

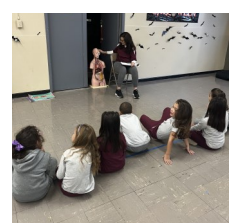
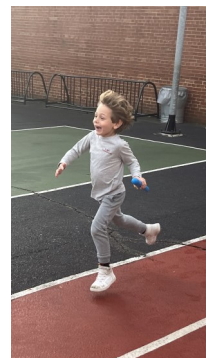


Wildcat Weekly

Issue 10—November 17, 2023

Strengthening our minds and bodies!

Physical education serves an important role in child development. Regular exercise strengthens our muscles, develops cardiovascular fitness and promotes a healthy lifestyle. It also fosters academic performance by increasing blood flow to the brain and improves gross and fine motor coordination. Exercise can even relieve stress and provide kids with an outlet to get out that extra energy. In addition, participation in sports and regular fitness programs teaches kids teamwork and good sportsmanship. In Coach Q's physical education classes, they are getting all the benefits of regular exercise, but if you ask any of the kids, I bet they'll just tell you how much fun it is!





Meet our future chefs!

If you happen to be in the school building on Wednesday afternoons, you might find yourself suddenly getting hungry from aromas wafting down from the art room. It's not art class though, those delicious scents are coming from our future chefs, led by Ms. Krista and Ms. Frey. The chefs club is one of our most popular afterschool programs with good reason, not only are our students learning how to cook and bake, they get to eat their creations. It doesn't get better than that! Check out some of our chefs in action....

Looking Ahead

- Friday 11/17—PAA snack sale at lunch (Grades K-6)
- Sunday 11/19—Gr. 4 Family Mass 10:30 am
- Monday 11/20—Magic of Science field trip (Gr. 4,5,6)
- Tuesday 11/21—Cascon cheesecake pick up at dismissal.
- Wednesday 11/22—Grades 1-6 will be attending 9am mass
**Half Day—3K@11:50, PK-6@12noon
No Afterschool**
- Thursday 11/23—**Thanksgiving Day
No School**
- Friday 11/24—**Thanksgiving Recess
No School**
- Thursday 11/30—First Trimester ends
- Friday 12/1—Second Trimester begins, full day with K-6 attending 9am mass

