



# The Barrister

*"Prefer nothing to the love of Christ."*

September 4, 2008

*St. Rose of Viterbo*



Our Patron Saint

Sts. Benedict and Scholastica



The Birth of the Virgin Mary - Esteban Murillo  
(Louvre, Paris)

Your birth, O Virgin Mother of God,  
heralded joy to all the world.  
For from you hast risen the Sun of justice,  
Christ our God.  
Destroying the curse, He gave blessing;  
and stopping death, He bestowed on us  
life everlasting.  
Blessed art thou among women  
and blessed is the fruit of thy womb.  
For from you hast risen of Sun of justice,  
Christ our God.

Happy Birthday, Blessed Mother!

Happy Birthday, to you! WE LOVE YOU!!!



Edline needs to be checked for the permission slip for the 1st Middle School Dance which will be on Saturday, Sept 13th.

From 7:00 - 10:00 PM

Admission is \$7 in addition to a few canned goods for the St. Vincent DePaul Pantry. Any questions, please contact Eileen Hinojosa.

Handbook, page 21, too.



## VIRTUS Training

Any adult wishing to work in any capacity with children (coaching, helping in school, tutoring, chaperoning on class field trip, etc.) **must** be VIRTUS trained. This is mandated by the Bishop of the Diocese of Gary.

Saturday, September 13, 2008  
10:00 AM Solar Room

**Registration is REQUIRED**  
Call Mrs. Sandi Morgan, DRE to register.  
836-9151 ext. 332



**MONDAY,  
SEPTEMBER 8TH.  
HOLY MOTHER,  
THE CHURCH,  
CELEBRATES THE  
BIRTH OF MARY, THE  
MOTHER OF GOD.**

+JMJ

Dear Parents:

What a wonderful year we are having! It is so good to see so many children learning so much in the Catholic school.

It was wonderful to see so many parents last week in the evening. So much laughter in the building.

Another HUGE welcome to all of our new parents and students. You help make our school complete.

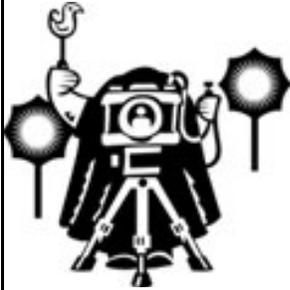
I have the honor of teaching an 8th grade Religion this year. What AWESOME kids we have. They make my day.

We are also happy to soon have Father Mike back with us.

To Jesus through Mary,

Chet Nordyke  
Principal

+ St. Thomas More, pray for us.      + St. Benedict, pray for us.  
+ St. Scholastica, pray for us.      + St. Rose, pray for us.  
*Let us remember to pray for one another.*



# Monday, September 8th is ... **PICTURE DAY AT STMS !!!**

DRESS UP DAY!!! (No Jeans, No Cargos, You know the rest ...)  
**Remember, the picture shows only from the shoulder up ... The BRIGHTER the shirt, the nicer the picture.** Practice that big, wide SMILE. (Nada on the make-up ...)

## **Our First Week ...**

Thank you so very much for the **many, many** emails, notes and comments from parents on how smoothly our first week back went. The weather was so cooperative. The record number of parents who were able to come to the "Back-to-School" Nights. Teachers were so happy to see all of you. The parents of this school sure do know how to demonstrate the word **FAMILY**.

**Thank you for being so kind, it means so much to all of us.**



### **St. Rose of Viterbo**

Rose achieved sainthood in only 18 years of life. Even as a child Rose had a great desire to pray and to aid the poor. While still very young, she began a life of penance in her parents' house. She was as generous to the poor as she was strict with herself. At the age of 10, she became a Secular Franciscan and soon began preaching in the streets about sin and the sufferings of Jesus.

Viterbo, her native city, was then in revolt against the pope. When Rose took the pope's side against the emperor, she and her family were exiled from the city. When the pope's side won in Viterbo, Rose was allowed to return. Her attempt at age 15 to found a religious community failed, and she returned to a life of prayer and penance in her father's home, where she died in 1251. Rose was canonized in 1457.



### **HOME & SCHOOL MEETING**

Wednesday,  
September 17th  
7:00 PM Cafeteria

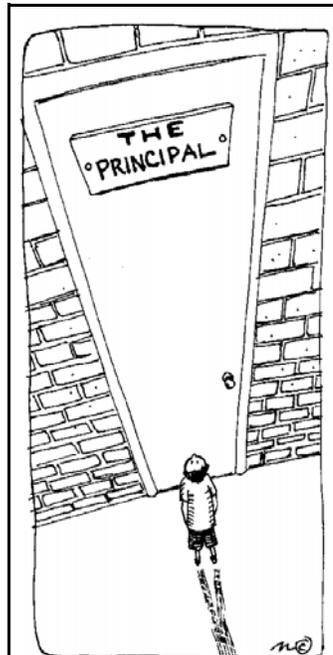


Remember that we always attempt to do only that which is educationally best for your students.

Please call, email, or request a meeting with the teachers when you have a question.

Email addresses are on **EDLINE**.

*Fit Bits and Food Bits have returned.*



Have a **question**?  
Have a **concern**?  
Have a **complaint**?  
Have something **nice** to say ?

Call and make an appointment, and come see me. The coffee pot is always ready.

The birth of Mary was also miraculous. She was conceived without sin as a special grace because God had selected her to become the mother of His Son (the feast of her **Immaculate Conception** is celebrated on December 8). The dogma of the **Immaculate Conception** of the Virgin Mary, though generally believed throughout the Church for many centuries, was formally declared by Pope Pius IX in 1854.



*From your*

*Faculty  
and  
Staff*

The Faculty and Staff send a very HUGE **“THANK YOU”** to **Alicia Zaleski** and her team of hospitality volunteers for the **FANTASTIC** luncheon they put on for us as we returned to school. The food was **EXCELLENT!!!** Thanks for being so kind.



Parents: Please watch for the copy of: ***On Track Student Success Mini-Magazine*** Kindergarten-8th Grade.

Schools are required to distribute these mini-magazines to student and parents. They contain information on **ISTEP+** testing changes, Indiana’s Academic Standards and more.

Need additional copies? These may be found online at: [www.learnmoreindiana.org/pubs](http://www.learnmoreindiana.org/pubs)

**ISTEP+ testing begins  
SEPTEMBER 15th ...**

All students in Grades 3-8 must be in attendance for Istep+ testing. Please do not schedule any appointments nor vacations during Sept. 15-26th.



## GYM CLOTHES

Just in case you've lost or outgrown your gym shirt over the summer there is one more opportunity to order one. **The order deadline is Monday, September 8.** The order form is available in the NEWS section of the Edline homepage. Orders placed prior to 8/1 have been distributed. If you need a gym shirt throughout the year a few gym shirts will be available for purchase at the school but you will need to go to St. John Sports to have your child's name added. If you have any questions please call Peg Gonzales at 838-7865 or Amy Lee at 934-0839.

## Sweatshirts

Uniform sweatshirts are available at [www.landsend.com](http://www.landsend.com) Our preferred school code is 900048190 and our logo number is 0785105K. If you have any questions please call Peg Gonzales at 838-7865 or Amy Lee at 934-0839

Yes, either

**RED, MAROON or NAVY**

Sweatshirts or Gym Shirts **are** accepted!

Check Out the Latest  
Discount  
Increases  
for T.R.I.P!

**GYMBOREE**

**STAPLES**

that was easy:-

**BARNES & NOBLE**  
BOOKSELLERS  
[www.bn.com](http://www.bn.com)

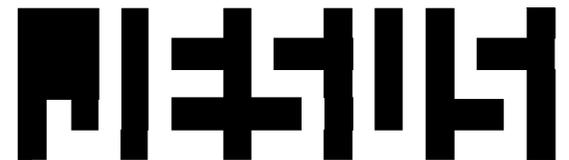
**Cabela's**

**amazon.com**

Not Just Books And Music. Find Almost Anything Online.



**DISCOUNTS:** Land's End will increase (17% to 19%) until 9/12/08. **Gymboree** (13% to 14%), **Amazon** (4% to 5%), and **Staples** (5% to 10%) until 9/19/08. **JC Penney** (5% to 6%), **TGI Fridays** (9% to 10%), and **Barnes&Noble** (9% to 10%) until 9/26/08. **Cabelas** (11% to 14%) until 10/3/08.



**I Have Been Asked ...  
I Have Said YES ...**



I have been asked if the girls could wear “Capris” during the warm weather months. These often make it unnecessary to scold girls for having short shorts.

After talking with some parents and teachers (and learning, myself, what they are) I **have** given permission.

Guidelines:

1. Pre-S - Gr. 4: Navy only
2. Grades 5 - 8: Khaki or Navy
3. **NO CARGOS FOR ANYONE**

## LET'S GET HEALTHY, AND STAY HEALTHY ...

# "Fit" bits

Week #1

Make sure you get adequate physical activity every day. Kids should be physically active for a minimum of ONE HOUR each day. Being active every day keeps your body strong and can help you maintain a healthy weight. Limit TV, movie watching, surfing the Internet, and playing video games to 1-2 hours per day, at most. You burn only about 1 calorie per minute while sitting still watching TV, about the same as when you're sleeping! So get up and MOVE!



**A GREAT BIG WELCOME**  
to  
**Mrs. Jennifer Fischer!**

We are thrilled to have Mrs. Fischer with us. She is ministering among the Pre-School with Mrs. Samaan and Miss Frigo.

### President Bush proclaims days of Prayer and Remembrance for 9/11 anniversary



President George W. Bush has issued a proclamation declaring Friday, Sept. 5 through Sunday, Sept. 7, 2008 to be...

National Days of **Prayer and Remembrance.**

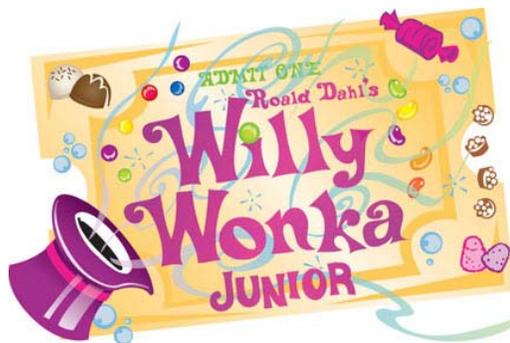
# "Food" bits

Week #1

Snacks are an IMPORTANT part of your children's nutritional health. Going hours without food causes blood sugars to drop, which may result in lack of concentration, drowsiness, fatigue, headache, and general lethargy. To get the most "bang" from your snacking buck, keep these tips in mind. These tips are great for adults too!!

### 4 Steps to Great Snacks

- Include Fruits & Vegetables first – Fruits and vegetables are like hitting the jackpot when it comes to nutrition. Eat at least FIVE servings of fruits and vegetables every day. A serving isn't a lot. A serving of carrots is about SIX (6) baby carrots. A fruit serving is one medium apple.
- Slurp Sensibly – It's not just what you eat, but what you drink as well! Many favorite drinks contain far too much sugar and no nutritional value. Water and milk (cow, soy, rice, etc) are still tops for keeping fluid balance and good nutrition. Watch out for drink disguises like flavored teas, sports drinks, juice drinks, etc. Even 100% juices should be drank in moderation.
- Include a little protein and fat with that carbohydrate snack. Snacks that contain large amounts of carbohydrates send the blood sugar soaring. Look for snacks that have a good balance of carbs, fats, and protein. Whole grain crackers with cheese bites or apple slices dipped in peanut butter would be great choices.
- Limit 'pre-packaged', low-nutrition, snacks. Although they're a favorite with the kids, chips, candy, fruit roll ups, and the like score low on nutrition. These types of 'treats' should be limited and eaten infrequently. Instead, score big with whole grain crackers, dried fruit and/or nuts, fresh fruit, and vegetables with dip and/or cheese.



# The 2008-09 Musical

This year's musical is: **Willy Wonka Jr.**

**Callout meetings will be on Monday, September 8th in the Solar room from 3-4pm or Thursday, September 11th in the Music Room from 3-4pm. Students are only expected to attend one callout meeting.**

**The show, parts available, and audition process will be explained, audition packets will be distributed, and the audition song will be taught.**

**Parents are welcome at this callout meeting.**

**Auditions will be held on Monday, September 15th or Tuesday, September 16th in the Solar room from 3-5:30pm.**

# HAPPY BIRTHDAY BLESSED MOTHER!!!

Chet Nordyke

The liturgy for September 8 opens with a joyful invitation: "Come, let us celebrate the birth of the Virgin Mary." Responding to that invitation may be helpful in two ways. It can renew our personal relationship with Mary. It can also deepen our appreciation and affirmation of others as we celebrate their birthdays.

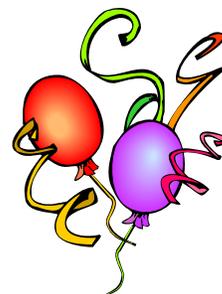
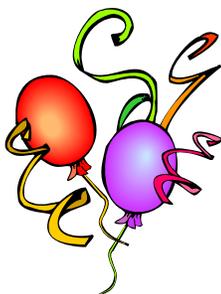
When we join in celebrating anyone's birthday, one thing we are saying is "We are glad that you were born." Certainly, we can express that sentiment to Mary. For all of us, she is a most significant person. After all, our Savior has come to us through Mary.

A birthday observance not only commemorates the beginning of a person's life but also celebrates the fact that the person continues to be among the living today. Many Polynesian people greet one another by saying, "Thank you for being alive!" In celebrating Mary's birthday, we recognize that she is fully alive; she is our Queen assumed into heaven. Although her birth into this world occurred two thousand years ago, we can prayerfully say, "Mary, thank you for being alive!"

A good birthday celebration recognizes the uniqueness of the one being honored. Appreciating Mary's uniqueness may come easily to us. She alone is sinless and full of grace; she is completely unselfish. As Mother of Jesus, she fulfills a key role in God's eternal plan and in human history. When the Church invites us to celebrate Mary's birthday, we can respond by prayerfully telling her, "Thank you for being what you are."

When we celebrate the birthdays of friends and family members, we have a chance to affirm and encourage them. Perhaps focusing on Mary's qualities can help us to appreciate our loved one's qualities too. Mary is full of grace. How do we see our loved one living the life of grace? Perhaps we can let them know that we appreciate their kind listening, their honesty, or their courage in facing difficulty. Mary had a special role to play. What special role does our loved one have? Perhaps we can mention one way in which they have been a special blessing in our lives. When we appreciate them, we are saying "Thank you for being your own good self."

As we celebrate Mary's birthday and the birthdays of others, we come closer to Mary's kind of holiness. We become a people who find joy in God, our Savior.



# **S.T.M. LUNCH MENU – WEEK OF SEPTEMBER 8, 2008**

**Daily Ala Cartes: Salads – Large \$2.20, Small \$1.75; Yogurt - 65¢; Milk - 40¢**

**Happy Birthday Blessed Mother!**

## **Monday, September 8**

Chicken Patty  
Whipped Potatoes/Gravy  
California Mixed Veggies  
Bread  
Applecrisp/Pears  
Milk

*Ala Carte: Chicken Patty \$0.85*

## **Monday Volunteers**

Linda Hamill  
Denise Smith  
Susan Bleza

## **Tuesday, September 9**

Hamburger/Cheeseburger  
Pickle Spear  
French Fries  
Fresh Fruit  
Vanilla Wafers  
Milk

*Ala Carte: Burger \$1.40*

## **Tuesday Volunteers**

Sue Doherty  
Kathy Davidson  
Chris O'Brien

## **Wednesday, September 10**

Chicken Fryz  
Buttered Noodles  
Corn  
Mixed Fruit  
Milk

## **Wednesday Volunteers**

Melissa Reardon  
Amy Osmulski  
Robert Maldonado

## **Thursday, September 11**

Taco Salad  
Carrot Sticks  
Applesauce  
Muffin  
Milk

## **Thursday Volunteers**

Joy Chronowski  
Anita Hemingway  
Marcy Burzynski

## **Friday, September 12**

Spaghetti w/ Tomato Sauce  
Cheese Slice  
Salad  
Mozzarella Cheese Toast  
Peaches  
Milk

## **Friday Volunteers**

Janice Reynolds  
Joann Hajduch  
Maria Cano



*Mrs. Murray & her team make  
good things for us to eat!*

*THANKS, Mrs. Murray!*

## **St. Thomas More School Lunch Program 2008-2009**

1. Menu subject to change.
2. Hot Lunch Prices: Student - \$1.80/day      5 days = \$9.00      20 days = \$36.00  
Adult - \$2.45/day
3. Checks are welcome – made payable to **STM**
4. Families with more than one student eating hot lunch are encouraged to send in ONE check (or cash) in one envelopes. Money will be divided between siblings accordingly.
5. Days not used are credited for future use. There is a \$-9.00 charge limit per account. If students do not bring in money after 5 charges, they will not be allowed in the hot lunch line until payment is made. However, students will be offered a peanut butter or cheese sandwich if they have nothing else to eat.
6. Students should turn in payment in a SEALED envelope labeled with the following information:  
Lunch Money, Student First & Last Name, Teacher Name, Amount Enclosed.
7. E-mail Mrs. Murray for lunch account balance inquiries: [lmurray@stm-school.com](mailto:lmurray@stm-school.com)