

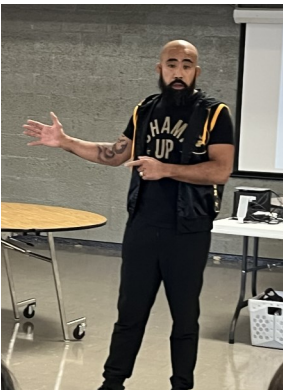


# Wildcat Weekly

Issue 8—October 27, 2023

## Champ Up Wildcats!

This week we were happy to welcome retired Muay Thai champion, and current motivational speaker, Chris Romulo, back to St. Mel's, for round two of his Champ Up! student workshops. Last year, when he visited our school he shared his story of overcoming adversity and how the sport of Muay Thai and a positive mindset changed the trajectory of his life, from one full of anger and negativity, to one of self-respect and hope. This year he challenged our students to be champions and to live by the Champion Code. He reminded them that they already have all the tools that it takes to be a champion, all we have to do is put them into action. Thank you Chris, for inspiring a new generation of champions!



### Code of Champions

- C**ourage: action in the face of fear
- H**unger: wanting more out of life
- A**udacity: willing to take bold risks
- M**ission: having a goal or purpose
- P**atience: life is a marathon, not sprint
- I**ntegrity: be and act like who you say you are, walk the talk
- O**wnership: take responsibility for your thoughts and actions
- N**obility: carry yourself with respect and honor



# It's Pumpkin Season!

This week, we celebrated National Pumpkin Day on October 26th. We would like to thank the St. Mel's Men's club for donating pumpkins for all of our students. While pumpkins have many uses from pies, to roasted seeds, to pumpkin spice everything, the tradition of carving pumpkins for Halloween appears to be a Celtic tradition from the early 19th century. Especially in our 3K and PreK classes, the children have been busy using all of their senses to explore pumpkins. I think they love the gooey insides!!!

## Looking Ahead

- Tuesday 10/31—Halloween— Students can dress in costume and participate in Halloween parade.
- Wednesday 11/1—All Saint's Day SCHOOL IS OPEN—children may dress as a saint they admire Grades 1-6 will attend 9am mass
- Thursday 11/2—Cascon cheesecake orders due
- Friday 11/3—Original Works Orders due
- Tuesday 11/7—Election Day SCHOOL CLOSED for faculty professional development day.
- Friday 11/10—Veteran's Day (observed) SCHOOL CLOSED
- Monday 11/13—\$3/NUT dress down day
- Tuesday 11/14—PAA sponsored used book sale

