

Saint
Ambrose
of Woodbury
Catholic School

Volume 18, Issue 7
February 2018

A Message from the Principal



Dear Saint Ambrose Parents,

When my children were younger, every move I made after work was focused on streamlining the bedtime process. I knew we had to eat by 6 and start reading by 7 to have them in bed by 7:45. I was so motivated to sleep; I took no chances that a precious 15 minutes could elude me. Then, they got older, and I got a little

loosey goosey about bedtime. Now, I have teenagers whose curfew on weekends is much later than I ever want to be awake. Our family has had to adjust our sleep based on our children's schedules.

Looking at a typical week in your family, where does sleep come on the priority list? Not just for your children, but also for you? At our house, there are times when homework, soccer, work emails or Netflix get in the way of bedtime. It is hard to have a true routine when outside activities (or binge watching) dictate the week.

Recently I heard an interview with Matthew Walker, he's a professor of neuroscience and psychology at the University of California, Berkeley. His focus in this interview is that insufficient sleep is a public health issue. He calls sleep the "swiss army knife of health". https://www.mprnews.org/story/2018/01/08/why_we_need_to_sleep

I am not a good decision maker when I'm sleep deprived, and I know my patience is shorter when I haven't slept enough. How can a child or an adolescent navigate the difficulties of life when they are always exhausted? We know that sleep is essential for learning and for remembering what we've learned.

Walker's tips for better sleeping:

- Go to bed and wake up at the same time every day, even after a bad night's sleep or on the weekend.
- Keep your bedroom temperature cool; about 65 degrees Fahrenheit is optimal for cooling your body towards sleep.
- An hour before bedtime, dim the lights and turn off all screens.
- If you can't sleep, get out of bed and do something quiet and relaxing until the urge to sleep returns. Then go back to bed.
- Avoid caffeine after 1 p.m.

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Congratulations Box Tops Contest Winners!



**Ms. Maresch 5th grade class took first place in the Box Top Contest held in January!
They will receive a class room party for collecting the most Box Tops!**

Congratulations to our weekly winners – Mr. Jones, Ms. McMillan (for the second and third weeks!), and Ms. Maresch’s classes!

Thank you to everyone who helped support our school by sending in Box Tops! Together we raised over \$800!

While the contest is over, we continue to collect Box Tops all year long. Please don’t save them all for next year’s contest – be sure to check the expiration dates on your coupons and turn them into the school.

<http://www.boxtops4education.com/products/participating-products>

A Message from the Principal, continued

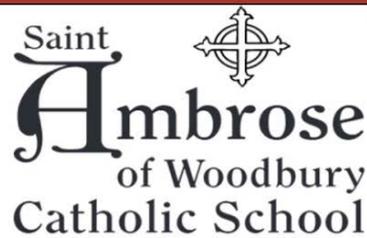
I have been focused on these tips at the Hand house for the last month, and I do think prioritizing sleep has been good for our family. Kindness is easier with a bit of rest, and we can all use more kindness. Especially with 3 teenagers in the house.

“That we are not much sicker and much madder than we are is due exclusively to that most blessed and blessing of all natural graces, sleep.”--Aldous Huxley

Sincerely,
Betsy Osterhaus Hand
Principal

spring SHINDIG

**Friday, May 4
Save the Date!**



**Want to help?
Interested in
Sponsoring the event?
Contact Besty Hand**

Let's Celebrate!

Fundraiser Benefitting

- STEM Learning Lab
- Tuition Assistance
- Bishop Pates Endowment

New this year

- Car Raffle
- Online auction
- Music

Help plan the event!

Communications

- Get the word out to the Parish, Early Childhood, and school families
- Assist in creating weekly communication for Friday Folders

Raffle Lead

- Manage Administration of the raffle
- Oversee the distribution and sales of tickets

Live Auction Lead

- Pulling together live packages

Food and Entertainment Lead

- Overseeing food and entertainment details for the event

Parents Needed!

The HandS Board Needs YOU

Hey Dads and Moms! We know you are busy. And you likely haven't thought about joining the HandS Board...or maybe you have but aren't quite sure what you would be signing up to do. HandS is a great group of parents who get together once a month to plan the activities and events that help build our SAW community, keep parents informed, and show our appreciation for our awesome teachers and staff! three vacant positions on the Board. We have three positions opening up for you to serve on the Board next year. Selections for the HandS Board will begin in March 2018. Contact Sara Larson at conwayst@msn.com or 651-329-4128 if you are interested in joining.

The open positions include:

- **Vice President:** Works closely with the President, acts in absence of the President, and chairs the elections. The Vice President serve a one-year term and then another year term as President.
- **Volunteer Coordinator:** Responsible for the maintaining the volunteer database, locating chairpersons for HandS activities and events, providing updated volunteer lists to the event chairpersons, and updating the volunteer form and booklet when necessary. Serves a two-year term.
- **Communications Coordinator:** Responsible for publishing the monthly newsletter, Connections, which consists of layout, design and edit of the newsletters from articles/content provided by the principal, staff members, and Board members. Assists with the publicity and communications for the HandS Sponsored events and activities. Serves a two-year term.

HandS Board meetings are held in the Large Conference Room on the first Thursday of the month at 6:30 p.m. All are welcome. If have any questions about "the work" or time commitment, please don't hesitate to contact Sara.



A Message from the Assistant Principal

February is “I Love to Read” month at Saint Ambrose. Our school mission is to pursue academic excellence and this month we do this by focusing on school wide literacy. We know that reading is the most important skill you can teach a child. Of all the skills children learn, it is one that can influence academic success. To celebrate literacy, this month we will have weekly teacher mystery readers during the announcements, classroom reading contests, and our annual Scholastic Book Fair.

We invite you to visit our Scholastic Book Fair and to experience a celebration of reading that provides families the opportunity to get involved in our school goal: encouraging kids to read every day. Our Scholastic Book Fair theme – Paws for Books– is part of a pet themed reading event that brings to our school a wonderful selection of fun, engaging, and affordable books that kids want to read.

This year we are challenging our students to donate money for [Coco's Heart Pet Rescue](#). If students win this challenge, Mrs. Hand has agreed to spend a day with a dog. This is particularly funny because our dear Principal Mrs. Hand is not an animal enthusiast. Last year, our students met the fundraising challenge and she ate a bug. This was a big hit with our students!

Please also join me in thanking Book Fair chairs Megan Titcomb and Susan Sosa and the many parent volunteers that are giving of their time and efforts to ensure a successful Book Fair for our students.

I look forward to seeing you at the Book Fair!

Mrs. Erin Nemetz
Assistant Principal

To read more on the importance of fostering reading at home check out:
[Why it's important to Read Aloud with Your Kids and How to Make it Count](#)

Book Fair Dates and Times	Wednesday, February 7th: 9:30-3:45 Thursday, February 8th 9:30-3:45 (and is open during conferences 4-7:00pm) Friday, February 9th 9:30 - 2:00
Special Events	Read and Feed - Parents can join us for lunch and then visit the bookfair with their child. Come during your child's lunch and recess time.
Fundraising Challenge	Help us raise money for Coco's Heart Pet Rescue. If we reach our goal, Mrs. Hand (not a pet lover) will spend the day with a dog.
Volunteer	Please considering volunteering. We need many volunteers to make this event a success. Sign up to volunteer here!

Athletic Department News

Hello Parents and Athletes:

Hello Parents and Athletes: Our basketball seasons are nearing their end; our teams are competing well in the CAA, and our athletes are having fun. Saint Ambrose has eight basketball teams this winter. Thanks to those parents and members of the greater Saint Ambrose of Woodbury community who stepped forward to coach a squad or work as an assistant.

The athletic department plans to host CAA basketball playoffs in our gym weeknights beginning mid-February and ending early March. A number of VIRTUS-trained adults are needed to sell treats, collect admission, and keep score during the tournament. The revenue we derive supports the athletic department (most of the money is spent on new uniforms), so your help would be appreciated. Thanks for considering volunteering for shifts. Last year some students helped out the program by working the concessions stand and really found it rewarding and fun to give back to the program. Please stay tuned for the instant alert and emails for the link to sign up.

February is the signup period for spring sports. Saint Ambrose offers baseball for boys, fast pitch softball for girls, and co-ed track. Signing up and paying the fees during the month of February is the only way your athlete will be guaranteed a place on one of our teams. The number of athletes who signup is the determining factor in creating teams, **so pre-registration is essential** for every spring athlete. The following chart lets you know signup times and how to avoid late fees.

If your student is interested in competing for our swim team meet (two-day commitment) no practices please use the link to sign up. Late fees go into effect February 1 for this team.

<http://stambroseofwoodbury.teamsnapsites.com/registration/>

Saint Ambrose Athletics only supports 5th to 8th Grades.

[Access any of the Saint Ambrose teams here.](#)

FALL	PLAYING DATES	REGISTERED BEFORE MAY 31	REGISTERED AFTER MAY 31
Soccer	September-October	\$85	\$105
Volleyball	September-October	\$85	\$105
WINTER	PLAYING DATES	REGISTERED BEFORE NOVEMBER 2	REGISTERED AFTER NOVEMBER 2
Basketball	November-February	\$90	\$110
Swimming	March	\$35 (before January 1)	\$55 (after January 1)
WINTER	PLAYING DATES	REGISTERED BEFORE FEBRUARY 15	REGISTERED AFTER FEBRUARY 15
Baseball	March-May	\$90	\$110
Softball	March-May	\$90	\$110
Track	March-May	\$45	\$65

Please contact me at school by telephone or email with questions and concerns.

Thanks,
Bruce Whynott

Athletic Director

Phone: 651-768-3025

Email: Bruce.Whynott@SaintAmbroseofWoodbury.org



2018/2019 Registration, Grades 1-8

Monday, February 5 - Friday, February 16

Families with students entering grades 1-8 next year will receive an email link to register online via TADS on February 5. We are excited for this streamlined approach to registration. The non-refundable registration fee is \$125.00. If you have any questions or concerns about registration, contact Betsy Hand, Principal.

Parent/Teacher Conferences

Thursday, February 8 and Tuesday, February 13

4:15 p.m. – 8:00 p.m.

Conferences for K-5 students are optional and are by either parent or teacher request.

Junior High Conferences are student-led and are required for all students. Sign-up with your student's homeroom teacher.

Thank You from the Hands Board

Special thanks to all of the parents who supported the Used Uniform Sale by donating used uniforms, spending countless hours sorting the items, and cashiering at the sale. All items were sold for \$2.00, and the sale generated a total of \$693. Due to the excessive inventory following the sale, pants and shirts were donated to Risen Christ and Community of Saints. The next used uniform sale will be held during the summer, typically in the month of July.



Saint Ambrose Summer Program

July 16 - 20

Mark your calendars! The week of July 16-20 Saint Ambrose will offer an on-site week of summer enrichment and fun. Any student entering grades K-6 will have the opportunity to take up to three courses for a full day experience; all students enrolled in the Crusader Fun Club for this week will participate. Courses will be 1.5 hours in length, and offered starting at 9AM and concluding at 2:30 PM. Before and after care will be available. Lunch and a recess break will be provided for those students who are staying for the entire experience. Course offerings include art, drama, science, math, writing, Legos and more! Look for registration information soon.

Tuition Assistance 2018/2019

Saint Ambrose of Woodbury Catholic School offers tuition assistance to qualified families. Saint Ambrose will use TADS to process all tuition assistance requests. The determination for financial assistance is made by the pastor and principal with consultation from the Finance Council.

Application Procedure:

Families may complete an online tuition assistance application through TADS before April 1, 2018. All application fees are the sole responsibility of the applicant. Applications that do not include all of the required documentation will not be considered. Applications submitted after the April 1 deadline will be considered only if budgeted tuition assistance money remains available. A determination regarding each application received by April 1, 2018 will be made by April 30, 2018. Families will receive email notification.

A green rectangular graphic with the text "Financial Aid Assessment" in white. The background of the graphic shows a faint image of a person's face.

Financial Aid
Assessment

How to apply:

To apply for financial assistance, complete the application at www.tads.com.

The logo for TADS, featuring the letters "TADS" in a light green, sans-serif font. The letter "A" is stylized with a small plus sign above it.

TADS

Spirit Wear Orders

Thursday, February 1 - Friday, February 23

What's the best way to show your school spirit? Get your Saint Ambrose gear! Spirit Wear ordering is available from Thursday, February 1 through Friday, February 23. Any items ordered will be delivered before Spring Break.

Order your Spirit Wear items here: www.GrafficTraffic.com

Calendar of Events

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 2018/2019 Registration Begins	6 All School Mass (2:30 p.m.)	7 Scholastic Book Fair	8 Parent/Teacher Conferences Scholastic Book Fair	9 Scholastic Book Fair	10
11	12	13 Parent/Teacher Conferences	14 All School Mass Ash Wednesday (2:30 p.m.)	15	16 2018/2019 Registration Ends	17
18	19 No School Presidents' Day	20 All School Mass (2:30 p.m.)	21	22	23 All Pro Dads (8:15 a.m.)	24
25	26	27 All School Mass (2:30 p.m.)	28			

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 All School Mass (2:30 p.m.)	7	8	9 End of 2 nd Trimester	10
11	12 No School Teacher In Service	13 All School Mass (2:30 p.m.)	14	15 Reconciliation (1:00 p.m. – 3:30 p.m.)	16	17
18	19	20 All School Mass (2:30 p.m.)	21	22	23 All Pro Dads (8:15 a.m.)	24
25	26	27	28	29	30	31
-----Spring Break – No School-----						

2018 School Calendar

Tuesday, February 6	All School Mass (2:30 p.m.)
February 7-9	Scholastic Book Fair
February 5-16	2018/2019 Registration
Wednesday, February 14	All School Mass (2:30 p.m.), Ash Wednesday
Thursday, February 8	Parent/Teacher Conferences
Tuesday, February 13	Parent/Teacher Conferences
Monday, February 19	No School- Presidents' Day
Tuesday, February 20	All School Mass (2:30 p.m.)
Friday, February 23	All Pro Dads (8:15 a.m.)
Tuesday, February 27	All School Mass (2:30 p.m.)
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Friday, March 9	End of 2nd Trimester
Monday, March 12	No School- Teacher In-service
Tuesday, March 13	All School Mass (2:30 p.m.)
Thursday, March 15	Reconciliation (1:00 – 3:30 p.m.)
Tuesday, March 20	All School Mass (2:30 p.m.)
Friday, March 23	All Pro Dads (8:15 a.m.)
March 26 - 30	No School- Spring Break
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April 17-19	7th Grade Environment Learning Center Trip
April 23 – May 7	Spring MAP Testing (Grades 2-8)
Friday, April 20	All Pro Dads (8:15 a.m.)
Thursday, April 26	Kindergarten Round-Up
Friday, April 27	Mid-Trimester
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Friday, May 4	Bishop Pates Endowment Benefit
Friday, May 11	All Pro Dads (8:15 a.m.)
Friday, May 11	Grandparent/Special Friend Day
Thursday, May 17	Spring Band Concert
Monday, May 28	No School- Memorial Day
Thursday, May 31	8th grade graduation 7 PM
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Wednesday, June 6	Last Day of School- grades K-7
Thursday, June 7	Teacher In-service

OUR SCHOOL'S MISSION

We at Saint Ambrose of Woodbury Catholic School are dedicated to supporting families in fostering our Catholic faith and moral development while providing the highest quality academic standards, so we may influence the world in a Christian manner.