

Wednesday E-Folder

September 28, 2011

As we reflect on the frenetic pace of our own life, let us capture a moment to bask in the glory of God's calming love. The following prayer is often referred to as "St. Theresa's Bookmark". According to tradition, this great saint carried this meditation around in her prayer book, where it was found after her death in 1582. May the message found in this prayer provide a comforting perspective on the power of our Lord's presence.

**Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God only is changeless.
Patience gains all things.
Who has God wants nothing.
God alone suffices.....AMEN**

-St. Teresa of Avila-

Power School

For those who may require specific direction in how to create a parent access account, we have included detailed information on how to do so. This informational page is included on the under the **For Parents** tab under **Useful Links**. For direct access, please [CLICK HERE](#).

Should you have any questions relating to *Power School*, please contact Mrs. Debra Traum.

This Week in Athletics

Boys Soccer:

- Monday, October 3rd at Calloway Street vs. Worcester Prep.
 - School departure time at 3:00pm and a game time of 4:00pm.
- Tuesday, October 4th at Salisbury School vs. Salisbury School.
 - School departure time at 3:00pm and a game time of 4:00pm.

Co-ed Golf:

- Friday, September 30th at The Horsebridge Club vs. Salisbury School.
 - School departure time at 2:15pm and a match time of 3:00pm.
- Monday, October 3rd at The Bay Club vs. Worcester Prep.
 - School departure time at 1:45pm and a match time of 3:00pm.
- Wednesday, October 5th at The Green Hill Y & CC vs. Saints Peter and Paul.
 - School departure time at 2:15pm and a match time of 3:00pm.

Girls Field Hockey:

- Thursday, September 29th at Crisfield H.S. vs. Crisfield Academy.
 - School departure time at 2:30pm and a game time of 4:00pm.
- Saturday, October 1st in Westover for the Holly Gove Tournament.
 - Home departure is scheduled with a tournament start time of 9:00am.

Notes from the Choir Loft

Choir practice will begin immediately after school on Thursday, September 29th. Group members are asked to meet Mrs. Mullins in the music room at 3:10pm. Once assembled, the group will travel together toward the church for choir practice. Weekly rehearsal will conclude at 4:00pm.

Last Call for School Pictures

Each family has received a proof copy of their child's individual and class photos. You are asked to please return the proof form and required payment to the school office as soon as possible. Friday, September 30th is the final date that representatives from Picture Art will come to campus to pick-up our order forms.

HSA News

REMINDER: Order forms are due on Friday, September 30th for the Tupperware fundraising program. Thank you for your generous support!

New Computers are Here!

How delighted we are to now have operational access to our new computer technology. With the help of our teachers (and assorted family members and spouses of our faculty) and the gracious leadership of Lizanne Wallace and Carl Drawga, our technology is up and running! Many thanks to all who contributed to the implementation of this project!!

Christmas Program

The remaining day for drama tryouts will be held on Tuesday, October 4th from 3:15pm -3:45pm in the music room. All Solo tryouts will be scheduled during music class. Rehearsals for drama, dance and solo parts will be held after school on Tuesdays starting October 18th. Auditions for speakers in Grade 4 will be held on Tuesday October 11th from 3:15pm -3:45pm in the music room. A sign-up sheet will be available in music class.

Weekly Mass

Students in grades K-8 are scheduled to celebrate Mass on Wednesday, October 5th at 8:30am. Parents and other guests are invited to attend these Eucharistic celebrations.

Immediately following mass, our school community will commemorate our elected Student Council leaders in grades 5-8. Parents and other guests are welcome to attend this special ceremony.

School Yearbook

REMINDER: to reserve a copy of the 2011-2012 school yearbook for the initial rate of \$25, you must place an order by Friday, September 30th. Should you submit an order after September 30th; the cost will then increase to \$30. If you would like to reserve a copy for your child, please [CLICK HERE](#). Questions.....please contact either our parent sponsor, Stephanie Overton O'Hara or our faculty sponsor, Elle Phillips.

Spirit Wear Items

Be loud and be proud to show that ***PENGUIN PRIDE Lives Here!*** If you are interested in purchasing various spirit wear items, please [CLICK HERE](#). The deadline to place an order is Friday, September 30th. All checks are payable to St. Francis de Sales Catholic School. ***Go Penguins!!***

Destination Imagination

Reminder.....For all of those interested in being involved with the DI program, there will be an introductory meeting scheduled for Friday, September 30th at 3:30pm in the music classroom.

Any questions about this program, please contact Mrs. Ingrid Balea.

Nursing Notes

It's the time of the year to play sports such as football, soccer, field hockey, etc., and as such, we have to be careful to protect our teeth with flexible plastic mouth guards that cover the teeth and gums to prevent and or reduce injury.

There are 3 recommended types of mouth guards.

- Stock mouth guards come preformed and are ready to wear.
- Boil and Bite mouth guards are the ones most commonly used. They are softened in water, inserted and allowed to adapt to the shape of the mouth.
- The most expensive, is the Custom Fitted mouth guard. They are made by a dentist and the best at preventing injuries.

Should an unfortunate incident occur to your child's teeth and a permanent tooth is knocked out, you should.

- Hold the tooth by the crown and rinse it off. DO NOT clean or scrub.
- Place the tooth in a glass of milk or saline. If none is available, place it on a wet towel.
- Take it immediately to a dentist. A tooth can be saved within ONE HOUR.

While we often worry most about games or matches, the painful truth is 66% of facial injuries occur during practice.

When choosing a mouth guard look for: Flexibility; One that is not torn; Comfort; Proper fit; Durability, One that is easy to clean; One that doesn't get in a the way of speaking or breathing.

Volunteer Sign-up

To efficiently coordinate the daily school duties that require the assistance of our parent community, the HSA has arranged an on-line sign-up site that allows interested parents to volunteer for AM car line duty, lunch room duty and recess duty. Each of these volunteer duties can be scheduled via *Volunteer Spot*. Please [CLICK HERE](#) to log-in to this site. As a point of reference, this site will be available under the **For Parents** tab under **Useful Links**.

Should you have any questions about the volunteer duty schedule, please contact Chantal Marks at chantalmarks@comcast.net.

Community Yard Sale

On Saturday, October 22nd, SFdS will host a community yard sale that will begin at 7:30am and conclude at 1:00pm. Those who might like to reserve a table or donate sellable items or even those who might be able to volunteer on the day of the event are all asked to contact Mrs. Louie Massey. She can be reached by phone at (443) 783-4784 or by e-mail at letmassey@comcast.net. All proceeds from the sale will go directly to the completion of the Parish Center classrooms and offices. Clean out your closets and help SFdS!!

Maryland Advocacy Day

Stand Strong in the Public Square - Attend Maryland Catholic Conference's Advocacy Day on November 5th..... Take the guesswork out of Maryland's legislative session and come to Catholic Advocacy Day on Saturday, November 5th to gain insights on what important issues are coming up and how our parish can make a difference! We are ACTivated by faith and called to make our voices heard in the public square. Register now at www.mdcathcon.org/advocacyday or call 410-269-1155 or 301-261-1979.