

NO BARRISTER NEXT WEEK.

St. Thomas More School

Principal's Newsletter



The Barrister

"Prefer nothing to the love of Christ."

November 3, 2011

Month of All Saints and All Souls



Our Patron Saint

St. Benedict and St. Scholastica

Thank God for Saints!

*How shining and splendid are your gifts, O Lord
which you give us for our eternal well-being*

*Your glory shines radiantly in your saints,
O God*

In the honor and noble victory of the martyrs.

*The white-robed company follow you,
bright with their abundant faith;*

*They scorned the wicked words of those with this
world's power.*

*For you they sustained fierce beatings, chains, and
torments, they were drained by cruel punishments.*

*They bore their holy witness to you
who were grounded deep within their hearts;
they were sustained by patience and constancy.*

*Endowed with your everlasting grace,
may we rejoice forever with the martyrs in our bright
fatherland.*

*O Christ, in your goodness,
grant to us the gracious heavenly realms of eternal life.*

**TOMORROW IS "SPIRIT DAY" AT
STMS. STUDENTS MAY WEAR
SPIRIT DAY ATTIRE.**

Mary, Your children love YOU.

For all the saints, who from their labors rest.

OUR HALLOWEEN AT STMS

Our annual Halloween Costume Parade was AWESOME again this year. So many great costumes! The little children were sooo happy, I really don't think the smiles could have been bigger!!!

It was so nice to see so many mom's, dad's grandma's and grandpa's here to see the children all dressed up to celebrate Halloween.

Thanks, once again, for loving your children so much.

Those couldn't be here, the children understood and paraded with PRIDE.

STMS FALL BREAK

STMS begins our "Fall Break" when the final bell rings on Friday, November 4th, and we return to school on Wednesday, November 8th.

HAVE A FANTASTIC BREAK.

WE LOVE You, so please be careful.

DID YOU KNOW ???

Your prayer intentions are remembered every day in school during the Morning Prayers ... and at dismissal.

Hey Kids, Grades: 2-4

The famous STMS **ROWDIES** Will be back as soon as Second Semester begins!
Are YOU ready?



I tell you frequently how proud I am of our STMS Children. I received the following email on Tuesday, and wish to share it with all of you:

" I was amazed and proud at how well behaved your student body was at Mass today. The mass was beautiful, the children's participation and their attention to the Mass was awesome. The student mentoring program for the benefit of the little ones is a stroke of genius. Great Job to you and your Team! STM is Awesome!"

This should be a "feel good" moment for our students also! It sure was for this principal!

Chris Rardyske



Being a Christian is like being a pumpkin.

God lifts you up,
takes you in,
and washes all the dirt off of you.

He opens you up,
touches you deep inside
and scoops out all the yucky
stuff including seeds of
doubt, hate, greed, etc.

Then, He carves you
a new smiling face
and puts His light
inside you to shine
for all the world to see.

*This was passed on to me
from another pumpkin.
I liked this enough to send it to
all the pumpkins in my patch.*

**Happy Fall
and
God Bless You**

Edline
We bring it together.



Friday, Nov. 4th is "SPIRIT DAY" AT STMS. All are welcome to wear gear sold in the "Ravens Roost."



**MOM & DAD:
PLEASE HELP ...**

Please remind your children that they are never to pass around their milk, juice, whatever they bring, during the lunch period. This is a sure way to spread colds and other diseases.

Children sharing their drinks will have them confiscated by the cafeteria supervisors for the safety of all children. Thanks for your help.

NOTE: NO BARRISTER NEXT WEEK.



NO BARRISTER NEXT WEEK.

RESPECT ALL LIFE ...
FROM THE MOMENT OF
CONCEPTION THROUGH
NATURAL DEATH.



**MAKING VACATION
PLANS FOR
SUMMER?**

Yes, I have been asked ...
Based on the calendar
for Munster, STMS will
start on August 16th.

HAVE A SAFE AND FUN FALL BREAK!

WE'LL LOOK FORWARD TO SEEING YOU
Next WEDNESDAY MORNING.



Saints, in heaven, pray for us.

HONOR, GLORY and FAME!!!



Above is a picture of the poster
which Mitchell Walsh won

FIRST PLACE,

among ALL Munster Schools!

What an honor for Mrs. Boyle,
and me, to present Mitchell with
his award.



CONGRATULATIONS to the St. Thomas More **7th & 8th Grade CYO Soccer Champions for 2011!**

Our **AWESOME** students won in a shoot-out against
St. Michael School last Saturday! The game was
TERRIFIC, and great sportsmanship was displayed by both
teams.

The **HUGE** trophy was presented to me, and adorns the
desk in my office until it moves to its home in the STMS
Trophy Case.

**THANK YOU, TEAM, for AGAIN making all of so
PROUD of YOU!!!! God bless you.**

St. Albert the Great, St. Cecilia, St. Elizabeth of Hungary, St. John Lateran, St. James.

“Do not let your mind be troubled over anything that shall happen in this world. Nothing can come but what God wills. And I am very sure that whatever that be, however bad it may seem, it shall indeed be the best.”

St. Thomas More



Gracious God,
thank You for the gift
of
**Catholic
education.**

Day after day,
week after week,
You give us many
opportunities to know
Your
great love, peace, and
forgiveness.

Help us respond to
Your Good News
and the

good news of
Catholic
education. Amen.

TOMORROW, FRIDAY, IS SPIRIT WEAR DAY!

**Happy Birthday,
Bishop Melczek!**



His Excellency, Bishop Melczek,
will celebrate a birthday on
Tuesday, November 9th.

**I have included his address if
you would like to send a card:**

Bishop Dale Melczek, D.D.
Bishop of the Diocese of Gary
9292 Broadway Avenue
Merrillville, IN 46410



**Campbell Soup UPCs
and Box Tops**

The
Campbell Soup UPCs
and Box Tops can be
turned into each
homeroom. A final count will
be taken in the middle of
January. The winning
classroom will receive
a pizza party.



**NO BARRISTER
NEXT WEEK.**



PARENTS ...

We ask for your
patience ...

The STATE OF
INDIANA, **NOT** STMS, requires various
medical tests be completed. When we get
the information we send it home **and** notify
YOU through *The Barrister*. **The STATE**
says students are not permitted to be in
school without the **required** tests/shots.

Sooooo, if you receive a call from Mrs.
Steele, or a letter from my office, it is
because the **STATE** will mark our school
accreditation down if every student is not in
compliance. **We are still missing some.**

Letters were sent home **last Spring**, at the
start of the year, and were on EDLINE.
Yes, another letter is being sent **today**.

Thanks, your **patience** is appreciated.

Chet Rordyke

T.R.I.P.

Five (5) more weeks to order TRIP before Christmas!!!!



Week

11/7 (no school Mon and Tues)

11/14 (order your Thanksgiving grocery TRIP here!)

11/21

11/28

12/5

12/12

12/19

Orders In Orders Available

Wed, 11/9 Fri, 11/11

Mon, 11/14 Wed, 11/16

No TRIP—Thanksgiving week

Mon, 11/28 Wed, 11/30

Mon, 12/5 Wed, 12/7

Mon, 12/12 Wed, 12/14

No TRIP—Christmas break week



Through 12/2/11, **Shutterfly** will increase from 9% to 14% and **L.L. Bean** will increase from 15% to 17%. Through 11/25/11, **Spa Finder** will increase from 12% to 13% (write in on back of form to order). Through 11/18/11, **Marriott** and **Overstock.com** will increase from 8% to 10% (write in Overstock on back of form to order).

Holiday gift card wrappers are back (10-pk for \$2 at 10%; order under "Other" on back of form). Colorful pre-cut glossy wrappers fold up to wrap your gift card in an elegant, fun package. The writeable surface provides space for recipient name, giver name, gift card amount, and thoughtful comments.



NO BARRISTERS NEXT WEEK.

WELLBITS

RECIPE MAKEOVERS

As we wind down from Halloween and begin preparation for the Thanksgiving and Christmas holidays ahead, there's no better time than now to look at some of your traditional recipes and transform them into healthier meals. Here are TWO simple ways to put a bit more 'health' into your family meals:

1. Reduce the amount of fat, sugar and salt

You often can reduce the amount of fat, sugar and salt without sacrificing flavor in healthy recipes. Use these general guidelines:

Fat. For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat replacers found in the baking aisle of most grocery stores.

Sugar. Reduce the amount of sugar by one-third to one-half. Instead, add spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla extract or almond flavoring to boost sweetness.

Salt. Reduce salt by one-half in baked goods that don't require yeast. (For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, such foods may become dense and flat.) For most main dishes, salads, soups and other foods, you can reduce the salt by one-half or eliminate it completely.

2. Make healthy substitutions

Healthy substitutions not only reduce the amount of fat, calories and salt in your recipes, but also can boost the nutritional content.

Pasta. Use whole-wheat pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories.

Milk. Prepare a dessert with fat-free milk instead of whole milk to save 66 calories and almost 8 grams of fat per cup.

Meat. When making casseroles, scale back on meat, poultry or fish and increase the amount of vegetables. You'll save on calories and fat while gaining more vitamins, minerals and fiber.



*There will be NO edition of *The Barrister* next week.*

S.T.M. LUNCH MENU – WEEK OF NOVEMBER 7, 2011

Daily Ala Cartes: Salads—Large-\$2.30; Small-\$1.85

Yogurt--\$0.70

Milk--\$0.50

Monday, Nov. 7

NO
SCHOOL

Tuesday, Nov. 8

NO
SCHOOL

HAPPY FALL BREAK!

Wednesday, Nov. 9

Chicken Fries
Noodles
Broccoli/Carrots
Applesauce
Muffin
Milk

Monday Volunteers

Tuesday Volunteers

Wednesday Volunteers

Catharine Olsen
Pauline Brett
Janet McComis

Thursday, Nov. 10

Hamburger/Cheeseburger
French Fries
Pickle Spear
Peaches
Pudding
Milk

Friday, Nov. 11

Hot Pretzel w/Cheese Dip
Yogurt Cup/Cottage Cheese
Salad
Pineapple Tidbits
Jello
Milk

Ala Carte Burger:\$1.55

Ala Carte Pretzel:\$1.25

Thursday Volunteers

Char Savarino
Kelli Galanos
Kristyn Sirbek

Friday Volunteers

Teresa Torres
Anne Di Carlo
Donna Sullivan



**HAPPY FALL
BREAK!**

IMPORTANT REMINDERS

Menu subject to change.

Hot Lunch Prices: **Student - \$1.90; Adult- \$2.50**

Cash or Checks made out to STM are accepted.

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.

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 cheese sandwich if they have nothing else to eat.

Students should turn in payment in a SEALED envelope labeled with the following information: **LUNCH MONEY,**

STUDENT FIRST AND LAST NAME, TEACHER NAME, AMOUNT ENCLOSED.

Check **Edline** for the monthly menu; check the Barrister for the weekly menu and volunteer list.

Go to www.cafeprepay.com to check student account balances and to make credit card payments.

**IMPORTANT: MENUS PUBLISHED
IN THIS EDITION OF THE
BARRISTER ARE THROUGH
THANKSGIVING WEEK.
NO BARRISTER NEXT WEEK.**

God gave Himself to you: give yourself to God.

S.T.M. LUNCH MENU – WEEK OF NOVEMBER 14, 2011

Daily Ala Cartes: Salads—Large-\$2.30; Small-\$1.85

Yogurt--\$0.70

Milk--\$0.50

Monday, Nov. 14

Penne Pasta
Meat Sauce
Cheese Stick
Green Beans
Dinner Roll
Mixed Fruit
Milk

Monday Volunteers

Cathy Lyons
Tisha Kotso
Hillary Hanas

Thursday, Nov. 17

Turkey
Whipped Potatoes/Gravy
California Mixed Vegetables
Peaches
Pumpkin Bread/Bread
Milk

Thursday Volunteers

Mary Castaneda
Jennifer Garcia
Amy Lee

Tuesday, Nov. 15

Cheese Pizza
Corn
Pears
Rice Krispie Treat
Milk

Ala Carte Pizza: \$1.55

Tuesday Volunteers

Diane Mikrut
Christine Rozmanich
Karen Sikora

Friday, Nov. 18

Grilled Cheese or
Cheese Quesadilla
Tater Tots/Salsa
Peas or Carrots
Fresh Fruit
Graham Cracker
Milk

Ala Carte Sandwich: \$1.25

Ala Carte Quesadilla: \$1.55

Friday Volunteers

Janice Reynolds
Susan Payne
Cris Tumacder

Wednesday, Nov. 16

Corn Dog
Potato Wedges
Carrot Sticks/Dip
Applesauce
Ice Cream
Milk

Ala Carte Corn Dog: \$1.25

Wednesday Volunteers

Becky Kirsch
Alice Balbo
Kim Bronisz



WEEK OF NOVEMBER 21, 2011

Monday, Nov. 21

Chicken Nuggets
Spanish Rice
Broccoli/Carrots
Mixed Fruit
Cookie
Milk

Monday Volunteers

Maria G. Cano
Carmen Herrera
Christine Walsh

Tuesday, Nov. 22

Bosco Sticks
Marinara Dip
Salad
Peaches
Frozen Fruit Choice
Milk

Ala Carte Bosco Stick: \$1.00 (1)

Tuesday Volunteers

Michael Smith
Lupe Castaneda
Penny Covelli

No School Nov. 23-25

