



# School Days News!

~December 2019 Issue~



Saint Michael, an accredited Catholic elementary school, partners with families in the education of the mind, body, and soul of each child.

## Advent



Father, in the wilderness of the Jordan you sent a messenger to prepare people's hearts for the coming of your Son. Help me to hear his words and repent of my sins, so that I may clearly see the way to walk, the truth to speak, and the life to live for Him, our Lord Jesus Christ. Amen.

### Saint Michael Family Advent/Christmas Play

SMS family and their friends are invited to prepare for the coming of our Lord.

6:00pm	Advent Prayer, Opening Remarks
6:05-6:25	Hickory High School Chamber Singers
6:30	Christmas Play – <i>The Mice &amp; the Manger</i>
7:00-7:15	Intermission – Hot Cocoa and cookies
7:15	String Ensemble
7:25	Trombone Trio
7:35	Concert Choir
7:45	Caroling and Tree Light Up
7:55	Silent Night
8:00	Prayer, Dismissal

### SCRIP Gift Cards for Christmas

When planning your Christmas shopping, don't forget to purchase Scrip cards through the school and earn tuition credit. Are you wanting to earn Giant Eagle Fuel Perks? Buy Giant Eagle gift cards through the school and then go to Giant Eagle and use to purchase gift cards. Order form is attached. You receive tuition credit at the end of the school year for your July payment or can be used for the next school year.

### December Calendar of Events

- Dec. 1: First Sunday of Advent
- Dec. 2: Thanksgiving Vacation
- Dec. 3: School Advent Prayer Service – noon in L.H. Memory in Lights @ UPMC Greenville 6 PM
- Dec. 4: PTO/Youth Activity Open Meeting 6:30 PM – 6<sup>th</sup> Grade Room  
Lunch: Pepperoni Roll with chips  
Grades 7/8 – St. Paul's
- Dec. 5: Jeans Day
- Dec. 6: Feast of St. Nicholas  
Santa Land  
Lunch: Pizza
- Dec. 8: Second Sunday of Advent  
Swim Meet Haggerty Family Event Center
- Dec. 9: Lunch: Chicken Parmesan sub with chips  
School Advent Service – noon in Lateran Hall
- Dec. 10: Lunch – sponsored by PTO
- Dec. 11: Lunch – Pepperoni Roll with Chips  
Grades 7/8 – St. Paul's
- Dec. 12: Feast of Our Lady of Guadalupe  
Jeans Day  
Faculty Christmas Party
- Dec. 13: Feast of St. Lucy  
Lunch: Pizza  
Script Orders due for Christmas
- Dec. 15: Third Sunday of Advent  
Swim Meet – Haggerty Family Event Center
- Dec. 16: Lunch: Chicken Parmesan Sub & Chips  
School Advent Service – noon in Lateran Hall
- Dec. 17: Advent/Christmas Program – 6 - 8 PM
- Dec. 18: Lunch: Pepperoni Roll & chips  
Grades 7/8 St. Paul's  
Payment for January lunches due
- Dec. 19: Dress Down Day and ugly sweater  
Cost - \$1 donation to Good Shepherd Center
- Dec. 20: Classroom Parties  
Noon Dismissal – No SAFE
- Dec. 21 – Jan. 1: Christmas Vacation
- Dec. 22: Fourth Sunday of Advent
- Dec. 25: Birthday of Our Lord

### Memories in Lights

#### UPMC Horizon's 31<sup>st</sup> Annual Memories in

**Lights** will take place in the lobby of the Greenville Campus on Tuesday, December 3<sup>rd</sup>. Choir students from SMS are singing. Angles to place on the tree to celebrate life may be purchased through Friend of MERP (Medical Equipment Recycling Program) 724-589-6377.



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## January 2020 Happenings

- Jan. 1: The Octave Day of the Nativity of the Lord;  
Solemnity of Mary
- Jan. 2: School Resumes – Jeans Day
- Jan. 3: Lunch - Pizza
- Jan. 5: Swim Meet – Haggerty Event Center
- Jan. 6: Lunch – Chicken Parmesan Sub with chips
- Jan. 8: Lunch - Pepperoni Roll with chips  
Grades 7/8 – St. Paul's
- Jan. 9: Jeans Day
- Jan. 10: Lunch: Pizza
- Jan. 10 – 12: Erin Scullin GJV Tournament
- Jan. 12: Swim Meet – Haggerty Event Center
- Jan. 13: Lunch – Chicken Parmesan Sub with chips
- Jan. 14: Lunch – sponsored by PTO
- Jan. 15: Lunch – Pepperoni Roll with chips
- Jan. 16: Jeans Day
- Jan. 17: Lunch – Pizza
- Jan. 19: Swim Meet – Haggerty Event Center
- Jan. 20: NO SCHOOL – Faculty Retreat
- Jan. 22: Lunch – Pepperoni Roll with chips  
**Lunch money for February Due \*\*Date**  
Changed from original date
- Jan. 23: Dress Down Day \$1
- Jan. 24: Lunch – Pizza
- Jan. 26: Opening Mass for Catholic Schools Week
- Jan. 26 – Feb. 1: Catholic Schools Week  
Celebration.

## SMS PROUD – Thank you...

To our homeroom parents for helping with Halloween and the upcoming Christmas parties.

To Mrs. Brocklehurst and Deacon Frank for driving the Seventh and Eighth grade students to visit St. Paul's Home.

To the students and parents for their generosity towards our service projects.

To Julia Miles, Hemilynn Brazel, Pereston Peterson, and Cooper Riley for participating in the Mercer County Middle School Choir performance.

## PTO – November Report – Executive Meeting

**Parent Reminder: Lunch and milk money is due Wednesday, Dec.18. If paying for the month of January or remainder of year. Any money received after that date will be applied to February payments.**

**Santa Land** – Friday, December 6<sup>th</sup>: parent helpers are needed. They must have clearances. Mrs. Pflieger will be calling parents from her list or interested parents may contact her.

Faculty Christmas Party will be on Thursday, Dec. 12 from 3 – 4:30. Venue and gifts were discussed.

Pies and Strombolis were delivered. Profit not yet available.

## SAVE THE DATES

**St. Michael Rummage Sale** - The rummage will take place on April 24-25. Help will be needed to set-up, price items, work days of event, clean up.

## 20<sup>th</sup> Annual Erin Scullin Tournament SMS Cheerleading Competition

The Erin Scullin Tournament and SMS Cheerleading Competition help to fund the Youth Activity Account. Monies from this account funds not only athletics, but all youth activities in our school. Some examples are: Academic Games, Guest Page Program, English Festival, Christmas program, special classroom activities.

Anyone wishing to advertise in the programs for the Erin Scullin Tournament and SMS Cheerleading Competition may complete the form at the end of the newsletter and return it to the school. Your support of these events is appreciated. Happy Ads for your athlete are also available at \$5 per ad.



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## **MURDER MYSTERY DINNER THEATRE**

### **Save the Date**

A murder mystery dinner theatre will be presented at the Mark Twain Manor in Jamestown on March 7<sup>th</sup> and 8<sup>th</sup>. Members of the St. Michael Church and Parish will be presenting the murder mystery to benefit the school. More details will be coming in January. This is an adult event.

### **Weather Delays and School Cancellations**

A reminder that if there is a school delay or cancellation, families will be notified through a variety of methods. Because we have students from 7 school districts, it takes time to determine if our school will be delayed or cancelled. If a parent feels the conditions are unsafe, they may choose to keep their child home which is an excused absence. When there is a delay – early arrival in Lateran Hall begins at 9:30, announcements at 9:55, and classes start at 10.

Means of notification:

- School website: [www.saintmichaell.org](http://www.saintmichaell.org)
- School Facebook Page
- Email and phone call - OptionC Alert
- Posting on Channel 2 (Pittsburgh), Channel 21, 27, 33 (Youngstown), and Channel 12 (Erie)

**If you do not have access to any of the above, please call the school to let us know.**

### **Outer Wear**

A reminder that in the classroom, students are only permitted to wear cardigan sweaters (white or navy) or fleece jacket (navy or green) from Schoolbelles or Kathy's Kreation.

Be sure that students in PreK – grade 5 dress for the weather as teachers like to take students out in the winter months for recess.



Box Tops for Education® is one of the nation's largest school earnings loyalty programs and has been helping schools succeed since 1996. It's an easy way for our school to earn cash. Each Box Tops coupon is worth 10¢ and they add up fast! Please continue to save box tops and send into school. The cash received from this program benefits the many academic games sponsored by our school. It's easy and free. Ask family and friends to save and submit. Please check the expiration date on the box tops.



# **St. Michael School will FA-LA-LA-LA-LOVE THESE EARNINGS!**



**'Tis the season for earning to snowball into even bigger earnings**

The busiest shopping days of the year all happen during the holidays. Take advantage of the gifting season and the special opportunities below. Use the bonus earnings to encourage families to do all their seasonal shopping with gift cards, so our school raises more money:

## **\$5 and \$10 Gift Cards: October 15 – December 23**

They make the perfect stocking stuffers and small gifts for friends, teachers, coaches, mail carriers, and more. Available while supplies last.

## **ThankScriping Day: November 21**

It's a huge event that only happens three times a year. Earn the biggest bonus rebates of the season on dozens of eGift cards and reloads for one day only.

## **Holiday Bonuses: November 30 – December 13**

Earn even more on holiday shopping with two weeks of bonuses on top brands.

## **Two Days of Gifting: December 5 & 6**

Stock up on physical gift cards to use as gifts during two days of bonuses on physical cards only. More details to come on limited-time ways to get our school earning on these two days.



## **NEW: FAMILIES CAN PAY WITH A CREDIT CARD**

**You can use a credit card to start earning right away at  
[ShopWithScrip.com](http://ShopWithScrip.com) or [MyScripWallet.com](http://MyScripWallet.com) on the phone**





Phone: 724-588-7050 \* Fax: 724-588-7056 \* Email: [stmikes@neo.rr.com](mailto:stmikes@neo.rr.com) \* Website: [www.saintmichael1.org](http://www.saintmichael1.org)

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20<sup>th</sup> ANNUAL ERIN SCULLIN GIRLS JV BASKETBALL INVITATIONAL  
11<sup>th</sup> ANNUAL ST. MICHAEL CHEERLEADING COMPETITION  
8<sup>th</sup> ANNUAL ST. MICHAEL MIDDLE SCHOOL MUSICAL

Dear Friends,

We are writing to ask for your contribution to our annual athletic tournaments and Middle School Musical. Your generosity allows St. Michael School to continue to offer excellent athletic and academic opportunities to our students and those that visit our gymnasium each year.

This year's Erin Scullin Tournament has been slated for January 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> 2020 at St. Michael School gymnasium. With the blessing of Erin's parents and family, we hold this tournament named in her memory for JV (5<sup>th</sup>-6<sup>th</sup> grade) teams in the region. Please see the attachment to learn more about this courageous young woman.

The Annual St. Michael Cheerleading Competition has been slated for Saturday, February 15, 2020 at Kennedy Catholic High School, Hermitage. The tournament is growing quickly and has hosted teams from Youngstown, Erie and Pittsburgh, as well as, our local region at the elementary, middle and high school levels.

This is the eighth year of the Middle School Musical. It has grown in popularity showcasing the talent of our 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students. This year the performance will take place April 3<sup>rd</sup> and 4<sup>th</sup> with musical title still to be determined.

We are asking for your generosity in the form of a monetary donation. Please think of how you can contribute to our school as we continue to offer wonderful opportunity for athletes and in our region to showcase their talents. If we could have your commitment and ad no later than **December 18, 2019**, to be listed in all three programs, we would be very grateful. Your business ad or sponsorship ad will be in the tournament program(s) of your choice for all spectators and participants to see. Should you have any questions, please contact Nancy Kremm, Principal, at 724-588-7050 or via email at [stmikes@neo.rr.com](mailto:stmikes@neo.rr.com).

Sincerely,

Nancy Kremm – Principal    Anna Boughner - Athletic Director

Girls Basketball Coaches: Stephen Morimando and Conor Scullin    Cheerleading Advisor: Mary Lynn Reimold and Haley Germano

Middle School Musical Directors: Erin Warren and Christine Morimando

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2020 Annual Tournament/Musical Sponsorship Commitment Form

Name/Business: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Please circle sponsorship level of your choice:**

Business Card:	\$25 Single Sponsorship	\$40 Dual Sponsorship	\$60 Triple Sponsorship
Quarter Page:	\$50 Single Sponsorship	\$80 Dual Sponsorship	\$100 Triple Sponsorship
Half Page:	\$75 Single Sponsorship	\$125 Dual Sponsorship	\$150 Triple Sponsorship
Full Page:	\$100 Single Sponsorship	\$160 Dual Sponsorship	\$200 Triple Sponsorship
<b>Circle event(s) sponsored:</b>	Erin Scullin Tournament	Cheerleading Competition	Middle School Musical

Please make checks payable to St. Michael School. PLEASE ENCLOSE OR EMAIL AD TO BE USED

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Phone: 724-588-7050 \* Fax: 724-588-7056 \* Email: [stmikes@neo.rr.com](mailto:stmikes@neo.rr.com) \* Website: [www.saintmichael1.org](http://www.saintmichael1.org)

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## A HISTORY OF THE ERIN SCULLIN INVITATIONAL TOURNAMENT

Saint Michael's Junior Varsity Tournament was started many years ago by two of our dedicated coaches, Mary Pat McParland and Kathy Walton. In 2001, Mary Pat and Kathy asked permission to rename the tournament "The Erin Scullin Invitational" in memory of a very courageous young woman who had graduated from Saint Michael School and had been a member of the basketball team for four years.

Erin Margaret Scullin was born on December 15, 1982. She attended Saint Michael School from kindergarten and was seriously injured in an auto accident in the fall of her 7<sup>th</sup> grade year. She was in a coma for a long time due to head injuries but she and her family never gave up. She returned to school and faced many challenges. She returned to the basketball team the next year and graduated with her class. She went on to Kennedy Catholic High School to continue her education. Sadly, due to a second accident, Erin's earthly life was ended all too soon.

Those who knew Erin admired her. She possessed all of the qualities that the players on our team strive to achieve. She was extremely dedicated to, and had a tremendous love of, the game of basketball. She always worked hard, displayed good sportsmanship, was a team player, gave 100% effort and never gave up. She was an excellent student and all-around good person. She received "The Courage to Come Back Award" presented by the Sisters of Saint Joseph.

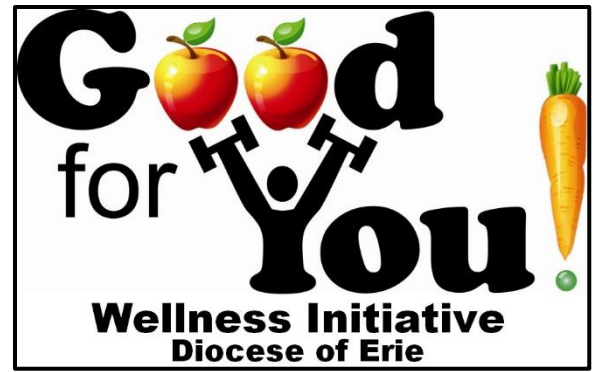
This tournament is a wonderful way to pay tribute not only to an outstanding and gifted athlete, but also to an incredible and courageous young woman who serves as an excellent role model for the young girls participating in this tournament.





Middle/High  
**Winter** 2019  
**Edition**

***Lord, more than anything help me be at peace with my body. Please release me from envy of the hair, face, skin, abs, arms, legs, thinness, tanness, physical “perfection” of others. You stitched me together in my mother’s womb. You chose my shape, my DNA, knew how I would develop and age through every stage. Please help me to be at peace with this body. Amen***



- › Get your friends together for an afternoon of outside snow activities such as snow tubing, ice skating, and sledding.
- › Build a bonfire, gather around, toast marshmallow or make s’mores, and sing songs.
- › Set up a competition with your friends – video games, a bake off, board game challenge, or snow sculpture competition.
- › Organize a movie night with your friends.
- › Create a spa day with facials and manicures.
- › Visit a local museum.
- › Build a snowman or have a snowball fight.
- › Take a hike in a local park.
- › Grab your camera and some friends for a photo scavenger hunt.

<https://icebreakerideas.com/winter-activities/>

How can I boost my immune system in the winter? ^

**The 7 Best Tips to Strengthen Your Immune System for Winter**

1. Wash your hands & do it right. ...
2. Clean your tech devices regularly. ...
3. Eat a healthy and balanced diet (garlic, cauliflower and broccoli are known miracle workers) ...
4. Hydration is also important in winter. ...
5. Exercise outdoors. ...
6. Look after yourself. ...
7. Get plenty of sleep.

Nov 14, 2017

**How To Boost Your Immune System To Fight A Cold: 7 Tips - Runtastic**

<https://www.runtastic.com › blog › boost-your-immune-system>

**Jalapeño Poppers**

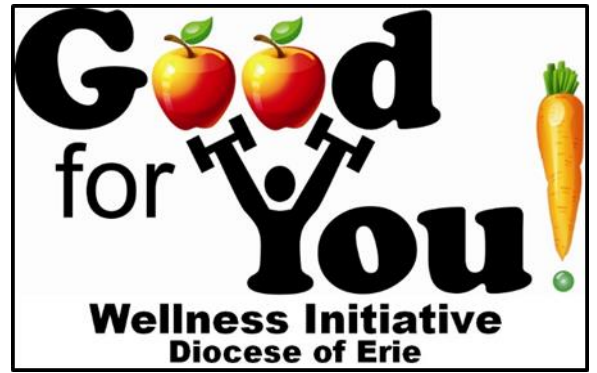
This spicy snack ain’t just for game day! A little jalapeño heat will warm you up from the inside out. “Jalapeños contain the antioxidants vitamins A, C, and E, and **capsaicin**, which helps protect your body from damaging free-radicals,” says **Jim White**, R.D. Not to mention, you’ll get fiber from the whole-grain breadcrumbs and protein from the **Greek yogurt**, he says.

Coat 8 halved and seeded jalapeños with a mixture of 1 cup fat-free Greek yogurt, ½ cup low-fat shredded cheddar cheese, 1/8 tsp of paprika, and ½ tsp of garlic powder. Sprinkle with whole-grain breadcrumbs. Heat the oven to 350°F, and bake for 25-30 minutes.



<https://www.womenshealthmag.com/food/g19954599/cold-weather-snacks/?slide=5>

Elementary  
**Winter** 2019  
**Edition**



Dear God,  
 You have given me a wonderful body. You gave me ears, so I might hear and eyes that I might see. I can move and sing and play. The best part of it is that you planned for me to have this body. Help me to take care of it the very best that I can. May only kind words come from me as I speak to classmates, family and friends. Amen.



5.Old Fashion Fun

Think basic - kids love and need to move. Focus on getting your family to move and you'll be surprised how the simple things are often really fun.

- Turn on pandora and have a dance party
- Chase and play tag
- Build forts with pillows, animals, and blankets
- Use a wii for friendly competition



<https://www.familyeducation.com/entertainment-activities/5-healthy-family-activities-try-2017>



How do I keep my child healthy in the winter?

1. Provide Kids With More Immune-Boosting Food and Drinks. ...
2. Limit Children's Sugar Intake. ...
3. Keep Kids Hydrated. ...
4. Make Sure Children Get Enough Sleep. ...
5. Encourage Kids to Relax. ...
6. Change Your Children's Toothbrushes. ...
7. Teach Kids to Wash Their Hands. ...
8. Know When to Take Children to the Doctor.

Apr 19, 2016

**8 Tips for Keeping Kids Healthy This Winter - Kids Country**

<https://kidscountryinc.com/2016/04/19/8-tips-keeping-kids-healthy-winter>



8 of 11

**Peanut Butter Oatmeal**

Honestly, is anything as belly-warming as a bowl of oatmeal? "I like to add 1/2 a mashed banana and 1 Tbsp of natural peanut butter to my oats," says Kelly Pritchett, Ph.D., R.D.

Oats are high in soluble fiber, thiamin, magnesium, phosphorus, and iron. Add to the protein from the peanut butter by making your oats with milk or cottage cheese, suggests Pritchett.

<https://www.womenshealthmag.com/food/g19954599/cold-weather-snacks/?slide=8>