

# Saint Paul School

250 James Street

Burlington, NJ 08016

*Education for Tomorrow, Faith for a Lifetime.*

February 8, 2023



## From the Principal

### Dear St. Paul School Community:

Please remember that it is time to register your children for the 2023-2024 school year. Tuition assistance is available. The online application can be found on our website. The first round deadline is March 1 and the round 2 deadline is May 12. Also, if you have any friends or family members looking for a school, please recommend St. Paul School. It is important for planning purposes that you register as soon as possible. Some paperwork needs to be turned into public school districts by mid-March.

This Friday 2-10-23 will be a dress down day for students and staff in honor of the Super Bowl. Students may wear Philadelphia Eagles or Kansas City Chiefs attire. If you don't have Eagles or Chiefs attire you can wear green or red to support your team.

Student Council will present a Valentine's dress down day on February 14th in which students can dress in Valentine colors (red, pink, purple and/or white) and will donate \$2.00 to the American Heart Association.

March 2nd is National Read Across America Day, a day to celebrate our favorite activity. The day was

established by the National Education Association to help get kids excited about reading. The day occurs each year on the birthday of beloved children's book author Dr. Suess, so the perfect way to celebrate is to grab a hat and read one of his famous tales. Students, teachers, parents, and community members come together to read books and celebrate the joy of reading. St. Paul School is celebrating big with some fun activities that we've planned for our students. We will have a special guest reader visiting St. Paul School to read to the students. Please see information in today's weekly newsletter about our annual Read-a-Thon which will take place during this time.

God Bless,  
Ms. Maria Spirito  
Principal

### Health Tip: Turmeric

The spice known as turmeric may be the most effective nutritional supplement in existence. Many high-quality studies show that turmeric has major benefits for your body and brain. Many of these benefits come from its main active ingredient, curcumin. "Like other colorful plant-based foods, turmeric is rich in phytonutrients that may **protect the body by neutralizing free radicals (pollution, sunlight) and shielding the cells from damage.**" Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and may help fight various degenerative processes in your brain. Curcumin has beneficial effects on several factors known to play a role in heart disease. Plus, it's an anti-inflammatory agent and antioxidant. Curcumin leads to several changes on the molecular level that may help prevent and

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perhaps even treat cancer. Curcumin can cross the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease. Arthritis is a common disorder characterized by joint inflammation. Many studies show that curcumin can help treat symptoms of arthritis and is, in some cases, more effective than anti-inflammatory drugs. A study in 60 people with depression showed that curcumin was as effective as Prozac in alleviating symptoms of the condition. Due to its many positive health effects, such as the potential to prevent heart disease, Alzheimer's, and cancer, curcumin may aid longevity. Try Turmeric in teas, soups, or take the supplement daily.

## Drop off and Pick up Reminder

Please remember that if students are dropped off before 7:30am they will be signed into child care. Also if students are here after 3:15pm they will be signed into child care. Thank you for your understanding.



Please feel free to contact me if you have any questions or concerns at [djohnson@stpaulbrl.org](mailto:djohnson@stpaulbrl.org). I am available Monday through Friday from 10am to 2pm.



## Pretzels Are Back!

NJHS will be selling pretzels each Thursday during lunch for \$1.00 each! Please remember to bring \$1.00 with you to purchase a pretzel.



## Catholic Track League

Calling all 3<sup>rd</sup> – 8<sup>th</sup> graders! Come join the track and field team! Fill out the athletic participation form in today's weekly news and say you will run with us from March - May. If you have any questions, please contact Lisa or Angela at [saintpaulburlington@gmail.com](mailto:saintpaulburlington@gmail.com).

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## Superbowl Dress Down Day

Students are permitted to wear Eagles or Chiefs attire (or green or red) to support their team on Friday, February 10.



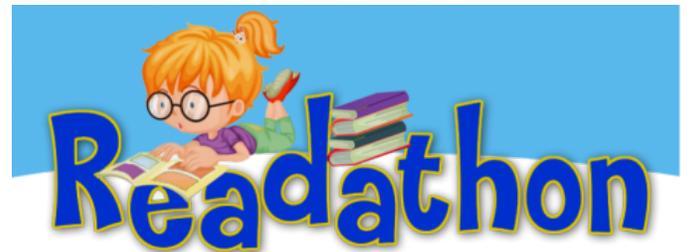
**Dress Down  
Day for  
American  
Heart  
Association -  
February 14**

Students can dress down on Tuesday, February 14 in appropriate red, pink, purple and/or white attire and accessories for a \$2.00 donation to the American Heart Association.

**Please send the money into school with your child's name and "Dress Down Day" marked on the envelope. See the flyer in today's weekly news for more information.**

## Souper-Bowl Canned Soup Drive

Students are asked to bring in cans of soup that will be collected daily from classrooms during the week of February 6-10. Grades will be collecting soup for either the Eagles or Chiefs. Soup cans will be donated to the parish food pantry. The class with the most cans of soup will be given an ice cream party by the Student Council. Thank you in advance for your generosity! **See the flyer in today's weekly news for more information.**



### The Read-A-Thon Is Back!

We're kicking off our annual Read-A-Thon on Monday, February 27th just in time for National Read Across America Week. Please be on the lookout for the letter to come home next week which will let you know which dates your child(ren) can dress-up like their favorite Dr. Seuss character, wear crazy hats and more—as well as learn how you can help us reach our goal of \$10,000! The Read-A-Thon fundraiser is for both elementary and middle school students and not only supports our school but also supports each student's personal reading goal. While we hope each student can raise at least \$60, no amount is too small. We are shooting for 100% participation therefore every student who participates will earn a prize!

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## PTA News



### Volunteers Needed

Looking to help our school but not sure how? The SPS PTA will be making prize baskets for our Casino Night & Basket Raffle and we need your help! No experience necessary! Not crafty? No problem! There is an opportunity for everyone and friends and family are always welcome to come along. This is also a great opportunity for homeroom liaisons to put together their class baskets. Wrapping supplies will be provided. Come out and meet us in the school cafeteria on:

Thursday, 2/16 from 6pm-9pm

Tuesday, 2/21 from 6pm-9pm

Stay for as little or as long as you'd like. If you have any questions, please reach out to Sarah at [SarahBrodzinski@gmail.com](mailto:SarahBrodzinski@gmail.com).



Join the Knights of Columbus and St. Paul PTA for a variety of homemade soups on Saturday, February 11, 4:00-7:00pm. Tickets are \$10 per adult and \$5 per child and includes soups, breads, drinks and desserts. Tickets can be purchased in advance by contacting [info@burkofc589.org](mailto:info@burkofc589.org) or [saintpaulbrulington@gmail.com](mailto:saintpaulbrulington@gmail.com).



## Who's Feeling Lucky!

The night you've all been waiting for is finally here. Our exciting Saint Patrick's Day themed Casino Night will be Saturday, March 4th, from 6-10pm. Doors will open at 5:30 pm. Dress in your best green and gold attire if you so choose. This adults-only event will feature professional casino dealers at various gaming tables. Don't know how to play; don't worry, they'll teach you. Trade chips in for tickets to win exciting prizes and baskets. It's all for fun to help support our school! Bring your friends

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and family to one of our biggest fundraisers of the year. There will be a buffet dinner (catered by G & M Caterers), drinks and, of course, gambling and great prizes. This event is always a big hit so don't be late ordering your tickets. This event will sell out!

**Please see the flyer/ticket order form in today's weekly news.**

## National Junior Honor Society



### Sock Drive

The NJHS is holding their annual Sock Drive until this Friday, February 10th. We are asking each student to donate a new pair of socks to this cause. Please send sock donations into school by Friday!

**Please see the flyer in today's newsletter!**



### Smencil Sale

NJHS is still selling Smencils for \$1.00 each.



Are you participating in our Scrip program? Do you know that you can earn a discount on your tuition by participating?

This year Scrip has come out with an app to help make Scrip purchases easier. The Raise Right Fundraising app links to your Scrip account and allows for you to shop Scrip on the spot in the store. Ask your Scrip coordinator how you can get involved in this money saving program. **We have a new access code (86DF46A813322).** Please visit our school [website](#) for more Scrip information and contact Nicole LeVach at [clevach@comcast.net](mailto:clevach@comcast.net) with any questions.



## Box Tops for Education

Thank you for scanning your receipts for the Box Tops for Education program. **Please see the flyer in today's weekly news for information on how to scan your receipts to support St. Paul School.**

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## CCHS Performing Arts

The stage is being set for Camden Catholic High School's 101st spring musical, [Holiday Inn](#) on March 10-12 and 17-19. Tickets are now **ON SALE** and can be conveniently purchased [online](#) or by calling 856-663-2247 during school hours (Mon-Fri 7:30AM-3:30PM).

You can also support the cast, crew and band with an ad or patron in the annual program, which will be seen by over 3,000 during the 6 show run. [CLICK HERE](#) for the PDF form, or [CLICK HERE](#) to conveniently place your ad online.

Thank you again and God bless you for supporting The Arts at CCHS!

If you have any questions, please call Kim Martin at 856-905-4099 or email [kimberlymartin1015@gmail.com](mailto:kimberlymartin1015@gmail.com).



## Confirmation Prep for 8<sup>th</sup> Grade Students

**Completed Confirmation packets** – Registration Form (with Baptismal certificate), Sponsor Eligibility form, and letter to Fr. Jerome are due to the Religious Education Office by February 28<sup>th</sup>.

Service logs are due by March 31<sup>st</sup>. You may send or turn in by hard copy or email to

[kdelprato@stkatharinedrexel-nj.org](mailto:kdelprato@stkatharinedrexel-nj.org). If you have any questions about the packet, be sure to contact the Rel. Ed. Office as soon as possible.

## Confirmation Retreat on Saturday, March 11<sup>th</sup> at St.

Paul School – 10:00 am to 3:30 pm followed by 4:00 Mass at All Saints Church. Attendance is required for all Confirmation candidates. Details are listed in the packet that was distributed during our October parent/student meeting.

## Confirmation Service Hour Opportunities

All Confirmation candidates are expected to earn 10 hours of community service during the year.

Student volunteers are needed during Religious Education classes that meet 6:00 – 7:15 pm on Monday evenings in the school building. This is a great way to earn your service hours! Classroom and administrative aides and hall monitors are needed.

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Contact the Religious Education Office if you have any questions.

Kathleen Del Prato Sacramental Coordinator for St. Paul

School [kdelprato@stkatharinedrexel-nj.org](mailto:kdelprato@stkatharinedrexel-nj.org)

609-386-1645, ext. 215



## ***Looking Ahead...***

### ***Wednesday, February 8:***

Science Club: Grades 2 and 3 3:00 - 4:00pm

### ***Thursday, February 9:***

Graduate Portraits for 8th Grade

### ***Wednesday, February 15:***

Yearbook Club: 3:00 - 4:00pm

### ***Friday, February 17:***

No School for Students - Staff PD

### ***Monday, February 20:***

No School - Presidents Day

### ***Tuesday, February 21:***

Student Council Meeting 3:00 - 4:00pm

### ***Monday, February 27:***

Lego Club: 3:00 - 3:45pm

### ***Wednesday, March 1:***

Science Club: Kindergarten and 1st Grade:

3:00 - 4:00pm

Yearbook Club: 3:00 - 4:00pm

### ***Friday, March 3:***

End of 2nd Trimester

### ***Saturday, March 4:***

Casino Night

### ***Tuesday, March 7:***

Student Council Meeting 3:00 - 4:00pm

### ***Friday, March 10:***

2nd Trimester report cards available