

# E-CARDINAL NEWSLETTER



29 October 2009

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## *In Memory...*

Please join us in praying for the repose of the soul of Marie Jones Williams, mother of our 3rd grade teacher, Mrs. Mackey. Mrs. Williams passed away last Friday. Services are at the Benevolent Chapel at 1624 Milam St. at 1 o'clock on Saturday. Please keep Mrs. Williams, Mrs. Mackey, and their family in your prayers. Donations may be made to the library in Mrs. Williams' name during the SJB Book Fair.

**MONSTER MASH** is TOMORROW, October 30th from 5-8 pm. You can get your meal tickets and wristbands at the door, even if you didn't pre-order! Don't forget a/b the adult and children's costume contest so come dressed in your most creative outfit! **Oct. 30 is also an out-of-uniform day! Students may wear the SJB 60th shirt, a Monster Mash shirt from a previous year, or a red spirit shirt with jeans. After School Care students MUST be checked out of After Care before attending Monster Mash. Unsupervised children will not be allowed to attend. Thank you!**



## **BOOK FAIR!**

Our Book Fair starts next week! It will be open from 8 am until 5:30 pm on Monday, Tuesday, and Thursday and will close at noon on Friday. Wednesday has a special schedule and a number of activities are planned:

- 1.) Stop, Drop, and Read—all classes will participate by reading for 30 minutes at an office-directed signal. Please send reading material with your child on Wednesday!
- 2) It's also Grandparents' Day at the Book Fair! Grandparents are invited to come have orange juice and light snacks while they browse the book fair.
- 3) Extended hours, Klutz Build-a-Book, and Cookies and Cider! For the first time, our Book Fair will stay OPEN LATE until 7:30 pm! When you enter the side door, you will find a station for the Klutz Build-a-Book—an activity for all ages! You can even purchase the kit to take the fun home! Enjoy a cookies and cider before you stop by the Book Fair. It will close at 7:30 in time for the basketball game!



Volunteers ARE needed for this week-long event! If you can participate, please email Mrs. Polhemus at [jpolhemus@sjbcathedralschool.org](mailto:jpolhemus@sjbcathedralschool.org) or Regina Stevens at [reginas811@bellsouth.net](mailto:reginas811@bellsouth.net).

## **Important Dates**

**Oct. 26-30** RED RIBBON WEEK

**Oct. 29** Monster Mash Setup

**Oct. 30** Monster Mash 5-8 pm

**Nov. 2-6** Book Fair

**Nov. 4** NO MASS; Loyola Style Show; Girls Basketball Game at Southfield (8 pm)

**Nov. 5** 2nd and 3rd grades to SciPort; Girls Basketball Game at First Baptist (8 pm)

**Nov. 7** White Mass at 4 pm at SJB Cathedral

**Nov. 9** Girls Basketball Game at St. Joseph's (8 pm)

## **Reminders!**

- ✚ Picture retakes will be Nov. 10. If you want a retake, bring back your picture package with an explanation written on the back as to what you would like done differently. If you were absent on picture day, fill out an order and bring the day of retakes.
- ✚ Boo Bags will be distributed Friday, Oct. 30 during the last period of the day. Thank you for your orders!
- ✚ If you come inside to pick up your children after school, please use the side doors instead of coming through the front! Thank you for your cooperation!

*Have a Safe and Happy Halloween!*



## COUNSELOR'S CORNER: PARENTS—THE ANTI-DRUG

other drugs and increase a student's knowledge are important; but it's **the behavior of parents that is MORE important in helping students resist the use of alcohol and other drugs. To rephrase, PARENTS are the ANTI-DRUG!**

Children at risk for drug and alcohol abuse:

- Have a great deal of unsupervised free time
- Lack a sense of purpose or direction
- Spend most of their free time with peers "hanging out" rather than engaged in activities
- Have a family history of alcohol and other drug use
- Lack close ties with parents or receive little affection
- **Have inconsistent or overly harsh discipline at home**

Children least at risk usually:

- **Have warm, affectionate ties with parents**
- **Have strong bonds with family and school**
- **Can discuss rights, rules, and limits with their parents and have a clear idea of what is expected of them**
- **Receive encouragement for good behavior as well as punishment for breaking the rules**
- **Have parents who spend time with them and join them in activities**
- **Receive guidance in developing social skills and a strong self-concept**

We don't always think our children are listening. HOWEVER, again and again we will see that they do hear us. Keep talking! Arm yourself with information. These websites may be useful: [www.thecoolspot.gov](http://www.thecoolspot.gov) (great for middle schoolers), [www.abovetheinfluence.com](http://www.abovetheinfluence.com) (good scientifically-based facts), and [www.drugfree.org](http://www.drugfree.org).

- Wendy C. Gayle, MA

In celebration of Pope Benedict's Year of the Priest, all SJB students were given a bracelet with a diocesan priest's name on it. The students and faculty are encouraged to pray for these priests daily!

## YEARBOOK!

Anyone still interested in placing an ad in the yearbook should email Mrs. DeCuir as soon as possible. See the front page of the website to order your yearbook!

## FLYERS MAKE HONORS!

Congratulations to our SJB Alum who have made Honors this quarter at Loyola. We are so proud of you! Christina Hodgkiss, Hailey Molen, Krisi Scales, Rachel Urbanowski, Austen Murray, John Fenton, Remi Hatten, Alvin Reine, Nakul Patel, Isabella Simon, Katie Vanchiere, Mollie VanNatta, Nicole Bonk, Kimberly Nguyen, Maria Stawasz, Megan Cook, and Kim Le. Keep it up!



## Student Article: Integrity by Tori Brooks

Honor. Honesty. What do these words remind you of? I hope you guessed integrity. Integrity is one of the most valuable virtues. Integrity brings you closer to people because it shows trustworthiness. This brings us to another meaning of integrity, wholeness. Integrity should be the perfect word to describe our school. Integrity is always being tested. It isn't always easy to show honor and truthfulness, but when you do, you rightfully earn the respect of others.

Honesty is one of the best traits you can have. Would you rather your friend have integrity or be untrustworthy? How about your parents and teachers? I know that you picked integrity. Integrity allows you to build up trustworthiness. With integrity we can make new friends and keep them. We may feel good about ourselves for knowing we did the right thing. Our peers, family and even strangers deserve the respect we show by living our lives with honesty.

Honor, another key ingredient to integrity, is simply said, doing the right thing. Everyone has done something they know to be dishonest. *(continued on next page)*

## EAT MORE CHICKEN!



The Middle School Cheerleaders will be hosting their annual Chicken BBQ on Sunday, Nov. 15 in the cafeteria. The Knights of Columbus will be grilling and serving from 10 am until 1 pm and meals are \$6 per dinner. You can purchase tickets from the cheerleaders or from Amy Simon. Get your tickets now!

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An honorable person not only realizes it but admits to their mistake and offers to make recourse. By doing this we may show honor even when we have perhaps done a dishonorable thing.

It may be the toughest thing you will ever have to do, but by admitting when we have slipped in our code we take a step closer to true integrity.

Wholeness is perhaps one of the most difficult aspects of having integrity. You have most likely have fought with someone in your life. It is hard to agree on different aspects. Sometimes you just want to yell at the person

you're working with, but in the end you're glad you had a partner. Wholeness can lead accomplishments in sports and team contests.

Confucius said: To be able to practice five things everywhere under heaven constitutes perfect virtue... gravity, generosity of soul, sincerity, earnestness, and kindness. These are the very attributes which make up integrity. It isn't just about telling the truth, but also being earnest, kind, sincere, and generous. It is about sticking to a moral code not just because it is that which is expected of you, but because it truly represents who you are as a person.

Integrity is one virtue you must have. It can bring you closer to everyone.



**Wendy Gayle**  
Interview by  
5th grade

**1. What is your full name?** Wendy Ann Cocchiara Gayle

**2. What is your favorite color?** Purple and Barbie Pink (not necessarily together!)

**3. What is your favorite book?** This is a hard question! I LOVE to read, and I am not picky about what I read. I love children's books, travel guides, fashion and house magazines, novels,...

**4. Who is your favorite actor or actress?** Audrey Hepburn

**5. What is your favorite song?** Seek Ye First (but don't ask me to sing it!) My favorite musician is Harry Connick, Jr.

**6. What is your favorite movie?** Disney's Beauty and the Beast

**7. What is your favorite word?** HAPPY! (As in Happy Birthday! Happily Ever After! BE HAPPY! and Happy to see you!)

**8. What is your favorite cartoon?** I have never liked cartoons - even as a child. BUT my favorite cartoon characters are Mickey Mouse and Minnie Mouse.

**9. Who is your favorite author?** My current favorite is Chris Bohjalian. His novels are truly captivating and thought-provoking and always have a twist you'd never expect.

**10. What is your favorite animal?** See #11. BUT I am deathly afraid of birds! (I know. It's silly!)

**11. Do you have a pet? If so what is it?** Riesi - a Bichon Frise (a small, white 9-pound dog that looks like a bundle of fluff.)

**12. Where did you graduate from?** High school - St. Louis in Lake Charles; college - LSU - Baton Rouge (GEAUX TIGERS!); graduate school - La. Tech.

**13. Where were you born?** N'awlins, Dawlin'!

**14. What was your favorite subject in school?** English, Journalism, Sociology

**15. What is your favorite sport?** Any sport my kids play... especially football and soccer (When I was 9 years old, I wanted to be a professional quarterback.)

**16. What is your favorite store or restaurant?** Store - anywhere but Walmart (I LOVE to shop!!! I despise Wal-Mart!) Restaurant - Tacomania (My kids used to think it was our kitchen.)

**17. If you were an animal what would you be and why?** A successful race horse - sleek, fast as the wind, beautiful...

**18. How many years have you worked at St. Johns?** 0 years 3 months

**19. What is one memory you will never forget?** Well, of course, I will always remember when each of my children (Katy and Quincy) was born. A childhood memory I will always have is going to summer camp in the Hill Country of Texas. (I still spend most of the summer there each year!)

**20. Is there anything you would like the e-cardinal readers to know about?** St. John's is a caring, nurturing family. Kindness IS practiced here.

## CONGRATULATIONS to our students who have received honors this quarter!

### Principal's A Honor Roll

**1st** Aubrey Bailes, Amanda Bertrand, Isabella Bozeman, Thomas Roth, Selena Simmons, **2nd** Connor Christiansen, Aaron Crooks, Caralynne Davis, Daniel Funk, Lucas Haddock, Doug Hearne, Gabriel Jose, Victoria Kowal, Nevaeh Owens, Cade Tindal, Peter Vanchiere, Renee Wright, **3rd** Camille Broudy, Vivienne Davis, Coltin Hollyfield, Sarah Siharath, Jessica Spivey, Benjamin Tuttle, **4th** Catherine Marcalus, **5th** Benjamin Haddock, Nick Henderson, Madison Hollyfield, Marie Marcalus, Louis McCaa, **6th** Audrey Lashley, Brandon Moore, Caroline Vanchiere, **7th** Anna Brocato, Ricky Urbanowski, **8th** Rachel Bonk, Tori Brooks, Andy Nguyen, Victoria Nguyen, Julia Vanchiere

### A/B Honor Roll

**1st** Chanel Beasley, Nicholas Gueresko, Xander Kihlken, Cheyenne LeBrocq, Madison Monte, Betsy Morgan, Meredith Townley, **2nd** Adam Cook, Clayton Cook, Mackenzie Jones, John Lowery, Alyssa Nguyen, Tori Reich, Oscar Stautzenberger, Mai Train, **3rd** Maggie Chreene, Alec D'Antoni, Duy Dao, Luke Griego, James Martin, McKala Meziere, Ben Parsons, Hannah Robinson, Sam Russell, Jake Saucier, **4th** Alexa Sima, Alex Siharath, Madeline Saucier, Morgan Roque, Alex Reine, Parker Galloway, Blaise Chagnard, Maria Vu, **5th** Claire Haskins, James Herron, Ethan Wright, **6th** Fany Cervantes, Abby DeCuir, Coco Edwards, David Hatten, Ty'Tyana Lewis, Cameron Mitchell, Adam Reine, Skylar Ryan, Noah Stafford, Thu Vu, **7th** Chris Fenton, Joseph Ligon, Calen Martin, **8th** Nick Delaney, Regan Henderson, Josh Mangum, Sophia Simon, Paul Vu

### Perfect Attendance

**1st** Burke Chagnard, Thomas Roth, Selena Simmons, **2nd** Connor Christiansen, Caralynne Davis, Daniel Funk, Lucas Haddock, Doug Hearne, Mackenzie Jones, Nevaeh Owens, Joseph To, Mai Train, **3rd** Mia Almadovar, Camille Broudy, Vivienne Davis, Luke Griego, McKala Meziere, Tammy Nguyen, Ben Parsons, Isabelle Prince, Jake Saucier, Sarah Siharath, Benjamin Tuttle, **4th** Madeline Saucier, Morgan Roque, Braydon Jones, Christopher Griffin, Blaise Chagnard, Andrew Funk, Haley Bonano, Alex Reine, Parker Galloway, Kelsey Hightower, William Tuttle, Catherine Marcalus, **5th** Caroline Connell, Claire Haskins, Marie Marcalus, Louis McCaa, Heaven McCallum, Angela Nguyen, Jessica Prince, **6th** Coco Edwards, David Hatten, Jaimee Henderson, Audrey Lashley, Ty'Tyana Lewis, Uyen Nguyen, Caroline Vanchiere, **7th** Anna Brocato, Erin Ducote, Joseph Ligon, Ayanna Harvey, Calen Martin, Trevor Stevens, Ricky Urbanowski, **8th** Rachel Bonk, Tyler Gordy, Morgan Murray, Andy Nguen, Victoria Nguyen, Julianne Raney, Sophia Simon, Paul Vu

### And Congratulations to our Cardinal Students of the Month for October!

1st Isabella Bozeman

2nd Mackenzie Jones

3rd To Be Announced

4th Alex Siharath

5th Nick Henderson

6th Uyen Nguyen

7th Anna Brocato

8th Julianne Raney