



# Most Holy Trinity News



September 29, 2011

1435 Mallinckrodt, Saint Louis, MO 63107

**Most Holy Trinity Catholic School**

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## Principal Ponderings: Study Smarts

We have finished Iowa and Cognitive abilities' Tests!

Parents, you are your child's first teacher. Once your child begins school, you are still the most important member of the team in your child's education. The things you do at home hugely impact your child's education. Here are a few ideas on the type of support you can give your child that helps.

Spend a few minutes every evening looking over the corrected homework or school handouts. If there are forms to be completed and returned, please take care of them. Nothing teaches you child better than your example.

Tell your child's teacher if you can help out at school or home. Your child likes having you come to school and see what is happening. (It is even true of middle school students, although they would never tell you so!)

Make sure you and your child's teacher(s) are in communication. A thank you note for their efforts with your child makes it easier to approach them when you have a concern. Working together with this team partner will help your child succeed.

Attend parent teacher conferences, parents meetings, and parent events. Your attendance at school events shows your child that you are part of the team working toward their education.

Pray for your child and your child's teacher(s) and then tell. It makes a strong impact on your child to know that you pray for them. Your example of prayer reminds them that you know God answers prayer and blesses His children.

Your role may change, but your importance never changes. You are a key person in your child's school success.

Thank you for all you do to support Most Holy Trinity.

Dr. Ann H. Russek, Ph. D., Principal

## Collectables to Help Most Holy Trinity



We are going to start collecting Box Tops for education and Campbell's labels. Please send them to the school office with your children. More information will be attached to today's newsletter on how to find these items.

Thanks for your help!

## School Pictures



**Picture Day** – Tuesday, October 18<sup>th</sup> at 8:30 a.m. Picture package forms will be sent home with your child soon. Your order form should be returned with cash or checks made payable to Life Touch. Students must wear school uniforms.

## Religion News

### **Belonging**

***Belonging to God means that our God truly cares about each of us. Never forgets us, gives us all we need to be faithful; good parents and good teachers.***

***As September draws to an end we look ahead to October and our theme of RESPECT.***

***Belonging, now Respect. Simple words, yet very meaningful, very powerful in our daily living. How can you help us help your child grow in respect for ALL persons?***

Something to think about:

"The Impossible can always be broken down into possibilities." (Author Unknown)

## Calendar of Events

September 29	7:00 p.m. –High School Information Night at Incarnate Word
September 30	8:15 Mass/Catechesis Birthday Celebrations
October 4	7:00 p.m. High School

	Information Night at John F. Kennedy
October 5	7:00 p.m. High School Information Night at St. Dominic's
October 6	Interim Progress Reports 7:00 p.m. High School Information Night at Cardinal Ritter
October 7	8:15 Student Mass
October 10	<b>NO SCHOOL-PROFESSIONAL DEVELOPMENT DAY</b>
October 14	8:15 Student Mass

### Praying Through Our School Family

October 1	Tremaine Staten
October 2	Hannah Taylor
October 3	Marquis Woolfolk, Jr.
October 4	Kahelel Briges
October 5	Sabrina Brown
October 6	Elijah Congress
October 7	James Dillard
October 8	Kayvion Enlow-Morris
October 9	Samaritain Galloway
October 10	Derrell Jones, Jr.
October 11	Brilyn Leachman
October 12	Jamoni Moody
October 13	Hailee Schulz

Please join the staff in praying for our Student of the Day. Give thanks to God for placing this young person in our faith family community.

### Menu for the week beginning September 30th through October 14th

#### Breakfast

Friday	Cereal, Sausage Patty/Biscuit
Monday	Cereal, Breakfast Pizza
Tuesday	Cereal, Pancake/syrup
Wednesday	Cereal, Warm Muffin
Thursday	Cereal, Sausage Biscuit
Friday	Cereal, Waffle/Syrup
Monday	<b>NO SCHOOL-PROFESSIONAL DEVELOPMENT DAY</b>
Tuesday	Cereal, Sausage Biscuit
Wednesday	Cereal, Egg Patty/Bun
Thursday	Cereal, Breakfast Pizza
Friday	Cereal, Bagel/Cream Cheese

**Breakfast includes: Milk**

#### Lunch

#### Hot Lunch:

Friday	Chicken Giggle/bun; potato chips; cooked carrots, bomb pop
Monday	Fish sticks/tarter, green beans, Applesauce, Bug Bites cinnamon grahams
Tuesday	Soft Taco, spanish rice w/Pinto Beans; Pineapple Chunks, Pudding Pop
Wednesday	Hot Dog/Bun; Chili Dip, Seasoned Fries, Fruit Juice Bar
Thursday	Nacho Cheese Ravioli, Tossed Salad, Teddy Grahams
Friday	Crunchy taco, spanish rice, pinto beans; corn, orange dreamsicle
Monday	<b>NO SCHOOL-DEVELOPMENT DAY</b>
Tuesday	Baked Ham, Veg. Rice, Cookie
Wednesday	Salami & Cheese Sand., Pot. Chips, Fresh Brownie
Thursday	Redi Ribs, Rice pilaf, carnival cookies
Friday	Chicken Nuggets, buttered noodles, green beans, juice bar

#### Grab N Go:

Friday	Ham&Cheese Bagel, scrabble cheese-its, applesauce, teddy grahams
Monday	Ham & Cheese sand., fresh veg w/dip; pineapple chunks, oreo cookies
Tuesday	Bagel&Cream Cheese, fresh fruit, Raisins, Yogurt
Wednesday	Chicken Wrap&Chopped Lettuce/lite ranch dress, mini twist pretzels, fresh fruit
Thursday	Ham&Cheese/Bagel, scrabble cheese-its; applesauce, teddy grahams
Friday	String cheese sticks & crackers; veg & dip, fresh fruit, yogurt
Monday	<b>NO SCHOOL-DEVELOPMENT DAY</b>
Tuesday	Turkey&Swiss/French; raisins, fresh veg&dip; chilled pudding
Wednesday	Cherrios/milk; banana, low fat yogurt, homemade muffin treat
Thursday	Tuna salad, broccoli, applesauce, graham crackers
Friday	Trix Cereal bar, raisins, lowfat yogurt, hard boiled egg

**Lunches include: Milk and Fruit**