



## Our Lady of Perpetual Help Catholic School

16075 N. Evans Road  
Selma, Texas 78154-3824  
Phone (210) 651-6811; Fax (210) 651-5516  
email: [info@olphselma.org](mailto:info@olphselma.org); website: [www.olphselma.org](http://www.olphselma.org)

October 6, 2019

### Principal and Assistant Principal's Corner

Dear OLPH Families,

Today's Mass readings address having faith, as well as gratitude and humility. We know that the faith of a mustard seed has to be nurtured, and this requires us not only to listen the word, but to actually live it.

We would like to thank everyone for their support at our PTC General Meeting this past Monday (the slide presentation is posted on our school website, under PTC). We reviewed our budget, the archdiocesan survey, and provided an update on our Computer/ IT. We also addressed the many upcoming events in the next 6 weeks from the parish festival, Parent/ Teacher conferences following the end of the 1st Quarter, the Halloween carnival, and the Purse Bingo on 16 November. We would like to bring a guest speaker for our January PTC General Meeting to speak on school safety, similar to the presentation given to our 8th Grade students this week.

Please keep the 8th Grade students and families in prayer as they continue their tours of area Catholic Schools this week by their visit to Saint Paul II Catholic High School.

Thank you for all you do for OLPH!

Know Him, Love Him, Serve Him.  
Our Lady of Perpetual Help...Pray For Us.

### Upcoming Events:

- Tuesday, Oct 8: BETA @ 7:30 a.m.
- Tuesday, Oct. 8: Selma Fire Dept. Visits K3-2<sup>nd</sup> grades
- Tuesday, Oct. 8: WWT @ 3:45
- Wednesday, Oct. 9: Mass @ 8:30
- Wednesday, Oct. 9: Hearing/vision re-screening
- Thursday, Oct. 10: Cyber Patriots @ 7:15 am
- Thursday, Oct. 10: 8<sup>th</sup> grade to visit JPPII
- Friday, Oct. 11: Noon Dismissal (CDC open until 6)
- Friday, Oct. 11: End of 1<sup>st</sup> quarter
- October 14-18: Scholastic Book Fair in the library
- Sunday, Oct. 20: Parish Festival
- Monday, Oct. 21: School & CDC Closed

### St. Vincent DePaul Donations

Bring these items on these dates and wear jeans with your OLPH spirit shirt!

- October 11-Kernal Corn (15 oz)
- October 25-Green beans (15 oz)
- November 1-Mixed vegetables (15 oz)

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### News from the CDC

Dear Parents,

Congratulations to Mrs. Stacey's class on a job well done helping with last week's Liturgy! We are so proud of you.

Our K3 students attended Mass for the first time last week and they did a great job! Just a reminder that on Mass days the classes will leave the CDC by 8:05am and the building will be locked. If you arrive after 8:05am please bring your child to the Church and make contact with their teacher. Our classes sit on the far left side in the Church.

The Selma Police Department came to visit our K3-Kinder students last week and brought a special friend, McGruff! Our students also got a chance to tour the BATT (Ballistic Armored Tactical Transport) and learn how it keeps our officers safe.

This week the Selma Fire Department will be visiting with our K3-2nd students for Fire Prevention Week.

While the school has an Early Release day this Friday, October 11th, the CDC will remain open until 6pm. Please make sure your child has a sack lunch and drink if they are staying all day as the cafeteria will be closed on Friday.

If you would like to volunteer at the CDC or attend class parties you need to complete the VIRTUS trainings and Criminal Background Check through the Archdiocese. Ms. Kennedy has emailed information on how to complete these tasks. They must be completed before you will be allowed to take part in CDC events and our first large event is our Halloween Parade and classroom parties!

The School and CDC will be closed on Monday, October 21st for Parish Festival Clean-up. CDC Conferences will be held on October 22nd and 23rd. Sign-up sheets are posted outside your child's classroom door. Please let your child's teacher know if you are not able to attend so other arrangements can be made.

If you have any suggestions or concerns, please do not hesitate to contact Tenille Kennedy or myself at 210-651-6819.

God Bless,  
Stephanie Dunne, Director

### After School Care Activities in the CDC

\*Registration/information is available at the CDC or at <http://www.teamsoftomorrow.com/> for TOT and <http://www.webbydancecompany.com/state/texas/selma/> for Webby Dance

- Mondays - Art (3:45p, ages 6+, Art Room in the Admin Building)
- Tuesdays - TOT (2:30p, PK, CDC Bldg.)
- Wednesday - Dance (2:45p PK & 3:45p, Kinder+, CDC Bldg.)
- Wednesdays - Orchestra - Guitar/Violin (3:30p, Grades K-8, Music room in Admin Building)
- Fridays - Chess (3:45p, 1st-8th grade, Art room in the Admin Building)

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### Parish Festival & Halloween Carnival

It is that time of year, the intense heat starts a slow retreat and festivals begin to pop up left and right. This is the case right here in our home. October is a busy month for fundraising and community building. From our very own Parish Fall Festival to our School's Family Friendly Halloween Carnival there is so much to prepare for. Thus, we lean on you, our family, to help make these events such a success. We request that each family donates items to both events.

#### Parish Festival - October 20, 2019

For this event, we are requesting the following items:

- Student are requested to donate an item(s) for the Country Store. Every year, our little Country store is a tremendous success, and the parish is greatly appreciative of our efforts as a ministry. This year we again will be emphasizing the donations of little items such as fresh baked breads\*, food items\*, toys for the kids, groceries, etc. Each classroom, as per the class-chosen theme, is asked to supply things such as a bag of spaghetti, a pack of crayons, a deck of Old Maid Cards, etc.
- Each FAMILY is also asked to donate a pumpkin for the Fall Festival Pumpkin Patch. This creates a fantastic Photo opportunity throughout the day and festivalgoers then can pick one out to take home at the end of

the day. We need 150 - 200 pumpkins of all shapes and sizes!

- \$10,000 of the proceeds from this year's Parish Festival will be given back to the school! But we need your help to make this event a huge success! This gives students the greatest opportunity of the year to earn their service hours. Please use the Sign-Up Genius links sent to you to signup!

#### Halloween Carnival - October 26, 2019

For this event, we are requesting the following items:

- Pre-K 3&4 Students: Please bring 2 bags of candy (soft)
  - Kinder Students: Please bring 2 bags of candy (soft)
  - 1st Graders: Please bring 2 bags of candy (hard)
  - 2nd - 3th Graders: Please bring prizes for the booth games (Oriental Trading prizes or Dollar Store treats such as pencils, spider rings, and other small trinket items)
  - 4th - 6th Graders: Please bring 1 12-pack (cans) of soda (4th - regular sodas, 5th - lemon-lime sodas, 6th - diet sodas)
  - 7th - 8th Graders: 1 12-pack of waters
- We need your help to make this event a huge success! This gives families the greatest opportunity of the year to earn their service hours. Sign Up Genius links will be sent to you to volunteer! Please be sure to label your donations for "Parish Festival" or "Halloween Carnival". Amazing things happen when we work together. We would like to thank you in advance for your support in making our community a great place to live and grow in Christ.

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For both events, teachers will be sending home reminders of the donations needed.

"I can do things you cannot,  
You can do things I cannot;  
Together we can do great things."  
~Mother Teresa

**CAN'T WAIT TO SEE Y'ALL!!!**

With Everyone's Help, It's Sure to be a Howlin' Success!!

### **Library News:**

Our first Scholastic Book Fair is coming up  
**October 14-18**

Book Fair eWallet is a safe and convenient digital payment option for your student to shop the Fair Give your student a secure, cash-free way to shop the fair. Simply create a free account, preauthorize a spending limit, and have funds immediately available.

**You must create an eWallet for each student; accounts cannot be shared or transferred.**

Visit our homepage to sign up to volunteer, check out the flyers and create an eWallet.

**<https://bookfairs.scholastic.com/bf/ourladyofperpetualhelpsch7>**

### **Nurse Notes:**

Vision and hearing screenings were completed on Wednesday, 9/18/19. Any student that failed either or both screenings will be re-screened on 10/9/19. This is the requirement of the state (re-screen 3 weeks after initial screening). After the re-screening I will let a parent know by letter if their child has failed the second screening. If you do not receive a letter from me, that means your child has passed both vision and hearing screenings.

Scoliosis screening for 5th and 7th grade girls and 8th grade boys will be conducted by me on Thursday, 10/17/19. A letter explaining this screening was sent home with your child on Wednesday, 9/25/19. I will let a parent know by letter if their child has failed this screening. If you do not receive a letter from me, that means your child has passed the scoliosis screening. If you have documentation from your child's physician that he/she has been screened for scoliosis this year, I need a copy of this screening information for the school files and your child will not be screened at school.

Please remember that flu season and strep throat season are fast approaching. If you want medication kept at school, you will need to have your child's physician order the medication on our School Medication Permission Request Form, signed by the physician and the parent signs it also. The form is also for any over-the-counter medications, as well. (School and Archdiocese policies)

Christ's Peace,  
Nurse Beth

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Congratulations to the volleyball team for a 2<sup>nd</sup> place win! Ophelia Murphy and Cami Jones won All Tournament Player.



### Journalism Student Articles

## Paying it Forward

By Addison Edwards

There is an effort in paying it forward. Paying it forward is a very kind thing to do. Paying it forward is when one person orders and then the person that orders pays for the person behind them. Then that person pays for the other person and it goes on over and over again.

Some people at Chick-fil-a did it over and over and 73 people did it in a row. See this process should keep going because we need to have caring hearts. This shows there are efforts in paying it forward.

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## MINECRAFT UPDATES THAT SHOULD BE ADDED

By Liam Shannon

### New weapons

All minecraft players, new and old, all know about the weapons they are starting to add. Long range weapons are very new but what about the melee weapons? In my opinion, they should continue adding new weapons like spears or spikes.

### Traps

Every prankster knows they should add traps for different reasons, like to defend your diamonds or to prank someone in a prank war. They are a good defending item for everyone including people that are bad at defending (no offense to anyone)!

### New things in the Nether and The End

Remember this is my opinion of what should be added so it has not been added yet. The End and Nether have good things like fortresses or flying ships. Lately it has been boring and tiring for a lot of people such as myself and that is why I propose a new dimension, or a new place in the two dimensions. For example, a boss battle with a new enemy like a Minator or a leprechaun that steals your gold and drops a map of where his gold spot should be.

### New animals

Animals are important to minecraft survival. They could be cute animals or they can be new food that has new effects on your character. Like eating more meat that does not refill your food bar fast enough. I am very sorry if you wanted this to continue then you have to wait for..

## Part 2 of minecraft updates that should be added.



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# The Effects of Mcdonalds

by Adrian Vidaurri

Mcdonalds may taste good but I am here to talk to you about the effects that it has on your body, health and your life.

## 1. Your body

This is probably no surprise but too much of any fast food can increase the risk of heart disease. Also Mcdonald's menu contains high levels of cholesterol and triglycerides, which build up in your body over time leading to obesity and heart problems.

## 2. Your health

Studies have indicated poor nutrition can lead to tiredness, stress, tooth decay, high blood pressure, diabetes, obesity, and cancer.

## 3. The menu

You probably think that Mcdonalds has more salt than sugar in their items on the menu, well think again! Actually only seven items on the Mcdonalds menu don't have salt. Believe it or not, a single happy meal has as many grams of sugar as a can of soda! So technically it is double the sugar since you are drinking soda with it.

I honestly don't recommend going to Mcdonalds but if you like it, I won't judge you. However, I do recommend going to your neighborhood Chick-fil-a.

Sources:

"The effects of McDonalds on your health". 25 Sept. 2019 <[://checkbiotech.org/the-effects-of-macdonalds-and-other-fast-foods-on-your-health/](http://checkbiotech.org/the-effects-of-macdonalds-and-other-fast-foods-on-your-health/)>.

[https://www.google.com/search?q=the+effects+of+mcdonald%27s&rlz=1C1CHFX\\_enUS718US721&oq=the+eff](https://www.google.com/search?q=the+effects+of+mcdonald%27s&rlz=1C1CHFX_enUS718US721&oq=the+eff)

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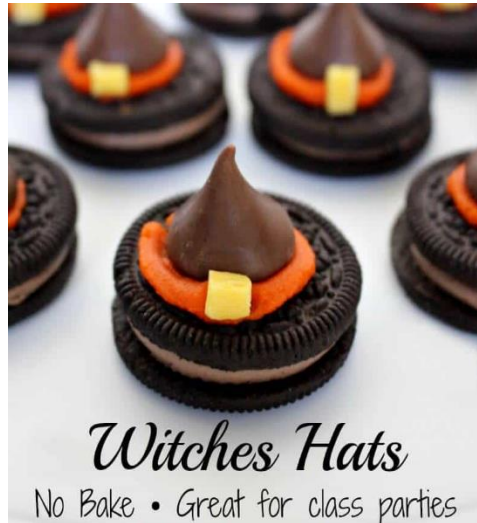
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# Witch Hat Cookies

By: Ava Samaniego



### Ingredients:

- 114.3 ounces of chocolate oreo cookies
- 1 package Wilton yellow candy melts
- 1 orange tube of icing
- 36 Hershey kisses

### Instructions:

1. Take one Oreo cookie and one Hershey kiss
2. Squirt some orange icing on the bottom of the hershey kiss and press it down on the Oreo
3. Cut the candy melts into little pieces and place on the icing that is mushing out from under the Hershey kiss

Sources: "Witches Hats Cookies".1 October 2019 <<http://princesspinkygirl.com>>

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