



Principal's Corner

This past week I have had several conversations with students from a variety of grades. In the conversations students mentioned being tired when they came back to school. (I think everyone feels a bit tired when coming back to either school or work.) What I found interesting was the time these students were going to bed. Three students from grades 3-5 mentioned going to bed between 10 and 10:30. One of these students mentioned going to bed at 12:30. When asked why so late, he said he had been playing video games in his room. An older student said he didn't go to bed until 1:00. When asked why, the child responded he was face-timing with a friend.

What does sleep do for the body? Sleep provides an opportunity for the body to repair and rejuvenate itself. Researchers have found that many of the major restorative functions in the body like muscle growth, tissue repair, protein syntheses and growth hormone release occur mostly, or only, during sleep.

Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness.

Research now shows that using mobile devices in bed, surfing or texting late into the night disrupts the circadian rhythm (an internal biological clock) and makes it harder to sleep. Thus, the recommendation that children stop using mobile devices an hour before they go to bed.

All of this being said, children 3-6 years old need 10 - 12 hours per day; 7-12 year olds need 10-11 hours per day; 12-18 year olds need 8-9 hours per day. (Adults need 7.5-8 hours)

Following these guidelines will help your child function better academically and add to the overall health of your child.

REMINDERS

Monday, April 11: ASPIRE testing grades 3-8.

Dine out at Gelsosomo's

Tuesday, April 12: ASPIRE testing.

Wednesday, April 13:
ASPIRE testing.

6:30 p.m. BSJ meeting.

Thursday, April 14: ASPIRE testing.

ASPIRE TESTING SCHEDULE

Monday, April 11: Reading

Tuesday, April 12: Math

Wednesday, April 13: English/Writing

Thursday, April 14: Science

The following week of testing is used



for any student who was absent from school due to illness.

Please check your Thursday envelope for two letters regarding the ASPIRE testing.



SHOP Corner

With the end of the school year just a couple of months away, now is the time to start stocking up for summer! Although the SHOP credit cut off will be April 22 for this school year, all credit earned from purchases made after that date will be accumulated towards your 2016-2017 school year fundraising goal. Beginning April 9 until April 15, the Manna Group is offering a 2% bonus offer for Meijer (5% total discount). The Manna Group has also added a new multi-merchant, Watch Station International (12% total discount). This gift card can be used at stores such as DKNY, Adidas, Michael Kors, Fossil, Kate Spade, Armani, Chaps and Diesel. SHOP orders can be placed online at www.mannaorders.net and gift cards can be obtained using the Manna eScript option.

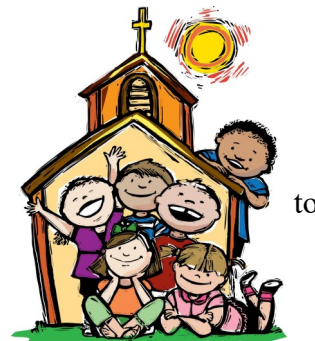
Thank you,
Your SHOP Team



LAST DAY OF THIS SCHOOL YEAR

You may have noticed in our last Link that our last day of school will be June 8. The beginning of the year calendar set the last day as June 10. Due to the fact that we have not used any emergency days, we were able to change the date of our last day.

On that day students come to school at the normal time. We begin with our final school liturgy. This is followed by report card distribution and dismissal at 9:30 a.m.



Renew My Church

Dreaming Big about the Archdiocese of Chicago

Archbishop Cupich invites everyone across the Archdiocese to join together in launching a historic new moment for the Church of Chicago to respond to Christ's call to "*Renew My Church*." What we are undertaking will chart the course for greater vibrancy and vitality of our parishes in the Archdiocese of Chicago for generations to come. As we journey together, let us be filled with hope, confident that we are living in a graced moment. And let us trust in the Lord, knowing the Lord walks with us. You are invited to share your thoughts about our parishes through participating in a brief anonymous survey. To access the survey, visit <http://www.archchicago.org/renew>.

May God continue to bless our local Churches!

REMINDER: ABSENCES

When your child returns to school after an absence, he/she needs to bring a note stating the reason for the absence. This note should be given to the teacher.

If your child is absent from school please phone the office by 8:00 a.m. stating the reason for the absence. Please do not do this through an email. Emails may not be checked until later in the day and we need this information first thing in the morning.



PLEASE KEEP IN YOUR PRAYERS....

Maryann S. (gr 8) step-sister who recently had surgery.

Sarah K. (gr. 8) and her family as they mourn the loss of Sarah's grandfather.



Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in spring time.

April 7, 2016

FSA News! *It's the corner of eThursday where you can keep up with everything going on in our Family School Association.*

Short & Sweet: Please join us!

Thursday, April 7, at 7pm: FSA monthly board meeting at school
Monday, April 11: Monthly Dinner at Gelsosomo's Pizza

2016-2017 FSA Board Opportunities: We have board positions available for next year. Take care of your mandatory volunteer hours having a ton of fun with great parents and students! Please click on the [VolunteerSpot Button](#) on the FSA webpage to see what positions are available.



Please contact any FSA Board Member with questions or concerns.
Have a blessed week!!

TESTING TIPS

You can assist your child in preparing for testing by doing the following:

- Make sure your child gets a good night's sleep before a test, and make sure your child eats properly the day of a test.
- Make sure your child has a good breakfast.
- Make sure your child has taken any needed medication.
- Ensure that your child is present during testing.
- Get your child to school on time the day of the test.
- If your child is too ill to attend, please call the school office.
- Encourage your child to stay focused on the test, even if other students finish early.

Reminders:

Send child with two sharpened #2 pencils.



Grades 6-8 students should bring their calculators. (Ms. Burk has discussed this with the students.)

Testing will begin promptly in the morning. It is critical that your child be on time for school. As always, students should be seated at their desks and ready for school at 7:45 a.m. Students coming late to school will not be allowed to go to the classroom until the testing has been completed for the day.

While it is important for your child to be present for the testing, please do not send your child if he/she is ill.

Students have been instructed to come in school uniform. Everyone must be in their regular school uniform unless it is their gym day and then students wear their gym uniform. Believe it or not, being out of uniform can be a distraction to a student and we want to keep distractions to a minimum.

