

Tiger Tales

SEPTEMBER 16, 2016



WE'RE DUCT TAPING THE PRINCIPAL TO THE WALL?

You heard right. As part of a fundraising incentive for students, we've created the "Stick Together Challenge" where we will use duct tape to stick Mr. O'Keefe to the wall. Now, some may say this seems disrespectful, but that is in no way our intent. Mr. O'Keefe is in full agreement to being adhered to the wall and thinks it is a great way for students to get engaged with our fundraising activities. All students will have a chance to participate.

The full theme is: Stick with God—Stick with Blessed Trinity—Stick Together Challenge

Not just one piece of tape will hold him up, we need many. We need everyone to participate so that we have many pieces to hold him up. Just like in education, it takes more than one parent, one teacher to fully educate a student. When we work together, we can accomplish so much more. Please join us in lifting up our community, your child, their friends as we Stick Together to meet this challenge.

If your students have any questions about this incentive, please look to the enclosed Serv-a-Thon materials to learn how they can earn their own piece of duct tape.

STANDARDIZED TESTING

As we dig into our academic year, classes are completing their reviews and launching into new explorations. At the same time, we continue to assess what students remember and know, so we can plan and support the growth ahead. A key part of this process is Fall Standardized Testing. These tests provide teachers with critical information about what students have retained from previous years, which knowledge is an area of strength and what are the greatest opportunities to grow.

This year, we are trying a different schedule to complete tests in more concise time with fewer disruptions to our daily schedule. We will have a MAP (Measures of Academic Progress) Test Week at each campus, September 19-23 at Nicollet and September 26-30 at Penn. During these weeks, we will have a time each morning where students will work in their homerooms to complete a portion of the MAP test. At Nicollet, we will start at 8:45 each day. At Penn, we plan to get started at 8:30. After the testing session,

PARENT INFORMATION NIGHT

**Thursday, September 22
6-8 pm, 4th-8th grade**

This parents only night is an opportunity for you to learn more from your students' teachers, classroom expectations and how you can support their learning.

I WISH I KNEW THEN WHAT I KNOW NOW

We talked with our new PAWS Ambassadors about what they've learned since joining the Blessed Trinity community; things they wish they knew on their first day at BT. Here's what they had to say:

- "I wish I knew that my son absolutely loved the school 'hot' lunches."
- "Buy uniforms early to get better deals and to ensure everything is in stock! There are lots of good sales at various retailers earlier in the summer!"
- "It's okay to send a note to other families to set up playdates! Teachers can help include these notes in student backpacks."

we will resume adjusted schedules for the remainder of each day. This should help keep an appropriate testing environment, as well as finish our assessments as efficiently as possible.

To support our students' best work, during this time and always, we have a few reminders. First, it is a good idea to talk about why we take standardized tests. These tests are a chance to see how you are doing compared to yourself and expectations for your grade. MAP tests are also a chance to show what you know and help teachers better understand your learning needs. This is not a measure of your ability to learn or a prediction of grades in school. Rather, this is a tool to help all our teachers and parents work together to support student learning. Secondly, the best outcomes happen when students are at their best. As with any day, students need enough rest and a good breakfast to start the day well. It is also important to arrive on time, or even a little early, so we have time to settle into our routines and start the day well. Please plan for appropriate rest, healthy breakfast, and a little extra time to arrive so we can be prepared to show our best work. Finally, it is always helpful to remind our students to give their best effort. Our goal in learning and testing is to understand what we DON'T know. Because of this, there will be things that are difficult, confusing, or that have not yet been learned. It is not only OK, but expected. If we try our best, we will always run into the next opportunity to learn something new.

SLEEP IS MORE IMPORTANT THAN YOU MAY THINK

Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. So if you're not too tired, let's talk about sleep.

Your Brain Needs Zzzzzs

Your body and your brain need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

DORMIR ES MÁS IMPORTANTE DE LO QUE TAL VEZ CREES.

Quizás, recuerdes algún momento en el que no dormiste lo suficiente. Esa sensación de pesadez y modorra es muy desagradable; cuando te sientes así, tu rendimiento no es el mejor. Por lo tanto, si no estás demasiado cansado, hablemos del sueño.

Tu cerebro necesita Zzzzz

El sueño no sólo es necesario para el cuerpo, también es importante para el cerebro. Si bien nadie sabe exactamente qué trabajo realiza el cerebro durante el sueño, algunos científicos



MEET OUR NEW ART TEACHER!

Mrs. Peg Pavek, Art specialist pre-K -8, teaching on both campuses.

Mrs. Pavek comes from a large Catholic family, has four married children of her own, and is enjoying seven special grandchildren. She has always loved the fine arts, and has been blessed with a career in Catholic education teaching art and music. She is excited to join the welcoming community of Blessed Trinity School and looks forward to sharing her passion for the arts with all our students.

VIRTUS TRAINING

**Wednesday, September 28
6-9 pm, St. Peter's, Room B**

We are hosting a VIRTUS in person training session this fall. This training session is required training for those who want to participate in volunteer opportunities like field trips, tutoring and one on one activities with students. Please register [online](#). Contact [Kori Marshall](#), volunteer coordinator, with any questions.

creen que clasifica y almacena información, reabastece las sustancias químicas y resuelve los problemas mientras tu dormitas.

La mayoría de los niños de entre 5 y 12 años duermen aproximadamente 9.5 horas por la noche, pero los expertos consideran que la mayoría necesita entre 10 u 11 horas de sueño por noche. El sueño es algo personal y algunos niños necesitan dormir más que otros.

<http://kidshealth.org/en/kids/not-tired.html>

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SCHOOL MASS AND CONVOCATION SCHEDULE

All parents and families are invited to attend any of our school masses. Did you know that each student participates in mass throughout the year? Classes help lead mass and prayer services each week. As well, eighth grade students provide a convocation at the end of mass. Please join us.

Date	Time	Location	Leader	Convocation
Sep 21	12:15	St. Richard's	Penn students will be joining	
Sep 28	12:15	Assumption	8th grade	Kayla Tavares Gar-
Oct 5	12:15	St. Peter's	Homeroom	Matthew Bossen
Oct 7	1:00	St. Richard's	Prayer service as we conclude Serv-a-Thon, led by Homeroom 7S.	

PARENT INFO NIGHT AT NICOLLET

Please plan to join us for Nicollet Information Night on Thursday, September 22. This is an opportunity to hear from each teacher about all the exciting opportunities during the new school year. Check the chart below for more information about the times and locations.

6:00-6:45	4th and 5th Grade Presentations in Homerooms
6:45-7:15	All Parents gather in Church
7:15-8:00	Middle School (6th-7th-8th Grade) Presentations

LA NOCHE DE INFORMACIÓN EN EL CAMPO DE LA NICOLLET

Queremos verlos en la Noche de Información en el Campo de la Nicollet a noche 22 de Septiembre . Esta es una gran oportunidad de escuchar a cada maestro explicando sobre la planeación académica durante el nuevo año escolar. Consulte el siguiente horario para que obtenga más información acerca de los tiempos y de los lugares.

PRAYER FOR PEACE

Please do your Piece for Peace by joining us in this prayer.

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

Saint Francis of Assisi

BACK-TO-SCHOOL FLU VACCINE FOR THE WHOLE FAMILY!

**Wednesday, September 21
St. Richard's**

On Wednesday, September 21, the annual flu vaccination clinic will be held from 1:00—3:00pm in the St. Richard's Catholic Church Community Room (Penn Campus). The vaccine is free with most major insurance plans, as well as Medicare. Register online at www.homelandhealthspecialists.com using client ID NWUCW60 in the Customer Portal.

6:00-6:45	Presentaciones de cuarto y quinto grado en los salones de clase
6:45-7:15	Todos los Padres se reunirán en la Iglesia
7:15-8:00	Presentaciones de la Escuela Intermedia (6 ^o - 7 ^o - 8 ^o grado)

STUDENT AMBASSADORS

We're looking for students in grades 6th-8th to become student ambassadors. This group of students will meeting monthly and work on various projects to support the school. Students need not attend every month, but we do need to know when they are attending. Our first meeting will be Tuesday, September 20, 2:10-3:15 pm, Nicollet campus cafeteria. Students must be picked up promptly at 3:15 pm or sent to the homework room. Look for notes in today's Friday Folder to let us know if your student will be joining us and where they will be going after the meeting.

WE'RE HIRING!

Our dedicated Extended Day Director Noreen has taken a position outside of Blessed Trinity. And though we will miss her, we need to find someone to take on this important role that includes connecting our young families to our school, providing care and direction before, during and after school. If you or someone you know is interested, you can find the full job posting and instructions for applying on our website. <http://www.btcsmn.org/faculty/CareersatBlessedTrinity.htm>

HOT LUNCH—A FEW MORE VOLUNTEERS NEEDED!

We're still in need of a couple more volunteers to help serve **HOT** lunch! Please contact Kori Marshall at marshallk@btcsmn.org if you'd like to spend an hour each week serving hot lunch. It's a great time to connect with students!

SERV-A-THON

Our 2016 Serv-a-Thon kick off was Friday, September 16! Ask your students what they learned and how they would like to participate. And look to our Facebook page for some highlights!

SERV-A-THON VOLUNTEERS NEEDED!

We're always looking for parents to share their talents and time with us as volunteers. We can't do all this without you! Look for Serv-A-Thon sign up sheets in this week's Friday Folders. You can also sign up online here <http://signup.com/go/volYHg>

4TH-8TH GRADE MASS AT CHS FIELD

On September 22, our 4th-8th grade students will travel to CHS Field to celebrate **Mass of the Holy Spirit** with 12,000 students from Catholic schools across the Archdiocese. For this field trip a box lunch will be provided. Please pack a healthy snack for your student that day as lunch will be later than usual.

CELEBRATE SAINT PETER'S

Saturday, October 8

Mass at 4:30 pm

**Dinner served 5:30-7:00
pm**

This year's Fall Festival is Raffle Tickets and a Fabulous Chicken Dinner!

30 WAYS TO WIN!

Please pick up raffle ticket packets at the west entrance!

The packets contain \$50 worth of tickets. You may pick up more in the parish office Monday through Friday 8:30 am-4:30 pm. Please return the tickets by putting them in the weekend collection basket, bringing them to the parish office or mailing directly.

Remember, the more times you enter, the better chance of being a winner!

REGISTRATION FOR FAITH FORMATION IS HERE!

If you are planning on having your child(ren) participate in any of our programs, now is the time to register! If you haven't received a registration form in the mail, you may pick one up in the back of church near the Baptismal Font or by the main entrance doors. Forms may be turned in to the parish office.

If you have questions, feel free to contact 612-866-5089.