

CORPUS CHRISTI SCHOOL

August 29, 2018

If anyone is turning in the information for free milk, please do so as soon as possible. If you would need the information sent home again, please just inquire with the office.

We will have a pep assembly on this Friday to introduce our teams for the fall sports seasons. Students will have a dress down day and asked to wear school colors of Black and Gold.

SMALL-FRY WRESTLING: See enclosed flyer for grades pre-k – 5.

Please see enclosed information for sports passes.

This announcement is very difficult to make: Mrs. Agostinelli will be resigning due to some health issues with her feet and back. She has agreed to stay with us until a new teacher is hired. We are very grateful for her many years of service to Corpus Christi School and for the many lives she has touched over the years. We will truly miss her as part of our school family.

PTG: For this month our first PTG meeting will be on Wednesday, Sept. 19th. There will be an open house at 6:00 p.m. followed by the meeting in the cafeteria at 7:00 p.m.

REAP GRADE 6: Students have received papers for REAP to sign an return by Sept. 17th.

NEWS FROM THE DEVELOPMENT DIRECTOR: **Race for Education:** The eighth annual Race for Education is just around the corner on October 12, 2018. On race day, all the school children walk and run for one hour around Garden Park at designated times. They are encouraged to compete for prizes and achieve personal goals. We are planning some special features like obstacles and team activities! In addition to being a fundraising event, the Race for Education teaches students about health, fitness, and goals. They work together in cooperation to win prizes for their class and the entire student body. It is a hands-on program that helps students learn about healthy lifestyles, develop valuable skills to prepare them for the future, and fundraise for their school.

- **Student Packets:** Please review the student packet sent home in your envelope. Student mailing are done for part of this fundraiser. Please return the last page of the packet into the **MAIN office or email them to Miranda at mshaner@ccwheeling.net by September 5.**
- **Volunteer:** Volunteers are needed for our Race for Education held on October 12, 2018 in Garden Park. Volunteers will help with activities throughout the day from 8:30 a.m. - 3:30 p.m. Please contact Miranda at mshaner@ccwheeling.net or Erin in the main office evogrin@ccwheeling.net if you would like to volunteer for the Race for Education.

Nutrition Nuggets: You will notice this week you received a Nutrition Nuggets flyer. This is part of our healthy initiative goal. These flyers will give you quick healthy recipes and ideas on how to stay active year round with your family. These articles will also be posted monthly on the school website corpuschristiwheeling.com, under the current students tab, newsletters.

WTRF: WTRF is coming to film grades **kindergarten through fifth grade** reciting the Pledge of Allegiance on **Thursday, September 6** at 9:30 a.m. Please make sure students are dressed nicely in uniforms.

MISSION STATEMENT

The mission of Corpus Christi School is to provide meaningful learning experiences so that students can grow spiritually, socially, intellectually, and emotionally in a Christian atmosphere. Students will demonstrate the Good News of Jesus Christ through: ...Faith community experiences...Academic excellence...Quality Religious education.

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August 29, 2018

FOOD HANDLER'S INFORMATION FROM NURSE MARYANN: If you need a food handler's class, here is some information.

The Ohio County Health Department no longer offers the "Food Handlers" course to schools. They will only accept certificates from 3 on-line sources:

1. State Food Safety.com cost \$25.00
 2. TAP Series Go to food handlers link \$19.95 for a 2 year certificate (I did this one)
 3. WV Food \$7.00
- Mary Ann Glusich, RN, BSN
School Based Health Program @

PARENT VOLUNTEER FORM: See enclosed sheet and return as soon as possible if you are able to help in any area.

CORPUS CHRISTI PARISH PICNIC: See enclosed flyer.

SCRIP: Walk-up hours for SCRIP are after all weekend masses and are on Mondays from 8:15 to 9:00

a.m. and Fridays from 2:30 to 3:30 p.m. Please take advantage of the SCRIP program when planning your shopping. Place orders Monday by 10:00 a.m. to assure delivery by Friday. SCRIP will be available after all Masses on the weekend.

UPCOMING EVENTS

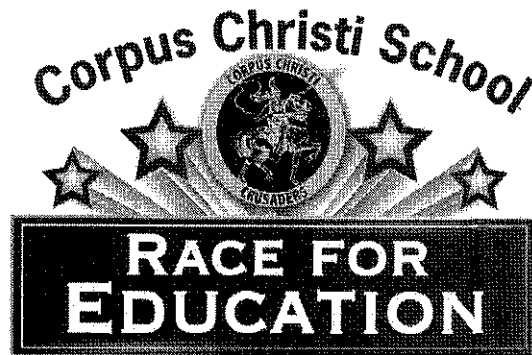
- Aug. 31—Pep Assembly-Black and Gold Day
Sept. 3—Labor Day-No School
Sept. 5-7—Camp Magis for 7th grade
Sept. 19—Open House @ 6pm followed by PTG @ 7pm

In Christ's Peace,


Mr. Taylor, principal

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Dear Friend,

I am participating in the eighth annual Corpus Christi School *Race for Education*. Will you sponsor me? Your donation will help support the quality, faith-based education my classmates and I receive every day. There are also great prizes awarded to the students for different achievements!

This fundraiser is a fun day for my friends and me and is a very important event for our school. This fundraiser helps sustain our 102-year tradition of Catholic education. We get to participate in the race by running, walking, and Olympic style games in our beautiful Garden Park. Leading up to race day, we do activities to prepare that teaches us about health, wellness and how to help our school through fundraising.

Please sponsor me this year by filling out and returning the enclosed envelope, or by going to our secure website at corpuschristiwheeling.com/giving/ and making a donation online.

Thank you,

Donations post marked by October 31, 2018 will be counted toward individual fundraising goals. All contributions are tax deductible.

Corpus Christi School
1512 Warwood Ave., Wheeling, WV 26003
(304)-277-1220
Corpuschristiwheeling.com

CORPUS CHRISTI PARISH PICNIC!

*10:30 a.m. Mass in the park with picnic
immediately following.*

★ **When: Sunday, September 30, 2018**

★ **Where: Garden Park**

- Music
- Food
- Children's Activities
- Face Painting
- Corn Hole Tournament
- 50/50 Raffle

What to bring:

★ Families with last names beginning

★ A-M: Covered Dish

N-S: Dessert

T-Z: Salads

Come spend an afternoon of faith and fellowship with our
Parish Family!

RSVP by calling Parish office @ 304-277-2911 or by signing up
in the church vestibule.

Corpus Christi School Eighth Annual

RACE FOR EDUCATION



Friday, October 12, 2018

- 9:00 — Opening Ceremony & Olympic Parade for all Grades
- 9:30-10:30 — K thru 3 Olympics, 4 thru 8 Race
- 10:30-11:30 — K thru 3 Race, 4 thru 8 Olympics
- Noon — Lunch
- 1:00-1:30 — K thru 3 - Ice Cream Social
- 1:30-2:00 — 4 thru 8 - Ice Cream Social
- 2:00-3:30 — Awards Ceremony in the gymnasium

On Friday, October 12, 2018 Corpus Christi School will be holding its eighth annual ***Race for Education***. We invite family and friends to join us in our fundraising effort to sustain the quality, faith-based education we provide and keep tuition costs affordable to our students.

The race is historically the school's largest fundraiser and is a valuable tool for teaching our students about wellness, fitness and goals.

Thank you to past efforts from the Race Committee and your generous support, CCS raised \$38,393 last year!

In addition to running and walking we will have various Olympic style activities! All activities will be held in Garden Park. Students and classes will also have an opportunity to receive a number of prizes based on their participation in the *Race for Education*.

Specific instructions are contained in the attached material. **Please join us in this very special event.** We look forward to seeing you on October 12th and thank you for your meaningful support!

Sincerely,

A handwritten signature in cursive script that reads "Miranda Zambito".

Miranda Zambito
Advancement Director
304-277-1220

Corpus Christi School

INVITES YOU TO....

Join the **FUN**, and **WALK** or **RUN** in the Eighth Annual **RACE FOR EDUCATION**



PRIZE & AWARD CATEGORIES

(1) Students who submit name forms by **Wednesday, September 5, 2018**, will receive the following:

10 names:	Preschool & PreK:	Treasure Box Card
	K-8:	Dress Down Day
20 names: <i>All above +</i>	Preschool & PreK:	Large Sticky Hand Card
	K-8:	Pizza Picnic Lunch in the Park
30 names: <i>All above +</i>	Preschool & PreK:	Wheeling Children's Museum Pass
	K-8:	Dress Down Day & Hot Lunch of Your Choice
50 names: <i>All above +</i>	All Grades:	Name Submitted for Raffle Prizes!
70 names: <i>All above +</i>	All Grades:	Lunch with Mr. Taylor

(1) **The Top 3 Students who raise the most amount of money overall will win:**

1st Prize- \$500 Scholarship for next year! (If an 8th grader wins, they will get the iPad and 2nd Place will get the Scholarship)

2nd Prize- iPad

3rd Prize-Over \$100 worth of restaurant gift cards!

(2) **When we reach our total school goal of \$45,000 by October 31**, a Luau festival will be held during Catholic Schools week.

How Do I Participate to Help My Child and Corpus Christi School?

Instructions for New Students:

- The last two pages of the packet are the Name & Address form pages. Please include any family member or friend who you think would like to sponsor your child in the race by giving a donation of any amount to CCS. **These names will not be shared with outside organizations.**
- **You can also email your list to Miranda Zambito at mshaner@ccwheeling.net.** Simply type out your names and addresses in the body of the email or include an attachment. Please indicate "Race Names" in the subject line of the email.
- We will then send a signed letter from your child asking your contacts for donations. We will total the names and addresses you submit and how much money each student raises based on donations that come in. We will award top prizes as described on page 2.
- When completing the Name & Address Form, please print neatly and include the name, address and zip code of each donor.
- **The Name & Address Forms must be returned to the school no later than Wednesday, September 5.**
- Children in the same family can include the same sponsor names on their individual Name & Address Form. They will be counted separately toward their individual goal.

Instructions for Returning Students:

- A list of donors that were submitted last year is attached to your packet. If you wish to include these names again, simply return this sheet. If you would like to remove any of those names, put a line through their name. If there are any address changes or mistakes, please note that on the form.
- To add additional names, complete the Name & Address Form. Please print neatly and include the name, address and zip code of each prospect. **You may also email your list to Miranda Zambito at mshaner@ccwheeling.net.** Simply type out your names and addresses in the body of the email or include an attachment. Please indicate "Race Names" in the subject line of the email.
- **The Name & Address Forms must be returned to the school no later than Wednesday, September 5.** We will then send letters signed by your child to the donors you provide asking them to sponsor you in the race.
- Children in the same family can include the same sponsor names on their individual Name & Address Form. They will be counted separately toward their individual goal.

*** Please tell your family members or friends that they will be receiving a letter from us. If you have any questions, please call Miranda Zambito at 304-277-1220 or email me at mshaner@ccwheeling.net**

Dear Families:

Get Involved!

Studies show that parental involvement in a child's education

is one of the most important factors in raising student self-esteem and academic achievement. Moreover, most experts agree that parental involvement should go beyond attendance at teacher conferences and open house. We understand that each of our families is unique - with its own priorities, needs, talents, and time constraints. We try to provide as many different kinds of opportunities for parental involvement as possible. Please review the volunteer opportunities suggested below, and check any you are interested in -- or tell us what you would like to do. Please note what times you are available and return the form to school. At Corpus Christi School, your child's/children's safety is our utmost concern. In an effort to take necessary measures to ensure the safety of your children, volunteers must complete VIRTUS training and a background check. VIRTUS paperwork can be obtained in the school office for instructions with on-line training. Thank you for your participation, we couldn't do it without you!

I am available to be a hot lunch server on:

Monday	Tuesday	Wednesday	Thursday	Friday
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I would like to help with: (please check anything you are interested in)

- Homeroom Parent Holiday Party Helper Library (Fridays)

Fall

- Book Fair Race for Education (Friday, October 12) Students' Halloween Party

Winter

- Christmas Cookie Sale Santa's Secret Shop Catholic Schools Week

Spring

- Father Myles Scholarship Trivia Night Teacher Appreciation Luncheon Rummage Sale
- Walk-A-Thon School Picnic Committee (May 30)

Please tell us any other special talents or skills with which you are able to assist.

Name _____ Home Phone # _____

Cell Phone # _____ Email _____

Dear Parents

We welcome your child, to Corpus Christi School! We as the Corpus Christi Booster Club are excited about the opportunity to get to know you, as well as your student and we looking forward to a happy and productive school year.

This year the Booster will focus on the following fundraising areas:

- Halloween Steak Fry
- March Madness Squares
- Super Bowl Square
- 100 Club

Please read the weekly newsletter sent by the school for upcoming events regarding the Boosters.

Upcoming Booster events you should be aware of include:

Booster meeting the 1st Sunday of every month at 7pm in the Parish Center

Halloween Steak Fry	October 20, 2018
Super Bowl Squares	January 2019
March Madness Squares	March 2019
Sports Banquet (for student athletes)	April 2019

Please mark these dates on your calendar. We hope you will make it a priority this year to attend as many Booster sponsored events as possible.

We welcome all parents to join us during our monthly meeting. We are very small group of parents striving to help the athletic department to continue to provide numerous opportunities for our student to participate in sports with little cost to the parents. Without your support, we will not be able to continue with our mission. Children are welcome to attend also!!

If you have any questions or concerns, please feel free to come to the next Boosters Meeting.

Let's work together to make this the best year ever!

Corpus Christ School Booster Club

Corpus Christi 2018-2019 Sports Passes

Another exciting year of Corpus Christi athletics is upon us ! The kids participating in fall sports are already hard at work. This year, the Corpus Christi Boosters is proud to offer an All Season Sports Pass and a Single Season Sports pass.

Here's how it works:

Cost of Admission to a CCS Home game:

Students pay \$2.00 per game

Adults pay \$3.00 per game

Each sports season has from 7-10 home games the cost would run one adult and two children \$49 -\$70.

Single season sports pass:

Fall – covers all fall sports (5th/6th Girls Basketball, 7th/8th Volleyball) = \$35 for the family pass

Winter – covers all winter sports (5th/6th Boys Basketball, 7th/8th Boys Basketball and 7th/8th Girls Basketball) = \$50 for the family pass

Spring – covers all spring sports and cheering (5th /6th Girls Volleyball and Cheering all seasons) = \$50 for the family pass

Grandparents Single Season pass: \$35 per two grandparents

Cost for All Season Sports Pass:

Student Pass \$15 per child

Adult Pass: \$50 per two adults (formerly the grandparents pass)

Family Pass : \$80 (includes any two adults and all children , names must appear on the card)

Most importantly, guess how much it would mean to these students to see CC fans cheering them on all season long!!



**7th ANNUAL CORPUS CHRISTI BOOSTERS
HALLOWEEN STEAK FRY**

**OCTOBER 20TH 2018
CORPUS CHRISTI PARISH CENTER**

**TICKETS \$25 IN ADVANCE BY 10/10
TICKETS \$30 AT THE DOOR (LIMITED)**

**50/50 RAFFLE, BASKET RAFFLE AND
CARNIVAL GAMES**

50/50 RAFFLE TICKETS 1/\$1 OR 6/\$5
BASKET RAFFLE AND CARNIVAL GAMES 6/\$5 OR
HANGMAN'S ROPE (6FT) \$20

TICKET PRICE INCLUDES: STEAK, POTATO
& FIXINGS, SALAD, ROLL, DESSERT AND OPEN
BAR (POP, WATER, BEER)

PLEASE BRING YOUR OWN SETTINGS AND
SEASONINGS

BEWITCHING HOUR STARTS AT 5:30PM
MUSIC STARTS AT 6PM -9PM
KARAOKE STARTS AT 9PM -?

PRIZE FOR BEST COSTUME.

**FOR ADVANCED TICKETS, PLEASE CALL
RANDY BECKER AT 419-204-7744**



nutrition Nuggets

Food and Fitness for a Healthy Child

September 2018

Corpus Christi School
Crusaders for Good Health Program



BEST BITES

Wash your hands

Want to lower the chance of your child getting sick or spreading germs? Make it a family habit to wash hands regularly—and always before preparing food or eating. Scrub with soap and warm water for at least 20 seconds, about the time it takes to sing the alphabet song.

Balance like a squirrel

Fun fact: Squirrels use their tails for balance as they scurry across branches. For a playful way to work



on balance, have your child pretend she's a squirrel. Let her use chalk to draw a line

on the sidewalk. She can run along the line, one foot in front of the other. Ask how *she* balances (perhaps with her arms out at her sides).

DID YOU KNOW?

Your youngster could eat a different kind of apple every day for 20 years! That's because apples come in more than 7,500 varieties. Challenge him to count the types at your grocery store or farmers' market. He could keep a list of ones he tries, perhaps putting a star beside his favorites. *Bonus:* They're *all* excellent sources of fiber and good sources of vitamin C.

Just for fun

Q: What has to be broken to be used?

A: An egg.



Routines for healthy eating

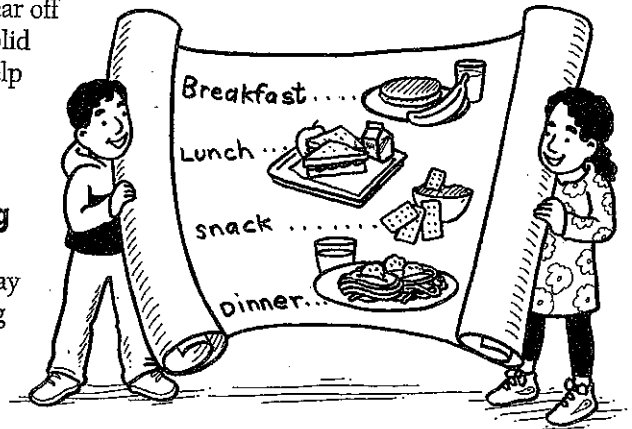
Starting a new school year off right includes setting up solid routines for eating well. Help your youngster map out a good strategy for each part of her day.

Jump-start the morning

A healthy breakfast prepares your child for a full day of learning. Consider letting her eat breakfast in the school cafeteria. She'll save time and get a balanced meal with whole grains, protein, low-fat dairy, and fruit. *Idea:* Have her make a "breakfast tracker" chart. Every day, she could draw a different-colored star for each food group she ate from.

Boost afternoon energy

Your youngster will want a snack to tide her over until dinnertime—make sure it's a nutritious one! She might pack whole-wheat crackers, hummus, and grapes to munch on at after-school care. Or if she comes right home after school,



she could eat half of a turkey and tomato sandwich with a glass of milk before she tackles homework.

Fuel up at dinner

Try to eat dinner together, even on busy evenings. Fitting dinner prep into your morning routine is one way to make this happen. For example, put chili ingredients into a slow cooker. Another idea is to prepare the night before, perhaps marinating chicken and cutting up vegetables. ●

"Fall" for physical activity

The longer, warmer days of summer are winding down. Use these ideas to keep up your child's physical activity when fall arrives.

● **Be active in school:** Encourage your youngster to wear sneakers every day so he's comfortable playing at recess. He might also join an after-school activity like a running club or a kickball team.

● **Take advantage of daylight:** Let your child play outside right after school or child care. Consider saving chores for after dinner.

● **Dress appropriately:** It's great to play outside year round. In cooler weather, layers are ideal because your youngster can shed them as exercise warms him up. ●



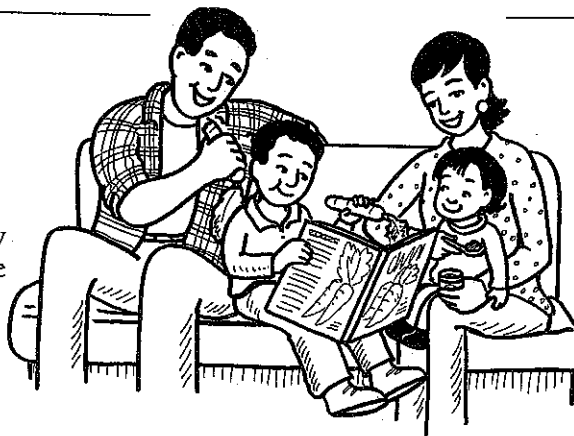
Books that inspire good nutrition

Picture books offer a fun way to drive home messages about healthy eating. They can also encourage picky eaters to be more adventurous. Here are topics, books, and activities for getting started—ask your child's school librarian for more book recommendations.

Topic: Fruits and vegetables

Book picks: *Blueberries for Sal* (Robert McCloskey), *Creepy Carrots!* (Aaron Reynolds)

Activity: Talk about how the characters prepared their fruits and veggies, and brainstorm different ways to serve them in your home. You could make blueberry and cottage cheese "pizzas" on English muffins or put together a carrot-and-raisin salad.



Topic: Cooking

Book picks: *Growing Vegetable Soup* (Lois Ehlert), *Good Enough to Eat* (Lizzy Rockwell)

Activity: Follow a recipe from the book together, but let your child put his own twist on it. Maybe he'll add mini whole-wheat pasta shells to soup or make yogurt pops with his own combinations of fruit.

Topic: Picky eaters

Book picks: *Gregory, the Terrible Eater* (Mitchell Sharmat), *The Seven Silly Eaters* (Mary Ann Hoberman)

Activity: Ask your youngster to draw a picture of foods that both he and the characters like to eat. Now have him draw a food that they might all want to try! ●

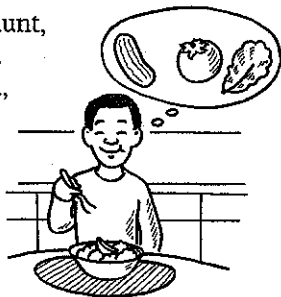


PARENT TO PARENT

Mindful eating

I recently read that "mindless eating" can lead to overeating and weight gain. I recognized my son in this article—sometimes I feel like he inhales his food without even tasting it!

I asked my aunt, who works in a school cafeteria, for advice. She suggested that we make it a habit at meal-time to slow down and talk about what we're



eating. She said a good trick is to close your eyes while chewing so you can concentrate on the textures and flavors.

My aunt also said we should turn off the TV so we focus on our food rather than on a show. I'm hoping that eating "mindfully" will slow my son down—and help him realize when he's full so that he doesn't overeat. ●

ACTIVITY CORNER

Take a hike, family-style!

Hiking is a heart-healthy activity that also strengthens your youngster's (and your) muscles. Try these tips for a successful family adventure:

- Stop by the visitor center or ranger station at a state or national park, or search online for "family-friendly hikes" in your area. Choose a trail that's suited to your child's stamina and ability by considering the distance and the terrain (hilly or flat, rocky or smooth).
- Build in stops to share a healthy snack, rest, and appreciate nature. Together, make a list of things to spot (moss growing on a rock, a red bird, a furry animal, a yellow flower). Let your youngster bring a magnifying glass for a close-up look at bugs and plants. Or have her pack a sketchpad and crayons so she can create crayon rubbings of tree bark or draw the view from scenic overlooks. ●



IN THE KITCHEN

Stuffed veggies

With these nutritious recipes, your youngster can have her "bowl" and eat it, too.

Chicken-salad tomatoes

Combine 3 cups cooked, shredded chicken with $\frac{1}{4}$ cup chopped celery and 3 tbsp. light mayonnaise. Cut 3 large tomatoes in half, and remove the insides. Divide the chicken salad into the tomato halves.

Cheeseburger peppers

Cook 1 lb. lean ground turkey. Drain fat, and stir in $\frac{1}{4}$ cup diced onions. Slice off the tops of 3 bell peppers, and remove the seeds.

Fill with the turkey mixture, and top each pepper with 2 tbsp. shredded cheddar. Bake at 350° for 25 minutes.

Apple-cinnamon sweet potatoes

Pierce 4 sweet potatoes a few times with a fork, and bake at 425° for 45 minutes. Cut the potatoes in half. Scoop out the insides, and mash them

in a bowl with 1 apple (peeled and chopped), 1 tbsp. butter, 1 tbsp. brown sugar, and $\frac{1}{4}$ tsp. cinnamon. Spoon into each potato half. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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