

# Saint Raphael the Archangel

## The Guide

A weekly newsletter for the school community

Volume 5, Issue 27

April 6, 2017



From the Principal's Desk

Mrs. Kim Vangel

Dear St. Raphael School Families,

I hope you are all making plans to attend the Holy Week Triduum Masses and Services at St. Raphael; the experience of attending all of these Masses is powerful and moving. While it might be difficult for very young children, these are certainly important liturgies for all school-aged Catholic children to experience and see their Catholic faith come alive. As a Catholic school community, it is of utmost importance that our students see these traditions at home as well as at school!

Thanks to so many families who have completed their school Registration for 2017-2018! If you have not yet registered, you will be hearing from the school office if you have not already. We would really benefit from having solid registration numbers as soon as possible. We will be making many decisions about teacher assignments, teacher aides, as well as ordering books, supplies and technology items. Without solid registration numbers, it is very difficult to make sound spending decisions. We completely understand what a sacrifice you are making to send your children to St. Raphael, and we are most grateful that you give us the honor of educating your children. Please try to understand our position from the business perspective and assist us in making responsible financial decisions by getting your registration completed as soon as you are able. Thank you!

Some of you have asked about how we will go about hiring any new teachers that we might need for 2017-2018, given that St. Raphael will have a new principal next school year. This is what that process looks like....First of all, we don't officially know all of the teaching positions we will have open next school year yet. Teachers have received their contracts and have until the 1st of May to sign and return them. Once we know for certain that there will be an opening, the position is posted on the Archdiocesan website. The new principal for St. Raphael will have been hired and announced by then; the new principal and I will work together to hire any needed teachers for next school year. Both of our perspectives will be necessary for this search process, and we will work together to make the best possible hiring decisions for St. Raphael School. And again, I will make those announcements as appropriate. You are always welcome to ask questions, and I hope this helps you to know what to expect.

Enjoy this sometimes crazy spring weather in St. Louis, and please keep our students and teachers in your prayers.

Peace,  
Kim Vangel  
Principal



Daily Mass Time:  
8:00am Grades K - 8  
Monday - Thursday

All School Mass  
8:00am  
Holy Thursday  
April 13  
8:00am Living  
Stations of the Cross  
8th Grade Planning  
In Gym

Stations of the Cross  
Friday 2:00pm  
During Lent

Benediction 2:00pm  
First Friday of the  
month



**April Birthdays**

Gregory Schlichting-9  
Simon Klein-11  
Madelynn  
Schneeberger-14  
James Browning-14  
Amelia Sensmeyer-20  
Madilyn Wilkinson-25  
Giuseppina Naeger-26  
**Mrs. Connor-27**  
Eva Thompson-28



April 7 – Black & Gold Accessory Day/Cardinal Accessories  
April 7 – 2:00pm Stations of the Cross/Benediction  
April 8 – 9:00-11:00am 7<sup>th</sup> Grade Confirmation Service  
Project at Our Little Haven  
April 9 – 10:00am Mass Second Grade Bow Sunday  
April 13 – Holy Thursday Noon Dismissal K-8  
Preschool is open  
April 14 – Good Friday No School Preschool – 8  
April 15 - 10:30am-12:30pm Easter Egg Hunt at Francis  
Park/Bicycle helmet sale/fitting  
April 15 – 9:00-11:00am 7<sup>th</sup> Grade Confirmation  
Service Project at Our Little Haven  
April 16 – Easter Sunday  
April 16 – 10:00am Mass Easter Egg Hunt after Mass  
**April 17 – Easter Monday No School Preschool – 8**  
**April 18 – NCEA NO SCHOOL K- 8 PRESCHOOL IS OPEN**  
April 19 – School Resumes Preschool - 8  
April 20 – 7<sup>th</sup> Grade Confirmation Service Field Trip  
April 20 – 3:15-4:15pm Chess Club  
April 20 – 7:00-10:30pm Ladies’ Club Quarter Auction  
April 21 – Second Grade Activity Day  
April 22 – SRA Men’s Club Disc Golf Tournament  
at Willmore Park  
April 23 – 10:00am Mass 7<sup>th</sup> Grade Confirmation Bow  
Sunday  
Donut Sunday after 10:00 Mass

Seventh Graders are in charge of safety patrol at the corner of Bishops Place and Highfield. Students should arrive by 7:30 in the morning and again in the afternoon at 3:10. Thank you!

**3rd quarter patrol schedule:**



**Week of April 10**

Ardian & Ellie  
Lucy & Anna

**RECESS/LUNCH DUTY**

Want to spend an hour during the day helping out at recess or lunch duty at St. Raphael? We would love your assistance! The times of lunch and recess are as follows: 11:10am Preschool goes to lunch—11:15-11:40am (K-3) - 11:45-12:05pm Lunch (4-8). All volunteers must have completed their Protecting God's Children requirements. If you can help, please email Lori Stawizynski at [loristaw76@yahoo.com](mailto:loristaw76@yahoo.com)

Monday, April 10 Donna V. & Danielle C.

Tuesday, April 11 Keith W. & Stephanie K.

Wednesday, April 12 Missy W. & Patrick J.

Thursday, April 13 NOON DISMISSAL

Friday, April 14 NO SCHOOL



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**KINDERGARTEN REGISTRATION**

The process for the 2017-2018 Kindergarten registration is now open. Children who are to be registered must be 5 years old by July 31, 2017. If you are interested in touring our school or would like to request a packet of information and the registration form you will need to complete, please call the school office at 314-352-9474. Registration packets may also be mailed if requested.



**Edward J. Naeger, Sr. and Karen (Jones) Naeger Scholarship Opportunity**

Two scholarships will be awarded for the 2017-2018 school year - one for St. John Vianney High School and one for Nerinx Hall High School. Each scholarship is for \$1,000 and is based on community service that you have completed. This is open to 8th graders through juniors in high school who will be attending either of these schools for the 2017-2018 school year and meet the criteria. For more information and to apply, please go to [http://naegerins.com/scholarship\\_information](http://naegerins.com/scholarship_information)

**St. Louis Hills Neighborhood Association Annual Scholarship**

The St. Louis Hills Neighborhood Association is accepting applications for the 2017 SLHNA Student Award for scholarship, leadership and service in school, church and community. Three one-time scholarships in the amount of \$600 will be awarded. The application deadline is Monday, April 24, and requires submission of a 3<sup>rd</sup> quarter/ 2<sup>nd</sup> trimester report card. The applicant must be an eighth grade student or the daughter/son/legal dependent of a St. Louis Hills Neighborhood Association member living within the boundaries of St. Louis Hills. The applicant's family must have a current history of membership in SLHNA, including 2017. The scholarship award is for the freshman year of high school only; it is non-renewable.

For more information and an application go to <http://stlhills.com>, membership/benefits category.



**SRA Holy Week Schedule 2017**

**Holy Thursday, April 13<sup>th</sup>**  
**Mass of the Lord's Supper 7:00pm**  
**Good Friday, April 14<sup>th</sup>**  
**Celebration of the Lord's Passion 3:00pm**  
**Stations of the Cross 7:00pm**  
**Holy Saturday, April 15<sup>th</sup>**  
**Easter Vigil 7:30pm**  
**Easter Sunday, April 16<sup>th</sup>**  
**Mass 8:00am & 10:00am**

**Summer Camp**

Don't forget summer is just around the corner and our summer camp is ready to be filled with kids. Registration will be open until April 15th for our St. Raphael families. Then we will be open to all that register until the end of April. So please go to the summer camp website and take a look at all the different themes we have to offer from May to July.

Thank you and I can't wait to see you in the summer!  
Ms. Molly  
314-606-5264



**Mrs. Caroline Zarinelli**

**MAD2 SPRING SHOW**

Seventh Graders will lead the way for the MAD2 SPRING SHOW featuring art, music, poetry, and dance on Friday, May 5th.

Kindergarteners through Seventh Graders will represent works of art as museum docents (played by Seventh Graders) and guide the audience through the exhibits. It is sure to be an entertaining evening!

**Keep the two steps forward. Lose the one step back.**

**Summer learning loss puts students at a serious disadvantage.** This is when skills and knowledge are lost over the summer months, causing students to move backwards instead of progressing.

By spending just minutes a day with Summer Solutions, students get the practice they need to keep moving forward. It was designed to help students return to school after summer break confident in the skills they've already learned and ready to master new ones.

Your child worked hard all year. Make sure that progress sticks. Give your child the advantage of Summer Solutions.

St. Raphael the Archangel School

To order go to [www.summersolutions.net](http://www.summersolutions.net) and enter H63109RAP

iPad Mini Give-a-way! Order before May 16. Every customer who orders is automatically entered to win. The drawings will be on April 17 and May 17.

**Mrs. Diane Gewinner: Learning Consultant**

**Sugar and How It Impacts ADHD Symptoms**

A study conducted by the UNIVERSITY OF SOUTH CAROLINA concluded that the more sugar hyperactive children consumed, the more destructive and restless they became. A study at YALE UNIVERSITY indicates that high-sugar diets may increase inattention in some ADHD children. The first thing to do is to determine whether sugar affects your child the way it affected children in the studies. Start by removing as much sugar, corn syrup and other natural sweeteners from your child's diet for 10 days. On the eleventh day, give her a sugar test, stirring a tablespoon of sugar into 100% pure fruit juice. Does her activity level go up? Does she have less ability to focus? It is time to go on sugar alert. Here are some helpful ways to manage sugar intake:

- Set a good example
- Manage the candy your child brings home
- Substitute with nuts, fresh vegetables, and fruit

Ned Hollowell, M. D., founder of the Hollowell Center for Cognitive and Emotional Health, in Sudbury, Massachusetts, and New York City, advises all of his ADHD patients to think about their plates when preparing a meal. Half of the plate should be filled with fruits and vegetables, one-fourth with a protein, and one-fourth with carbohydrates. He also advocates eating several servings of whole grains, which are rich in fiber, each day to prevent blood sugar levels from spiking and then plummeting.

**Mrs. Kim Westrich: Art**

**Student Art Exhibit April 17th-20th!** The Archdiocese of St. Louis is hosting the National Catholic Educational Association's conference at America's Center Convention Complex from April 17-20, 2017. To showcase the talents of our Catholic schools, there will be a student art exhibit at the conference. The following students had their artwork chosen for the exhibit: Addi P. (K), Clara T. (K), Hazel D. (1), Brandon Y. (2), Lucy D. (3), Lauren S. (3), Riley V. (3), Jack S. (4), Aiden S (5), Katie C. (6), Mia T. (6), Luke W. (6), Katelyn T. (7), Frannie B. (8), Merritt J. (8), Kenzie S. (8), Alyssa S. (8). Congratulations!

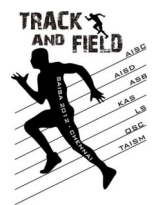


**Mrs. Peggy Martin: Physical Education & Art Grades Pk-3**

This week we will be continuing our work on track and field. Running and conditioning will be my main goals.

**Field Day is Thursday, May 25th.** Plan on joining us!!!!

I need to borrow four tricycles. If you have one we can use, please let me know. Thanks.



**Mr. John Bruno: Physical Education—Grades 3-8**

Last week in physical education class, the students had fun participating in a few team and small group activities. They played stack the cups which includes working with fine motor skills to put the cups in three different patterns. Each group was timed so it made it a competition amongst the four groups with group that had the best time winning.

The second activity is called milk crate basketball, a team sport activity. With no dribbling but all passing, the students had to put the ball into their own milk crate.

The last activity, done in honor of the Cardinals home opener on April 2, and the signing of Yadier Molina to an extension, I decided to play a baseball activity. They enjoyed that game too. GO CARDS!!

The week of April 10 the students will begin working on several strength and conditioning activities. Flipping the tires will be one of them.

### Miss Molly Preschool Room A

Greetings and hello from Preschool room A. We are working on the plant cycle this week to keep in theme with the water cycle. The children are learning the parts of plants and how they need the rain and sun to help them grow. To help them learn this process we have a science project with celery and colored water. They are very excited to see the colored water go up the celery stalk. They have started their own plants so we hope to see some plants coming up soon. They have done projects naming the parts of the plant. The kids love to listen to the books and even songs about plants and how they grow. Their favorite book is the " *The Tiny Seed*" By Eric Carle.

Have a great day and God Bless.



### Miss Chris Preschool Room B

We have been learning all about Spring this week. We have been observing all of the things that we can hear, see, smell and feel now that Spring is finally here. We went outside and collected materials that birds would use to build their nests with and we created our own nests. We have had to learn that one of the things that happens a lot during Spring is that it rains. We are hoping the chance of rain moves out so that we can go on a nature walk.



### Kindergarten News: Miss Abby Morris & Mrs. Doyle

Hello SRA Community,

Kindergarten has been preparing for Holy Week. The students are working on a "Stations of the Cross" art project. Kindergarteners continue to work on their writing and drawing pictures about stories.

Have a great week!



### First Grade News: Mrs. Louise Balicki-Smith

First Graders really had a spark lit in them during our Botanical Gardens Field Trip. We came back to the classroom and planted starter pods for our school garden. The lettuce is already beginning to sprout. We are also spending time this week preparing the plot outside so that it will be ready to transplant these pods to the soil. Students are excited about growing fresh vegetables and attempting some new fruits. First Graders will be applying our garden learning in all subjects, not just Science; our lessons will integrate Reading, Writing, Math, Social Studies, and Religion.



### Second Grade News: Miss Stephanie Amsler

This week Second Grade continues to learn how to measure things. We are learning how to measure using centimeters. Then we will learn how to display measurement data on line plots.



We are learning how to identify the main idea of a text and how to pick out details that support the main idea.

Keep praying for us this month, First Communion is Sunday, April 30!

### **Third Grade News: Ms. Susan Polson**

Third Grade has been learning about The Corps of Discovery led by Meriwether Lewis and William Clark. Ms Polson is reading aloud some chapters of a book, *Soun Tetoken* by Kenneth Thomasma about a Nez Perce boy who tames a stallion. We also read a biography about Chief Joseph. In Science we have studied the subject of Light and classified items as opaque, translucent or transparent. Each of us is studying a state from USA and researching information to present to our class. We read a wonderful story called *Boomtown* and contrasted those with ghost towns.

### **Miss Patti Woods: Social Studies, Science, English (4-5)**

In both Fourth and Fifth Grade English, we are spending time this week writing a comparison/contrast essay. We are making sure to have clear topic sentences and supporting details.

In Fourth Grade Social Studies, we are continuing with the Civil War. The class is in awe at the way slaves were treated, and want to know more and more about their lives. We will be discussing the roles Harriet Tubman made as far as helping slaves escape to freedom, and will then begin talking about Dred Scott who brought on a lawsuit in a Downtown St. Louis courtroom in his attempt to become a free man. We will be reenacting this infamous trial in the classroom, and then will take a trip to the Old Courthouse to reenact the case there. The field trip is scheduled for May 2nd. Be watching for more information to come home soon.

In Fifth Grade Social Studies we will finish up our research on the different kinds of regions in the United States. Fourth and Fifth Grade Science has had lots of active learning going on. The students are all taking turns making mazes and coding "Jack the Mouse" and/or "Ozobot" to follow along through the mazes and coding trails. It takes practice, patience, and perseverance because Scientists don't give up!

### **Miss Amanda Imo: Reading, Math (4-5)**

**Fifth Grade:** The Fifth Graders worked on reviewing everything they learned about the Sacraments of Holy Orders and Matrimony. The students continued their work on measuring and drawing angles, line relationships, and polygons during Math. In Reading, we are working on using visual aids to support the theme and main ideas.

**Fourth Grade:** The Fourth Graders are working hard on making sense of decimals. They are able to read, write, compare, and order decimals. During Reading, they read a story about a physically handicapped boy who worked hard to achieve his dream of riding a bike. With that story we worked on theme and creating a sequel to the story.

### **Mrs. Christy Connor: Social Studies & Religion (6-7-8)**

**English:** Grades Six, Seven, and Eight have learned about modifiers. All three classes are beginning to study pronouns. They will also be reviewing punctuation and capitalization.

#### **Social Studies:**

Grade Six students are completing their study of the Middle Ages. They are working on their own special coat of arms and will be doing some research on the castles of Great Britain.

Grade Seven students have learned about the administration of John Quincy Adams and Andrew Jackson. The students are also learning about states' rights, a concept that they will come across many times as they get closer to the Civil War.

Grade Eight students will complete their study of the Vietnam War and how it fits in with the Cold War era. They have learned about events such as the landing on the moon by Apollo 11, the SALT talks, and the administrations of Richard Nixon, Gerald Ford, and Jimmy Carter.

**Mrs. Laura Berns: Science (6-7-8) Standard Math (6-7-8)**

**Miss Ashley Schaaf: Science (6-7-8) Challenge Math (6&7) Algebra 8**

**MATH:**

In Sixth Grade Standard Math, students are completing an activity to investigate the difference between experimental and theoretical probability.

In Challenge Math, we are exploring different forms of representing data - frequency tables, line plots, stem-and-leaf plots, and box-and-whisker plots.

In Seventh Grade Standard Math, students are beginning to identify and name key geometry terms.

In Challenge Math, we are starting our perimeter and area of polygons unit.

In Eighth Grade Standard Math, students are wrapping up Unit 5. They will take a test on Thursday, April 6th.

In Challenge Math, we are wrapping up our chapter on factoring polynomials. The Chapter 9 test will be Thursday.

**SCIENCE:**

In Sixth Grade Science, students are beginning to work on their biome project.

In Seventh Grade Science, students received a new textbook; Astronomy. They will be investigating the Earth, Moon and Sun in the first chapter.

In Eighth Grade Science, we are learning about Mendel and his contribution to genetics. This begins our heredity unit.

**Mrs. Jennifer Runiewicz: Literature (6-7-8)**

**Literature:** Students in all classes have been researching the life and plays of William Shakespeare through a Fact Find assignment.

**Vocabulary Workshop** schedule should be taped/stapled to their vocabulary book cover or in their assignments books. I've also shared the schedule with each of them on Google Drive. Our Unit 13 spelling a vocabulary test will be Wednesday, April 12th.

**Religion:** Sixth - God Leads the Chosen People

**Religion:** Seventh - Confirmation - The Church

**Religion:** Eighth - Stations of the Cross/Responding to a Changing World

**STUCO NEWS**

March 1 - April 13 - Lenten Mission Project - Queen of Peace Center

April 3-13 - Gold Egg Raffle Sales to benefit the Lenten Project

