

February 2017

Cougar Chronicle

Dear Parents,
Catholic Schools Week was an eventful week. The open house was extremely successful. Perspective families received tours and unique insights from the student tour guides. Thanks to everyone who invited a perspective family and to the many families who placed a lawn sign in their yard. In addition, we celebrated the teachers and students. Curious George even visited the school for a book reading. We ended the week with the students praying the Rosary in honor of our volunteers. So many events could not happen without the assistance of tireless volunteers. We are so appreciative of you!

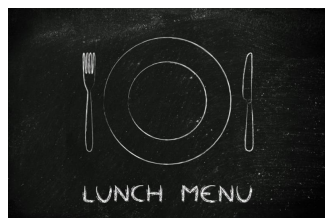
The month of February always brings to my mind the Great Commandment; Love one Another. Pope Francis spoke about this at last year's World Peace Day. We are all brothers and sisters. We are all loved by God. We are all called to love one another as He loves us. Even people, whose beliefs and lifestyles are fundamentally different from ours, are still our brothers and sisters. We are called to love them as well. As important, we are called to take the next step and build alongside of them a society that is both truly peaceful and truly just. The joyous news from Pope Francis is that with love, all things are possible. Pope Francis focuses on loving with God's love. . . a challenge we must all undertake.

I am truly grateful to all who assist me in making Corpus Christi School the "BEST"!

Peace,
Mrs. Ann T. Sarpu

February Important Dates

- 2/6 Wear Red; \$2.00 Donation to benefit the Heart Assoc.
- 2/8 Mass; 9:00 A.M.
- 2/9 HSA Meeting; 7:00 P.M.
- 2/10 Sadie Hawkins Dance
- 2/14 Happy Saint Valentine's Day!
Box Top/\$2.00 Dress Down
- 2/16 Early Dismissal; 12:07 P.M.
February Frenzy Basketball Tournament
- 2/17 No School
February Frenzy Basketball Tournament
- 2/18 February Frenzy Basketball Tournament
- 2/19 February Frenzy Basketball Tournament
- 2/20 President's Day; No School
February Frenzy Basketball Tournament
- 2/21 No School
February Frenzy Basketball Tournament
- 2/23 February Birthday Dress Down Day



February Calendar

Box Tops

Each full sheet returned gets a dress down day on 2/14.



Indement Weather? We follow the directives of the Wethersfield Public Schools with regard to Early Dismissals, School Closings and Late Openings. Watch WFSB or Register on WFSB to receive text alerts about school closing information for "Corpus Christi School".



SCRIP Program

Scrip is a term that means "substitute money". When you purchase scrip, you're purchasing negotiable gift certificates and prepaid cards that are used just like cash. You can use scrip to purchase everyday expenses like food, clothing, and other essentials, and with every purchase, you earn revenue for our school!!! [Click here to find out more.](#)

The Corpus Christi 2017 Auction

will be held at the Bond Ballroom in Hartford on Saturday, April 22nd.

Volunteers are still needed for the following committees: Marketing & Advertising, Sponsorship, Volunteer

Coordinator, Decorations, Silent & Live Baskets.

[CLICK HERE TO SEE OUR FLYER](#)

Please contact Jessica Correia (correia526@gmail.com) if you are willing to help us make this auction our most successful to date!



Tuesday: Book Club
Cheerleading Club
Girls Grades K-3; February 7, 8, 14, 15

Highlights:

- 2 Corpus Christi School teachers will coordinate the Camp
- Camp Assistants will be hired as needed for the amount of children participating
- Location: Corpus Christi School Annex Building
- Each week will have a special theme
- Everyday there will have an academic/educational component; we will tailor that facet to meet the needs of



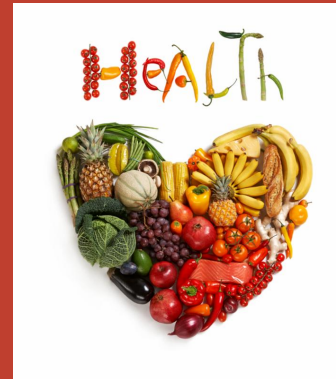
your child/ren.

- There will be outside fun including water fun every day
- Participants will bring a packed lunch, water bottle, bathing suit, towel and sunscreen.

[CLICK HERE FOR MORE INFO](#)

[CLICK HERE TO REGISTER NOW](#)

February is American Heart Month and National Children's Dental Health Month. Taking care of our heart and teeth begins with proper nutrition and making small changes in our diets can make big differences. Here are some simple ways to prevent heart disease and to maintain healthy teeth:



- **DECREASE SUGAR INTAKE BY DRINKING LESS SODA & JUICE** or water down juice and sports drinks. Give water a refreshing taste by adding sliced cucumbers or a lemon.
- **CHOOSE WHOLE GRAINS** for bread, pasta and rice.
- **DECREASE SODIUM INTAKE** - cook with herbs and spices or cut up vegetables to snack on instead of chips.
- **MONITOR PORTION SIZES** – Use a measuring cup to get a visual of what a serving size is and read labels for actual serving size.
- **AVOID ENERGY DRINKS** as they have large amounts of caffeine and other stimulants added, not to mention sugar! Children and teens should not consume energy drinks.
- **PREPARE MORE MEALS AT HOME** - Meals cooked at home tend to be lower in sodium, fat and calories.
- **GET MOVING** - 15 minutes of exercise a day as a start can make a big difference.
- **FLOSS and BRUSH** your teeth at least daily and use a mouth rinse.
- **Visit your doctor annually** for wellness physicals and the dentist for cleanings.

Reminder that the school lunch menu can be viewed online at wethersfield.nutrislice.com/menu/corpus.christi/lunch to get complete nutritional information on the meals served at Corpus Christi School.

Questions???

Do you have any questions regarding anything pertaining to Corpus Christi School and its policies??

Don't run through the rumor mill...

Please contact the school office at (860) 529-5487 or [email us](mailto:).



Corpus Christi School | 581 Silas Deane Highway , Wethersfield, CT 06109

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