



Tiger Connection

Saint Henry School

Tuesday, January 24, 2012

Principal's Message

Dear Parents:

Last Thursday's technology presentation to help parents form their children in the proper use of technology was very well received. Our guest speakers were technology expert, Mr. Tod Fetherling of Stratasan and Mr. Scott Augenbaum from the FBI's Cyber Crimes unit. The presentation was attended by approximately 60 parents and it was very pertinent. One item Agent Augenbaum stressed repeatedly was to make sure parents and children do not put personal data on their Facebook pages, even portions of one's date of birth can open a door for a hacker. He related how one 20 year old hacker had stolen the personal data from 300,000 Facebook pages!

In addition, it is important to have a challenging password to accounts. Mr. Fetherling said the best password is nine characters with a combination of lowercase, uppercase letters plus numbers and symbols. A simple six character lowercase lettered password takes approximately 10 minutes for a hacker to break, but the estimated time for nine character version is 44,530 years! Much better odds!!

On another note, this coming Sunday begins the national Catholic Schools Week celebration and gives us an opportunity to pause and reflect on the great gift of Catholic education. May we continue to help in the formation of future saints of the church!!

May God reward each of you for your sacrifices to send your children to Catholic school so they may know and proclaim the truth of the Gospel!

In Christ,

Sister Ann Hyacinth, O.P.

Principal

Registration Information

The re-registration fee for current families is now \$75.00. Please attach the \$75.00 fee with the application/subsidy card and return them to the school office. January 23rd we started accepting new family registration applications.

Financial Assistance

You are now able to sign up for financial assistance. To enroll for financial assistance you may go directly to the TADS website at www.tads.com. **The deadline is March 9th.** Financial assistance is dependent on meeting the March 9th deadline. Saint Henry School has a limited amount of aid to be distributed

to families in need. The TADS process assists us in determining the priority of need.

Kindergartner Screening

Kindergartner screenings (for new incoming kindergarten students only) starts February 6th through the 8th. Screening times are from 12:00 to 2:30. You will be receiving a letter by the end of January that will list the time and day for your child's screening. If you need any additional information, please call the office at 352-1328.

Confirmation

- Confirmation will be Sunday, March 4th at 2:00 p.m. in the Church.

Catholic Schools Week

January 30th – February 3rd is National Catholic Schools Week. Our theme is "Who do you say that I am?" This is a wonderful time to pray for all Catholic schools in our country and especially Saint Henry School. Please note the special "Pastry for Parents" on Wednesday, February 1st, right after school begins in the dining hall.

Sunday - Parish Appreciation

All Saint Henry student parishioners are encouraged to wear their school uniforms to the Saturday evening and Sunday Masses.

Monday – Teacher Appreciation

Faculty Luncheon

Tuesday – Student Appreciation

All Schools Mass at the Cathedral
Out of Uniform – Pre-k – 7th Wear spirit shirt and jeans (8th graders wear class colors)
Eighth grade volleyball game 1:30
Class Activities

Wednesday – Parent Appreciation

Student notes, cards, and letters to parents
Pastry for Parents- There will be pastries, fruit, and coffee in the dining hall at 8:00 for all parents.

Thursday – Serving Others

Souper/Cereal Bowl - Cans of Soup and boxes of cereal collection for the needy in our Community – Saint Joseph School in St. Charles Missouri asked for a rematch. The school who collects the most cans of soup and cereal is the winner. Ultimately those in need win!!

Friday - Faith Appreciation – 2:00 Dismissal

Faith Rally
Mass
Adoration
Catechesis and Prayer

Faith Rally

Note to parents: On Friday during the Faith Rally we will pause at 9:45 for all students to have a snack. We will provide a small bag of apples, 2 string cheese sticks, a bag of Cheeze Its, and a bottle of water. If your children would prefer an alternative snack, please send one from home. **Students are being asked to bring a bag lunch on Friday of Faith Rally.** Drinks will be provided.

Attire for Faith Rally day is jeans and the 2011-2012 "Who do you say that I am" Faith Rally shirt. Please do not send students in previous years' shirts!

Help SHS win a set of hockey equipment for our PE Department!!

Anyone interested in buying Nashville Predators hockey tickets, here is your chance! Buy \$15 tickets - a savings of 60% and help the children of Saint Henry School in a competition to win a Preds Pep Rally with GNASH, *a complete set of street hockey equipment for the PE department*, and many other Preds surprises! Be sure to check the following website for ticket sales and info: www.nashvillepredators.com/streethockeyoffer. These tickets may be used for school groups and outings as well. Remember to fill in Saint Henry School for us to receive credit! Act now as tickets will be going fast. Go Preds!!

Witness of the Week

Witness of the week for Pre-K – 4th grade is Zerna Akamah in Mrs. Vaillancourt's kindergarten class. Zerna showed her classmates what a privilege it is to be able to go to mass. When a parent was helping out in the kindergarten room she was asking about the readings and Father Mike's homily. Zerna was actively participating in the conversation and telling her classmates that Father Mike was talking about trust and trusting God! Witness of the week for 5th – 8th grade is Nolan Spear in Mrs. Braniff's 8th grade class. Nolan showed his classmates how important it is to help others. When Mrs. Latimer was carrying several of laptop computers in the hall Nolan offered to carry them for her down to the aftercare room.

Saint Henry Sports.

Spring Sports Sign-Ups – January 31- February 2 gym 3-4pm Soccer (5-8)/ Golf(6-8)/ Volleyball(7-8 girls)

First Friday Food Collection

The first Friday food collection will be a little different next week. Since our Faith Rally is on the first Friday, we are asking you to bring in your food items on Thursday, February 2nd.

HOME & SCHOOL HEADLINES

FAMILY FAITH NIGHT DETAILS REVEALED

~ Please join us for a night of food, fellowship and faith on **Wednesday, February 8.** Benediction will begin in the church at 6 p.m. followed by pizza (provided by Hunt Brothers) and salad. Please bring a dessert to share. The craft theme will combine the heart-warming of Valentine's Day with preparing our hearts for Lent. Families can decorate special vases for flowers to be taken to residents of West Meade Place or create

vessels to capture "penance stones." Please RSVP by *Friday, Feb. 3* to Jason or Mary Sevier Moore at seviermoore@yahoo.com.

FIRST SPRING PARTY/AUCTION MEETING

SET ~ For all those who have signed up to volunteer (and those who would like to), please join us **Tuesday, Jan. 31 in the Parish Center Meeting Room** for a kick-off Spring Party meeting. The new theme will be shared along with exciting details about our **April 14** soiree! If you are interested in joining the Spring Party team, please email Chair Elizabeth Upton at elizabeth.upton@proforma.com. Also, continue to keep those "Class Project" ideas rolling in by contacting Danielle Campbell at dlcampbell6@gmail.com. Stay tuned for more party details in the coming weeks!

SPIRIT SHOP OPEN FRIDAY, FEB 3 RIGHT AFTER FAITH RALLY ~

come check out our new assortment not-to-be-missed Tigerware!

Attention 7th Grade Girls: Anyone considering joining the Cheerleading Competition Team for next year needs to be aware that there will be a mandatory cheer camp at Saint Henry Monday, June 25-Friday, June 29. Please keep this in mind when planning summer vacations! Also, mark your calendars for a very important meeting involving cheerleading on Wednesday, March 21 at 3pm in the cafeteria. Questions? Call Krissi Watkins 668-7551

Children of Mary-The Children of Mary will meet this Thursday, January 26th, from 3:00 – 4:30pm.

Bellevue Women's Writing Contest

Isabella Thomas (3rd Grade) Short Story
Sophia Liberatore (5th Grade) Poetry
Alex Saavedra (5th Grade) Poetry
Madison Cole (5th Grade) Short story

There will be a reception for the students on May 8, 2012 at 7:00. The reception will be held at Bellevue Presbyterian Church. Students will read their winning entry, receive a certificate, and a small cash award.

St. Cecilia

St. Cecilia Academy has something for every girl this summer with Camp St. Cecilia. Please visit the St. Cecilia website at www.stcecilia.edu for more information.

Father Ryan

Father Ryan's annual Summer Camp Challenge 2012 will feature new programs in strength training along with a full lineup of camps athletics, the arts and web design for campers K-12. Camps begin May 28 through July 20 and Aftercare is available after 3 pm each day. Registration and camp schedules are available online at www.fatherryan.org/camps -- register early -- Father Ryan is offering a 15% discount to those who sign up before Feb 15!



The Healthy Tiger

Saint Henry School Wellness Newsletter

Fueling Your Tiger...Breakfast Please!

Breakfast is the most important meal of the day. It is true for everyone, especially children. Kids who eat breakfast do better in school, miss fewer days, and are more likely to have a normal body weight.

Numerous studies have consistently proven that children who eat breakfast perform better academically than those who don't. In a recent study, teachers measured the effects of eating breakfast on 4,000 elementary school students. They read a series of digits out loud and asked the students to repeat them. The children were scored on how many digits they could remember correctly. Across the board, the breakfast eaters performed better than those children who had skipped breakfast.

With ample evidence proving that breakfast is key, does it matter what children eat for breakfast? Absolutely! Protein, which is nature's appetite regulator, also powers the brain. Research on adults has shown that people tend to eat about two-thirds of their daily protein at dinner. For optimum benefit, our protein should be more evenly distributed throughout the day; try shifting some of your protein from dinner to breakfast. About one third of the day's protein requirement should be eaten at breakfast.

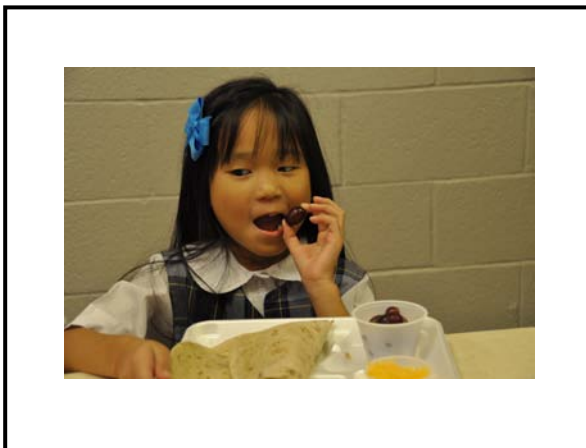
To keep your brain powered up, students, the first meal of the day should be rich in protein and good carbohydrates, the whole grain variety that will sustain you for a long time period of time. It will be easier to wait for lunch!

Cafe NEWS...

- A hearty, whole-wheat bread option was offered on grilled cheese day this month and was enjoyed by many students.

-Look for mahi-mahi on the menu in February.

-Samples of a new item, spinach-cheese pie, will be available for feedback by students in March.



Café Bio of the Month

Miss Chrissy



As a joyful presence in our all-star cafeteria, Mrs. Chris Stephens is in her seventeenth year of dedicated service to the students and staff of Saint Henry. She grew up here in Nashville, and she and her husband Tommy are the parents of 3 sons, Adam, Zach, and Michael who are all former SHS students. In addition to her grown boys, Chris has two grandsons Logan and Nathan.

Chris enjoys cooking for the Saint Henry students and loves that everyone knows each other. Watching the students change from year to year is also a treat for her. Prior to becoming part of the Saint Henry family, Chris worked in insurance.

Thank you, Chris, for your dedicated service and joyful Christian spirit which is such a part of who you are. We are very blessed to have you at SHS.

Brought to you by the SHS Faculty Nutrition Committee

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