



# Wolf Post

May 12, 2020



## Calendar

- Thursday, May 21st, No School, Accreditation
- Friday, May 22nd, No School, Accreditation
- Monday, May 25th, No School, Memorial Day
- Tuesday, May 26th, Choose-a-thon shirt pick up, 3:00-5:00, use car line
- Thursday, May 28th, Red Cross Blood Drive, 9:00-2:00
- Looking forward to receiving more pictures of students; of classes; of teachers; of parents etc.

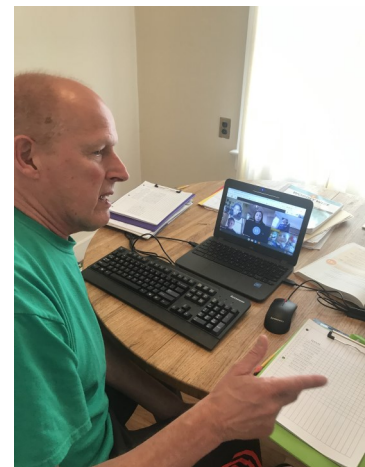
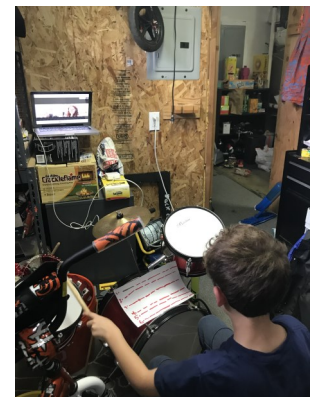
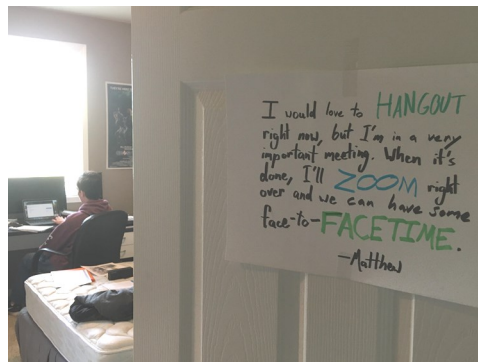
## Choose-a-thon

We received a number of entries for the Choose-a-thon shirt. It was a tough decision but the design by Avery Contreras will be on our shirts this year. Thank you to all the students who sent in designs.

## Calendar

Remember to check the calendar on SchoolSpeak for updates. The general information for next school year is also being added. (Days off, vacations etc.)

## More Pictures



"Spiritual, moral and academic excellence under the patronage of St. Francis of Assisi"

The blood drive on May 8th is full. If you missed that one, please consider the next one on the 28th. Appointments are required.



# THE TIME TO GIVE BLOOD IS NOW

St Francis Church  
15651 SW Oregon Street, Sherwood, OR  
Thursday, May 28, 2020  
9:00 AM - 02:00 PM



**ST. FRANCIS**  
CATHOLIC CHURCH AND SCHOOL

## ***NCC (Northwest Catholic Counseling Center) Workshop Explores the Impact of Trauma***

Trauma affects both the mind and body in numerous ways. Traumas leave lasting marks on us that often result in the inability to trust people. We have mood changes and may become more fearful and anxious. This **virtual workshop** will help us to navigate through current stresses.

Mark your calendar for Saturday, May 16, 2020. Trauma therapist Michelle Sideroff, LPC will delve into the ways trauma impacts us. She offers tools to help alleviate problems. The virtual workshop runs from 10:00 AM to 12:30 PM. The cost is \$30 per household. Hardship scholarships are available upon request. Pre-registration is required. Call 503-253-0964 or register online at [www.nwcounseling.org/services/workshops](http://www.nwcounseling.org/services/workshops).

From 10: AM to 11:00 AM, the topic involves surviving trauma. After a 15-minute break, Sideroff discusses surviving the impacts of trauma. A closure and question period from 12:15 PM to 12:30 PM ends the workshop. ***An email link for this workshop will be sent to registered participants the day of the workshop.***