



The Light

St. Luke Catholic School

October 29, 2014



"The LORD is faithful in all his words and holy in all his works."

PS 145:13

Dear Parents,

Part of an article written in the National Catholic Education Association's journal entitle "Momentum" is posted on our website. The article is written by Sr. Angela Ann Zukowski, MSHS, Professor in the Department of Religious Studies at the University of Dayton. The article is entitled "Seven Habits for Navigating the Cyber Sea." It is about habits our children need to embrace if they are not to lose their Catholic bearings in today's technology. It is recommended reading. I have only copied one part of a two page article. It is worth thinking about. Click [here](#) to read the excerpt.

M. Salazar
Principal

PTC Fall Fundraiser

All orders and monies for the PTC Fall Fundraiser are due tomorrow, Thurs., Oct. 30, 2014.

A Reminder

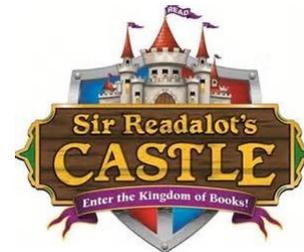
A reminder that the contribution to the parish due by Nov. 1, 2014 is \$400.00. The parish contribution will enable a family to receive the in-parish tuition rate for the 2015-2016 school year.

Parent - Teacher Conferences Fri., Oct. 31, 2014

No school for students this Friday, Oct. 31. First quarter report cards for grades PK-5 will only be distributed to parents at a conference. Conference schedules were emailed to parents with students in grades PK through 5 on Wed., Oct. 15. Please make every effort to attend at your scheduled time. If more than the ten minute time period is needed, an additional conference can be scheduled.

Middle school conferences are scheduled on an as-needed basis. Letters to parents were mailed last week. Report cards for all other middle school students will be mailed on Oct. 30. If a parent of a middle school student would like to schedule a conference, they should contact the student's homeroom teacher.

**Scholastic Book Fair in the Library
November 3rd through 6th
Please refer to the calendar below for
Book Fair hours.**



*Virtue of the Month for
October: Patience
November: Kindness*

 <p>St. Luke Catholic School</p> <p>www.stlukecatholic.org</p>		<p>29 <u>Wear RED to school day</u> Beginner Strings, 3:30-4:30 Mad Science</p>	<p>30 Mass led by 1st gr.; All Saints Day, followed by Virtue of the Month recognitions</p> <p>Advanced Strings, 3:30-4:30 PlayWell Tech Hip Hop Dance Class</p>	<p>31 No School for Students Parent-Teacher Conferences PK-5th Gr.</p>	<p>1 November Solemnity of All Saints</p>
		<p>Red Ribbon Week</p>			
2	<p>3 Extracurricular re-/ineligibility begins Scholastic Book Fair, 7:45 a.m. to 4:00 p.m.</p>	<p>4 Middle School Honors Ceremony, 8:05 a.m., PH Scholastic Book Fair, 7:45 a.m. to 4:00 p.m. Choir practice, 3:30-4:30 After-school Art class</p>	<p>5 Scholastic Book Fair, 7:45 a.m. to 6:00 p.m. Beginner Strings, 3:30-4:30 Mad Science</p>	<p>6 Mass led by 5th gr. Scholastic Book Fair, 7:45 a.m. to 3:00 p.m. Advanced Strings, 3:30-4:30 PlayWell Tech Hip Hop Dance Class</p>	<p>7 NOON DISMISSAL PTC "Civvies" Day (must have coupon) 8th grade trip</p>

REBEL ATHLETICS

Basketball Try-outs

Basketball try-outs start on Mon., Nov. 3, and continue through Thurs., Nov. 6. Girls try-outs: 3:30-5:00; Boys try-outs 5:00-6:30.

Fall Sports

Many thanks to all coaches, parents and volunteers for a great fall sports season! All of your efforts make our sporting events extra special for our athletes. We could not do it without you!

The football team defeated St. Matthew in the last game of the season and finished with a 6-2 record. This was the football team's best season yet! The soccer team was undefeated in district and finished their season as district champs. Great job! The volleyball teams showed great effort this season. The Cross Country teams had a strong season with the Boys A-team coming in as AIAL champs.

Go Rebels!

Extra Yearbook Orders

If you are interested in ordering additional 2014-2015 yearbooks (in addition to the yearbook that is included in your family's tuition), they must be pre-ordered and pre-paid. Please refer to the [order form](#) that is on the school website. The deadline to order extra yearbooks is Wed., Nov. 12, 2014.

A look ahead:

Friday., November 7 - Noon Dismissal



Fiesta! Annual Gala Sponsorship Information

A copy of the sponsorship invitation is available in the school office and on the school [website](#). Please share with your contacts who may wish to help support your family's school community. There are several levels of sponsorship available. Families with tickets may also collectively sponsor a table for priority seating, additional gaming chips and more. Silent and live auction donation items are needed for the 2015 Annual Gala. Please let us know if you have a business vendor you would like the committee to contact or if you an item you would like to donate. Donations are tax deductible. Contact *Fiesta!* event chair, Lisa Eddy, at 210-365-4091 for more information.

WELLNESS

Walking is Easier On Your Body Than Running

Coach Morales

"The shock of a runner's step is 3-4 times a person's weight, while walking is only 1 1/2. Sports like basketball and tennis can have a shock force of 7 times a person's weight."

Walking does as good a job as running when it comes to losing and maintaining weight.

"If you run 30 minutes at 5 miles per hour you will burn about 285 calories. If you walk 30 minutes at 4 miles per hour you will burn 165 calories on a level surface, 225 on a slight incline of 5% and 360 calories on a 10% incline."

Quotes and stats taken from "Sportsline's Guide to Walking. The Benefits of Walking."

Counselor's Corner...

Preventing Drug Use in Kids of All Ages

Parents are the most powerful influence in their child's life...more than friends, music, TV, the Internet, and celebrities. Talking with kids about tough topics such as drugs and alcohol can be a powerful deterrent, but such conversations can also be difficult for parents to initiate. Tips for raising healthy, drug free kids, and conversation scripts that parents can follow with kids of all ages, are offered by Partnership for Drug Free Kids. Click on the link to find the [Parent Toolkit](#).



A health tip from the Nurse...



Breakfast is the most important meal of the day. Breakfast provides our children with the energy and nutrients that can lead to increased concentration in the classroom. Skipping breakfast can make kids feel tired, restless or irritable. Make breakfast a family meal whenever possible. Shared meals provide valuable opportunities to reconnect.



BoxTops 4 Education

Don't forget to send in your BoxTops in an envelope labeled with your child's name and homeroom. The deadline to turn in Box Tops for the current contest is **Oct. 30**. Please continue to clip Box-Tops for our next collection. Thank you.