



Little Flower Catholic School

900 Stevenson Drive, Springfield, IL 62703

Tel. No. (217) 529-4511 Fax No. (217) 529-0405

January 21, 2021

Dear LFS Parents:

State officials have recently moved Sangamon County from Tier 3 to Phase 4 COVID-19 restrictions. The most significant impact this will have on Little Flower School is that it opens up our sports program. As I write this, plans are being made for our LFS Volleyball program to begin practices and for our LFS Boys Basketball teams to begin organizing for practices. Parents of students in grades 5-8 will begin receiving information from our Athletic Director, Fred Weber, and our coaches about practices and requirements regarding practices and athletic contests.

Personally, I am happy and excited that our students will have the opportunity to play school ball again. Sports and extracurricular activities are an important aspect of child and adolescent development. Many students have suffered socially and emotionally over the past ten months because of COVID-19 restrictions and consequences.

It is our intention that our sports programs begin in the next several days. The IESA, the Illinois Department of Public Health, and the LFS COVID-19 committee will advise coaches on the regulations regarding precautions for the prevention of COVID-19. There are guidelines regarding masks, distancing and sanitization. Your coaches will advise you and our students regarding these requirements. As always, the safety of our students and families is our top priority.

LFS Happenings:

- Yesterday was Inauguration Day in the United States. At LFS we prayed for peace within our country and for God's blessing on all of our newly elected leaders.
- Catholic Schools Week 2021 is almost here! The theme this year is "*Faith..Excellence..Service*". Complete details will be in our Thursday packet next week.
- Our 8th graders will have graduation pictures taken tomorrow, Friday, January 22nd at 8:00 a.m. This is a dress up day for the 8th grade students.

Sincerely,

Dr. Bill Moredock
Principal

	Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits and gravy Hashbrown Strawberry Yogurt	1 Beef soft taco Lettuce/cheese cup Corn Cinnamon Apples	2 Chicken patty on a bun AuGratin potatoes Pineapples	3 Meatballs in red sauce Side salad with ranch Breadstick	4 Cheese pizza Side salad with ranch Mixed fruit cup	5
French toast sticks Sausage links Pineapples	8 Hot ham and cheese Bag of chips Strawberry yogurt	9 Chicken wrap Lettuce/cheese up Corn Mandarin oranges	10 Corn Dog Baked beans Fruit cocktail	11 Cheese pizza Carrots with ranch Mixed fruit cup	12
NO SCHOOL	15 Taco burger Lettuce/cheese cup Corn Cinnamon Apples	16 ASH WEDNESDAY Fish Sandwich Side Salad with ranch Grapes	17 Hot dog Bag of Chips Apple slices	18 Cheese pizza Side salad Mixed fruit cup	19
Fruit loops cereal with milk Sausage link Orange slices	22 Bosco sticks Marinara Sauce Celery sticks Pears	23 Chicken strips Mashed potatoes and gravy Fruit cocktail	24 Sloppy Joes Green beans Pears	25 Cheese pizza Carrots with ranch Mixed fruit cup	26