



MAY/JUNE, 2010

THE MOST POWERFUL PERSON IN THE WORLD

An interesting question was posed at the last Rufa family get-together: "Who is the most powerful person in the world?" Prominent people such as Barak Obama, Oprah Winfrey, Bill Gates, and Pope Benedict XVI were all high on the list as possible candidates. There was also great discussion about the amount of power held by lawyers, teachers, and military officers. After several minutes of debate, one of my children turned toward me and asked, "Mom, you're the political junkie in the family, who wins your vote as the most powerful person in the world?" I'm thrilled; finally, after 37 years, my children were actually asking for my opinion! I knew my answer had better be a good one.

I considered the qualities of powerful leaders. They are people able to influence the decisions and choices of others. They are usually responsible for finding and securing all kinds of resources. They must be efficient multitaskers; able to effectively use their authority in multiple ways. I really didn't have to think twice about who possessed all the above characteristics. I firmly believe mothers are the most powerful people in the world. From the first moment of conception, God grants a mother complete sover-

eighty over the life she carries inside her. Once we accept the call to motherhood we become a greater part of God's purpose and plan. He entrusts us to mold and shape the future of another human being. It is up to us to groom and prepare His creation for a calling He has intended. It's hard to imagine the significance of such an appointment when we are knee deep in dirty laundry or trying to figure out how to disguise hamburger for the fourth night in a row. But, believe it or not, all those seemingly trivial tasks are necessary to create an environment conducive to carrying out God's work.

Mothers are empowered to sway impressionable hearts and minds toward compassion. Their words and actions can nurture and inspire prospective peacemakers. The power of motherhood isn't about supremacy or control. It is the opportunity to reflect God's unconditional love for mankind. It is the highest honor and privilege bestowed upon women. Every mother holds within her the capacity to transform the world. So, dear children, allow me to cast my vote with confidence. "The most powerful person in the world—you're looking at her—your mother!"

IMPORTANT DATES

- 5/4: State of the School Meeting
- 5/5-5/7: NYS Math Test Grades 3-6
- 5/5: Confirmation @ St. Mary's Church, 7 p.m.
- 5/7: May Crowning @ 1:30
- 5/13: All School Mass @ 9:15—Ascension Thursday
- 5/17: Volunteer Appreciation @ 8:45
- 5/24-25: NYS Science Test, Gr. 4
- 5/25: K Screening
- 5/26: Track Meet 4-6 @ 9:00
- 5/27: Patriotic Rosary
- 5/28-6/1: Memorial Day Break



Our mission is to nurture and prepare disciples in an environment of Christian love.

We have all read news reports about the low academic performance of American students when compared with students of other industrialized nations. The causes for our deficiencies in education are continually being debated. Some experts believe our children today lack motivation, imagination, and a strong work ethic. Others believe ineffective teachers, inadequate school environments, and disorganized administration are to blame for our plunging test scores. While I am far from an expert, I do have my own opinion as to why American children are not performing as well in school as their international counterparts. An increasing number of our children are physically unhealthy. They are overweight, sedentary, and exhausted. A small percentage are even depressed.

More than 30% of children, ages 2-19, in the United States are obese. It is predicted one in three children born in the year 2000 will end up developing diabetes. Forty-eight percent of girls and 32% of boys skip breakfast every day. And an even more staggering statistic—studies show 85% of students in Kindergarten through grade 4 are sleep deprived to some extent.

Considering the above statistics, I think it is reasonable to suggest the state of our children's health is definitely affecting their performance levels in school. If we want our children to experience success in school, we need to help them develop healthy life-styles. Certainly, I am not advocating we put all these kids on strict diets or sign them up for the next "Biggest Loser." But we do need to become more vigilant about some of the unhealthy habits our children are forming at an early age. I know you have heard me say it before but it is so important I must repeat it. The first recommendation every health practitioner makes is **LIMIT THE SCREEN TIME!** Children need one hour of physical activity every day. They need



to be outside running, riding their bikes, climbing trees, jumping rope and playing ball. Television, surfing the net, and video games encourage a sedentary life-style. Television ads market highly processed foods, filled with sugar and fat, to our kids.

TV's, located in our children's bedrooms, increase the risk of obesity and sleep deprivation. Children between the ages of 5 through 12 need ten hours of sleep each night. More and more research is discovering the importance of sleep when it comes to our physical and emotional well-being. Cell growth and rejuvenation of our immune, nervous, skeletal, and muscular systems only occur when we are sleeping. Children who do not get enough sleep are irritable and demonstrate low cognitive ability. Nutrition also has a significant impact on our children's learning capability. They need to increase their intake of fruits and vegetables and they need breakfast every morning. We would never think of driving our car to Syracuse with the gas gauge on empty; so why do we think our body can operate efficiently on empty? Children who skip breakfast have a higher absentee rate, exhibit more difficulty focusing and have more behavior problems throughout the day. Finally, children need a spiritual connection to establish a sense of peace and security within themselves. They need to observe and appreciate nature; thanking God for all he has created. They need regular prayer time to present their needs, their worries, and their gratitude to God. How did a nation so well developed end up placing its greatest natural resource at such great risk? Maybe it is time we all slow down, eat a nutritious meal together, play outdoors together, and go to Church together. Maybe then our children's imaginations, motivation and test scores will soar. And oh the places we will all go, having healthy lifestyles in tow!



A TEN DOLLAR SAVINGS ON REGISTRATION FEES?

Why did tuition increase for next year? What will the class sizes be for the next school year?

What new programs will be developed at Trinity next year? How did our students perform on the NYS assessments? These questions and many more will be answered at the **State of the School Meeting, Tuesday, May 4**. There will be two sessions, a lunch hour session at 12:30 and an evening session at 7:00. Lunch will be provided for those who want it at the lunch hour session. Please just call the office and let Mrs. Chartrand know you would like lunch. Babysitting will be provided for parents who attend the evening session. All families will receive a \$10 discount on your registration fee if you attend the meeting. Father Don and Father Mike will be available to sign contracts and tuition assistance forms.

One very important item on the agenda for our State of the School Meeting is an explanation of

the FACTS Tuition Collection Program. We have decided to sign on with FACTS to assist with tuition collection. A representative from FACTS will be at the meeting and he will provide information about the benefits of this program and how the program works.

our annual "State of the School" meetings are very important. It is the one opportunity when we can gather and review how much progress we have made this year and discuss plans for the future. Because this is *your* school, I strongly believe you should be involved and informed about where we have been and where we are headed. We will be presenting our budget for next year and talking about finances, as well as our academic achievements, and dreams for the future. I look forward to sharing our triumphs and challenges with all of you. It is by working together that we can strengthen the Trinity family and secure Catholic education in Massena for many years to come.

VOLUNTEER APPRECIATION



How beautiful a day can be when kindness touches it!
~ George Ellison

Volunteers and Benefactors Make A Difference Everyday!

Please join us in prayer & refreshments to celebrate our volunteers & benefactors.

Date: May 17th, 2010

Time: 8:45 am

Where: Trinity Catholic School Cafeteria

You sold truck tickets, candy bars, Pig 'n Jig tickets. You flipped pancakes, wiped up spilled milk, and drove on field trips. You organized Halloween parties and Christmas parties; you marched with us in parades and built floats. Where would we be without you? Please allow us to recognize your efforts and thank each of you.

FROM THE PRINCIPAL'S DESK

PIG 'N JIG BIG SUCCESS

Our first Pig 'n Jig was a success. We grossed a little over \$4000! The PTC and I would like to give a big thank you to all who supported this fundraiser. We would especially like to thank Andrea LaValley and Kathy Behrens who did a lot of behind the scenes work to organize this project. Thank you to Val Terry and Joanne Lawrence who prepared such a delicious meal. Thank you to Ed and Beth Reyes who procured numerous wonderful silent auction items from the community. Thank you to our emcee Anson Burke. Thank you to all who donated the beautiful theme baskets, the cakes for the Cake Walk, and the yummy brownies. Many thanks to all the faculty, staff, parents, and students who worked at this event either by setting up, working in the kitchen, bussing tables, and clean up. This fundraiser couldn't have been done without each and every one of you.

WEBSITE INFO

We are having some technical difficulties with the website which should be rectified soon. Right now you cannot access the calendar, menu, or newsletter from the main page. However, if you go to the tab marked "Principal Page," there will be a link to get you to this information.

PTC MEETING

Yes, it's May and we are all getting a little tired; but we must hold out for a strong finish to the school year. There are still some very important events to plan and organize and we need your help. Efforts are underway for the Walk 'n Roll on June 7. We still need to plan and organize Play Day which is June 14. And we have a float to build for the Heritage Festival Parade on June 5. **The next PTC meeting will be Wednesday, May 12 @ 6 p.m. in the library.** Please try to make this meeting. We would love to hear your ideas to make each of these event successful and FUN!

SPORTS PHYSICALS—GRADE 6

Physicals will be given on Thursday, May 27, for

6th graders who wish to participate in sports next year at the Junior High.

PHOTOS FOR 6TH GRADE GRADUATION

Arrangements have been made to have the Matthew David Studio LLC take photos for our 6th grade graduating students. Matthew Frary, who is an alumnus of Trinity Catholic and who we contracted with for school photos next year, has agreed to take individual and family photos at our 6th grade graduation. Enclosed in the newsletter is description of the type of photos he can take and a price list. Two weeks before graduation you will receive notification forms to order any photos you would like. You are under no obligation to purchase the packages or prints; we thought it would be a nice service for the families who would like it.

ORCHESTRA PERFORMING

The Massena Central High School Orchestra will be performing at Trinity on Wednesday, May 19. The performance will begin at 12:40.

TRINITY GARAGE SALE

Many people have asked if we will be doing the Trinity Garage Sale again this year. This was a very successful event for us last year and we are going to hold it again this year. Many families found this was a tremendous help when getting their children outfitted for the new school year. We will have space available in the parking lot for families who wish to sell their wares. A date in August will be set for this event. More information about the garage sale will come home in June; be sure to watch for it.

EXTENDED MEMORIAL DAY VACATION

Due to give back snow days and a Bishop's holiday our Memorial Day break has been extended. There will be no school Friday, May 28 through Tuesday, June 1. School will resume on Wednesday, June 3. Have fun camping, swimming, or just enjoying God's creation.