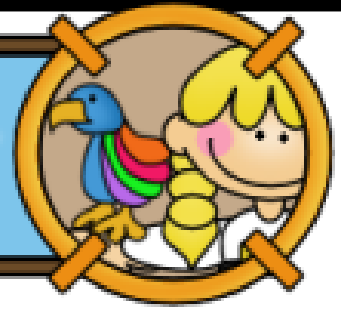




# ahoy there, matey!



News and Notes from St. Anthony Catholic School

For the Week of: March 6<sup>th</sup>, 2018



## DAILY LENTEN ACTIVITIES

### Third Sunday of Lent

Monday, March 5

#### Justification

To be "justified" is to be aligned with God; this activity helps us to visualize that.

Tuesday, March 6

#### Good Deeds Bracelets for Lent

Young people design a bracelet to record good deeds practiced during Lent.

Wednesday, March 7

#### Jesus in the Garden

A blackline master that invites young people to create and decorate a scene of Jesus' Agony in the Garden.

Thursday, March 8

#### Sorrowful Mysteries of the Rosary Scripture Search

Do a Scripture search to locate the five sorrowful mysteries prayed in the Rosary.

Friday, March 9

#### Stations of the Cross Tableaus

Young people create "freeze frames" of the Stations of the Cross.

Saturday, March 10

#### The Desert Experience

Explore with children the Lenten image of the desert where God is encountered in a special way.

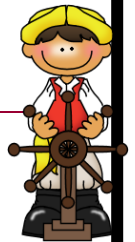


Congratulations to our 2<sup>nd</sup> Trimester Honor Roll Students in grades 5-8

Lord, no love is as great as yours,  
encircling and upholding us as it does.  
Your love is everywhere, yet we spend so  
much time not seeing it or, even worse,  
we resist. Help us, through your Spirit, to  
respond deeply to the offer of your love.

Amen

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			28 Honors Breakfast 8:00	1 Noon Dismissal PD for teachers	2 Mass Stations @ 2:20	3
4	5 IOWA Testing Week	6	7	8	9 Mass Stations @ 2:20	10
11	12 IOWA Testing Week	13	14	15 Polk County Fine Arts Expo @ Santa Fe	16 Mass Outdoor Stations	17
18	19	20	21	22 Reconciliation	23 Mass Outdoor stations Puppet Show	24
25	26 No School Spring Break	27 No School Spring Break	28 No School Spring Break	29 Holy Thursday No School Spring Break	30 Good Friday No School Spring Break	31 Holy Saturday



**HAPPY BIRTHDAY DR. SEUSS!**

### IOWA TESTS START THIS WEEK! HERE ARE SOME TEST TIPS

**Tip 1:** Set a [reasonable bedtime](#) and stick to it. Many parents underestimate the importance of a rested mind and body. Tired children have difficulty focusing and are easily flustered by challenges.

**Tip 2:** Make sure your child has enough time to wake up fully before he has to go to school. Just as rest is important, so is having enough time to get his brain engaged and in gear. If his test is first thing in the morning, he can't afford to spend the first hour of school groggy and unfocused.

**Tip 3:** Provide a high-protein, [healthy, low-sugar breakfast](#) for your child. Kids learn better on full stomachs, but if their stomachs are full of sugary, heavy foods that will make them sleepy or slightly queasy, it's not much better than an empty stomach.

**Tip 4:** Avoid pressuring your child and provide him with encouragement. Few children want to fail, and most will try their hardest to do well. Being afraid of your reaction to a bad test grade can increase anxiety, which makes careless mistakes more likely.