



St. Margaret Catholic School

Viking Vine



"Be Who God Meant You to Be And You Will Set The World On Fire."

September 14, 2018

Principal's Corner

Dear Parents,

It is a sad reality, that much of our culture is now based on attractiveness and this has consequences for just about everyone in society, including our children on the playground, adults in the workplace, even politicians running for public office. The media and society have put a lot of negative stereotypes and images into our minds, which make it quite difficult to be who we really are: "We place much on appearance, less on what it conceals, Does a beautiful face, in equal measure, a beautiful heart reveal? And what about those with beautiful hearts encased within life's less than idyllic form? By appearance and a shallow wanting/ we, so easily, can be deceived." Author unknown.

Children need to know that the so called, "ideal body shape" is unattainable for most people; they need to know that some people are naturally skinny and others are naturally big. Children need to be encouraged to admire others for qualities such as kindness, thoughtfulness, good manners, positive attitude. Children need to be praised for their ability to be a good friend, their care for animals, their physical abilities rather than for their looks. Children need assistance to build a healthy self-image and to acquire healthy eating habits and exercise behaviors.

Due to the continuous bombardment of advertising in the electronic media, we as parents might have our perception

blurred as to what healthy eating and living is and what it is not. We might begin to believe that fat-free eating is healthy eating and that skipping meals is a shortcut to being trim. We might not realize that an eating or exercise lifestyle, that works well for us as adults, when taken out of context of age and health requirements does not necessarily apply to our children and in fact may harm them.

As parents, we need to educate our children, to teach them that their body is a wise and predictable machine requiring fuel and maintenance and not simply an object of beauty. Our children need to know that food is a life sustaining fuel for the body, rather than a destructive agent of its shape. Of course, this is true only if what is eaten is healthy and accompanied by an active lifestyle. If we parents do not actively refute poor body image perceptions in our children, we may find that we are perpetuating and reinforcing them.

Not everyone is taken in by the media obsession, as is instanced in this extract from a figurative poem called "Identity" by Noboa Polanco: "Let them be flowers, always watered, fed, guarded, admired/ but harnessed to a pot of dirt./ I'd rather be a tall ugly weed, clinging on cliffs, like an eagle/ wind-wavering above high jiggered rocks./ If I stand alone strong and free, I'd rather be a tall, ugly weed."

Maybe the poet was wondering what the world would be like if there were no media to influence people when he referred to "standing alone strong and free"?

Peace and Blessings,

Wendy L. Wicke

ATTENTION PARENTS

The gates close at 7:45. If you drive up to the gate near the cafeteria and it is closed, DO NOT drop your child off there. You must drive around to the office. DO NOT drop your child off on Enterprise Blvd. near the gate. This will get you a ticket. ONCE the gates are closed the ONLY ENTRANCE is through the FRONT OFFICE.

Events

Monday, September 17th

Hearing & Vision Screening for PK-3 & 4, Kindergarten, 1st, 3rd, 5th & 7th.

Tuesday, September 18th

8:15 - 2:45 8th Grade to attend Diocesan Rally at St. Louis

Wednesday, September 19th

4:00 - 4:00 - Cheer Practice
Football team has a Bye

Friday, September 21st

8:15 am - Mass

Lunches

Monday, September 17th

Gr. Beef Soft Tacos, Pinto Beans, Corn, Peach Slices

Tuesday, September 18th

Hamburger, Fries, Pear Slices & Dessert Choice

Wednesday, September 19th

Chicken Alfredo, Yam Patty, Salad, Orange Slices & Wheat Garlic Roll

Thursday, September 20th

Pork Roast/Rice/Gravy, Sweet Peas, Cauliflower, Spiced Apples & Wheat Roll

Friday, September 21st

Beef Finger Steaks, Broccoli, Glazed Carrots, Pineapple Tidbits & Wheat Roll

Choice of Milk Daily

Things to Remember

HALO!

Our HALO this week was Mrs. Alyson Mathis. Thank you Mrs. Mathis for the love and care you show to our First Graders!

Club Meetings

Tuesday, September 18th

Noon - BETA Club

Wednesday, September 19th

3:00 - 3:30 - Student Council

Thursday, September 20th

3:00 - 4:00 - Chess Club

Friday, September 21st

Noon - Spanish Club



Viking Lagniappe

Unveiling the Virtues

All this month we are learning about the 1st Habit - Be Proactive. We are responsible, we take initiative and we choose our actions, attitudes, and moods. When we are wrong, we must own it. Proactive people do the right thing without being asked, even when no one is looking. The next time your child has a choice to make you may want to use these questions to help them stop and think before they respond.

- ◇ Is this choice mine, or am I letting someone else influence me?
- ◇ Is this a choice I will be proud of?
- ◇ Is this choice going to help me or hurt me?
- ◇ Is this choice going to hurt anyone else?
- ◇ Will this choice move me closer to God?
- ◇ Is this choice helping me become the best version of myself?

These questions will help you and your child understand that all choices have good and bad consequences. When we stop and think, the chance of making the best choice goes up tremendously. It's about being prudent and using good judgement.

Family Movie Night

(Parents must attend with child)

October 24th, 6:30 p.m. in the East Room

Walt Disney Pictures and Walden Media Presents

The Lion, the Witch, and the Wardrobe (Rated PG)

Free Admission, Popcorn available

Faculty Biographies

I am Devon Melville and this will be my 4th year at SMCS, and I could not be more excited! I enjoy teaching English, Reading, & Spanish Enrichment to such virtuous and bright students. I am the proud mother of Nova, Ava, & Sofia Melville, and I will soon be celebrating my two-year anniversary with my wonderful husband, Stephen. When

I'm not teaching, I love to spend time with family, paint, craft, and read. I look forward to seeing familiar faces and cannot wait to welcome all of our new families this year. You have all picked the best place to be!

I am Marie DeLord, the middle school Math teacher at SMCS. This is my fourth year at St. Margaret's, but my forty-sixth year in education. I retired from public school education in 2011 and spent the next few years tutoring math and substituting before returning to the classroom in 2015. Teaching math is my hobby and the time spent at St. Margaret's is the best part of my day. When not at school, my time is spent with seven grandchildren and helping my husband with our cattle business.

Hi! My name is Janie Bailliet and I teach 6th-8th grade Reading and English. I am from Houston Texas and am a recent graduate from the University of Houston. I am currently working on my Master in Curriculum and Instruction with a concentration in Gifted Education at McNeese State University. I feel as though God called me into this vocation at a very young age, as I have always known and dreamed about becoming a teacher. I am so excited to experience my first year of teaching with the St. Margaret community, and I look forward to a wonderful year!!

My name is Amber Fontenot and I am in my fourth year here at St. Margaret. I was born and raised Catholic in Lake Charles and am so pleased to be teaching at St. Margaret Catholic School! I've been married almost nine years, my husband and I have a 2 1/2 year old son and nine month old baby girl! I always knew I would be a teacher because I care about the education of our youth; they are our future. I look forward to a great 2018-2019 year here at St. Margaret of Scotland!

Hi!! My name is Judy Reeves and I have been teaching at St. Margaret's for 19 years. I love teaching my favorite subject Science. Especially in my new "Holy Face: Science Building. I am the mother of five children. My biological children, an adult daughter and son, and the grandparent to

seven beautiful grandchildren. We have three foster children, who came into my life after the passing of a close friend. I have been married to my husband Carl for 44 years. Our hobbies are digging for rocks, reading and my grandchildren.

My name is Sister Mary Elizabeth Ann, RSM and I am a member of the Religious Sisters of Mercy of Alma, Michigan. There are four, soon to be five, of us sisters here in Lake Charles. I grew up in a family of nine in the Northeast and have had the privilege of teaching students from Pre-K through early high school in my 30+ years of teaching. Having the opportunity to teach and be DRE is a great blessing and the best job in the school!