

Communicator

Letter from the President

Dear Parents,

The School year is winding down. School uniforms are getting small and we certainly don't want to buy new ones so late in the year. The backpacks and folders are being held together with duct tape (I love this stuff and it now comes in cool colors). Have you seen those 8th graders? They look like adults! It's hard to believe there is only one month left of the school year. Summer break will be here before you know it. Before you switch your focus to all those summer activities, make sure your calendar has the remaining St. Hedwig activities.

- May 14th – May Crowning
- May 20th – Spring Show
- May 28th - Student Council Mass
- June 4th - 8th Grade Dance
- June 10th - 8th Grade Recognition Night
- June 11th – 8th Grade Gradation
- June 17th – Field Day

Last but certainly not least, I want to extend an enormous "Thank You" to this years Auction "Head Engineers", Christy Littleford, Eric & Jamie Larson and all their conductors for a job well done! I hope all you travelers had an adventure you will remember on the Orient Express.

Food for thought: No matter how old we are, find time in the day to play and enjoy life.

Joni Best
Parents' Association President

Key Reminders:

- May 14: May Crowning — 9:30 a.m.
- May 19: May Birthdays celebrated
- May 20: Spring Show — 9:30 a.m. 1:00 p.m. & 7:00 p.m.
- May 21: Noon Dismissal grades 1-8
- May 25: Dine-Out at Islands—3-close Parents' Association meeting—7:00 p.m.
- May 28: Student Council Installation Mass
- May 31: Memorial Day—No School
- June 4: Noon Dismissal—Faculty Meeting
- June 7: Vicki Marsha Uniforms -2 p.m.-5 p.m.
- June 10: June Birthdays Celebrated
- June 11: Graduation—6:00 p.m.
- June 17: Field Day—Noon Dismissal
- June 18: Last Day of School—10:30 a.m. Dismissal
- August 30: First Day of School

**Fourth Annual
John R. Russell Golf Tournament
Monday, August 23rd
Navy Course
All are welcome!**



HEALTH NOTES FROM THE HEALTH ROOM

May brings us Mother's Day. As a tribute to all mothers and women, this month's article will focus on how to keep up with the current recommendations for women's health promotion.

Health promotion guidelines are designed to screen for the early detection of health risks and thus prolong a healthier life. Depending on your age and risk factors, the recommendations will vary. In addition to a healthy lifestyle of nutrition, activity, being tobacco free and alcohol in moderation, basic screening begins with an **annual complete physical** including weight, blood pressure, skin exam, and a pelvic exam. If you have been feeling down, sad, or have lost interest in activities, this should be discussed with your health care provider. Laboratory testing includes a complete lipid evaluation, glucose screening, cervical PAP smear, and a fecal occult blood test. Radiographic studies, depending on age and risks, are mammography and an osteoporosis evaluation. Other evaluations include a complete eye exam, preventive dentistry, hearing evaluation and a colorectal screen (beginning at age 50). Immunizations such as influenza and tetanus should be maintained. Age related immunizations are pneumococcal and herpes zoster prevention. There is an excellent chart with all of the above information at www.womenshealth.gov/screeningcharts/general/index.cfm. You are very important to yourself, your family and others. Please take the time to keep healthy; You are worth it!

***** Scrip news*** Enter the Scrip Contest and WIN \$100!**

Receive a raffle ticket for every \$100 you spend on scrip and you could win... \$100 or \$50 in Scrip of your choice!

The more you spend, the better your chances of winning! Contest ends May 30th.

Bonus...order on-line and get double tickets! Go to www.shopwithscrip.com. Our enrollment # is 8585921L9534. Orders must be paid with Presto Pay or a check must be received in the office before the order is released.

Box Tops and Campbell's Soup UPC Collection Contest

Clip and collect box tops off your favorite product brands, Avery, Ziploc, Scott, Hefty, Progresso, Pillsbury, Betty Crocker, Yoplait, plus tons of cereals and other products. Each box top is worth 10 cents for our school.

Campbell's Soup UPC's help us to earn credit to purchase items for our students. Turn clipped items into your classroom.

The class that collects the most box tops and the class that collects the most Campbell's UPC's each will win an extra recess with Otter Pops!!!

Stock up now for Summer

Beginning June 16 scrip will be sold only on Sundays for the summer. So, now is the time to stock up on all the things you will need. Fast food, dining, groceries, gas and movie theater scrip are all summer staples.

And don't forget vacation and travel plans. Scrip can be purchased for hotels, airlines, gas, rental cars and gasoline.

Scrip-o-meter

Our scrip profits are nearing **\$40,000!** The fiscal year ends June 30th and we can finish off the year with a bang! **Buy Scrip Today!!!**

ATTENTION ALL PARENTS:

Cell phones may NOT be used while a parent is performing a service job on the school campus. Please leave the school office telephone number as an emergency contact while you are performing your service job, and messages will be relayed promptly. Thank you for your service to the faculty and students of St. Hedwig, and to your commitment to ensuring the safe and efficient operation of the school.

A COMFORTING THOUGHT

After my mom died just a few short weeks ago I am comforted by the reality that she is fully alive with Jesus in Heaven with her new, perfect body, and that she is with her loved ones who passed before her and all the saints of old. Besides Jesus, she loved our Blessed Mother Mary and I can envision mom having chats with Mary about her family here on earth who she dearly loved. These chats probably resulted in the whispers in the ears of the people who sent the lovely flowers or the words and cards that consoled.

While I'll think about mom's life here on earth through pictures, videos, and memories, I'll remember Mary through the devotions, songs, and images of her that our Catholic heritage so richly brings to us. May is the month when Catholics traditionally focus on Mary. The practice dates back at least 700 years and is seen as the beginning of new life and a prelude to the start of summer, which makes this a logical time for the celebrations of Mary, who brought Jesus our "life" into the world. This month of devotions in the church calendar is characterized by special hymns and the use of flowers, which bring nature into the church. There are several Marian feast days in May, including Our Lady of Fatima, Our Lady of the Most Blessed Sacrament, and Visitation of the Blessed Virgin Mary.

Perhaps the most well-known of the May Marian devotions is the crowning of a statue of Mary with flowers. Our students will celebrate Mary's life with a May Crowning on Friday, May 14 at 9:30. Let's pray for our children that they will grow closer to Mary and Jesus through this special celebration which we are so fortunate to have here at St. Hedwig. May God bring our children the deep things of the heart that they yearn for - the love, peace, comfort, hope, and joy of the Holy Spirit.

-Ann Getscher, Prayer Ministries Coordinator

Positive Attitude

~~ Author Unknown ~~

She is 92 years old, petite, well poised, and proud. She is fully dressed each morning by eight o'clock, with her hair fashionably coifed, and her makeup perfectly applied, in spite of the fact she is legally blind. Today she has moved to a nursing home. Her husband of 70 years recently passed away, making this move necessary.

After many hours of waiting patiently in the lobby of the nursing home, where I am employed, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet curtains that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room....just wait," I said. Then she spoke these words that I will never forget: "That does not have anything to do with it," she gently replied. "Happiness is something you decide on ahead of time. Whether I like the room or not, does not depend on how the furniture is arranged. It is how I arrange my mind. I have already decided to love it. It is a decision I make every morning when I wake up. I have a choice. I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or I can get out of bed and be thankful for the ones that do work. Each day is a gift, and as long as my eyes open, I will focus on the new day and all of the happy memories I have stored away; just for this time in my life.

A big “Thank You” to our St Hedwig School Community!

The 2010 St Hedwig School Auction was a wonderful success!

Thank you to all who attended this fabulous event. It is great to belong to such a supportive school and generous parish community. The auction would not be possible if it were not for your outstanding support.

Thank you to all who volunteered for the event, from basket wrapping to set up. Our committee appreciated all of the time and support; and we hope you enjoyed participating.

We had an awesome group of committee members this year. During crunch time, everyone rolled up their sleeves and lent a hand ensuring the event went off without a glitch. Thank you for donating your time, talent, and expertise. This event would not have been possible without your hard work and dedication to our students.

Orient Express Raffle Prize Winners:

St. Hedwig Tuition – Maxwell Family

SCRIP Extravaganza – Kim Godin

Las Vegas Escape – Maria Mayan

Apple iPod Touch 32gb – Kristie Brown

**Golf package ~ In Memory of Doug Ashworth
Karich Family**

**Thank you,
The 2010 Auction Committee**