JFK CATHOLIC MUSIC AND GYM

MR. TRESKY ✳ MUSIC AND GYM TEACHER ✳ ATRESKY@JFK.SRCES.ORG

Student Spotlight

The second annual Summer Band Camp was a great success! Students braved the elements to perform the National Anthem at the Washington Wild Things Game on July 8th, 2025.

UPCOMING EVENTS

✳ **Christmas Concert**

December 16, 2025

The Band and Choir will put on our yearly Christmas Concert in the IC Church Hall at 6:30pm.

✳ **Christmas at the Courthouse**

December 16, 17, or 18, 2025

The Choir will represent JFK at the Washington County Courthouse during the school day. Date TBD.

✳ **Tree Trim**

December 19, 2025

Our cherished full-school production will happen in the church at 1:00pm.

"To God through Music"

Music Classes in August and September

All students will jump right into a more rigorous and comprehensive music curriculum this year. Students in all grades will start the year with basic **music literacy** lessons. This will look different for each class.

Hymns

This year, every student will be required to memorize one hymn each month. This can be likened to the way a literature teacher requires memorization of poems, a religion teacher requires memorization of Scripture, or a mathematics teacher requires memorization of multiplication tables. The memorization of hymns will serve as a music literacy tool and help to instill in students a love of the faith through music.

Hymn of the Month

By the end of September, all students in all grades will have two hymns memorized: Immaculate Mary (our school hymn) and O Sacrament Most Holy. Click on the links to practice at home!

"No one is born a champion, no one is born a saint."
- Pope Leo XIV

Gym Classes in August and September

Students in all classes will be playing a variety of sports and games while learning how to be solid teammates in gym class. Activities will vary class to class, but generally we'll stay on one sport/game per month.

Through September, the major focus will be:
K-2: Relay Races
3-8: Volleyball

At home, I recommend daily physical activities like playing basketball or going for a walk as a family!

Uniforms
All students must be in their gym uniform on gym days (see below). For dress code information, refer to the JFK website HERE. You can order new gym uniforms HERE.

Students must wear tennis shoes for gym class. Crocs, boots, slippers, etc. are not permitted. If your child comes to school without the correct attire, he/she will not be permitted to participate. A second violation will result in a phone call from me to you. 😊

Monday	Tuesday
KA	KB
2A	1A
2B	1B
6A	3
6B	4
7	5
8	

Saint of the Month

Pier Giorgio Frassati

Bl. Pier Giorgio Frassati (1901-1925) was an Italian Catholic who was known for his work of bringing comfort and happiness to those who were poor and suffering. He died at the young age of 24 while in charitable service to the people who were sick and dying in his community. The Catholic Church holds up Pier Giorgio Frassati as an excellent role model for young people and young adults, athletes, and ordinary people for their own journey through life. Pope Leo XIV will canonize him and many others on September 7, 2025.

Quotes

"There is no need to pay attention to gossip, much less get ill by giving in to those who perhaps have never known what truth is."

"Jesus is with me. I have nothing to fear."

"Verso l'alto" (to the heights)

MR. TRESKY ✳ MUSIC AND GYM TEACHER ✳ ATRESKY@JFK.SRCES.ORG