

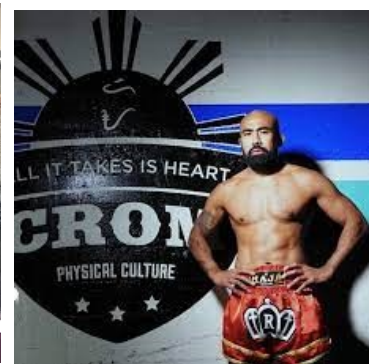


Wildcat Weekly

Issue 10—November 18, 2022



Last week, we had a special guest visit at St.Mel's, former Muay Thai champion and founder of Champ Up and CROM fitness, Chris Romulo. Chris shared his story of being bullied as a child, and growing up in a broken home, and turning to the streets to find acceptance. However, he discovered he had a passion for martial arts and that changed his life. Through martial arts, he learned discipline, and how to believe in himself, and once you believe in yourself, anything is possible. Since retiring from Muay Thai, he opened a gym, CROM fitness in an effort provide others with the opportunities he had. Now, he gives back by sharing his story with kids, so they too can rise above bullying and adversity, believe in themselves and be true champions. It takes more than strength to be a champion, it takes heart. Champ Up Wildcats!!!!. - Amy Barron



We're Baking and Shaking!

We are excited to once again bring Bakers and Shakers back to St. Mel's after a two year hiatus due to Covid. Ms. Krista and Ms. Frey provide live instruction along with Chef Marcelle via zoom. Each child gets his/her own kit with all the ingredients and supplies for the dish of the day. Bakers and Shakers was founded by two moms who realized they had a mutual passion for the culinary arts, and begin teaching cooking classes at their children's school, and have expanded to build a business. According to Chef Renee, "We educate our mini chefs in the art of healthy cooking with skills to last a lifetime." Not only are our kids learning and creating through cooking, but they get to eat their yummy creations. This week, brownies were on the menu and although I did not get the opportunity to taste them, the aroma drifting toward my office was simply delightful!!!

Looking Ahead

- Sunday 11/20—Grade 4 class mass @ 10:30 am
- Tuesday 11/22—Cascon Cheesecake pick up at dismissal
- Wednesday 11/23—\$3/NUT dress down **Half Day No Afterschool** 3K dismissal at 11:50, all other grades at 12 noon
- Thursday 11/24-Friday 11/25—**No School Thanksgiving Recess**
- Wednesday 11/30—Grades 3-5 trip to Citifield
- Friday 12/2—First Trimester ends
- Saturday 12/3 —St. Mel's parish tree lighting following the 5pm mass
- Monday 12/5—\$3/NUT dress down

