

# Communicator

## Letter from the President

Dear Parents,

Each month when I begin to think about what I will write my column about, I review the prior year and month communicator. As I began to read the March 2009 Communicator I realized it was not written by me but by Becky Tyo (Parents' Association Secretary). As I continued to read through her column it brought me to tears, just like it did one year ago. Once I finished reading I took some time and reflected on how fortunate I am to be part of the St. Hedwig family. Since my accident in February 2009 I have seen the St. Hedwig community step up over and over again to help other families. In my eyes it is just what our St. Hedwig family does, take care of their own.

Now that we have begun the third week of Lent have you found time to weave Lent into your busy schedule? I know for me I take that quiet time in the car after dropping off the boys and pray. Sometime I find myself praying most for those driving around me. Once I have dropped off the boys, I take a deep breath, put on some quiet music and begin by saying a short pray for myself as I begin the day. I think that most of us are so busy praying for our families and others that we forget to pray for ourselves. I encourage all of you to take some extra time in prayer this Lenten season. I believe powerful things can happen by saying a short prayer.

Again, as I look at the March school calendar it is full of activities. Thanks to all that helped with the Fitness-A-Thon. The students had a great time and, we raised money for the school. Congratulations to the entire Decathlon team, St. Hedwig certainly has some really bright students.

Don't forget about the Lip Sync (back by popular demand) performance on March 14<sup>th</sup> at the Mary Aikenhead Breakfast (grades 3<sup>rd</sup> – 5<sup>th</sup>). The monies raised from the Mary Aikenhead Breakfast will be awarded to 8<sup>th</sup> grade students attending Catholic High Schools. Please come and support the 8<sup>th</sup> graders!

Lip Sync try-outs for grades 6<sup>th</sup> – 8<sup>th</sup> will be held March 23<sup>rd</sup> (performance April 30<sup>th</sup>). While reviewing the entire school calendar I realized the end of the third quarter is March 26<sup>th</sup>..... wait; didn't we just begin the third quarter?

In closing, remember, Lent is a time of Prayer, Fasting and Giving. Let's all be an example for our children and show them what it looks like to be ready to celebrate our Lord Jesus Christ. Lent is the perfect time to pray to be more like Jesus.

Joni Best

Parents' Association President

## Key Reminders:

- March 12: School Mass– 9:30 a.m.
- March 14: Mary Aikenhead Pancake Breakfast  
Lip Sync Show 3,4,5th Grades 9:00 a.m.
- March 17: March Birthdays Celebrated
- March 23: Parents' Association Meeting– 7:00 p.m.  
In Room 8A, All are welcome!
- March 25: Stations of the Cross–  
1:05 p.m. and 1:45 p.m. in Quinn Hall
- March 26: School Mass– 9:30 a.m.  
End of third quarter
- March 27: Los Alamitos Parade—9:00 a.m.
- March 29-31: Sixth Grade Science Camp
- April 1: Holy Thursday– 12:00 p.m. Dismissal  
Honor Roll Assembly
- April 2: Good Friday– No School
- April 2-9: Easter Vacation
- April 12: School Resumes

## Looking Ahead:

- April 16: Faculty Meeting: 12:00 p.m. Dismissal
- April 18: 50th Anniversary Celebration-2:00p.m.
- April 22: Athletic Awards– 7:00 p.m.
- April 23: School Mass– 9:30 a.m.

Congratulations and thank you to our Top 3 Scrip-earning families for 2009...

**The Ashworth Family**

**The Dobbs Family**

**The Udabe Family**

Not only did these families exceed their fundraising quota,  
they are working hard to earn extra money for the students of St. Hedwig School.

**How did they do it?**

- They get help from friends and family, by having other people place orders on their behalf.
- They think outside the box and use scrip for corporate spending and holiday gifts for employees. (*See's, Vons, American Express, Visa, Honeybaked Ham*)
- They use scrip on a consistent basis for the basics, i.e.; groceries (*Vons, Stater Brothers, Sam's Club*), clothing (*Kohl's, Payless and Macy's*) and dining (*CPK, Subway, Macaroni Grill*)
- They always consider scrip for big purchases such as household remodeling and appliances. (*Lowe's, Home Depot, Sears, Restoration Hardware, Pottery Barn*)

**You can do it too!**

For added benefits, sign up your Vons' and Ralph's cards to earn money every time you shop.

If anyone has questions about your scrip fundraising totals for 2009,  
or for ideas of how to earn more, email the scrip office at [sh\\_scrip@yahoo.com](mailto:sh_scrip@yahoo.com).

Also, please advise us if you have other people contributing on your behalf.

**50th Anniversary** Help is needed to set up for the 50th Anniversary on April 18th.

Please contact Mrs. Bonnie Finn if you want to be part of this set up party. (562) 296-9060 ext. 1

**Health Notes From The Health Room**

Spring will soon be in the air with sunny days and warmer climate. Have you thought about sun protection for your children? Protection from the sun is essential to prevent skin cancer from developing later in life. Skin damage from the sun alters the cells of the skin and cancers can develop within 10 to 15 years from exposure. There are three types of skin cancer; basal, squamous, and the fatal form known as melanoma.

Children are at risk for overexposure to the sun during outdoor play, swimming, sports events and visits to the beach. Sun screen with an SPF (sun protection factor) of 15 or greater (preferably 30) need to be applied and reapplied after bathing, swimming, or perspiring. The SPF protection is different for everyone. An SPF of 30 will protect the person 30 times longer than it takes that person to burn normally. If the person burns within 10 minutes of sun exposure they would have 300 minutes of sun protection or about 5 hours. Reapplication is very important. Other forms of mechanical protection include hats (at school it must be a SHS cap per our policy), sunglasses, garment protection such as long sleeves, and limiting exposure to the sun. The most dangerous times for sun exposure are between the hours of 10 a.m. to 3 p.m.

Discuss the importance of these principles with your child. Provide sunscreen paying special attention to the SPF, UVA/UVB protection, and sunscreens designated for the face. Talk about the good health practice of limiting sun exposure and reapplication of sunscreen. This will protect them well into their teens, and adult life. You can be proactive with these simple actions and prevent skin cancer!

\*\* Special note: Emergency uniforms and clothing is available in the Health Room if your child should need a change of clothing during school. The supply is limited but has various sizes. If your child uses an emergency uniform please wash it and return it to the Health Room the following day. If your child cannot obtain a uniform from the emergency supply then the policy is to call the parent for a supplemental uniform.

We truly appreciate your cooperation and assistance in keeping this support program.





## ST HEDWIG SCHOOL AUCTION

MAY 1, 2010, OLD RANCH COUNTRY CLUB

With less than two months away the Auction Committee is hard at work planning this special event. The theme for this year's auction surrounds the "Orient Express," and is sure to be an event that you'll not want to miss.

Saturday, May 1<sup>st</sup>

6:00 pm Check in, Cocktails and Silent Auction

7:30 pm Arrival for Dinner and Live Auction

Old Ranch Country Club

3901 Lampson Ave

Seal Beach, CA 90740

We've outlined a few dates and reminders:

- Monday, March 15<sup>th</sup> thru Friday, March 19<sup>th</sup> is Family Donation & Classroom Contest Week
- Watch for your "Passport to Adventure" invitation later this month
  - EARLY BIRD Registration by Friday, April 16th \$65/pp
  - After April 16th \$75/pp; At the Door \$85/pp
- Sponsorship & Raffle Opportunity information will accompany your "Passport to Adventure" invitation
- Check out the Auction Website for more information <http://www.sainthedwigparish.org/parishschool/auction.html>
- Saturday, April 24<sup>th</sup> Volunteers needed for Basket Wrapping
- Dinner, silent & live auction, raffle tickets with great prizes
- Questions or concerns, please contact Christy Littleford at
  - (562) 594-0908 or at [clittleford@roadrunner.com](mailto:clittleford@roadrunner.com)

We're looking forward to this special event.

Thank you for your support,  
The Auction Committee