



The Barrister

"Prefer nothing to the love of Christ."

April 16, 2009

St. Bernadette Soubirous



Our Patron Saint

Sts. Benedict and Scholastica



St. Bernadette
Of Lourdes

Regina Coeli

Queen of heaven, rejoice. Alleluia.
For He whom thou didst deserve to bear, Alleluia.
Hath risen as He said, Alleluia.
Pray for us to God, Alleluia.

Rejoice and be glad, O Virgin Mary, Alleluia.
Because Our Lord is truly risen, Alleluia.

O God, who by the resurrection of Thy Son, Our Lord Jesus Christ, hast vouchsafed to make glad the whole world, great, we beseech Thee, that, through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ Our Lord. Amen.

The **Regina Caeli** or **Regina Coeli** ("*Queen of Heaven*"), an ancient Latin Marian Hymn of the Church.

The *Regina Caeli* is sung or recited in place of the angelus during the Easter season, from Holy Saturday through Pentecost Sunday.

The author is unknown. We are told that St Gregory the Great heard angels chanting the first three lines one Easter morning in Rome, while following barefoot in a great religious procession the icon of the Virgin painted by St. Luke the Evangelist. He was thereupon inspired to add the fourth line.

Easter Blessings!

CALENDAR OF EVENTS ...

April 17	Mother/Son Dance	SOLD OUT
April 18	TRIVIA NIGHT	CANCELLED
April 21	Music Program Grades 5-8	7:00 P.M. church
April 22	Administrative Assistants Day	
April 23	Music Program Grades Pre-4	7:00 P.M. Church
April 27	ISTEP+ Testing (Round Three) Begins	



Remember what "they" say about April Showers ...

HE IS RISEN!!!

Every morning is EASTER MORNING from now on.
Every day is RESURRECTION DAY, the past is OVER and GONE!

+JMJ

Dear Parents/Guardians:

So much is going on at STMS! I marvel at how the children like to tell me all they are learning. I get excited just listening to their excitement!! I hope you feel the same.

Thank you for **all** that you do to instill within your children the love they have for learning and the love they show for Our Blessed Lord and Mary, His Good Mother!

Please don't hesitate to call upon the teachers, or myself, to let us know how we may be of more help to you and your children.

Please know you are remembered each day in prayer.

To Jesus through Mary,



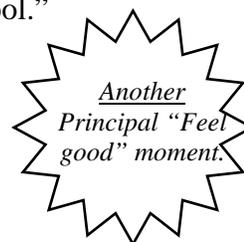
Principal

Thank you 8th Grade!

"Hi Chet,

I had to drop you a line to tell you how well your students behaved at the Chrism Mass at the Cathedral. My wife and I sat behind the students from St. Thomas More School in church and we were both extremely impressed by their reverence and general participation. This group of boys is a true credit to St. Thomas More School."

Mr. Tom Puplava
Schools Office
Diocese of Gary



**And he departed from our sight
that we might return to our heart,
and there find Him. For He
departed, and behold, He is here.**

The Church Is Alive With The Sound Of Music ...

The Spring Program, featuring our awesome singers in grades Pre-K through Grade 4, will take place in **St. Thomas More Church at 7:00 PM** on **April 23rd** and Grades 5-8 on **April 21st**. If there is a problem, or question, please call *Miss Daniel*, Music Teacher, at **836-9151 x231**.

(Please see page 35 of the STMS Handbook regarding student attendance.)

Last Call for Pictures for Memory Video



We are still looking for photos from Pre-K to the present that pertain only to STM activities (classroom, sports, scouts, band, musicals, church, field trips, dances, etc). Group photos are the best.

Please send any you may have by this Friday, April 17, to Karen Sikora c/o Alex in Mrs. Callahan's class. If you have any questions, please call Karen Sikora at 922-1318. Look for another note coming home regarding the video.

Knock, knock!
Who's there?
Noah.

Noah who?
Noah body . . .

Knock, knock!
Who's there?
Noah.

Noah who?
Noah fooling this time . . .
it's really me!



Q. What flowers grow on faces?
A. Tulips (Two-lips)!

Q. When do monkeys fall from the sky?
A. During Ape-ril showers!



New
Altar Server
**Sign-up/
 Information**
Meeting

Any St. Thomas More School or Religious Formation Program student currently in the 4th grade or higher that is interested in becoming an altar server and their parent are invited to attend a sign-up/information meeting

**Wednesday,
 April 22, 2009 at 7 P.M.**

in the St. Thomas More Cafeteria
 If you have any questions you may call
 Susan Burke at
 322-6462.



Gracious God,
 thank You for the gift of Catholic
 education.
 Day after day, week
 after week, You give us many op-
 portunities to know Your great love,
 peace, and
 forgiveness.
 Help us respond to
 Your Good News
 and the
*good news of
 Catholic education.*
 Amen.

JESUS AND MARY WE LOVE YOU!!!



**continued support of St. Thomas More School
 is so very much appreciated.**

Even in this difficult economy, parents are willing to sacrifice so that their child can get an education that includes the academics, discipline, and rigorous religious education that come with our Catholic school. Spiritual growth and faith development underscore everything we do for your child while he or she is a student here at STMS. As a Catholic school, we do not view the faith of your child as separate from his or her regular academic learning. WE believe and we teach that God can be found in all academic subjects as the master artist, the logical mind behind the mathematical equations, the scientific source of all creation, the historian who intervenes on behalf of human history, the author of all languages, and the great

communicator who wants us to live in peace with all our brothers and sisters, even those from different cultures and walks of life.

Your personal endorsement of STMS to neighbors and business associates is very helpful.

Consider these top 7 reasons to enroll:

1. Catholic identity and culture permeates the school community and is evident throughout the campus.
2. Superior academics with a balanced curriculum that includes the Arts—which many school systems are cutting.
3. State-of-the Art technology available for all students.
4. Good stewardship and efficiency of your tuition dollars.
5. Passing on the Catholic faith and its traditions through a strong religion program.
6. Development of self-discipline and of a commitment to serve others.

During this Lenten season, we are asking all parents to make a special effort to spend some family time together reviewing and learning the students' Basic Catholic Teaching. Please make this a family effort so that our students retain all that they have learned in their religion classes at school about their faith. With consistent effort by parents and students alike, everyone will benefit. Be sure to take your whole family to the Sacrament of Reconciliation as a way to reinforce our Catholic teachings and to support your child in faith development.

FIT TIPS.....

Now that 'spring' has 'sprung', there's no more excuses for not getting active. In addition to getting your family outdoors, remember there are creative ways to bring the 'gym' to your home as well. Here are some inexpensive ways to stay fit using "equipment" from around the house.

What to Use

Instead of weights:
plastic jugs with handles,
partially filled with sand

How to Use It

Lift them from the ground,
away from your sides, overhead,
and out in front of you. Careful --
don't drop them on your toes!
Make sure they don't weigh more
than a few pounds.

How You Benefit

Great for strengthening young chests,
arms, and shoulders

Instead of a glider; use large
paper plates on a carpeted floor

Put one paper plate under each foot,
turn on some upbeat music, and have
the kids glide around

Another fun way to exercise young
hearts and legs

Instead of resistance bands:
an old pair of **panty hose**

Step on the waistband, pull on the panty
hose legs, and watch the panty hose
stretch and stretch

Strengthens biceps, triceps, and
shoulders

Food Bits

It's no easy task to explain the importance of good nutrition to children in a way that motivates them to eat well. Although you may encounter many turned up noses, and resistance for your children eating all their veggies, here are a few ideas that can help you with the battle:

Explain the connection between nutrition and health using concepts they can see or feel.

Point out that the vitamins in fruits and vegetables make us "glow." They make our hair shiny, our eyes bright, and our cheeks rosy. They also help us see clearly and build strong bones. They give us energy to run and play.

Use color.

Explain that most leafy green (for example: spinach, kale, collards) and dark orange fruits and vegetables (acorn squash, papaya, cantaloupe) give us healthy skin and good eyesight. Tell your children that their plates should look like a 'rainbow'

Refer to the alphabet.

Have fun with fruits and veggies by making it fun to eat. Use the letters of the alphabet to encourage nutritious eating: A = Apple Day; B=Banana or Beans Day; C = Citrus Fruit Day

S.T.M. LUNCH MENU – WEEK OF APRIL 20, 2009

Daily Ala Cartes: Salads – Large \$2.20, Small \$1.75; Yogurt - \$0.65; Milk - \$0.40

Monday, April 20

Chicken Fryz
Buttered Noodles
Corn
Mixed Fruit
Milk

Tuesday, April 21

Taco Salad
Lettuce/Cheese/Salsa
Carrot Sticks
Fresh Fruit
Muffin
Milk

Wednesday, April 22

Hot Dog/Chili Dog
Baked Beans
Potato Chips
Pears
Frozen Fruit Shape-Up
Milk

Ala Carte: Hot Dog \$1.10

Monday Volunteers

Eileen Hinojosa
Diane Perez
Denise Smith

Tuesday Volunteers

Marcy Burzynski
Peg Gonzales

Wednesday Volunteers

Amy Osmulski
Amy Wiess

Thursday, April 23

Chicken Patty Sandwich
French Fries
Green Beans
Applesauce
Cake
Milk

Friday, April 24

Grilled Cheese **OR**
Cheese Quesadilla/Salsa
Tater Tots
Peas or Carrots
Peaches
Cookie
Milk

Ala Carte: Sandwich \$1.40

Ala Carte: Sandwich \$1.10

Ala Carte: Quesadilla \$1.40

Thursday Volunteers

Adriana Valdes
Jeanne Mossburg

Friday Volunteers

Dan Rusnak
Agnes Nahnsen



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. Cash or checks made payable to STM are accepted. NSF checks will be charged a \$25 fee.
4. Families with more than one student eating hot lunch are encouraged to send in ONE check (or cash) in one envelope. 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
8. Remember to check Edline for the Monthly Menu/Volunteer List.

