

CORPUS CHRISTI SCHOOL

October 3, 2018

Blessing of Animals will be TOMORROW, Thursday, Oct. 4 at 11:30 with a noon dismissal. Parents provide transportation home at noon. No school on Friday, Oct. 5.

NEW YORK BUS TRIP: Join us for a Holiday trip to the "Big Apple" to see the city, do some shopping, and take in the sights of the season.

DRESS CODE: Please remember that the changes in dress code started on Monday, Oct. 1. No shorts for the younger students and ties are to be worn for grades 5-8.

ENJOY COUPON BOOKS: See enclosed flyer.

NUTRITION NUGGETS: See enclosed letter.

The W.A.T.C.H. greenhouse Fall Festival is scheduled for Sat., Oct. 13, 10am-2pm at 2600 Main St., Wheeling. We are asking for 1 student volunteer from each grade 3 through 8 to help sell snow cones. Students in grades 3, 5 & 7 will help from 10-12 and students in grades 4, 6 & 8 will help from 12-2. Mrs. Blake will be present the entire time and will oversee volunteers (parents can either drop off or stay). Please contact Marla Blake if your student would like to volunteer (call or text 304-312-0780 or email: marblake78@hotmail.com) 50% of the profits will go to Russell Nesbitt Services Inc. and 50% will go to CCS PTG. This is a great community service project: Providing Life Opportunities For People With Disabilities And Enhancing Career Growth And Potential And Those Who Share In Their Journeys.

The PTG will be selling Yankee Candles as a fundraiser. Order online at www.yankeecandlefundraising.com and enter group number 999984752. Anyone can order online as long as they use the school's group number. Corpus Christ receives 40% profit of all sales. Catalog orders and money must be in by Oct. 4 but the online orders are open until January.

BOOSTERS NEWS: Boosters 7th Annual Steak Fry is looking for volunteer to help set up October 19th and clean up October 21st. We are also asking for donations for the basket raffle. Please call Randy Becker at 419-204-9434 if you are interested in helping or providing a donation.

RENWEB: Please make sure you have any corrections or changes with phone numbers or email address so they can be made in the RenWeb system. This is important for any text or phone calls for things such as a school delay or cancellation due to weather. We will be making a test call or text in the near future to make sure it is going out properly.

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.

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.

Our current total is \$26,596.

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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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

Oct. 4 & 5—Teacher in-service-Morgantown, Noon dismissal on Oct. 4, parents will need to pick students up at noon. Blessing of animals at 11:30 a.m. No school on Oct. 5

Oct. 8 & 9—Corpus Christi to host 7/8 Volleyball tournament

Oct. 12—Race For Education

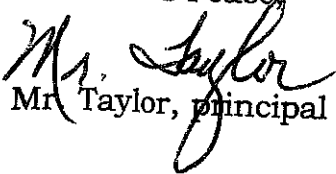
Oct. 16-19—REAP for grade 6

Oct. 19—5/6 Basketball tournament starts at St. Vincent de Paul School

Oct. 26—No Bus Transportation-Parents provide transportation to and from school

Oct. 31—Halloween Party

In Christ's Peace,


Mr. Taylor, principal

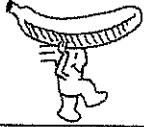
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Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2018



Corpus Christi School
Crusaders for Good Health Program

BEST BITES

Cut the salt

Many jarred and canned foods—like pasta sauce, soup, and gravy—are high in sodium. Consider making your own versions when possible. Instead of salt, add herbs and spices for flavor. *Tip:* Let your child find a new sauce, soup, or gravy recipe she wants to try, and make it together.

What did you do in PE today?

When you talk to your youngster about his day at school, ask about PE class. You'll show him that physical activity is important. Which activities does he like best? Turn his favorites, such as hula-hooping, into a family activity night. He can be the "teacher" and show everyone how to keep the hoops spinning longer.



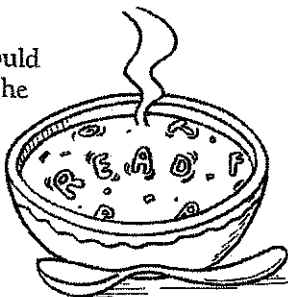
DID YOU KNOW?

Some fruits and vegetables—including apples, bananas, tomatoes, potatoes, and avocados—give off a gas that makes other produce ripen faster. Prevent spoilage by keeping them separate. Or use this to your advantage! Ripen a green banana by sealing it in a brown paper bag with an apple.

Just for fun

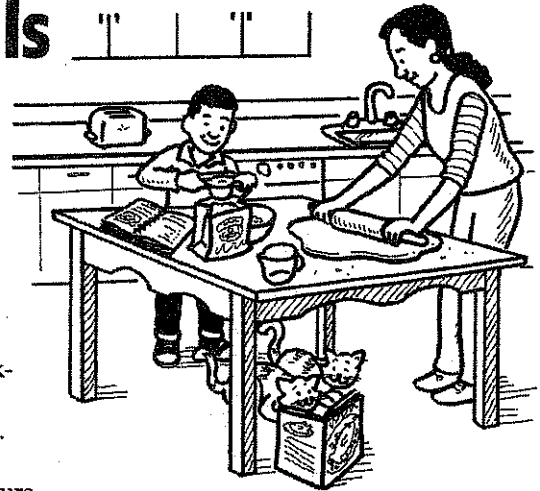
Q: Why did Sam want alphabet soup for lunch?

A: So he could read while he was eating.



Build character with family meals

Family meals let you share healthy foods and bond with your youngster. They also offer the chance to instill character traits like independence, politeness, and responsibility. Try these ideas.



Develop kitchen skills

Teaching your child basic cooking skills is a great way to boost his confidence and independence. Depending on his age, he could squeeze juice from a lemon, measure and mix ingredients, crack eggs, or follow a simple recipe. While the two of you work, talk about healthy cooking methods like steaming vegetables or baking chicken instead of frying it.

taking a small amount and trying a bite or two. *Tip:* Be sure to remind him to thank the cook.

Eat politely

The family dinner table is the perfect place for your youngster to practice manners and graciousness. As you pass dishes around, model saying "Thank you" and "You're welcome" so he will do the same. Also, talk about how to be polite if he's not sure he likes something, perhaps by

Use teamwork to clean up

Your child can learn about cooperation and responsibility by pitching in after a meal. Give each person a job like carrying dirty dishes to the sink or wiping off the table and counters. You might also show your youngster how to put leftovers into containers, label with the contents and date, and store in the refrigerator or freezer. 🍷

Fun autumn outings

Get your youngster moving with active outings perfect for the season. Here are suggestions.

● **Pumpkin farm.** Your child could run through a corn maze or navigate an obstacle course at a local pumpkin patch. Let her pick the perfect pumpkin to take home—then carve it, and roast the seeds for a healthy snack.

● **Fall festival.** Look in the newspaper or online for events like a harvest festival with fun runs, relay races, or other activities for kids. If there's live music, encourage your youngster to dance to the beat! 🎶



Looking for grocery "treasure"

The next time you go grocery shopping, bring your youngster along for a "treasure hunt" to find healthy foods. You'll teach her to make good choices in every aisle.

Produce section. Ask your child to look for a fruit grown in your state. Or let her seek out vegetables of a particular color (say, orange or purple). Another idea is to search for an exotic fruit she's never tried, perhaps jackfruit or guava.



Meat department. Challenge your youngster to compare ground meats like beef, turkey, and chicken. She can put the one with the least fat and sodium into your cart. Also, have her look for cuts of steak or pork that include the word "round" or "loin"—explain that these are typically leaner.

Dairy case. Have your child name her favorite flavor of yogurt, perhaps blueberry or vanilla. Then, help her read nutrition labels to look for the one that's labeled "nonfat" and has fewer than 10 grams of sugar and at least 5 grams of protein. Or she could search for cheese labeled "part skim" or "made with 2% milk." ●

O&A

Why whole grains?

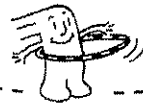
Q: I know whole grains are healthy. But how can I explain to my daughter why they're good for her and get her to eat them?

A: Here's a fun way to present this: Tell your child that a whole grain is like a superhero with a cape!

Whole grains contain the entire grain kernel, while processing removes the nutrient-rich bran (the "cape," or outer part) and germ from refined grains.

You can also explain that whole grains give her more energy to run faster and play with her friends. They help her think better at school, too.

To get your child used to eating more whole grains, try mixing brown and white rice or whole-wheat and regular pasta—half and half. Then gradually increase the whole grains. Once she gets used to the flavor, she probably won't even miss refined grains. ●



ACTIVITY CORNER

Fairy tale workouts

Your child can get exercise while acting out scenes from his favorite fairy tales. Share these activities.

The Gingerbread Man

Have your youngster draw a gingerbread man on brown construction paper and cut it out. Then, one player hides it while the others run around to find it. The first person to spot the "cookie" gets to hide it next.

Jack and the Beanstalk

At the playground, let your child climb up a ladder or rock wall. He's Jack climbing the beanstalk high into the sky to see what's at the top!

Hansel and Gretel

Suggest that your youngster collect a dozen pebbles and pretend they're bread-crumbs. He can skip along a path, scattering them behind him one at a time. When he has dropped them all, he could skip back, bending down to pick them up. ●



IN THE KITCHEN

Not your average breakfast

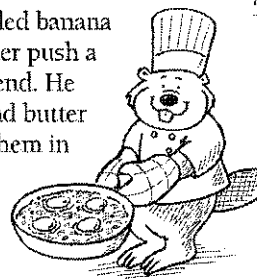
Take a break from scrambled eggs and cereal with these unusual breakfast recipes that you and your child can make together.

Banana pops: Cut a peeled banana in half. Let your youngster push a craft stick into each cut end. He can spread 1 tbsp. almond butter over each half, and roll them in $\frac{1}{2}$ cup crushed granola.

Shakshuka: Add 2 cups marinara sauce and a pinch each of coriander

and cumin to a frying pan. Simmer on medium-high heat until it comes to a boil. Crack 4 eggs into the sauce, each one in a separate spot. Cover, and cook 5–8 minutes on low heat. Serve with pita wedges.

PB&J in a bowl: In a blender, mix $\frac{3}{4}$ cup nonfat milk, $\frac{1}{2}$ cup frozen pineapple, $\frac{1}{2}$ cup frozen mixed berries, and 2 tbsp. peanut butter. Pour into a bowl, and top with halved fresh strawberries or grapes. ●



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
800-394-3052 • 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.

ISSN 1935-4630

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COUPON BOOK

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Adventures in Dining

Bubba's Burgers (2)	\$12
Chico Fiesta Mexican Restaurant (2)	\$10
Crazy Mexican Restaurant & Grill (2)	\$11
El Paso Mexican Grill (2)	\$10
Froehlich's at Moundsville Country Club (2)	\$15
Froehlich's Classic Corner (2)	\$15
Garfield's® Restaurant-Pub (2)	\$10
La Gran Hacienda Mexican Restaurant (2)	\$10
Osaka Steak House (2)	\$10
Quaker Steak & Lube (2)	\$10
Ruttenbucks Bar & Grill (2)	\$14
Silver Chopsticks (2)	\$10
Sumo Hibachi Sushi (2)	\$10
Undo's Italian Restaurants / The Sports Bars (2)	\$10
Vagabond Kitchen (2)	\$15

Casual & International Dining and Lunch / Brunch

Billy's Brickyard	(3)
Blue Steel Grill & Café	(3)
Bob's Lunch	(3)
Bubba's Burgers	(3)
Chico Fiesta Mexican Restaurant	(3)
Country Pride Restaurant	(3)
Crazy Mexican Restaurant & Grill	(3)
Denny's	(3)
El Grand Patrón Mexican Restaurant & Grill	(3)
El Paso Mexican Grill	(3)
Garfield's® Restaurant-Pub	(3)
Giovanni's "A Taste of Italy"	(3)
Greco's Italian Restaurant	(3)
Hall of Fame Cafe	(3)
Happy Garden	(3)
Hillbilly Snack Shack	(3)
Huddle House	(3)
King Buffet And Sushi Chinese Restaurant	(3)
Kings Family Restaurant	(3)
Local 150 Bar & Grill	(3)
Mountaineer Bar & Grill	(3)
New Great Chinese Buffet	(3)
Panda Chinese Kitchen	(3)
Pickles Eatery & Bar	(3)
Pink Door Pizza	(3)

Pizza Hut	(6)
Prima Marina	(3)
Puerto Vallarta	(3)
Quaker Steak & Lube	(3)
Rubi's Pizza & Grill	(3)
Station Grille Restaurant & Tavern	(3)
Sumo Hibachi Sushi	(3)
Undo's Italian Restaurants / The Sports Bar	(3)
Wheeling Brewing Company	(3)

Informal & Carryout

7-Eleven®	(3)
Arby's®	(6)
Auntie Anne's Pretzel Perfect®	(3)
Burger King®	(6)
China Wok	(3)
CJ's Restaurant & Catering	(3)
Cold Stone Creamery	(3)
Cutie Pies	(1)
Dairy Queen®	(6)
DeFelice Bros. Pizza	(6)
Di Carlo's Famous Pizza, Original (Glen Dale, Valley Grove, Woodsdale & Downtown Wheeling)	(3)
Domino's®	(12)
Figaretti's Restaurant	(3)
Generations Restaurant & Pub	(3)
Great American Cookies	(3)
Gulla's Lunch	(3)
Hardee's™	(6)
HoneyBaked Ham Co. and Café	(1)
Kentucky Fried Chicken®	(6)
Kirke's Homemade Ice Cream	(3)
Mario Di Carlo's Pizza	(3)
Mark's Carry Out	(3)
Martins Ferry Carry Out and Drive-Thru	(1)
McDonald's®	(6)
Michael's Beef House	(3)
Mooney's Frozen Yogurt	(3)
Nana's Lunchbox	(3)
Nana's Restaurant	(3)
New Hong Kong	(3)
Nickles Bakery Thrift Shop	(3)
Papa John's Pizza	(3)
Patty's Family Restaurant	(3)
Pizza Express (Bridgeport & Warwood)	(3)
Pizza Express (Yorkville)	(3)
Pizza Milano	(3)
Pizza Shack	(3)

Pizza Villa	(3)
Pretzelmaker	(3)
Sha Nay Nay's Pizza	(3)
Subway®	(6)
Taco Bell®	(6)
Tacoholix	(3)
Tito's Sloppy Doggs	(3)
Varsity Pizza	(3)
Vocelli Pizza®	(6)
Wendy's®	(6)
Wheeling Coffee Company, Inc.	(3)

Highlights

3 Rivers Lounge / Wyndham Grand Pittsburgh Downtown	(1)
Carnegie Museums of Art and Natural History	(1)
Charlie Brown's Airport Parking	(3)
Children's Museum of Pittsburgh	(1)
Dave & Buster's™	(2)
Eastern Palace	(1)
Franco's Trattoria	(1)
Frankie I's Bar & Grille	(1)
Globe Airport Parking	(3)
Ichiban Hibachi Steakhouse	(1)
Improv Comedy Showcase & Restaurant	(1)
Imm Place Restaurant	(1)
Las Velas Mexican Restaurant	(1)
Max's Allegheny Tavern	(1)
Maxwells Restaurant & Lounge / DoubleTree by Hilton Pittsburgh Meadow Lands	(1)
McFadden's Restaurant and Saloon	(1)
Mr. Gyros	(1)
Mullen's Bar & Grill, North Shore	(1)
Old Schoolhouse Players	(1)
Piper's Pub	(1)
Pittsburgh CLO	(1)
Pittsburgh Opera	(1)
Pittsburgh Public Theater	(1)
Pittsburgh Symphony Orchestra / BNY Mellon Grand Classics	(1)
Plaza Azteca	(1)
Point Park University's / Pittsburgh Playhouse	(1)
Pub at Tonidale	(1)
Waffle House®	(1)

Bob Robinson Chevrolet- Buick-GMC-Cadillac, Inc.	(1)
Brooke Hills Park	(6)
Brooke Hills Playhouse	(1)
Bud's Bloomers	(12)
Fort Cherry Golf Club	(3)
Grand Vue Park	(6)
GSP Hall of Fame Batting Cages & Training Center	(3)
Hair Design by Lisa	(1)
Heller's Flowers	(12)
Holiday Lanes	(3)
Hotheads Hair Designs	(1)
Indian Run Golf Club	(3)
Jim Robinson Ford-Lincoln- Toyota-Scion	(1)
Kim's Hair Cottage	(1)
Kruger Street Toy & Train Museum	(1)
Lakeview Golf Resort & Spa	(3)
Laupp Florist LLC	(12)
Legends At Lakeview	(1)
Lendon Floral & Garden	(12)
Mark's Carry Out Too	(12)
Minit Car Wash And Detail Center	(4)
Paradise Lake Golf Course	(3)
Ponderosa Golf Course	(3)
Rhodes-Talik Florist	(12)
Rose Bowl Lanes	(3)
Salon 2212	(2)
Seven Springs Mountain Resort	(3)
Shuey's Cleaners	(12)
Spic & Span Dry Cleaners	(12)
Spring Hills Golf Club	(3)
St. Clair Lanes	(2)
Steel Valley Bowling Center	(3)
Stone Martial Arts	(4)
Straub Automotive	(4)
Sun Video & Tanning (movies)	(12)
Sun Video & Tanning (tanning)	(12)
TEAM Ford-Lincoln-Mercury- Toyota-Buick-Pontiac-GMC	(1)
Towngate Theatre / Oglebay Institute	(3)
Two Brothers Dry Cleaners	(12)
Uniontown Country Club	(3)
Video Vault	(12)
Washington Wild Things	(3)
West Virginia Penitentiary, Former	(1)
Wheeling Flower	(12)
Wheeling Nailers	(3)
Wheeling Park	(6)
Wheeling Park Golf Course	(3)

Theater, Sports & Services

Bethani's Bouquets	(12)
Blackmoor Golf Club	(3)
Bleifus Tire Service, Inc.	(1)

Establishments in dark blue ink are NEW offers!

() Indicates number of offers for each establishment.