



January 2024

WINTER RAFFLE TICKETS



All winter raffle tickets (**sold or unsold**) are due in the office on January 2nd. *Families are responsible for any tickets lost or not turned in.* Drawing for the grand prize is January 7th, after the 11am Mass at St. Mary's Church. This fundraiser does help you meet your \$400.00 family fundraising goal.

SCHEDULING NOTES



Everyone has a half day on Friday, January 12th for a staff development day. Busses will be available in the morning, and at dismissal at 11:30. **Aftercare will NOT be available on this day.**

Our **PreK classes only** will have half days on *Thursday January 27 and 28*. On these days, PreK parents will have their parent/teacher conferences. Dismissal will be at 11:00am. **Aftercare will NOT be available on these days.**

UNIFORMS



Reminder to parents: if your child is in need of new uniform clothes, please contact Ms. Mather. She has a supply of school uniforms available, for FREE!

Maybe they have had a growth spurt and the pants are getting a little short or tight? Or maybe they'll need a clothing refresh for spring? Simply email your needs (sizes, items you're looking for, girls/boys) to Ms. Mather at lmather@rcdony.org and she'll let you know what she has available, or you can schedule a time to meet her and pick out the items yourself!

Likewise, if your child has outgrown some uniform items and they are still in good condition, please consider sending them into Ms. Mather.

IMPORTANT DATES

1/2	School Resumes, Day 5 All Winter Raffle Tickets Due Morning Prayer, 8:45am
1/5	Noon Mass
1/7	Super Sunday 9am St. Mary's Winter Raffle Drawing After 11am Mass at St. Mary's
1/8	Wellness Week Monday Morning Prayer 8:45am
1/9	PTC Meeting, 6pm
1/10	Eat Well Wednesday
1/11	Get Fit Thursday Take Time Thursday, 6-7pm
1/12	Early Dismissal for ALL 11:30am Busses will be available NO Aftercare today
1/15	NO SCHOOL—MLK Jr. Day
1/16	MLK Jr. Morning Prayer 8:45am "Soup"er Bowl Kickoff Choir Practice, 3:10pm
1/19	Marking Period Ends Noon Mass
1/20	VIRTUS Training, Massena
1/21	Youth Choir at 9:30am Mass
1/22	Monday Morning Prayer 8:45am PreK4 to lead
1/25	1/2 Day PREK ONLY! 11am dismissal, Pre-K Conferences No Aftercare today
1/26	1/2 Day PREK ONLY! 11am dismissal, Pre-K Conferences No Aftercare today Noon Mass Report Cards go home
1/29	Monday Morning Prayer 8:45am PreK3 leads

WELLNESS WEEK

The activity theme of Wellness Week 2 is vigorous activity. National guidelines recommend 60 minutes of activity each day for children. Some of this time should be in vigorous physical activities such as active play, active sports, active recreation, and active aerobics.

Empty Calories

Foods that are high in calories but have few vitamins, minerals, and other important nutrients are called foods with "empty calories." Examples of foods with empty calories are donuts, candy, and soft drinks. You can help reduce empty calories at home by limiting the availability of these foods.

Grains Are Important in Your Diet

Food is fuel for learning and moving. Foods from the grains group provide the body with carbohydrate, our main source of energy. We challenge our students this week to make half their grains whole! Help your child by offering whole-grain foods at home. MyPyramid is a nutrition tool that promotes learning about nutrition. In the pyramid, grains are represented by the color orange. Visit www.MyPyramid.gov for more info.

Cardiovascular Fitness

Cardiovascular fitness is one of the five parts of health-related physical fitness. Cardiovascular fitness is the ability of the heart, lungs, blood vessels, and blood to supply the body with oxygen. Good cardiovascular fitness enhances health and is needed for activities such as jogging, running, and active sports.

LOOKING AHEAD

2/8 "Soup"er Bowl Ends
2/9 Early Dismissal at 11:30am
2/11 Catholic Schools Week starts
2/14 Ash Wednesday
2/19- 2/23 Winter Break

TAKE TIME THURSDAY



Please join Ms. Mather for some fun indoor snowman building fun on January 11th from 6-7pm!

Light snacks will be provided.

RSVP to Ms. Mather at lmather@rcdony.org by Tuesday, January 2nd, 2024

This event is open to the community.

"SOUP"ER BOWL BEGINS



As our winter days get colder, it's SO nice to settle down with a nice bowl of soup! Even better? To PROVIDE a bowl of soup for someone who might not be able to afford one. Our "Soup"er Bowl does just that! In this event, classes work together to bring in non-perishable food items, and along the way, earn fun rewards. This year, the contest will run from **January 16 - February 8**, and as always, it is a win-win situation! Our students will have the satisfaction of knowing they have helped the needy in our community, and the St. Peter's Outreach Mission and Neighborhood Center will have well stocked shelves to feed our Massena neighbors. The TCS "Soup"er Bowl is a wonderful way we teach our students at Trinity Catholic School what it means to make a difference. Thank you for your support with this event!

Youth Choir News

Attention **all** students in grades 3-10 who would like to participate in St. Peter's Parish Youth Choir:
Schedule as follows:

Rehearsal: Tuesday, January 16, 3:10-3:45 Sacred Heart Church

Sing at Mass: Sunday, January 21, 9:30am Mass at Sacred Heart Church

Rehearsal: Tuesday, March 19, 3:10-3:45 Sacred Heart Church

Sing at Mass: Sunday, March 24, 9:30am Mass at Sacred Heart Church

Come and be part of our youth choir, and learn how to lead songs at mass.

VIRTUS TRAINING

There will be a Virtus training in Massena on Tuesday 1/30 from 10am-1pm at the parish rectory (next to Sacred Heart Church.) Please pre-register at the site below.

Anyone* who wishes to chaperone a school-sponsored event, or work with our students in any capacity, must complete these 3 essential requirements:

1. Signup for a Virtus training at www.virtusonline.org/virtus and click First Time Registrant to find a class. The organization is "Ogdensburg".
2. Diocesan Background Check—This form will be available at the training.
3. Signed Code of Conduct—This form will be available at the training.

*This includes any interested parent/guardian, grandparents or others who'd like to help out at school events, to help in the cafeteria, or to drive for field trips.

If you have any questions, don't hesitate to contact the school at 315-769-5911.

DEVELOPING THE WHOLE CHILD



Did you know that EVERY MORNING your child has a prime opportunity to improve their development by participating in unstructured play time before school even begins? Although school starts at 8:40am, our doors open at **8:15am** for those children who do not use the before school program. When children get here a little early, it gives them the opportunity to put their things away, and have a few minutes to connect with their classmates and teacher before their structured day begins. In PreK through 2nd grade especially, this time of day helps build each student's social development. It is also important that they learn how to get ready for their day all by themselves. Please give your child the chance to learn from these routines by getting them here on time, **no later than 8:40**. They will thank you for it!

WHAT A MONTH!



Trinity Catholic School wishes to thank everyone who made December a month to remember! We worked together for our Advent Service Project, helping families in need. We observed Advent and prepared for Jesus' birth. We performed 2 AMAZING Christmas concerts. We enjoyed a family Christmas movie night. We sang Christmas carols for those we couldn't visit. We enjoyed classroom Christmas parties. Phew! Rest Up...

THE GALA IS COMING



Save the date: April 29th!
The Gala is coming!
Stay tuned for more details in the new year!

HEALTH AND FITNESS FAIR

SAVE THE DATE!

2ND ANNUAL HEALTH AND FITNESS FAIR

MARCH 8TH 5PM-8PM KIDS/FAMILIES
\$5 PER PERSON OR \$20 IMMEDIATE FAMILY

MARCH 9TH ALL DAY ADULTS (16 YRS OLD AND UP)
\$25 FOR THE DAY

HELD AT: TRINITY CATHOLIC SCHOOL

HOSTED BY ZUMBA WITH MONICA B. | TO BENEFIT TRINITY CATHOLIC SCHOOL

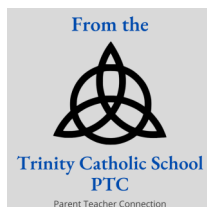
SOME CLASSES/TOPICS BEING OFFERED:

YOGA CLASSES
HIIT CLASSES
GUT HEALTH
FOOD PREP/RECIPES
PRE/POST MENOPAUSE CLASSES
FUNCTIONAL FITNESS CLASSES
FITNESS CLASSES FOR SENIORS
KID'S DANCE CLASSES
ZUMBA CLASSES
VENDORS
DOOR PRIZES
RAFFLES

MORE
TO
COME!

Save the date! Mrs. Boyea is returning to Trinity in March to host a 2 day event!! On Friday, **March 8th, from 5pm-8pm, she'll be hosting a Kid's Health and Fitness Fair!** Come learn how to keep your body healthy. Then on Saturday **March 9th, she's hosting an all day adult Health and Fitness Fair!** Both events will benefit Trinity Catholic School. Stay tuned for more details to come!

PTC UPDATE



Please join our PTC for their next meeting on January 9th at 6pm. You can join in person at school, or you can join via Zoom link. (The zoom link is shared via the Trinity Catholic PTC Facebook group.) They'll be debriefing on the family Christmas event, and discuss the upcoming Gertrude Hawke candy bar school fundraiser, which will count towards the yearly \$400 family fundraising goal.



www.trinitycatholicschool.net



Trinity Catholic School