



Aug 21, 2024

Wednesday Weekly

- *Here is to our **first full week** of school!
- *Happy birthday to **Mr. Riemma** on 8/27 and to **Mrs. Lenigan** on 9/5!
- *Several families have asked about **lunch and breakfast offerings**. FSP, our meal provider, lists the menus on-line. Here is the link; we will also post on our school website.
https://www.fspro.com/menu_oki.html
- ***Gym classes** started this week. Our other specials - *computer, library, art, and yoga* - will begin next the following week.
- ***I-Ready diagnostic testing** begins next week for students in Grades K-8. These tests measure students' current levels in reading and math.
- ***Assignment notebooks** have been passed out in Grades 3-8. Children should use these planners to keep track of homework and tests.
- *Please pay attention during **pick-up and drop-off** in front of the school. If you need to park, do so on Humphrey. Do not double park on Washington; it is dangerous for the children. We will not send them to your car at dismissal if you are double parked.
- *Your child will come home with **forms that need your signature**. These forms cover the School Handbook, the policy about bringing personal electronics to school, and the user agreement for using school-owned technology.
- *A big thank-you to the **Fenwick Mother's Club!** The group packed individual bags for each student in aftercare, filled with supplies needed to complete homework. The bags will stay at school.
- *The **High School Prep test** for those 8th graders who registered begins Thursday, August 29, after school in Mrs. Young's room.
- *Remember there is **no school** on Monday, September 2, in honor of the Labor Day holiday.
- *On Wednesday, **September 11**, the school will gather around the flagpole on the front blacktop at

8:10am. The 8th Grade will lead us in a ceremony commemorating the events of 9/11. Families are welcome to join us.

- ***Junior High Parents** - mark your calendars for September 20, as we will host a High School Night in our gym together with St. Angela School.
- *Fridays of each week are **Wildcat Spirit Wear**. Students may wear a Wildcat shirt or Wildcat jersey to school. Check out our Spirit Wear Store - the link is on the school website - to see what's in.
- ***Gym uniform shirts** and school sweatshirts are on order. We will notify you as soon as they arrive.
- *Please remember that **tuition payments** are due on the 15th of each month. If you are having any problems or concerns, you must call the school office right away to avoid exclusion.
- *We are looking for **coaches** for our student sports teams. Please call the office or send a note to school if you can assist in any way.
- *Some information about **back-to-school events** in the community, both on August 24.
Retro Rewind - 1-4pm at Unity Park
Porchlight Foundation - 1-4pm at Columbus Park

Dates to Remember

- 8/26 - I-Ready Diagnostic testing begins
- 8/27 - Mr. Riemma's birthday; School Mass
- 8/29 - First test prep class
- 9/2 - No school-Labor Day
- 9/5 - Mrs. Lenigan's birthday; School Mass
- 9/10 - School Mass at 8:30am
- 9/11 - Sept 11 Ceremony at 8:10am
- 9/17 - School Mass
- 9/20 - High School Night
- 9/27 - No school - Teacher Development Day

Catholic Corner

Today is the memorial of Pope Pius X, pope of the Catholic Church in the early 1900's. He loved children and surrounded himself with them in public outings, from his early days as a priest. As Pope, he lowered the age that children could receive Holy Communion from the age of 12 to 7. Pope Pius X was strongly committed to social justice, believing that was the only way to true and lasting peace in the world.

Please Read! Just Twenty Minutes a Day!

Alongside homework assignments, our teachers will ask our students to read for 20 minutes a day. Not only does this habit create lifelong readers, but research shows many other benefits:

1. Improved vocabulary

People who read twenty minutes a day are exposed to an estimated 1.8 million words each year, enriching vocabulary. At any age, improving our vocabulary leads to even more benefits. For kids and adults alike, vocabulary development will lead to improved communication and writing skills.

2. Relief from stress

Anxiety is on the rise for everyone these days, but it has become especially prevalent in children and teens. Studies have shown that reading every day significantly reduces anxiety and stress, which leads to all sorts of improvements in our health.

3. Boost mental health

Just like the muscles in our bodies, our brain needs exercise to stay strong. Research using MRI scans has shown that reading improves our brain function. Just think of reading as your daily brain workout.

4. Build empathy

Reading stories about all walks of life helps us to understand where other people are coming from. Gaining knowledge about other cultures, lifestyles, and circumstances allow us to put ourselves in another person's shoes. Studies have shown that readers of literary fiction have greater ability to empathize with others, leading to more friends, stronger relationships, and a happier life.

5. Strengthen critical thinking

Just as reading can make us more understanding of others, it can also help us learn how to ask important questions and gain a better understanding of, well, everything. Reading twenty minutes a day has been shown to improve analytical skills, leading to greater success in all areas of life.

6. Improve your sleep

Doctors recommend reading as part of a healthy bedtime routine because, as previously mentioned, it reduces stress in our bodies. It also helps calm our minds and alleviate insomnia. Turn off your screen twenty minutes earlier and put a book in front of your face instead. You'll fall asleep more quickly and sleep more soundly.

7. Reduce mental decline

Studies have shown that reading slows the effects of mental deterioration in older adults. Again, this can be thought of in the same way as exercise for our brains. As we age, our brains need stimulation and strength-building activities like reading to stay sharp and agile.