

# SAINT ANNE PARISH SCHOOL HOME AND SCHOOL NEWSLETTER

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## UPCOMING EVENTS:

### TEACHER APPRECIATION WEEK May 4<sup>th</sup>-May 8<sup>th</sup>

Teachers play a key role in our children's success and sometimes a simple "Thank you" is all a teacher needs. Please join us in celebrating the wonderful teachers and staff at Saint Anne Parish School. The schedule of activities for next week is as follows:

#### Monday May 4<sup>th</sup>

Please encourage your child to write a note or draw a picture and bring it in to their teacher.

#### Tuesday May 5<sup>th</sup>

Lets provide a nice hot breakfast for our lovely teachers. Please contact the teacher appreciation committee if you would like to donate a breakfast item at [tfederighi@gmail.com](mailto:tfederighi@gmail.com) or [nicoleomeara@comcast.net](mailto:nicoleomeara@comcast.net).

#### Wednesday May 6<sup>th</sup>

Students are encouraged to bring in a school supply for their teacher. A few examples would be glues sticks, pencils, erasers, crayons, markers, paper towels, tissue, Clorox wipes. You decide!

#### Thursday May 7<sup>th</sup>

Students are encouraged to bring in a flower for their teacher.

There will be Teacher Appreciation Pasta Luncheon hosted by Mary Sneed. If you would like to volunteer to cook some pasta or donate a pasta sauce, please contact Mary Sneed at [Mary.v.sneed@sbcglobal.net](mailto:Mary.v.sneed@sbcglobal.net)

**Friday May 9<sup>th</sup>** - Continental Breakfast will be served. Please contact the teacher appreciation committee if you would like to donate a breakfast item at [tfederighi@gmail.com](mailto:tfederighi@gmail.com) or [nicoleomeara@comcast.net](mailto:nicoleomeara@comcast.net).

## UPCOMING EVENTS

April 28	Try It Tuesday Kiwifruit (Kiwi)
May 2 <sup>nd</sup>	First Eucharist
May 4 <sup>th</sup> -8 <sup>th</sup>	Teacher Appreciation Week
May 8 <sup>th</sup>	Pizza Day
May 9 <sup>th</sup>	First Eucharist
May 11 <sup>th</sup>	Stem Museum
May 15 <sup>th</sup>	Hot Dog Day
May 18 <sup>th</sup>	Athletic Recognition Night
May 22 <sup>nd</sup>	Subway Day
	Last H&S Meeting

**STEM MUSEUM MAY 11<sup>th</sup>**

We are in need of several volunteers for both morning and afternoon shifts for the 12 station STEM Museum coming up on Monday, May 11. We are asking for volunteers to commit to either a 7:45-11:40 am shift or a 11:40-3 shift, although any help would be welcome. Ms. Johnson was kind enough to create a schedule for all the classrooms to attend based on teacher preferences. The schedule is attached so that volunteers can pick a time when their children will be there. Please contact Lisa Sadowski at [lisarichbrandon@sbcglobal.net](mailto:lisarichbrandon@sbcglobal.net) for more information or to schedule a convenient time for you.

**Cultural Arts STEM Program Schedule for May 11, 2015**

<b>TIME</b>	<b>GRADES</b>	<b>TOTAL NUMBER OF STUDENTS</b>
8:30-9:10	6 <sup>th</sup> - Ladd/Parker 4 <sup>th</sup> Carter and Curran	52
9:10-9:50	Preschool A.M.-Meehan/Parks 1 <sup>st</sup> grade- Spoto/Peters	55
10-10:45	7 <sup>th</sup> - Berry Full Day Preschool?	25
10:45-11:30	7 <sup>th</sup> - Burnton 8 <sup>th</sup> - Torrence 8 <sup>th</sup> Blake	68
11:30-12:00	Lunch	
12:00-12:40	2 <sup>ND</sup> - Montrie/Olsen	32
12:40-1:20	Kindergarten- Siggeman, 3 <sup>rd</sup> Collins	53
1:20-2:00	3 <sup>rd</sup> - Saverino Kindergarten- Joseph, Preschool	55
2:00-2:40	5 <sup>th</sup> grade-Lyjak/Feit Preschool p.m.	65

# Try It Tuesday

## SAS Wellness Committee



### Kiwifruit Facts

Packed with more vitamin C than an equivalent amount of orange. Inside of this small, oval-shaped fruit featuring brown fuzzy skin resides a brilliant, semi-translucent emerald green flesh speckled with a few concentrically arranged white veins and small black seeds. Its flesh is almost creamy in consistency with an invigorating taste reminiscent of a mixture of strawberries and bananas, yet with its own unique sweet flavor.

### Health Benefits

Kiwifruit can offer a great deal more than an exotic tropical flair in your fruit salad. These emerald delights contain numerous phytonutrients as well as well known vitamins and minerals that promote your health.

### Selection and Storage

When selecting kiwifruits, hold them between your thumb and forefinger and gently apply pressure; those that have the sweetest taste will yield gently to pressure. Avoid those that are very soft, shriveled or have bruised or damp spots. Kiwifruits can be left to ripen for a few days to a week at room temperature, away from exposure to sunlight or heat. Placing the fruits in a paper bag with an apple, banana or pear will help to speed their ripening process. Ripe kiwifruits can be stored either at room temperature or in the refrigerator.

Kiwifruits can be peeled with a paring knife and then sliced or you can cut them in half and scoop the flesh out with a spoon. You can also enjoy the skins which are very thin like a Bosc pear and are full of nutrients and fiber; the peachlike fuzz can be rubbed off before eating.

### **A Few Quick Serving Ideas:**

- Add kiwifruit to tossed green salads.
- Serve sliced kiwifruit and strawberries, fruits whose flavors are naturally complementary, topped with yogurt.
- Mix sliced kiwifruit, orange and pineapple together to make chutney that can be served as an accompaniment to chicken or fish.
- Blend kiwifruit and cantaloupe in a food processor to make a chilled soup. For a creamier consistency, blend yogurt in with the fruit mixture.
- Kiwifruit have a wonderful flavor and appearance for use in fruit tarts.