

LA SALLE CATHOLIC SCHOOL NEWS

Website: www.LaSalleCatholicSchool.org

School Phone # 870-2405

February 25, 2021 Issue 24

“Here I am, Lord”



Pastorate Mass Schedule

Balltown 4:00 Saturday
Luxemburg 6:00 Saturday
Rickardsville 8:00 Sunday
Sherrill 10:00 Sunday

Readings for this weekend: Genesis 22:1-2, 9a, 10-13, 15-18
Romans 8:31b-34
Mark 9:2-10

“This is my beloved Son. Listen to him.”

Conferences: Parent-teacher-student conferences are next week on March 2 and 4. Confirmation of conference times was sent home with students and emailed to parents. If you would also like to sign up for a time for help with the STO application or to scan documents to be sent to your email, please contact Susan or Barb.

No School February 26: There is no school on Friday, February 26 for teacher in-service. The teachers will be working with Rachel Blough on the Nurtured Heart approach, planning upcoming activities, and preparing for conferences.

Cookies/Bars/Volunteers Needed: La Salle school families are asked to donate two dozen cookies or bars for the soup sale fundraiser. The cookies or bars can be dropped off at school on Friday, March 5 or Saturday, March 6. They will be packaged in baggies for the meal. If you wish to donate towards the raffle or soup/sandwich ingredients, please contact Miss Bries.

Volunteers Needed: We are asking for volunteers to help with our Soup Meal Fund Raiser.

Times are on Sunday March 7:

10:00a.m. to 12:00p.m. in Sherrill

12:00p.m. to Clean up (2:00p.m.) in Sherrill

4:00p.m. to 6:00p.m. at La Salle

6:00p.m. to Clean up (8:00p.m.) at La Salle

Please email or call Miss Bries at jbries@lasalle.pvt.k12.ia.us or (563)231-0468 to let us know what time works for you to help with this event. More hands create less work. Thank you for everything you do for La Salle.

March Mass Dates: March 5, Mass, 8:30 a.m. planned by second grade; March 12, no school; March 19, Mass, 8:30 a.m. planned by first grade; March 26, Mass, 8:30 a.m. planned by kindergarten

March Early Out/No School Dates: There is a two-hour early out on Wednesday, March 10 and then no school on March 11 and 12.

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Blood Drive: Please schedule an appointment to donate blood at La Salle Catholic School on Friday, March 5. The blood drive will be held from 2:00 to 6:30 in the school cafeteria. Appointments are needed. Please contact Lisa Wille at 563-581-5749 or go online, https://login.bloodcenter.org/donor/schedules/drive_schedule/89747 to schedule an appointment. Please give the gift of life and donate blood. Please contact Lisa Wille with questions.

Dr Seuss' Birthday: Next Tuesday, March 2, is Dr. Seuss' birthday. In honor of this author and his interesting stories we'll have a number of opportunities to be silly. On Monday, students may wear a hat for The Cat in the Hat. On Tuesday, students may wear silly socks for Fox in Socks. Wednesday will be out-of-uniform for Wacky Wednesday. On Friday, students can wear a red or blue school shirt for Red Fish, Blue Fish.

SWITCH Parent Meeting: Our parent meeting for SWITCH will be more of an open house style during conferences next week. Please be sure to stop by Mrs. Rueber's classroom to talk with our SWITCH student ambassadors and to try out the blender bike to make a smoothie. Students will be sharing about SWITCH and View, Do, Chew and the weekly taste tests.

Lunch alternates: Starting in April, the lunch alternate will shift to new choices. Students will be able to choose a coldcut sandwich if they don't care for the main dish. We will have deli ham or turkey sandwiches available. We are making the change to avoid peanut allergies. We are phasing out the peanut butter and jelly options. Peanut butter will still be available through Lent but starting April 1, will not be an option.

STO: It is time now to apply for STO scholarships for K-12 for the 2021-22 school year. The deadline for application is April 15. There will not be a second round of applications, so it is very important that all applications for scholarships be submitted to FACTS by April 15. An outside company manages the process; school employees don't have access to applicants' tax information. The company, FACTS, handles applications on-line. The link to the application is found on the school website, go to the tab for admissions and then click on tuition assistance. The application fee is \$31 per family (not per student). Families who apply for STO will receive a \$25 gift of scrip from the school to help offset the application fee. If you would like help accessing the application or need a computer/internet connection or have questions, please call Barb or Susan at school, 563-870-2405. The deadline for applications is April 15, 2021.

2021-22 School Enrollment: Enrollment forms for the 2021-22 school year were sent home with students a couple of weeks ago. Please return your family's form to help us with planning for next year. If you've misplaced the form, there is an electronic form available on the school website under the Admissions tab. As you talk with family and friends, please encourage them to contact school for more information and let them know that DHS-certified before and after school care is now available.

Preschool Open House: La Salle Catholic School will host an open house for preschool recruitment on Sunday, March 21 from 10:00 to 12:00. Please join us to learn more about the preschool program. RSVPs are appreciated, please contact the school at 563-870-2405.

Soup Supper (and Lunch): The Catholic Order of Foresters is holding a drive-through soup meal matching funds event on Sunday, March 7. The event will benefit La Salle Catholic School for PE equipment and technology. Meals are available in Sherrill at the parish center from 11:00 to 1:30 and in Holy Cross at the school gym from 4:30-7:30. Choice of soups include chicken noodle, chili, and potato and ham. Each meal is \$10 and includes a cup of soup, ham sandwich, bags of chips and crackers, and a dessert. Call 563-231-0468 for orders of soup only. There will be a raffle during the event. Tickets cost \$1 or 6 for \$5.

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Journey to the Center of the Heart: La Salle Catholic School students are exploring the heart in a unique way. PE teacher, Michael Peetz, has set up the Heart Adventure Challenge Course from Keystone AEA. The Heart Adventure Challenge Course is a way to envision the four chambers of the heart and allows students to follow the path that blood takes through the chambers. Mr. Peetz is combining science, health, and PE concepts in each lesson.

Students use this fitness course to follow the path of the circulatory system. Their journey takes them from the heart to the lungs to the brain. Students walk, jog, and use scooters through the obstacle course and gather information about the process of oxygenating blood and the path blood takes through the human body. Students follow the route the blood takes with part of the class using blue balls to represent the de-oxygenated blood and others using red balls to represent the oxygenated blood. They follow the blood’s pathway from the right side of the heart to the lungs and then back into the heart through the left side and then are pumped around the body. The path is unidirectional and is a continuous loop.

The course equipment includes a variety of domes, gates, tunnels, mats, and hoops to represent the valves, chambers, veins, and arteries. The color coding helps students identify the parts of the heart. Students feel their own heart rate increase as they move quickly through the activities.

The heart-rate-raising activities tie in with what La Salle Catholic School students are learning through SWITCH, an Iowa State University Extension program that promotes healthy lifestyles. SWITCH, School Wellness Integration Targeting Children’s Health, is a 12-week program that encourages students to switch what they do, view, and chew. The focus is on working towards 60 minutes or more of activity, spending less than two hours viewing screens, and eating five or more servings of fruits and vegetables each day.

Students have been participating in daily activities that get them up out of their chairs and get their blood pumping. Students have also been using pedometers to track their steps and monitor their activity levels. SWITCH provides curricular modules and resources for the teachers and staff to use. The student leadership team has been organizing weekly taste tests to encourage students to try new foods. La Salle students see the message repeated in the classroom, the gym, and the cafeteria. They are encouraged to incorporate healthy lifestyle practices at school and at home.