

CORPUS CHRISTI SCHOOL

October 31, 2018

THIS WEEK MASS WILL TAKE PLACE ON THURSDAY FOR ALL SAINTS DAY @ 11: 00 A.M.

PLEASE SEE THE ENCLOSED FLYER FOR VETERAN'S DAY.

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.

ENJOY COUPON BOOKS: These can be purchased through the school or parish offices.

DAY AS A KNIGHT: 8th Grade-Friday, Nov. 2, 2018.

CRUSADER FRIDAY: This is the first Friday of the month. Students are permitted to wear school colors of GOLD and BLACK.

The next Boosters meeting is Sunday, November 4 at 7:00 p.m. in the Parish Center.

PTG NEWS: PTG is excited to partner with Sport Your Colors for a CCS Spirit Sale beginning now & ending at 11:59pm on Nov. 12. The sale offers a variety of apparel options including sweatshirts, jackets, sweatpants, etc. PTG will earn a portion of each item purchased. All orders should be placed directly through the website designed specifically for our sale. Orders will process & ship to school for delivery after the sale ends on 11/12. CCS apparel would make a great gift for your student or grandparent for the upcoming Christmas season! <https://corpuschristischool.itemorder.com/>.

Yankee Candle Catalog orders have been submitted & will be shipped to CCS soon for distribution! Just a reminder, the online sale continues through January.
www.yankeecandlefundraising.com
Group #9999847526

The next PTG meeting is Thursday, Nov. 15 at 7:00 p.m. in the cafeteria. Any student who has a parent/guardian in attendance will receive a dress down day on Friday, Nov. 16.

Ohio Co. does not have school on the following day: Tuesday, November 6-Election Day, Monday, November 12-Veterans Day, and the Wednesday, November 21. Parents will need to provide transportation to and from school on those days. There is a noon dismissal to start off the Thanksgiving holiday on Wednesday, November 21. On that morning students in grades k-2 and 6 will be performing a Thanksgiving program at Mt. St. Joseph at 9:45 a.m.

CHRISTMAS SARRIS CANDY SALE: All paper orders need to be returned by Monday, Nov. 12th. Our online order group number is 10-1605. All proceeds go to the Field trip fund for major trips such as REAP, Camp Magis, Challenger Center. Any family that sells \$50 or more will receive a dress down day on Friday, December 14 when the candy will be delivered.

NEWS FROM THE DEVELOPMENT DIRECTOR: Race for Education-- We have raised \$985 more dollars this past week bringing us to a new total of \$35,240 to go to our CCS General Fund. The top three winners will be announced in the November 7th Newsletter. Families will also have an updated comprehensive report for any new donations your child may have received after the last report was run on October 22.

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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October 31, 2018

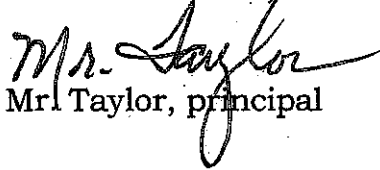
THANKSGIVING BASKETS: Any non-perishable items can be sent in at any time. Other items such as eggs, potatoes need to be sent in closer to the final collection date of Friday, November 16. If anyone would like to make a donation to help defray the cost of turkeys for the baskets you may send that in an envelope marked Turkey Fund.

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

- Nov. 1—All Saints Day Mass @ 11:00 a.m.
- Nov. 2—Crusader Friday Dress Down
- Nov. 2—8th Grade to visit Wheeling Central
- Nov. 2—Jr. High Dance at St. Vincent
- Nov. 6—No buses, parents provide transportation to and from school
- Nov. 12—No buses, parents provided transportation to and from school
- Nov. 15—PTG meeting at 7:00 p.m.
- Nov. 21--Noon dismissal parents provide transportation to and from school

In Christ's Peace,


Mrs. Taylor, principal

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Veterans Day

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men and women brave & strong


Corpus Christi Parish and School will be honoring all our veterans, both young and old, on Monday, November 12, 2018.

We invite any of our veterans and families of veterans, past and present, to join us for Mass at 9:00AM on Monday morning. Following Mass the children of Corpus Christi School will be having a Veteran's Day Remembrance in the Parish Center. Coffee & donuts will served to our veterans attending. Everyone is welcome to join us as we honor and thank all those who have served.

VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
 Who answered to a service call.
 Soldiers young, and soldiers old,
 Fought for freedom, brave and bold.
 Some have lived, while others died,
 And all of them deserve our pride.
 We're proud of all the soldiers who,
 Kept thinking of red, white and blue.
 They fought for us and all our rights,
 They fought through many days and nights.
 And though we may not know each name,
 We thank ALL veterans just the same.



We would like to have pictures to display of any of our military personnel from any branch of the Service—active, retired or deceased. Please send any pictures to the school or parish office including the veteran's name, the branch of the service they represent and when they served. Make sure that your name is on the back of the photo so that it can be returned to you.

If you have any questions or concerns please call the school 304-277-1220 or the parish office 304-277-2911.

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2018

Corpus Christi School
Crusaders for Good Health Program



BEST BITES

Brussels sprouts time!

Brussels sprouts are in season, and they're a good source of fiber, B vitamins, and potassium. Your youngster may enjoy these cute little cabbage cousins roasted in the oven. Cut 8 oz. brussels sprouts in half, then let him toss them with 1 tsp. each olive oil and lemon juice. Bake at 400° for 25 minutes, sprinkle with grated Parmesan cheese, and bake 5 minutes more.

Walk and learn

This idea combines physical activity, learning, and family bonding. Go for walks together, perhaps after dinner or on weekend mornings. While you walk, discuss books you're reading, give each other math problems to solve or words to spell, or have your child explain a science concept she's learning in school.



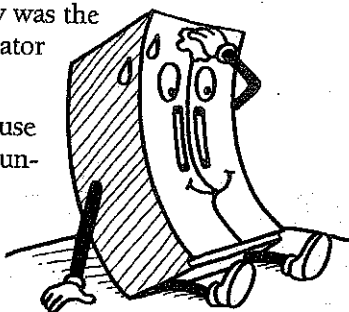
DID YOU KNOW?

November is the National PTA's Healthy Lifestyles Month. If your youngster's school is participating, make plans to attend the family activities. Or celebrate on your own by squeezing in extra fitness fun—ride bikes, roller-skate, or go bowling, for example.

Just for fun

Q: Why was the refrigerator tired?

A: Because it was running all day.



Handling fast-food temptation

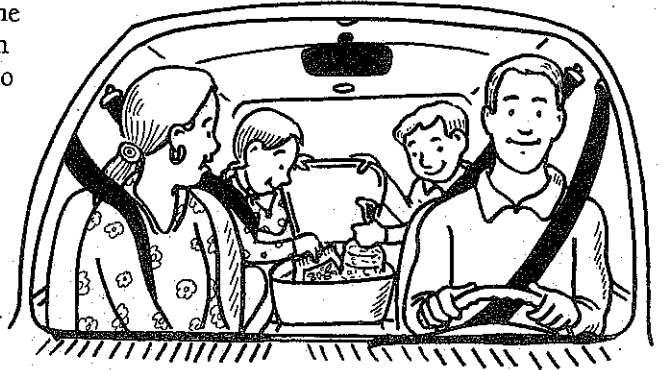
Does life in the fast lane mean your family winds up in the drive-thru more often than you'd like? Try these tips to work around the temptation of fast food—and help your child learn to make healthy choices in a pinch.

Tame the habit

Consider cutting back on how often you eat fast food. If you normally get it twice a week, you might drop down to once a week. Tell your youngster ahead of time so she doesn't expect it as often. Explain that you want to eat better and that fast food is often high in fat and sodium.

Plan ahead

Let your child choose healthy snacks to keep in the car, such as nuts, rice cakes, and plain popcorn. You might also plan errands for after mealtimes, or have your youngster eat a nutritious



snack at home before you head out. You'll be less likely to stop for fast food if your family isn't hungry.

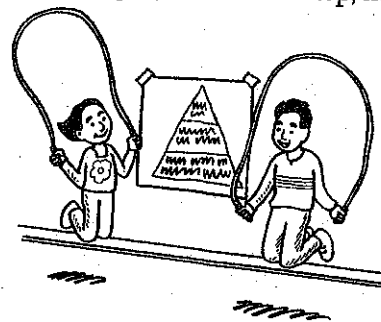
Order carefully

If you do get fast food, choose grilled chicken rather than fried, a whole-grain bun or tortilla, and fruit or vegetable sides. Suggest that your child request toppings like mustard or extra tomato slices instead of mayonnaise or bacon. *Idea:* Share "sometimes" foods. Get a small order of onion rings for the whole family. Or ask for a milkshake with extra cups, and divide it up for dessert. ●

Make an activity pyramid

Creating and hanging up this homemade poster will motivate your youngster to fill his days with fun physical activities.

1. Have him draw a large triangle and divide it into three horizontal sections.
2. In the bottom part, he can write activities to keep him moving every day. *Ideas:* Play outside with friends. Jump rope. Shoot baskets.

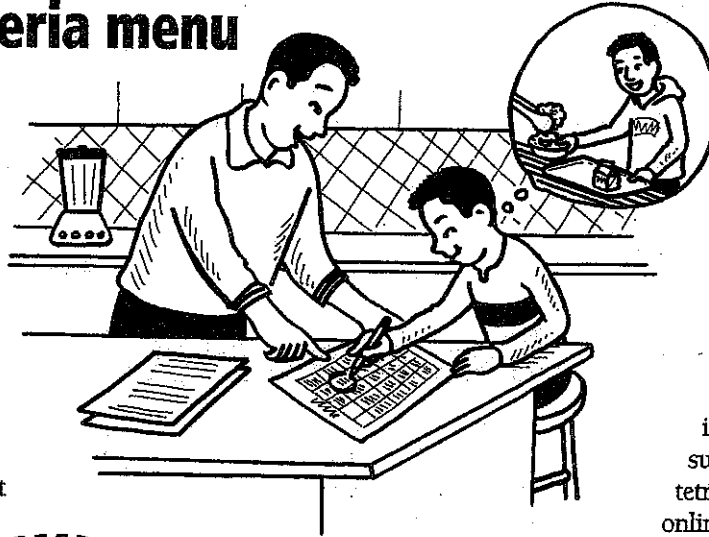


3. In the middle section, let your child add things that take a little more time. *Ideas:* Organize a kickball game. Go for a hike. Visit a playground.
4. On top, he could list special-occasion or seasonal activities. *Ideas:* Climb a rock wall. Go sledding. Swim.
5. Suggest that he choose at least one activity from the bottom row each day, one from the middle every week, and one from the top once a month. ●

Read the cafeteria menu

“That sounds delicious—and nutritious!” Make a routine out of reading the school breakfast and lunch menus together to get your child excited about eating healthy foods in the cafeteria.

Talk about options. Encourage your youngster to spot familiar foods with healthier twists like pizza with turkey pepperoni or “zoodles”—spaghetti “noodles” made with zucchini. Discuss what



makes them better for him (turkey has less fat than pepperoni made from pork, zoodles are a green vegetable).

Try new things. Which foods sound tastiest to your child? Maybe he’s excited about Monday’s macaroni and cheese or Friday’s fish sticks. What new foods is he excited to try? If items are unfamiliar to him, such as sloppy joes or chicken tetrazzini, help him look them up online so he’ll know what to expect. After he tries them, have him tell you which ones he likes best. Then, consider making them at home. ●

PARENT TO PARENT A Thanksgiving helper

Growing up, I often joined my parents in the kitchen when they cooked, especially on holidays. I wanted my son, Chase, to be part of our Thanksgiving preparations, so last year I appointed him my kitchen helper.

I gave Chase jobs like washing fruits and vegetables, and

I shared a “secret” family recipe with him. He loved hearing how my grandmother

worked her magic to create delicious cranberry sauce. Together, we read her recipe, and Chase helped me make it. I even captured the moment with a photo of two smiling cooks.

At dinner, Chase was so proud when his aunt said the cranberry sauce tasted like Grandma’s. This year, he’s already asking if I have more secret recipes to teach him! ●



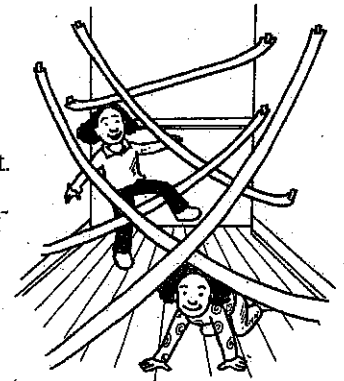
ACTIVITY CORNER

Let’s build a maze

Put an active spin on your youngster’s play by creating mazes together in different locations. Designate an entrance and an exit, and encourage your child to navigate her way out.

● **Hallway.** Work together to tape crisscrossing streamers or toilet paper to the walls. Your youngster can try to step over the streamers or crawl under them without breaking the “spiderweb” maze.

● **Living room.** Have your child use pillows, blankets, and furniture to make a maze. She might drape a blanket over the space between the coffee table and the couch to crawl under, for example. ●



IN THE KITCHEN

Lighter casseroles

Casseroles are a go-to staple on many dinner tables. Enjoy these healthier versions of two family favorites.

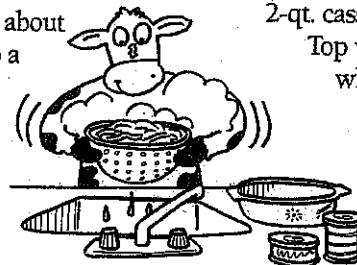
Beef and rice

Cook 2 cups brown rice according to package directions. In a large skillet, brown 1 lb. lean ground beef. Drain the fat, and return to the pan along with ¼ cup each chopped onion, carrot, and celery. Saute the veggies until soft, about 5 minutes. Transfer the mixture to a greased 2-qt. casserole dish, and add 1 28-oz. can diced tomatoes (drained) and the rice. Sprinkle with ½ tsp. pepper, ¼ tsp. salt, and ¼ tsp. paprika. Bake at 350° for 20 minutes.

Tuna noodle

Boil 8 oz. whole-wheat egg noodles for 8–10 minutes. Drain, and set aside. In a bowl, mix a 10.75-oz. can reduced-fat cream of mushroom soup and ½ cup skim milk. Add a 12-oz. can tuna (packed in water, drained), 2 cups frozen peas, 6 oz. sliced fresh mushrooms, and the noodles. Pour into a greased 2-qt. casserole dish.

Top with ¼ cup soft whole-wheat bread crumbs, and bake at 350° for 30 minutes, until browned. ●



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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