

# JFK CATHOLIC MUSIC AND GYM

MR. TRESKY



MUSIC AND GYM TEACHER



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## Student Spotlight

The JFK Choir sings at every school Mass. The Choir is also preparing for its first public performance of the school year: singing the National Anthem at the Wheeling Nailers hockey game on November 2nd!



*"To God through Music"*

## Music Classes in October

We are off to a great start in all Music Classes! Here are a few things that each grade has been working on so far:

K-2: Rhythm reading ("ta", "ti-ti", and "sh"); moving to music  
3-4: Rhythm reading via church hymns; memorization  
5-8: Rhythm reading via church hymns; memorization; ukuleles

This month, all grades will continue learning new hymns, including the Salve Regina, which is the Latin translation of the Hail, Holy Queen prayer.

Students in grades 6-8 have also continued their ukulele training, with 5<sup>th</sup> grade learning how to play for the first time!

## UPCOMING EVENTS

### \* Christmas at the Courthouse

December 16, 2025 - 12:30pm

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

### \* Christmas Concert

December 16, 2025 - 6:30pm

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

### \* Tree Trim

December 19, 2025

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

## Hymn of the Month

By the end of October, all students in all grades will have the following hymn memorized:

[Salve Regina](#)

Click on the link to practice at home!

For in-depth instruction, check out [THIS VIDEO](#) from The Chant School Podcast!



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

## Gym Classes in October

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

Through October, the major focus will be:

K-2: Relay Races, Duck-Duck-Goose, etc.

3-8: Dodgeball

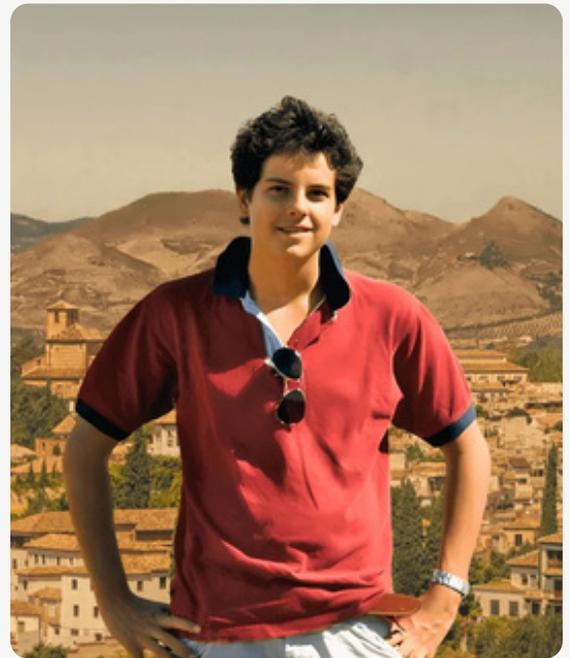
At home, I recommend daily physical activities like playing basketball or going for a walk as a family!

### 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. 😊

 	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>
	KA 2A 2B 6A 6B 7 8	KB 1A 1B 3 4 5



Saint of the Month

## St. Carlo Acutis (Oct. 12)

Carlo Acutis was canonized as a saint on September 7, 2025. Carlo, known for his deep devotion to the Catholic faith and his adept use of technology to share religious content, has become the first millennial saint.

St. Carlo passed away in 2006 at the age of 15 due to leukemia. He is celebrated not only for his piety but also for his ability to integrate his faith with modern technology, resonating deeply with young Catholics around the globe.

### Quotes

*Everyone is born original, but most end up dying as photocopies.*

*I offer all the sufferings that I will have to undergo to the Lord for the pope and the Church, so that I can avoid Purgatory and go straight to heaven.*

*We are all likely to fall short because as soon as someone says something we don't like, we instantly grow angry.*

