



Saints Peter & Paul Catholic School

Friday Newsletter October 4, 2013

From the Library: Thank you to the 10 Students who participated in Summer Reading. They were Kindergarten – Emerson Comegys, 2nd Grade – Bailey Atkinson, Ryder Comegys, Ross Brackman, 4th Grade – Alondra Green, 5th Grade – Jordan Brackman, Taylor Frederick, Grant Wilson and 8th Grade – Claire Grissum and Megan Kammerich. These readers did a great job and got to travel to many exciting places. (If only in their imaginations!)

Achievement Testing: Testing week has concluded and the students all did a wonderful job! They were very patient and did their best. All testing materials for the diocese must be turned in by October 12 to the Assessment Resource Center at the University of Missouri-Columbia for scoring. Results will be back in late November or early December.

SSPP Warriors 5k Saturday, October 12th! The 5k committee is working hard to make this new fundraiser the school families voted for a HUGE success!! Please come join us for a great family-friendly morning. There will be child care at the playground. Bring the whole family! Prizes will be awarded to the top male and female adult finisher, as well as the top male and female children finishers under 12! All children participants will be awarded a finisher medal!!! Please return your registration forms as soon as possible to be guaranteed a t-shirt! If you do not want a shirt, registration is only \$15 for adults! Let us know if you need more registration forms. Thank you for your continued support!

Education Makes Cents! Citizens Bank and Trust is continuing their “Go Warriors” debit card program. Using the Warriors debit card results in a \$.05 donation to the school for every transaction.

October 18 is the last day for shorts: All are reminded that according to school policy, the last day for shorts is October 15. However, the shorts season will be extended through Friday, October 18. After that date, students are not to wear shorts (until, of course, April 15).

Scrip News: Fall is officially here!!! If you are one who would rather stay inside during the cold months, check out either Goodrich Theaters or Hollywood Theaters to enjoy a movie. Make the night complete and have a meal out! Choose from many of our on-hand options!! Happy Fall!!!

The SCRIP binder will be held in the School Office during the week with Mrs. Grissum. Please let Elizabeth or Mrs. Grissum know if you need an order form or take advantage of ordering online at www.shopwithscrip.com! Ask us about PrestoPay to make the process for you even easier! There are many ScripNow retailers that you can purchase online and print your gift certificate within minutes!

Check out our on hand inventory! We have Applebees, Arby's, Breaktime \$50 & \$100, Bredeaux, Chili's, C&R \$50 & \$100, Cutie Pyes, Goodrich, Gordon Jewelers, Hardees, Hollywood Theatres (Regal), JCPenney, KFC, LaHacienda, Lowe's, Maggie's, McDonalds, Menards, Old Navy, Panera Bread, Phoenix Public House, Pirates

Forming Disciples of Jesus Christ

Cove, Pizza Hut, Red Lobster/Olive Garden, Subway \$10, Taco Bell, Texas Roadhouse, TGI Fridays, Walmart \$25, \$100 & \$250, Wendy's, and WJ's!!!

Upcoming Promotions:

- *GAP/OLD NAVY 2% bonus 9/28 – 10/11
- *Chili's Free Kids Meal with \$50 card purchase thru 10/11
- *Brookstone is now a ScripNow retailer at 12%
- *Shutterfly 2% bonus through 10/5

Ways to order/purchase: after Mass with a Volunteer, thru Flo in the Church office, putting your order in the collection basket, online at www.shopwithscrip.com or by contacting Elizabeth at 660-853-1478 or eatkinson23@hotmail.com. Weekly deadline is 2pm on Sunday to receive cards in the same week!

Upcoming Events

- October 9 Fire Prevention Program, Boonville Fire Department
- Oct 12-Nov 1 Online Book Fair
- October 14 Early Release – Faculty Meeting & In-service, 2:00 p.m.
- Oct 16-24 In-School Book Fair
- October 18 Last Day for Shorts
- October 22 1st Quarter Grades released
- October 23 Parent/Teacher Conferences, 3:30 – 5:00, 6:00 – 8:00)
- October 24 Early Release, Parent/Teacher Conferences 1:00 – 8:00 p.m.
Fall Picture Re-takes
- October 25 NO SCHOOL



New School Meal Requirements

You may have heard that there been new requirements for school meals. Many of the new rules will began for school year 2012-2013. Knowing what changes were likely to take place, we have gradually been making changes so it wouldn't be such a shock to the students when the new requirements went fully into effect.

Biggest Changes:

- Students will now be required to have $\frac{1}{2}$ cup of fruit or vegetables on their tray for it to count as a full meal. Anything less than a full meal is charged at a la carte prices. We plan to offer a variety of fruits and vegetables daily to give the students more to select from.
- The amount of food and calories offered at each meal will be based on three different age groups; grades K-5, 6-8 and 9-12. Before, we only had two age groups which left some of the younger students with way too much food. You'll see that on the menus, many of our items are the same, but portion sizes and recipes will be designed to meet the specific age groups.
- We need to offer $\frac{1}{2}$ cup of fruit to grades K-8 and 1 cup of fruit to grades 9-12.
- We need to offer $\frac{3}{4}$ cup of vegetables to grades K-8 and 1 cup of vegetables to grades 9-12.
- We are now limited as to how much meat/meat alternate (cheese, yogurt, peanut butter) and grains we can offer. Previously, we only had a minimum to meet, but could offer more. Now we have to stay within the specified ranges for each age group. This means main entrees may not be as large as they have been. Remember, though, that there are more fruits and vegetables available than before. We'll have to be a little creative to make this work, but have no doubt we can make each meal something our students will enjoy.

Changes We Have Already Made:

- Half of all grains offered must be whole grain rich. Almost all of our grains offered already meet this requirement and most are 100% whole grain. Our pizza crust and corndogs are whole grain rich.
- We must offer vegetables from the following groups each week: dark green, orange/red, beans, starchy, and other vegetables. We've been working towards this goal by serving fresh veggies with low-fat ranch, switching all lettuce to romaine, and offering beans/legumes.
- Schools have until 2014-2015 to meet the first level of sodium limits. We come very

close right now. Food manufacturers have gradually been lowering the sodium in foods; we expect it will not be a problem to meet this requirement.

Additional Changes:

- New and different items are being added to the menu. For October you may notice a potato bar option added for later in the month and a pasta bake main entrée.
- A lunch advisory group has been formed which is proving to be very helpful.
- We are also trying to add more information to the menu to better inform parents and students.
- We are asking students about what they would like to see on the menu, giving them some main entrée choices to select from. Student Council is helping with a survey

How You Can Help:

- Encourage your children to try new things at home and school.
- Join your child for lunch and/or breakfast.
- If you have questions or concerns, please feel free to contact us. We're here to help!

