



June 2017

### Bike Rally Help Needed June 7

Our Bike Rally and Family Picnic will be held on June 7. An information sheet was sent home recently asking for help. Please sign up to help with this event, as it is such a great send off for our students at the end of the year and takes a lot of man (and woman) power to keep everyone safe.



### Sweet Summer Time

Summer is a wonderful time to reconnect with your children. Here are some great ideas to help you and your children unplug and refocus on nature and each other!

- Make a routine of connecting your child to nature at least an hour a day,
- Provide children with opportunities for fishing, gardening, hiking, swimming, and biking,
- Teach children to pay attention to details in the environment, like: listening to birds, wind, waves, looking for flowers, bugs etc., exploring using binoculars, a magnifying glass, or a flash light
- Play "I spy" games,
- Make outdoor picnics and camp in the backyard,
- Let them splash in puddles, get dirty in the mud, walk barefoot on soil, grass or sand,
- As a family, enjoy doing yoga on the grass, hugging trees, and reading books in nature,
- Go for nighttime walks to explore the sky, spend time sitting around a bonfire or fireplace,
- Make homemade bird feeders and take the time to watch the birds,
- Provide recycled materials for your child to build forts,
- Collect leaves, stones, and pine cones to make art projects,
- Together with your child, listen to music with nature sounds and discuss what each of you hears and feels.

*Taken from an article written by Victoria Prooday, Occupational Therapist, at: <https://yourot.com/parenting-club/2016/9/1/the-most-valuable-things-in-your-childs-life-arent-things>*

### IMPORTANT DATES

- 6/1 Track Meet Rain Date, 9-11 AM  
6/2 6th Grade Retreat  
Noon Mass
- 6/5 Monday Morning Prayer @ 8:45  
4th Grade NYS Written Science Test
- 6/6 4-6 Grade Track Meet @ MCHS
- 6/7 Bike Rally & Family Picnic
- 6/9 Talent Show @ 1 PM
- 6/13 Pre-K Celebration, 9:30 AM
- 6/14 JK Celebration, 9:30 AM  
Gr. 4-6 Awards Ceremony @ 2 PM
- 6/15 Kinder Celebration, 9:30 AM
- 6/16 Jean Day  
Early Dismissal @ Noon...  
**BUSING for All—but, NO AFTER CARE!**  
6th Gr. Grad. @ 6:30 PM, Sacred Heart
- 6/19 Moving Up Mass @ 9:30 AM

*\* Please see the monthly calendar for scheduled field trips*

### AMVETS National Americanism Poster Contest Winners



Special congratulations to 5 of our students for placing in the AMVETS National Americanism Poster Contest. Although students entered the contest last fall, TCS recently received the great news that Lily Tiernan placed 3rd, Keegan Roberts, Emmalyn Faucher and Riely Northrop tied for 2nd, and Sophia Westmacott came in 1st place! Sophia's poster will be entered into a state-wide competition! We are very proud of all 5 of these students!

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