



PRIDE

Obedientia Et Pax

Saint John XXIII Newsletter

Friday, April 7, 2017

Dear Saint John XXIII Community,

Did you know that today is National Beer Day? It's also National No Housework Day and National Coffee Cake Day! I'm pretty sure I could celebrate all three of those things together, simultaneously. Today however is ALSO National Education and Sharing Day; so I thought it a good idea to "share" something "educational" with all of our parents on a topic I get asked

about ALL the time.... ***"What's the most important thing I can do to help my kid succeed in school?"*** The article below summarizes four different studies that I have read and I hope will be helpful to every level of student here at St. John XXIII. It's not easy to accomplish, but it certainly will get results. Like any "long-term investment", the results will take time. Enjoy....perhaps read it with a nice slice of coffee cake, a cold beer, and your feet propped up on the vacuum.

God Bless,
Preston Colao
Principal

[How Family Dinners Improve Students' Grades](#) - by Ann Dolin, M.Ed.

Believe it or not, your family's eating habits can have a profound effect on your child's academic success. The routine of preparing and sharing meals regularly creates a sense of family togetherness and unity. Though the hustle and bustle of everyday life can get in the way, it's important to carve out time specifically to sit down together around the table. Students who eat dinner with their families often are more likely to:

- Do well in school (40% more likely to earn As and Bs in school)
- Be emotionally content and have lower levels of stress
- Have positive peer relationships and healthier eating habits
- Refrain from smoking, drinking, and doing drugs
- Believe their parents are proud of them

This time together has additional well-documented benefits that include:
Improved Achievement Test Scores — A University of Illinois study of 120 boys and girls ages 7 to 11 found that children who did well on standard achievement tests were those that had consistent quality meal time with their families.

Improved Vocabulary and Reading Skills — A study by Dr. Catherine Snow at Harvard's Graduate School showed that mealtime conversations teach children more vocabulary than when parents read to them. She followed 65 families for 15 years looking at how mealtime conversations played a critical role in language acquisition leading to improved vocabularies and better readers.

Greater Academic Achievement — A Reader's Digest survey of more than 2,000 parents compared academic achievement with family characteristics.

Surprisingly, eating meals together was a stronger predictor of academic success than whether the children lived with one or two parents.

Higher Grades — Researchers at Columbia University found a striking relationship between frequency of meal times and grades. Teens who have fewer than three family dinners in a typical week are more than twice as likely to do poorly in school. Twenty percent of teens who have infrequent family dinners (three or four per week) report receiving mostly Cs or below in school, whereas only nine percent of teens who have frequent family dinners (five to seven per week) report receiving mostly Cs or lower.

Like anything else, eating dinners together does take practice. The less often a family meets to share a meal, the worse the experience is bound to be. So, plan on as many meals together as possible, even if you serve take out or only have a limited time available. Some things you might want to consider when getting ready are:

- Turn off the TV. It prohibits meaningful conversation.
- Use dinnertime to tell your child why he or she is a great kid.
- Focus on the positives during dinners.
- Refrain from discussing shortcomings or unfulfilled responsibilities.

Remember, family dinners are less about the food served and more about the time spent together. Use this time to talk and reconnect. Invite conversation. Ask open-ended questions and really listen to one another. Encourage your child to invite their friends to join in family meals. It is the simple act of being

together that tends to increase a sense of security with children, not the elaborate makings of the meal.

School Notes

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Important Dates

Wednesday, April 12

Noon Dismissal

No Extended Day

April 13-21

School Closed

Happy Easter

Friday, April 28

Service Fair

Monday, May 1

May Crowning

at Courtyard Prayer

[Donuts with Dad](#)



SAVE THE DATE

Thursday, MAY 4, 2017

7:15 AM

Geography Bee



Congratulations to 8th grader William Bansberg who placed 11th in the state in National Geographic's "Geography" Bee on Friday at Arizona State University. William successfully competed through 12 rounds in Friday's event. Great job, William ... the entire school is proud of you!

Lasting Legacies Class Projects

Parents, there's still time left to purchase your student's Lasting Legacy class project! The class with the highest percentage of participation wins a class pizza party!

[Attached, please find an order form](#), a picture and description of each grade.

Check out the Leaderboard on Schoology.

Currently, there is a tie! 7B and 2A are in the lead!

....It is a race to the finish! Go PRIDE!

Remember to pick up all purchased Class Projects in the school office.

Thank you.

Calling All Middle School Artists



The St. John XXIII Art Department is extending an invitation for you to share your artistic talent in the upcoming May Art Walk. Every student will have the opportunity to proudly share their favorite, professionally framed art piece on May 5th. Oh, please tell your parents there is no obligation to purchase the framed artwork. Please see Mrs. Bucci or Mrs. Miller for official details!!

Safe Environment



As part of our continued efforts to ensure a Safe Environment for our children, we would like to share a resource with parents addressing Internet

Safety. This material was provided to us by the Diocese of Phoenix. We hope it is helpful to our families as we work together to raise Responsible Christian Leaders.

[Please click here for information.](#)

Blessings,

Mary

[CEA Scholarship Applications](#)



Catholic Education Arizona Scholarship Applications for the 2017-18 school year are now open. Deadline for applications is April 18. Parents/legal guardians need to go to www.fairapp.com to apply.

School Code: 700

School Password: cea700

[Student Leadership](#)



Student Leadership applications are due in the school office by Friday, April

28th before the end of the school day. No exceptions!

Spirit of Service



St. John XXIII Spirit of Service Committee invites you and your entire family to a food packing event at Feed My Starving Children.

Help turn hunger into hope with your own two hands by packing nutritious meals for hungry children around the world.

FMSC is a Christian non-profit organization. We believe Jesus Christ has called us to feed the hungry and serve those in need. We strive to follow his calling every day in all that we do. In 2003, sixteen years after FMSC was founded (1987), the organization was rededicated to the Lord. We placed our focus back on Jesus Christ, committing to honor Him. He has called us to feed his kids, and with his help we will keep reaching farther around the world until ALL are fed.

Date and Time: Thu, April 13, 2017, 3:30 PM - 5:30 PM (Holy Thursday)

Location: FMSC - Mesa, AZ

1345 S. Alma School Road

Mesa, AZ 85210

Join Code 1057305

Contact Michelle Bucci at Michelle9027@gmail.com with any questions.

[Click here to register you and your family members](#)

Growing in Abundant Grace

[Annual Appeal](#)



Our goal is 100% participation. We are currently at 40% participation. Your help will make the difference and help us do even more wonderful things here at Saint John XXIII Catholic School. No matter the amount, every gift counts. Thank you for your continued support.



[CEA](#)

Catholic Education
ARIZONA



There is still time! Please take credit for our students and invest in our children's future. If you haven't yet utilized this amazing tax **credit**

contributions can be made on-line at WWW.CEAZ.ORG or at

<http://saintjohnxxiii.org/CEA-TAX-CREDIT/>

Designate Saint John XXIII 201 so your tax dollars benefit students at Saint John XXIII Catholic School.

Contributions can be made until **April 15, 2017.**

Thank you for making a difference!

[RUN WITH PRIDE](#)



No sign-up required... All are welcome! We meet most Monday and Thursday mornings at the gate at 7:15 a.m., and run from 7:20-7:40. You can earn cool prizes and get in shape at the same time. Please bring an extra pair of shoes since the field can be wet!

Quarter 4 Schedule:

4/10, 4/24, 4/27, 5/1, 5/8, 5/11

Awards- May 19th

Any questions can be directed towards Michele Richardson or Joan Sirven.

Happy Running!

Nurse Notes



Dear Parents,

The Scottsdale Fire Department is coming next week to teach our 3rd-8th graders Hands-Only CPR during their PE classes.

Hands-Only CPR is easy. If you see someone suddenly collapse, call 911 and push hard and fast in the center of the victim's chest to the disco beat of the Bee Gee's song "Stayin' Alive." Continue CPR until paramedics arrive.

Visit www.heart.org/handsonlycpr to watch a Hands-Only CPR instructional video .

Always send someone to get an AED (automated external defibrillator) if available. Our school and church have 4 on campus.

Visit https://depts.washington.edu/learnaed/Defib_HeartStart.php to see how to use.

Watch and share with important people in your life!

Thank you.

Joan Sirven, RN, BSN, NCSN

School Nurse

SCRIP



Easter is just a week away, we have an easy way to help you out. Purchase SCRIP cards to Target, and Walmart they have great prices on jelly beans and chocolate bunnies or those extra Easter decorations. We also carry \$10 gift cards to iTunes, Harkins, Starbucks, In & Out, and Bath and Body Works, for the teens in your life. So, visit the SCRIP cart and be ready for the Holiday while supporting our school.

Remember you can use your FACTS account to purchase SCRIP!

For questions Stop by the SCRIP cart before or after school or email Pegge

Gentry, at pgentry@saintjohnxxiii.org with any questions.

Scrip Sales Hours:

Monday-Tuesday

7:30 – 8:15

2:30 – 3:15

Wednesday

7:30 – 8:15

11:30 - 12:15

Enrichment Class

Arizona Instruction Proudly Presents:



JOIN US IN THE GYM FOR OUR EXCITING SPRING MUSICAL!

SHOW TIME IS 6:00pm to 7:00pm

ON TUESDAY, MAY 9, 2017

****FREE ADMISSION****

Parish Corner



Saint Bernadette
Hemel Catholic Parish

It's time to register for Vacation Bible School



June 5th - June 9th

9:00am - 12:00pm

Cost: \$55/per child before May 1st

\$70 after May 1st

To volunteer for VBS [click here](#)

To register for VBS [click here](#)

Fish Fry



It has been an incredible Lenten Season and we just want to remind everyone that we will be having our final Fish Fry and hope you can join us!

What: Lenten Fish Fry (featuring a delicious meal of fish, coleslaw, french fries, homemade soups and assorted desserts

When: Friday, April 7th, 2017

Where: Saint Bernadette Parish Hall

Time: 4:30pm – 6:30pm

Immediately following the Fish Fry we will be having Healing Rosary in the Chapel but due to preparations in the Church, we will not be having Stations of the Cross. Also, Movie Night will be postponed until a later date but stay tuned for more Parish events.



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