



# ST. ALOYSIUS CATHOLIC SCHOOL

## Lion's Roar: October 9, 2017

Dear Parents,

We want to take this opportunity to thank you for supporting our outreach projects of helping two schools affected by Hurricane Harvey: St. Catherine of Siena in Port Arthur, TX, and McGowen Elementary School in Houston, TX. In addition we collected 1,742 lbs. of food for the Greater Baton Rouge Food Bank in honor of Trevor Sims. Your children also brought their gently-used outgrown Halloween costumes to allow children in our city to “dress up” for Halloween. Your generosity is humbling.

It's not too late to sign up for the Fall Speaker Series to be held tomorrow night in the Parish Hall at 7:00; we hope to see you there. –Erin Candilora

***This is the day the Lord has made; let us rejoice and be glad in it. Amen***

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### **IMPORTANT DATES –**

October 9 – No Bus Service

October 11 – Parent-Teacher Online Conference Sign-up closes at 8:00 p.m.

October 11 – End of First Nine Weeks

October 12 – Vision Screening - New Gym (Grades 1, 3, 5, 7)

October 13 – All School Mass

October 18 – No school for PreK-4, Conferences for PreK – 4

October 19 – Early Dismissal 11:00 for grades 5-8, Afternoon conferences grades 5-8

October 20 – No school grades 5-8, Conferences for 5-8

(Note that the full calendar is on the website: [school.aloysius.org](http://school.aloysius.org))

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**FOOD BANK-** For the September 22nd All School Mass, we collected food to fulfill the wish of Trevor Sims that no one in Baton Rouge would ever go hungry. By working together, the St. Aloysius School community collected **1742** lbs. of food. Thank you for your support.

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**COLLECTION FOR MCGOWEN ELEMENTARY-** Last week, we collected money to help the students at McGowen Elementary School in Houston, Texas. This school has taken in 400 students from other schools that flooded during Hurricane Harvey. These students had already purchased school supplies, but lost them in their damaged classrooms. We asked parents and students to donate money to buy supplies. One group of fifth grade girls baked cookies and sold lemonade to raise money for the cause. Our collection totaled **\$1741.00**. With these funds, we were able to buy notebooks, paper, pencils, scissors, Kleenex and baby wipes for the students. The biggest need was

headphones. Without headphones, the students were not able to use computers in their classrooms, library and computer lab. Encore Data Products was generous in matching our dollars two to one. With their help, we were able to provide 400 sets of headphones, enough to equip all the new students of the school. We also mailed notes and cards of encouragement to the parents, faculty and students of McGowen Elementary School and to St. Catherine of Siena school in Port Arthur, Texas. Thanks to all of you for your donations and your cards and notes.

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**GROWTH MINDSET FOR OCTOBER: My Brain Is Like A Muscle That Grows**

– Try to think about the brain like a muscle. When a person is lifting weights and exercising, they are making their muscles stronger. This same notion can be applied to exercising our brains. When we learn new things, our brains become denser and heavier. **BRAIN-BOOSTING CHALLENGES:** Here are some short brain boosts ideas you can do with your children. Make sure to use brain language as you do these brain-boosting challenges with them to reinforce the importance of exercising the brain.

1. **Air writing**-have your children stand. Ask them a series of questions-content relevant to what they are learning in class or just for fun-which they will respond by “writing” their answers in the air with their finger.

2. **Junk drawer**-keep a bag of random things; pool noodle, spatula, foam finger, pipe cleaners, etc. Ask your child to reach into the bag and pull out one of the items. Then ask them to come up with an inventive way to use that item that was not intended by its maker. For example, the pool noodle becomes a prosthetic elephant trunk.

3. **Relaxation**-do some relaxation breathing with your children. Focused breathing is a great way to reenergize them and reduce any stress/anxiety.

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**PARENT PLUS PORTAL TIP-** You can set up email notifications to get an update on your child's grades. Login to the portal and select "e-mail notifications" from the drop down menu under your name. Choose how often you want to receive the updates. The grade update will be emailed to you and you won't have to login to the portal to see your child's most recent grades. Questions-email Mrs. Gillio at [sgillio@alloysius.org](mailto:sgillio@alloysius.org).

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**VISION SCREENING** – Vision Screening will be conducted this Thursday, October 12, 2017 for students in the first, third, fifth and seventh grades. Please make sure your child brings his/her glasses to school and to the screening. A letter will be sent home only if your child does not pass the screening. Please contact Stacey Mengis at 921-2375 if you have any questions. Thank you.

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**SAVE THE DATE** - Used Uniform Winter Sweats Sale on Wednesday, November 8th from 7:30-8:30am. \*Details to follow soon\*

**LABEL, LABEL, LABEL-** Now is the time to label all those sweatshirts, jumpers, sports shirts, etc. We will implement a new Lost and Found process this fall to help better keep the lost and found bin under control. The Lost and Found bin is located in the Old Gym and starting November 6th it will be checked every Monday morning for non-labeled items. These items will be placed in our Used Uniform inventory. In addition to this change, on the 1st of every month, the Lost and Found Bin will be emptied of all items and SAS labeled items will become property of the Used Uniform Inventory and the others will be donated appropriately. Please start now and label everything sent to school, and help us remind those students to keep track of those

sweatshirts!! Any questions- feel free to email Ashley Stringfellow ([astring@alumni.lsu.edu](mailto:astring@alumni.lsu.edu)), Used Uniform Chair

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## **CHURCH NEWS-**

St. Aloysius Parish Fair - October 27-29, 2017

### **Have you ordered your child's fair t-shirt yet??**

Visit the Fair Store today at [www.staloyusiusfair.org/store](http://www.staloyusiusfair.org/store) for the last day of early-bird pricing on t-shirts. Students may wear their T-shirts the entire week of the Fair; shirts can be picked up at will-call on 10/22 or delivered to classrooms on 10/23!

### **Spooktacular 5K & Fun Run October 28th**

Wake up and get dressed in your best Halloween costume and come run in the Spooktacular 5K & Fun Run. The best costume will receive a prize! The one-mile fun run begins at 8:30 AM, and the 5K begins at 9:00 AM. Register and reserve T-shirt sizes by 10/11 at [www.staloyusiusfair.org/annual-5k-fun-run](http://www.staloyusiusfair.org/annual-5k-fun-run). Late registration through 10/27.

### **Raffle Tickets on Sale NOW!**

\$10,000 Grand Prize! \$2,000 and \$1,000 Prizes! Consolation prizes ranging from \$25-\$300! Tickets may be purchased at the online store now or at the fair with cash, check or credit card. Tickets will also be sold after all masses the weekend of October 14-15.

### **Prize Booth Donations:**

Clean out your closets and donate stuffed animals to the prize booths! Donations can be dropped at the Parish Office at any time.

### **Sweet Shop:**

Sign up on the website to donate to the sweetshop: <http://www.staloyusiusfair.org/sweet-shop> Package for individual servings and indicate whether the donation contains nuts! If your cake donation is to be used ONLY for the Cake Walk, make sure and let us know. Drop off will be at the Old Gym.

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***THE MISSION OF ST. ALOYSIUS SCHOOL IS TO EDUCATE THE WHOLE CHILD IN THE CATHOLIC TRADITION FOR A LIFE OF MEANING AND PURPOSE***



THE PARENT EDUCATION COMMITTEE PRESENTS  
**FALL SPEAKER SERIES: ANXIETY**

FROM SOCIAL FEARS TO PANIC ATTACKS;  
EDUCATING PARENTS ON EFFECTIVE WAYS TO HELP  
THEIR CHILDREN NAVIGATE THE WORLD OF ANXIETY

**Presenter:** Kelli Leidenheimer Ewing,  
M.Ed., CIT, NCC, CCMHC, LPC

**Date:** Tuesday, October 10, 2017 at 7:00pm

**Location:** Parish Hall

**RSVP:** [sasparenteducation@gmail.com](mailto:sasparenteducation@gmail.com) by Friday, October 6th.  
Please include your child's grade level(s).

*The grade with the most parent participation will receive extra recess!*

**Kelli Leidenheimer Ewing** is a Licensed Professional Counselor, a Nationally Certified Counselor, an Addictive Disorders CIT, a Crisis Intervention Specialist and a Certified Clinical Mental Health Counselor. Kelli owns and operates her own private practice within The Baton Rouge Psychiatry Clinic.

Ewing has 22 published articles on the State and National level regarding such topics as Panic Disorder, coping with child and teen anxiety, Postpartum Depression and Anxiety and PTSD. A few of these State and National publications include *The Fit Life Magazine*, *Healthyworks Magazine*, *Inspire Health Magazine* and *The Morning Call*.