 3/4	0	8 3/4
16 years	8 1/2	0	8 1/2

Chart Source: "Children's Health" by Victoria Irwin, Consumer Health Interactive

The sleep chart above offers only general guidelines. If your 9-year-old sleeps 10 hours at night but still hates to rise and shine, maybe she needs closer to 11 hours. Children should wake easily in the morning and should feel refreshed, energetic, and raring to go.

PLEASE:

Recognize the importance of a good night's sleep for your child(ren).

Recognize the importance of going to bed at the same time every night.

Schedule a regular bedtime routine.

Limit the amount of TV and computer time before bed.

Read to your child before bedtime.

Take the recommended sleeping time seriously.

Sleeping well is often the result of having good sleeping habits. You can teach your children these good habits. The payoff: one's physical, psychological, and intellectual well-being!

Sleep well! Learn well!