

## November Virtue - Moderation #4

1 message

SFC School <mail@flocknote.com>

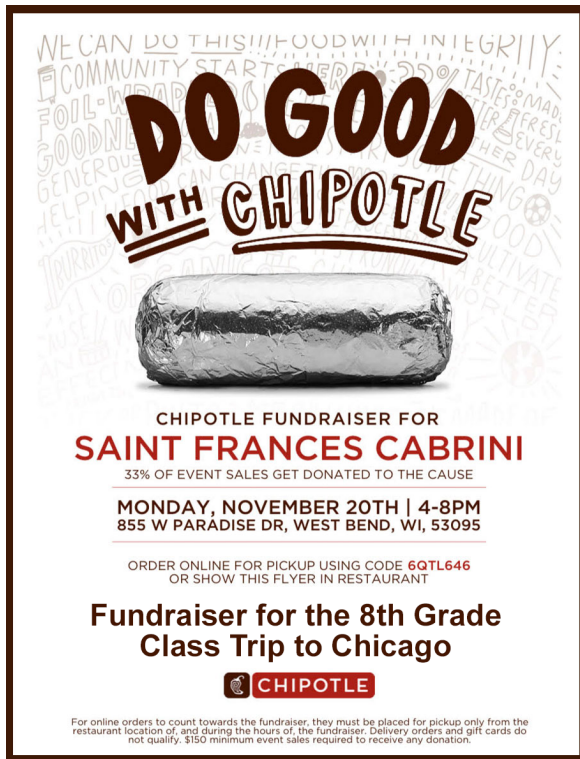
Mon, Nov 20, 2023 at 11:07 AM

Reply-To: SFC School <23986738.HsZZBoQtsaRUyeSFhLB7nZYak3Sj6Yvxc1IGOe8bpFKlmnBlcr@reply.flocknote.com>

To: SFC Alumni <alumni@wbparishes.org>



Today



## Fundraiser - 8th Grade Class Trip

Today at Chipotle  
4:00-8:00pm



Chipotle-Flyer.pdf

**Important:** Flyers (paper or digital) need to be shown at checkout to count for the fundraiser.

## HEART Updates

This year our Middle School and Elementary School are competing in two different systems to earn points or GPS slips for the positive things they are doing in the school.

Congratulations to Mrs. Taylor's 3rd Grade class, the winners of the Knight Helmet, and to Prudence House, the winners of the House Cup. Keep up the good work, kids!



# November Virtue - Moderation

Today begins the last week of learning about the virtue of the year, MODERATION. Middle School students from Temperance House led this morning's assembly.

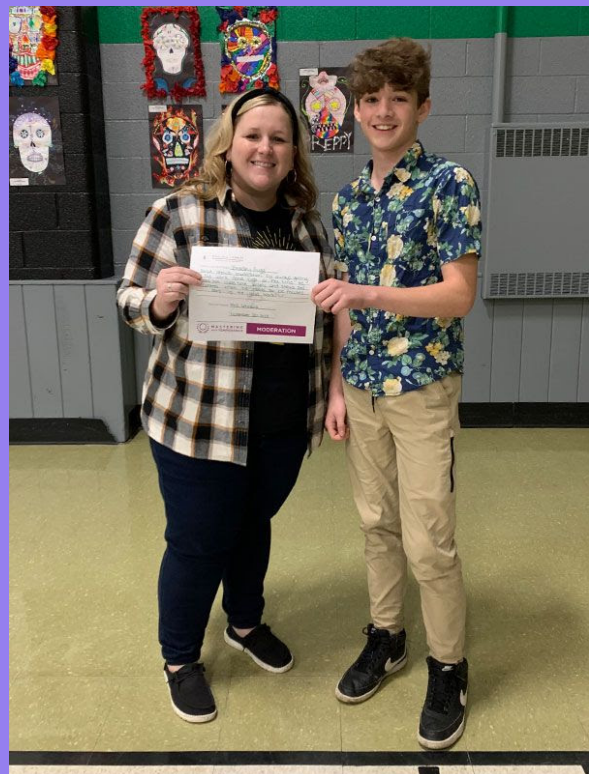
**DEFINITION OF MODERATION:** Attention to balance in your life. The opposite of moderation is giving in to being excessive in one or more areas of your life.



**CHRISTIAN WITNESS AWARDS:** The teachers watch during the month to see the students exemplifying the virtue of the month. This month, we'd like to recognize these students who did a fantastic job of showing moderation. Congratulations all!



8th Grade - Katelyn

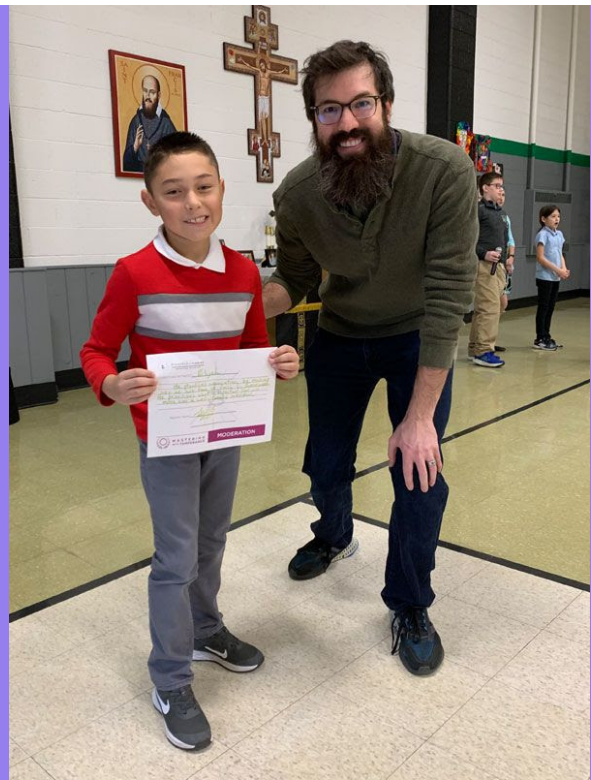


7th Grade - Bradley

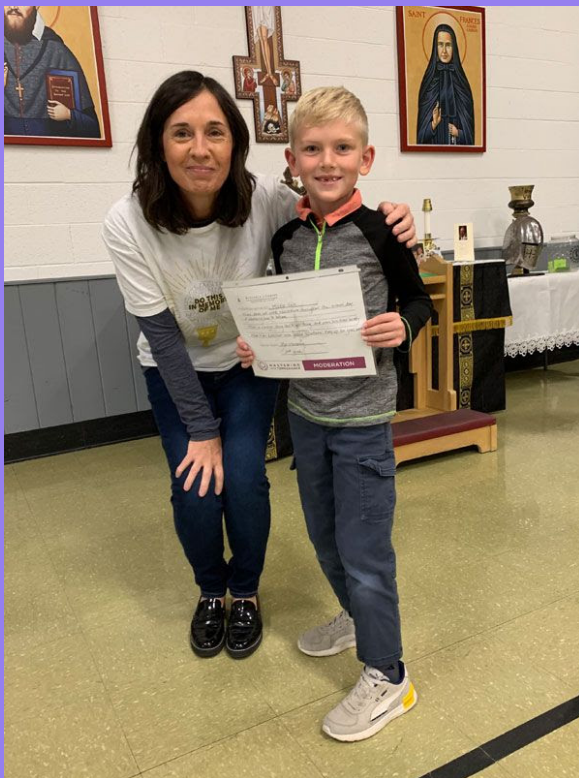




6th Grade - Sophia



4th Grade - Elijah



2nd Grade - Miles

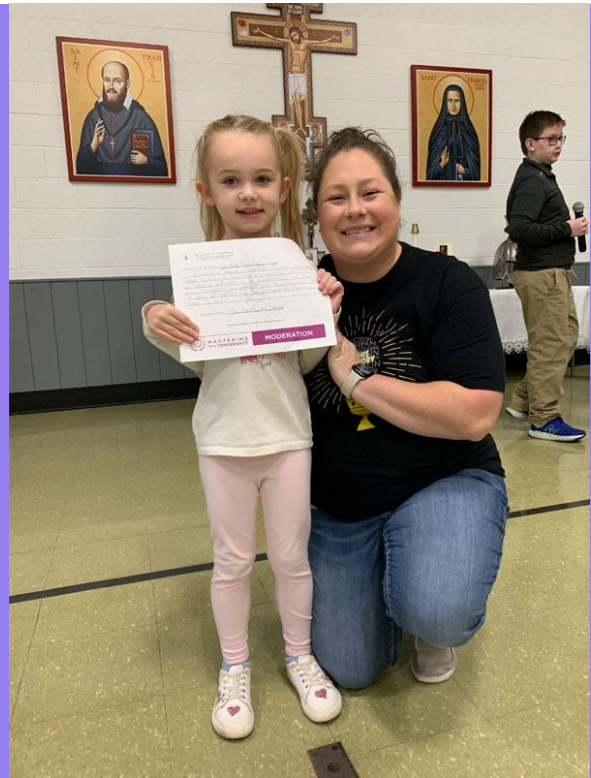


1st Grade - Fiona

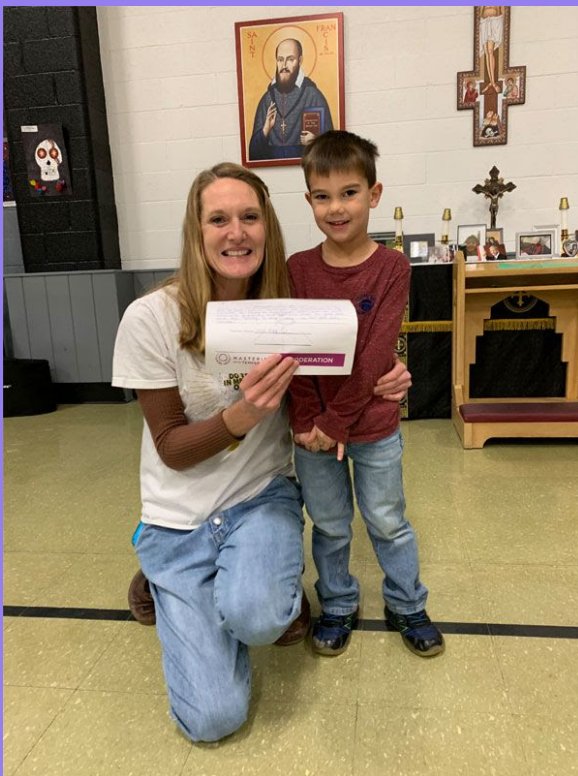




K5 - Rosie



K4 - Birdie



K3 - Norman

Absent Today:

3rd Grade - Makala

5th Grade - David

MORNING PRAYER:

Dear Jesus,

You always kept a good balance in your life. Today, please help me to keep my life in balance by: Limiting the time I spend on computer games and social media, resisting the temptation to keep playing when I know I have work to do, and using all created things in the right amount. Help me to know your true presence as I do all things in memory of you. Amen

#### AFTERNOON REFLECTION PRAYER:

Dear Jesus,

My relationship with You is the most important thing in my life. Did I spend enough time with You today? Did I moderate my time so that I could focus on the most important things in life? Guide me in setting limits for myself when doing things I enjoy, so that I can let my heart rest in You. Please help me to grow in virtue this year, as I strive to do all things in memory of You. Amen

#### **Saint Frances Cabrini School (K3 - 8th Grade)**

**Principal** - Will Waech - [wwaech@wbparishes.org](mailto:wwaech@wbparishes.org)

**School Office** - Andrea Rahlf - [arahlf@wbparishes.org](mailto:arahlf@wbparishes.org)

**Communications** - Kristin Bayer - [kbayer@wbparishes.org](mailto:kbayer@wbparishes.org)

529 Hawthorn Dr.

West Bend, WI 53095

262-334-7142

[www.saintfrancescabrini.com](http://www.saintfrancescabrini.com)

#### **Little Saints Early Learning Center (0 - 3 years)**

**Director** - Andrea Morris [amorris@wbparishes.org](mailto:amorris@wbparishes.org)

615 Hawthorn Drive

West Bend, WI 53095

262-384-3210



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