



The Cougar



Published every two weeks for SJS Parents


www.stjudebr.org

September 1, 2011

St. Jude the Apostle School, as a Catholic faith community, recognizes the need to create a family environment which will lead to the formation of a well-rounded individual. Through its philosophy, the school hopes to instill in each child an understanding of his/her relationship with Christ, thus enabling him/her to think, judge and act in a Christ-like manner.



SCHOOL CALENDAR

Thursday, September 1	7:45a.m.		Donuts and Devotion (8th Grade Only– St. John’s Room)
Monday, September 5			No School-Labor Day Holiday
Tuesday, September 6	6:30pm		Advisory Council Mtg.
Wednesday, September 7	8.30a.m.		Individual Student Photos (Barberito)
Monday, September 12	8:45a.m.		School Wide Liturgy– 8B (Dress Uniforms)
Tuesday, September 13			Hearing & Vision Screening (Grades 1, 3, 5, 7)
Wednesday, September 14			Progress Reports
Friday, September 16	2:30p.m.		Pep Rally (Spirit Attire)
Friday, September 16			Gift Wrap Sale Ends
Friday, September 16	6:30p.m.		Men’s Club Meeting-Parish Hall



SCHOOL NEWS & INFORMATION

CARPOOL: A few morning carpool reminders:

- ❖ Pull into the shortest line that is NOT moving
- ❖ Continue all the way down the side of the gym where the last duty teacher is standing.
- ❖ Parents should not be getting out of the car in the carpool line; likewise, parents may not park and walk your child up. Please be sure school bags are packed and all goodbyes are said before the car door opens!
- ❖ All morning carpool vehicles should be in the carpool line prior to 8:15am to avoid students being tardy.

With our new afternoon carpool procedure, we would like to remind all parents to be respectful of teachers attention to their students during dismissal. When picking up your child, please refrain from conferencing teachers. Should you have questions or concerns, please send them an e-mail or call the school and they will follow up with you at their earliest convenience. The safety of students remains our teachers only focus during carpool.

PICTURE DAY: Individual school pictures for ALL grade levels will be taken on **Wednesday, September 7** beginning at 8:30 AM. The school uniform must be worn. Payment envelopes have been sent home; ALL ORDERS MUST BE PRE-PAID. Retakes are scheduled for a later date, but please try to avoid absences on this day. Due to yearbook specifications, if students do not have a picture taken on one of these two scheduled days their individual pictures are unable to be included in the school yearbook for the current school year.

2011-2012 EMERGENCY CONTACT PLAN: In case of urgent weather alerts or other school related emergencies we will use the SchoolReach broadcast system by sending a call to the HOME and CELL phone numbers we have on file for each family. Routine reminders and announcements will be broadcast only to HOME phone numbers. Please call the school office to update this information if you have had any changes.

EXTENSION PARENTS: Please give any medication (i.e. inhalers) that a student may need after regular school hours to Mrs. Williams. Extension does not have access to nurse Mickel’s office.

COUGAR DEADLINE:

Submissions for the next issue of *The Cougar* are due by **Tuesday, Sept 13**. E-mail sdriesse@stjudebr.org.

SCHOOL CALENDAR: The 2011-2012 school calendar is available on the school's website. Please click [here](#) to view. If you cannot access the Internet, please contact Peggy Aymond in the School Office at 769-2344 and she will send a copy of the calendar home with your child.

ITEMS LEFT AT HOME: Parents, please note that students are not allowed to come to the school office to collect items (such as homework, tests, planners and conduct cards) left at home. Also, they are not allowed to call home to see if these items can be delivered. In addition, once school is dismissed, a student may not return to the building to retrieve an item that is left behind in his/her classroom.

FAMILY DAY: Monday, September 26 has been declared by the Secretariat of Christian Formation for the Diocese of Baton Rouge as "Family Day- A Day to Eat Dinner with Your Children." The purpose of family day is to promote and strengthen all families and the parish family. Please see the last page of the Cougar for more information.

ENVELOPES SENT TO SCHOOL: If you send an envelope to the school office, please include the following on the front: **your child's name, his/her teacher's name, and the activity to which the money is to be applied.** It is very important that all envelopes are clearly labeled so that checks are not misplaced. It would also be helpful to write on the check itself information as to where it should be applied.

THANK YOU: Big thanks to Kevin Bowen, Greg Flores, Marc Albarado, Jeff Meares, Chad Reynolds, Chris Davis, Billy Francioni, Mike Daniels, Will Evans, Paul Talbot, and Gregg Patterson for volunteering their time the first two weeks of school helping carpool flow smoothly.

DONUTS & DEVOTION: On the first Thursday of each month, the 8th graders are invited to participate in a prayer breakfast. "Donuts and Devotion" will begin at 7:45a.m with a light breakfast followed by Fr. Trey leading a prayer. At the completion of prayer, the students will be dismissed to the deck. Thanks in advance to all the eighth grade parents who are able to donate food for this event each month.

SPIRIT DAY/PEP RALLY: Our first Pep Rally will be Friday September 16th. As a reminder, students may wear their "Cougar Pride" t-shirts with jeans or uniform bottoms for spirit day. Students may also accessorize with Cougar merchandise (bracelets and tattoos) that have been purchased through the Home & School Association. Click [here](#) for full regulations surrounding spirit day dress.

HOME & SCHOOL NEWS

NEW SCHEDULE OF EVENTS: Please note that there have been a few changes to the schedule of events for the school year. Please click [here](#) to see the updated version.

DIRECTORY: If you have any changes or corrections you would like made in the St. Jude School Directory, please email them to Kristina Funes at kristilou8@aol.com

GIFT WRAP: The Innisbrook gift wrap went home last Friday August 26th. Our sale will run through Friday September 16th. We would like each family to sell a minimum of 10 items. There will be an ice cream party in October for all the families that sell 10 items or more. Also, please remember to collect the money from your sales and write only one check to St. Jude school. We appreciate your hard work and support.

CAFETERIA DUTY: Thanks to all who volunteered to serve lunch to our children. The schedule is full!

DEVELOPMENT NEWS

NEW FUNDRAISER: Did you know that improper disposal of e-waste harms the planet? Now you can do something about it while helping SJS! We are collecting toner cartridges (from all kinds of printers) and used cell phones which will be submitted to a recycling company that offers re-imbusement for them. Please send any empty ink cartridges in a bag to school with your child marked "development". Thank you in advance for all your effort in supporting SJS!

Lunch Menu - September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Notification Statement</u> Peanuts and Peanut Butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program. However, some products served may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.</p>			1	2
			<p>Turkey & Sausage Jambalaya White Beans Salad Cup Bananas Whole Wheat Roll Milk Choice <u>Choice:</u> Taco Salad OR Hamburger</p>	<p>Fish Nuggets Macaroni & Cheese Confetti Coleslaw Pears Whole Wheat Roll Milk Choice <u>Choice:</u> Waldorf Salad OR Cheesy Breadsticks w/ Marinara Sauce</p>
5	6	7	8	9
<p>Schools Closed Labor Day Holiday</p>	<p>Hot Dog w/ Chili Baked Beans Salad Cup Pineapple Chunks Caribbean Jell-O Cup Mayo/Mustard/Ketchup Milk Choice <u>Choice:</u> Chicken Caesar Salad OR Baked Potato</p>	<p>Smacker Chicken Macaroni & Cheese Green Beans Salad Cup Red Apple Wedges Whole Wheat Roll Milk Choice <u>Choice:</u> Greek Tomato Salad OR Po-boy</p>	<p>Turkey & Gravy Steamed White Rice Sweet Potato Casserole Salad Cup Blushing Pears Whole Wheat Roll Milk Choice <u>Choice:</u> Taco Salad OR Hamburger</p>	<p>Baked Chicken Drumstick Cream Potatoes Carrots Salad Cup Frozen Fruit Bar Whole Wheat Roll Milk Choice <u>Choice:</u> Waldorf Salad OR Cheesy Breadsticks w/ Marinara Sauce</p>
12	13	14	15	16
<p>Red Beans w/ Sausage White Rice Steamed Cabbage Salad Cup Diced Peaches Cornbread Milk Choice <u>Choice:</u> Mandarin Chicken Salad OR Pizza:</p>	<p>Hamburger on Bun French Fries (Baked) Lettuce/Tomato/Pickle Cup Mayo/Mustard/Ketchup Red Grapes Milk Choice <u>Choice:</u> Chicken Caesar Salad OR Baked Potato</p>	<p>Soft Whole Wheat Taco Mexican Corn Taco Salad Cup Honey Dew Melon Cup Cake Milk Choice <u>Choice:</u> Greek Tomato Salad OR Po-boy</p>	<p>Honey Citrus Chicken Lo Mein Noodles Steamed Broccoli Salad Cup Pineapple Mini Egg Roll Milk Choice <u>Choice:</u> Taco Salad OR Hamburger</p>	<p>Corn Dog Macaroni & Cheese Green Beans Salad Cup Raisins Pomegranate Jell-O Milk Choice <u>Choice:</u> Waldorf Salad OR Cheesy Breadsticks w/ Marinara Sauce</p>
19	20	21	22	23
<p>Chicken Strips Garlic Mashed Potatoes Peas Salad Cup Red Apples Whole Wheat Roll Milk Choice <u>Choice:</u> Mandarin Chicken Salad OR Pizza</p>	<p>Tamale Pie Dippin' Chips Baby Carrots w/ Ranch Dressing Salad Cup Blueberry Dream Pie Milk Choice <u>Choice:</u> Chicken Caesar Salad OR Baked Potato</p>	<p>Spaghetti w/ Meat Sauce Steamed Cauliflower Spinach Salad Cup Strawberry Fruit Bar Whole Wheat Garlic Breadsticks Milk Choice <u>Choice:</u> Greek Tomato Salad OR Po-boy</p>	<p>Memphis BBQ on Bun Seasoned Potato Wedges Confetti Coleslaw Watermelon Whole Wheat Cookie Milk Choice <u>Choice:</u> Taco Salad OR Hamburger</p>	<p>Whole Grain Beefy Nachos Cheese/Salsa/Jalapeño Steamed Broccoli Salad Cup Cantaloupe / Yogurt / Granola Milk Choice <u>Choice:</u> Waldorf Salad OR Cheesy Breadsticks w/ Marinara Sauce</p>

<p>26</p> <p>Chicken Quesadilla Spanish Rice Jicama Corn Salad Fruity Applesauce Whole Wheat Honey Graham Crackers Milk Choice Choice: Mandarin Chicken Salad OR Pizza</p>	<p>27</p> <p>Beef Cutlet w/ Gravy Mashed Potatoes Lima Beans Salad Cup Diced Peaches Whole Wheat Roll Milk Choice Choice: Chicken Caesar Salad OR Baked Potato</p>	<p>28</p> <p>Chicken & Pasta Parmesan Marinara Sauce Steamed Italian Vegetable Medley Caesar Salad Cup Pears Whole Wheat Garlic Stick Milk Choice Choice: Greek Tomato Salad OR Po-boy</p>	<p>29</p> <p>Turkey & Sausage Jambalaya White Beans Salad Cup Bananas Whole Wheat Roll Milk Choice Choice: Taco Salad OR Hamburger</p>	<p>30</p> <p>Fish Nuggets Macaroni & Cheese Confetti Coleslaw Frozen Grape Fruit Bar Whole Wheat Roll Milk Choice Choice: Waldorf Salad OR Cheesy Breadsticks w/ Marinara Sauce</p>
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NOTE: Menus subject to change.

Strong Catholic Families

Did you know. . .

- ◇ When teens were asked “If you could change anything about your family situation, what would it be?” their response was “To become closer to my parents.” When teens were asked “Why aren’t you close to them? they responded “I don’t know how to do it.”

Source: Soul Searching: The Religious and Spiritual Lives of American Teenagers

- ◇ Two of three teens and three of four parents say they would be willing to give up a weeknight activity if it meant they could have dinner with their family. *Source: CASA, 9/2009*

◇ Average family time:

- Only 34 percent of North American families eat one meal together each day.
- The average father spends eight minutes per day with his children (includes meals and TV).
- Parents spend fewer than 3 minutes of non-directive communication with children per day.
- Only 12 percent of families pray together.
- The average couple spends only four minutes of uninterrupted time together a day.

Source: “Raising the Bar: Ministry to Youth in the New Millennium,” by Alvin Reid

◇ 5 Keys for Parents to Build Strong Catholic Families & Strong Catholic Youth

1. Live the faith you want to pass on.
2. Make faith a top family priority.
3. “Gatekeep” your kids’ activities & time.
4. Support one another & build inter-family networks of faith and life support.
5. At home, during the week, live, model & talk about your faith.

Source: NFCYM

Eating dinner with your family is an important first step in developing Strong Catholic Families and Strong Catholic Youth. If you would like to learn more about the Strong Catholic Families initiative, contact Brigitte Burke at 225-336-8751 or visit www.nfcym.org/family.

