



Wolf Post

May 4, 2020



Calendar

- ◇ Tuesday, May 5th, Bright Colors Day
- ◇ Wednesday, May 6th, Crazy Hair or Hat Day
- ◇ Thursday, May 7th, Historical Person Day
- ◇ Friday, May 8th, Dress Up Day
- ◇ Friday, May 8th, Red Cross Blood Drive, 12:00-5:00
- ◇ Thursday, May 21st, No School, Accreditation
- ◇ Friday, May 22nd, No School, Accreditation
- ◇ Monday, May 25th, No School, Memorial Day
- ◇ Thursday, May 28th, Red Cross Blood Drive, 9:00-2:00

Everyday - send pictures to Gretchen, especially of Spirit Week. (Thank you to everyone who has sent them.)

Choose-a-thon

I hope by now you have had a chance to watch the choose-a-thon video sent out this morning. All the information about the Choose-a-thon is on SchoolSpeak along with the shirt template and the pledge sheet (if you choose to use it). I can't wait to see the designs for the shirts. Remember that entries for the shirts and all sponsor information is due by 9:30 am next Monday.

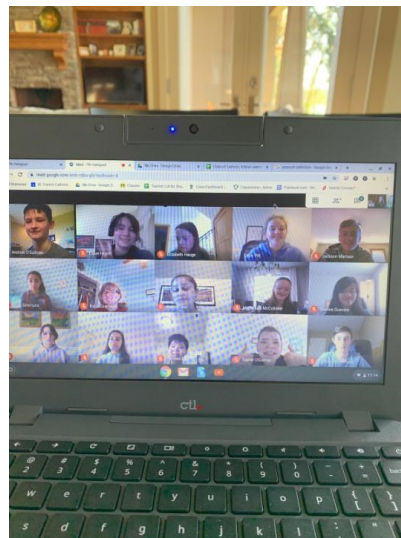
Calendar

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

Grandsons

Please welcome Casper Wade Gonzalez (born 5/3/2020) and Brody Ripley Strot (born 4/27/2020, Gretchen's grandson). Please keep them all in your prayers as they enter the world of "no sleep".

This Week's Pictures



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



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.

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.***