

## Important for the Weeks of November 7th and 14th, 2022

Dear HFGS Families, Faculty, Staff, Students, and Friends,

### **Our Physical Education Program Update by Coach Karl Johnson**

Our PE Program has been working on strengthening our legs, building our stamina, discussing the proper **nutrition, for a healthy lifestyle**. We have been performing a variety of **stretching and strength building exercises**. Proper nutrition will give you more energy and help with our physical and mental well being. We will be performing **Jump for Heart in January** as a whole School. Go Bulldogs.

### **Caine's Arcade in 4th Grade from Ms. Katy Huntley, Vice-Principal for Elementary School**

Asking meaningful questions and conducting careful investigations are ways 4th grade students become academically prepared. In the Science Fusion text we study the engineering process to understand that engineers use a process to design products and processes that solve human problems.

As a class we view the documentary Caine's Arcade, which recounts the story of a shy nine-year-old boy in East Los Angeles, who builds arcades with cardboard and found objects in the back of his father's auto parts store. Students collaborate to design, build, test, improve, and redesign ingenious creations, including ticket and prize booths. The games are displayed for the whole school to play!

*"A lot of kids started running to our game!"*—Greyson Miguels

*"When the first player came (my brother), I was scared and excited!"*—Sienna Tagorda

*"I had the best experience!"*—Ava Gutierrez

### **The EcoHero Show from Miss Alexa Isaac, 2nd Grade Faculty & Kiwanis Builders Club Moderator**

This past Wednesday, our TK through 3rd grade students attended an EcoHero Show in our auditorium. The students learned about **the importance of recycling, keeping our school clean and how to reduce environmental impact**. Eco Shara had an interactive presentation that involved games, songs, and dances. The students loved singing and dancing along with the engaging songs which held values that we want to instill in our students. Each student went home with an informational card so they are able to watch their videos online. They learned that they are the super heroes in our community, and we will continue to encourage them to be mindful citizens!

### **8th Grade News from Mrs. Ashley Liberda, Vice-Principal of Middle School**

The 8th grade students and their parents have successfully researched the various high schools and are now in the process of applying to such high schools. Currently, letters of recommendation are being filled out and with this, the teachers and principal are highlighting the strengths of each student and how involved each student is at Holy Family Grade School. With that said, it is never too early to prepare for this next journey in your child's life. High schools are looking for students who are self-motivated, eager to submit assignments, prepared for examinations, and willing to put forth the effort needed to succeed academically. Additionally, high schools look for students who are highly involved in extra-curricular activities. Here at Holy Family Grade School, we offer various programs that not only interest our students, but will look great on their future letters of recommendation. This is the time to get involved. Enjoy what HFGS has to offer and reflect on how you can best prepare your child for the future.

### **Managing Traffic on Elk Avenue**

Here is a kind reminder to all parents and designated drivers to find a parking spot on the streets or in our Church parking lot when dropping off and picking up students. To reiterate, the following should be followed:

- \* With caution, immediately leave Elk Avenue to give way to the next vehicle in line.
- \* Do not leave your car on.
- \* No double parking.
- \* No making of U-turns around the block.
- \* No blocking of our neighbor's driveway.
- \* Use the crosswalk.

### **Protect yourself and your child(ren) from flu - from CDCP, Center for Disease Control and Prevention**

The tips below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.** Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **Important for the Weeks of November 7th and 14th, 2022**

#### **Mon. 11/7 - Recycling Day**

**Tues. 11/8** - Happy Birthday, Miss Pelongco! Thanksgiving Food Drive: Drop off assigned food and the correct quantity per class. Thank you!

8:00 a.m. - 8:40 a.m. - School Mass

3:30 p.m. - 5:00 p.m. - Faculty Meeting

6:30 p.m. - 8:00 p.m. - PTO Board Meeting

### **Correction:**

#### **Wed. 11/9**

**8:00 a.m. - Student-of-the-Month and Student-of-the-Quarter Assembly**

**8:00 a.m. - 8:15 a.m.** - Prayers, Pledge, and Announcements

**8:15 a.m. - 9:15 a.m.** - Student-of-the-Month and Student-of-the-Quarter Awarding

**Note:** Spelling Bee medals will be distributed as well.

10:00 a.m. - 1:00 p.m. - 4th Grade Field Trip: Behind the Scenes at Barnes and Noble

7:00 p.m. - 7:45 p.m. - Finance Council Meeting

#### **Thurs. 11/10**

7:00 a.m. - 5:00 p.m. - Parent-Teacher Conferences: **No School** for students

#### **Fri. 11/11 - Veterans Day. No School**

**Mon. 11/14**

10:00 a.m. - 1:00 p.m. - Church Clergy and Staff Meeting, HFCC

11:30 a.m. - 3:30 p.m. - Deanery 6 Principals' Meeting

**Note:** For our Social Studies Contest, guidelines will be provided by each homeroom teacher.

**Tues. 11/15**

8:00 a.m. - 8:40 a.m. - School Mass

3:30 p.m. - 5:00 p.m. - Faculty Meeting

6:30 p.m. - 7:30 p.m. - CSB, Consultative School Board Meeting, Faculty Lounge

**Note:** 8th Grade graduation fee of \$375/child is due through FACTS Tuition Management System.

**Wed. 11/16**

8:30 a.m. - 11:30 a.m. - St. Francis Campus Tour with 8th Grade boys and supervised by Mrs. Liberda

7:00 p.m. - 8:30 p.m. - PTO General Assembly, GS Auditorium

**Thurs. 11/17**

12:45 p.m. - 2:30 p.m. - Popcorn and a Movie Day in Jeans

**Fri. 11/18**

9:00 a.m. - 1:00 p.m. - WCEA 2024 Accreditation Training

3:30 p.m. - 4:30 p.m. - FHC, First Holy Communion Core Committee Meeting, Parish Office

**A prayer meditation to begin the week**

Lord Jesus, you give us victory over the destructive forces of sin and harmful desires that keep us from doing your will. Give me the strength to always choose what is good and to reject what is wrong. May your love and truth rule my heart that I may give good example to others and guide those who need your wise instruction and help.

**Psalm 24:1-6**

1 The earth is the LORD's and the fullness thereof, the world and those who dwell therein;

2 for he has founded it upon the seas, and established it upon the rivers.

3 Who shall ascend the hill of the LORD? And who shall stand in his holy place?

4 He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully.

5 He will receive blessing from the LORD, and vindication from the God of his salvation.

6 Such is the generation of those who seek him, who seek the face of the God of Jacob.

**Prayer intentions for this week**

1. For the success of our parent-teacher conferences and continued academic, spiritual, and social growth of the children we teach.

2. For "Honor" and for the veterans whom we are proud of their military service in defending our nation; their honor which reflects the military value and tradition of answering the call to duty, and in serving to protect our way of life and the Constitution of the United States of America.

**Thank you and God's peace,**

Dr. Suelto

**References:**

Fr. Anthony's Message

School Calendar

Sisters of Charity of the Blessed Virgin Mary