



Together, We Are Family March 7th 2019

From the desk of Principal Gannon



WHAT'S BUZZING AT SCHOOL

I hope you are having a good start to your Lenten journey. During this Lenten season, the students at St. Helen School will be journeying to the cross by focusing on the three pillars of fasting, praying, and almsgiving. Each week the students will be participating in stations of the cross as a class, with their prayer partners, or as a school with Father Jay. The bulletin board in the hall will also help us focus on ways we can fast and give to others to help us grow closer to Jesus. Each day has a special Lenten focus for the students; by the time we arrive at the cross we will be closer to Christ. Junior Achievement continued this week helping our students foster work-readiness, entrepreneurship, and financial literacy skills. Our students have the opportunity to participate in the American Red Cross Pint-Size Hero program. If you are interested and willing to donate, please sign up so our students can earn their Pint-Size Hero award. Our First Graders celebrated Dr. Seuss week by completing learning activities centered on Dr. Seuss and read several books as a class and with their prayer partners. On Tuesday afternoon, we gathered as a school with Father Jay to say Good Bye to Alleluia with a prayer service led by our Eighth Grade. Our Seventh Graders led our school and parish at the Ash Wednesday Mass. Our Eighth Graders continued their DARE classes with Deputy Lundstrom Wednesday afternoon. Our students involved in Chess Club met Wednesday after school to improve their skills and prepare for the upcoming tournament on March 16th. We hope our students enjoy their day off tomorrow and stay safe. Please continue to keep our students and staff in your prayers as we continue to keep you in ours.

NO SCHOOL TOMORROW, MARCH 8th

Tomorrow, March 8th our school and office will be closed so our school staff can attend the diocese's Heart of the Mission professional development. Please enjoy the long weekend and be safe.

CONGRATULATIONS TO OUR SCIENCE OLYMPIAD TEAM

On Saturday, our Science Olympiad team competed in their first competition at Case Western Reserve. A total of thirteen teams competed in the Science Olympiad and our teams earned twelve medals. We had two teams earn a Third Place Medal; Daniel Novak and Julia Suvak in Rock Hound and Jack Slattery and Andy Hudak in Wright Stuff. We had four teams earn a Fourth Place Medal; Simon Fisher and Luke Nedved in Tree Identification, Jack Slattery and Julia Suvak in Optics, Maria Manross and Gabby Dempsey in Egg Drop, and Julia Suvak and Kaitlyn Welhouse in Herpetology. We had six teams earn a Fifth Place Medal; Christina Shively and Allie Wiseman in Road Scholar, Zachary Berman and Natalie Gerstenberger in Ready, Aim, Fire, Natalie Gerstenberger and Kaitlyn Welhouse in Metric Measurement, Daniel Novak and Andy Hudak in Experimental Design and Mystery Architecture, Olivia Lewis and Natalie Gerstenberger in Crime Busters, and Daniel Novak and Mario Romagni in Simple Machines. We are very proud of how well they did in their first competition and with the medals they won. Great job.

RE-REGISTRATION FOR 2019-2020 SCHOOL YEAR

Registration for the 2019-2020 school year at St. Helen School is now open. Re-registration forms were mailed home. Inside the envelope are the current tuition rates for Preschool through Eighth Grade, the re-registration form, and information about the EdChoice Scholarship Program. If you do not receive your envelope, please contact the school office at 440-564-7125.

SCHOOL YEARBOOKS

Yearbooks for the 2018-2019 school year are now on sale for \$20. Please send cash or check (payable to St. Helen School) to school and we will send the yearbook home with your child. The deadline to order is Monday, March 11, 2019. Please contact the school office if you need another order form.

MARCH BIRTHDAY DRESS DOWN

Students and faculty who have March birthdays may dress down on Wednesday, March 13th to celebrate. Happy birthday.

SPRING SOCCER SIGN-UP

Spring co-ed soccer sign-ups are due Wednesday, March 13th. If you need another form, please contact the school office. Seventh and Eighth Grade families, please note that there will be a soccer team for Seventh and Eighth Grade this spring, so please sign them up! If you have any questions, please contact Mrs. Mary Suvak at mary.suvak@gmail.com or 440-991-7322.

BREAD DAY MARCH 14th

Our Second Graders will be baking bread on Thursday, March 14th as they prepare for their upcoming First Communion.

UPCOMING CHESS TOURNAMENT

St. Helen School will be hosting a Chess Tournament on Saturday, March 16th from 9:00 am to 2:00 pm. Advanced registration is required by Thursday, March 14th at www.progresswithchess.org. Please see the flyer in your Thursday folder for more details. If you are interested or need more information, please contact the school office or email Dr. Martin at headmartin@aol.com.

A SLEEP CHALLENGE FROM THE WHOLE U

Mark your calendars for our challenge. As we all know, sleep is a very important component of one's health and well-being. We are sharing target sleep goals with the students the first two weeks of March. The challenge is to see who can sleep their target number of hours on Friday, March 15th, which is World Sleep Day. Parents, please record how much sleep your child(ren) get on the night of March 15th. Please complete the Sleep Challenge Slip or send a note to school with the following information: child's name, child's age, hours of sleep obtained on the night of March 15th, and your signature. We will collect slips from Monday, March 18th through Friday, March 22nd. All qualifying entries will be entered into a drawing for Target gift cards. We will award 3 sleepers via a lucky drawing. Peaceful Sleeping!

UPCOMING AMERICAN RED CROSS BLOOD DRIVE

On Tuesday, March 19, 2019 St. Helen School is hosting another American Red Cross Blood Drive from 2:30 to 7:30 pm. The American Red Cross came and spoke to our students about their Pint-Size Hero program; which asks students to find someone to donate for them. You can schedule an appointment by filling the information sheet that was sent home last week or you can log into www.redcrossblood.org to schedule an appointment, especially if you can donate platelet or power red. If you need assistance call 1-800-REDCROSS. Thank you in advance for helping those in need of blood and St. Helen School.

CAFETERIA LENTEN MENU

A note from our cafeteria about Lenten meal options. On Fridays during Lent, instead of the chicken sandwich, the cafeteria will be offering a tuna salad sandwich. There will be two salad options that the students can pick from. They can pick a green salad with a cheese breadstick and dipping sauce or green salad with tuna and a cheese breadstick and dipping sauce.

A NOTE FROM THE WHOLE U

Darkness tells your body to make more melatonin. Melatonin helps your body get good sleep. If the lights are on, melatonin will not come out to do its job.

SAVE THE DATE - HEART OF JESUS RETREAT

On Saturday and Sunday, April 6 and 7, 2019, you are invited to come, seek and find our Lord, Jesus Christ in a fresh way this Lent at the third annual Heart of Jesus Retreat. Please consider joining your St. Helen family as we press into the heart of Jesus. You can register for the retreat at www.heartofjesus.net.

EARN MONEY FOR THE SCHOOL

There are many ways you as a parent can help raise money for St. Helen School by:

1. **BOX TOPS** send in Box Tops to the school office or put them in the container at the church entrance.
2. **GIANT EAGLE** - [Sign in](#) to gianteagle.com or [create an account](#). Next Register your Giant Eagle Advantage Card® online. Visit the [My School Programs](#) page and enter the St. Helen School Code 1076. You're done! Be sure to encourage your family and friends to register, too.
3. **HEINEN'S** - register your Heinen's card online at www.heinensrewards.com/register.aspx, and select St. Helen. Heinen's will donate up to 1% on your qualified purchases to our school. You must register your card every year in order for us to receive the donation.
4. **OFFICE DEPOT** - When ordering online, simply make a purchase of qualifying school supplies, provide our school name at checkout and we will receive 5% back in credits for FREE supplies! It's a small act that can make a huge difference.
5. **AMAZON SMILE** - Amazon Smile is a simple and automatic way for you to support St. Helen School/Church every time you shop, at no cost extra cost to you. When you shop at <https://smile.amazon.com/>, you will find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon (smile.amazon.com) will donate to our school. You need to select St. Helen Catholic Church United States Catholic Conference before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

STILL HAVE A QUESTION OR A CONCERN

If you have any questions or concerns about our school, your child's progress, or if you would like to talk to me about something, please contact Mr. Gannon to schedule a meeting. You can reach me through my email, pgannon@sthelen.com, the school office phone, 440-564-7125, or my cell phone, 440-785-5608. I will do my best to get back to you as soon as I can.