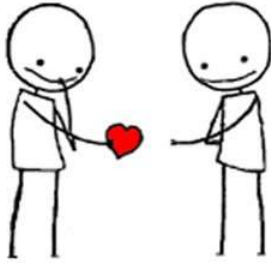


# Bishop John A. Marshall School Friday Notes

FEB. 9, 2018

MRS. CARRIE WILSON, HEAD OF SCHOOL

## Random Acts of Kindness Week Feb. 11-17



Pay it forward

## Mass at BJAMS

**Wed., 2/14** Ash Wed.- 8:15 a.m. *Celebrant:* Fr. Privé

## Lunch Menu: Feb. 5-9

- Mon. 2/12:** Turkey & cheese on whole wheat wrap, whole grain pasta salad, veggie sticks
- Tues. 2/13:** Taco (ground turkey) bar w/toppings on whole grain shell, black bean salad, corn
- Wed. 2/14:** Whole grain fish patty on whole wheat bun, tater tots, broccoli
- Thurs., 2/15:** Whole grain bagel w/toppings, veggie sticks w/hummus
- Fri., 2/16:** Grilled cheese on whole wheat bread, veggie sticks, whole grain chips

**BJAMS Thanks** - Many thanks to Casey Dewey for organizing and running the Scholastic Book Fair again this year!! Hip, hip, harrah!

**Girls on the Run - Attention Parents of girls in grades 3-5!** Registration for this year's Girls on the Run program will begin **online** on February 19th at [www.getrvt.org](http://www.getrvt.org). When registering, please select the Northern VT group. Prior to the 19th, you can visit their website to learn more about the Girls on the Run program.

**Coin Challenge** - During Catholic Schools Week classes collected non-perishable food items and competed in a coin challenge. All the proceeds went to the Lamoille Food Share. As a school, BJAMS raised a total of \$259.03 in coins and total of 438 non-perishable goods. Fifth grade came in first place for both competitions and will enjoy a dress-down day with a theme of their choice. Thank you to everyone who participated!

	Non-Perishable Goods	Money
Pre-K (9 students)	19	\$16.35
Kindergarten (9 students)	16	\$0.00
1st Grade (13 students)	22	\$6.60
2nd Grade (14 students)	111	\$44.08
3rd Grade (13 Students)	12	\$15.01
4th Grade (13 Students)	70	\$48.99
5th Grade (15 Students)	118	\$107.32
6th Grade (21 Students)	23	\$14.68
7th Grade (13 Students)	44	\$4.00
8th Grade (14 Students)	3	\$2.00
<b>Grand Total</b>	<b>438</b>	<b>\$259.03</b>

**Survival of the Fittest** - Congratulations to our awesome third grade class who won this challenge during Catholic Schools Week!

**Lip Sync Battle** – Three cheers to all of our Pre-K to 8th grade participants! They did a great job and showed amazing team skills and self confidence in performing before the entire school! It was a tough decision by our judges, but ultimately first grade edged everyone out and won the trophy! And, what about those "Pink Ladies"? Whoo hoo for the rousing rendition of "We Go Together" from the musical Grease! The fabulous Pink Ladies were teachers: Laurie Flaherty (PK), Erica Silveira (1st), Crystal Greene (2nd), Jessica Sempregon (4th) and Vice Principal, Jen Nordenson (who made an appearance as "Sandy")!

**BJAMS Ski Program** - Please be advised that the BJAMS Ski Program will not be happening on February 18th due to the Presidents' Day Weekend. Passes are not valid that day. However, we will be having the program on each weekend of our February vacation. I know many people are traveling. So please contact Erica Silveira at [esilveira@bjams.org](mailto:esilveira@bjams.org) if you are not able to attend one of those weekends.

**Polar Splash at Lake Elmore - Please join us this Saturday, Feb. 10th at Lake Elmore at 11am and cheer on our brave team of nine:** Rick and Wiley Barnett, Robbie Robinson, Mrs. S., Miss Destiny, Brian Tomlinson, Jeremy Ayotte, Katie Marvin, and Randy Pratt.

*Kindness is giving hope to those who think they are all alone in this world.*

**BJAMS Fish Fry**- Just one more week until the big event!! Please join us next Friday, February 16. We are kicking off Lent with our Annual Fish Fry! You need not be Catholic to attend! We will have dinners to go (3:15 - 6 pm) or you can sit and chat with friends and eat, eat, eat from 5 - 7pm in our multipurpose room! We will have a traditional fish fry menu: fried white fish, French fries, coleslaw, and a roll (ketchup and tartar sauce included). Dinners are \$10.00 each or \$35.00 for a family of 4. You can pre-order dinners (see form at the end of Friday Notes) for pick up as early as 3:15 pm, but we ask that you complete and submit the pre-order form with full payment to the school office by Thursday, Feb. 15. **Volunteers are still needed ... especially for the 3-5pm time slot (as well as the 5-7:30 time slot).** The volunteer sign-up sheet is on the bulletin board across from the school office. We need help with set-up, serving, cashier, and break down with clean up. Thank you in advance for **volunteering your time!** We welcome parents and students alike as volunteers, and it counts for community service hours.

**Tax Information** - If you need a total of your ASP charges for your taxes and haven't received it, please contact Mrs. Rooney in the Business Office; she will give you the information you need.

**Attention Kindergarten Parents** - Current Kindergarten students (only) will have a half day on Tuesday, March 13 with dismissal promptly at noon. Our annual Kindergarten screening for new BJAMS Kindergarten students will take place that afternoon from 1:30-2:30 p.m.

**Kindergarten and Pre-K Screenings for 2018-19** – Do you know a family who might have age-appropriate children for our upcoming 2018-19 screenings for Kindergarten (must be 5 by Sept. 30) and Pre-K (must be 4 by Sept. 30)? If so, please let them know: Kindergarten screenings will take place on **Tues., March 13** from 1:30 – 2:30 and Pre-K screenings will occur on **Tues., April 24** from 1:30-2:30. Please ask them to register on our homepage at [bjams.org](http://bjams.org) or call Maryellen Kohl at 888-4758 to schedule their child's screening. **And don't forget ... for every family you refer whose new student(s) remain at BJAMS through a minimum of one trimester, you can receive a \$250 discount on your own student's tuition (or hot lunch/ASP account) by this referral!**

**Business Office Reminder: Zero Balance Fridays! All Hot Lunch/ASP charges must be paid in full to ensure charging privileges the following week.**



- ❑ **Polar Bear Plunge** - Sat., Feb. 10 at 11 at Lake Elmore. Come and cheer on our BJAMS team!
- ❑ **Fish Fry** - Fri., Feb. 16. (3:15-6 dinners to go.) (5 - 7pm dinners in our multipurpose room.)
- ❑ **Winter Recess** - Mon., Feb. 26 through Fri., March 2
- ❑ **Second Trimester Ends** - Fri., March 9
- ❑ **Half Day - Parent/Teacher Conferences** - Thursday, March 15. Dismissal is promptly at noon.
- ❑ **Report Cards** - Fri., March 16
- ❑ **No School - Staff Development** - Friday, March 23
- ❑ **Half Day - Good Friday** - March 30. Dismissal is promptly -- and silently -- at noon.

No Act of KINDNESS  
< however small >  
Is Ever Wasted.

-Aesop

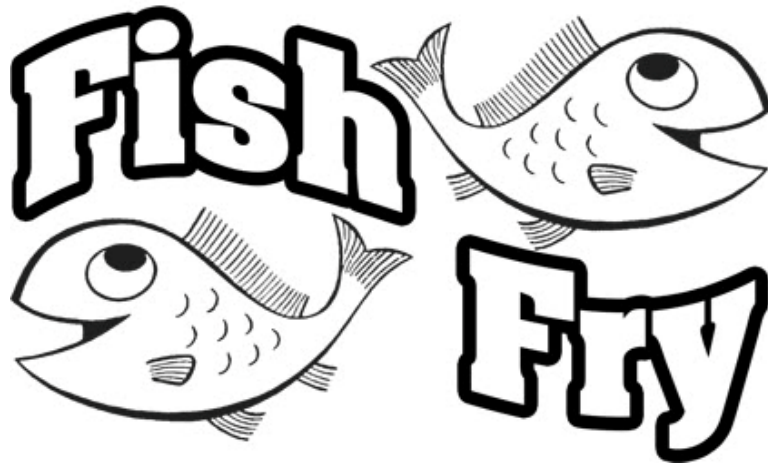


## 50 Fun Kindness Ideas to Celebrate Random Acts of Kindness Week

1. Pay it Backward: buy coffee for the person behind you in line.
2. Compliment the first three people you talk to today.
3. Send a positive text message to five different people right now.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.
5. Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
6. Donate old towels or blankets to an animal shelter.
7. Say hi to the person next to you on the elevator.
8. Surprise a neighbor with freshly baked cookies or treats!
9. Let someone go in front of you in line who only has a few items.
10. Leave a gas gift card at a gas pump.
11. Throw a party to celebrate someone just for being who they are, which is awesome.
12. Have a LinkedIn account? Write a recommendation for coworker or connection.
13. Leave quarters at the laundromat.
14. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
15. Leave unused coupons next to corresponding products in the grocery store.
16. Leave a note on someone's car telling them how awesome they parked.
17. Try to make sure every person in a group conversation feels included.
18. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
19. Place a positive body image notes in jean pockets at a department store.
20. Smile at five strangers.
21. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
22. Send a gratitude email to a coworker who deserves more recognition.
23. Practice self-kindness and spend 30 minutes doing something you love today.
24. Give away stuff for free on Craig's List.
25. Write a gratitude list in the morning and again in the evening.
26. Know parents who could use a night out? Offer to babysit for free.
27. Hold up positive signs for traffic or in a park for people exercising outside!
28. Return shopping carts for people at the grocery store.
29. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
30. Write a positive comment on your favorite blog, website, or a friend's

- social media account.
31. Have a clean up party at a beach or park.
  32. While you're out, compliment a parent on how well-behaved their child is.
  33. Leave a kind server the biggest tip you can afford.
  34. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
  35. Pay the toll for the person behind you.
  36. Put 50 paper hearts in a box. On each cutout write something that is special about your partner or a friend. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
  37. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.
  38. Write your partner a list of things you love about them.
  39. Purchase extra dog or cat food and bring it to an animal shelter.
  40. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
  41. Take flowers or treats to the nurses' station at your nearest hospital.
  42. Keep an extra umbrella at work, so you can lend it out when it rains.
  43. Send a 'Thank you' card or note to the officers at your local police or fire station.
  44. Take muffins or cookies to your local librarians.
  45. Run an errand for a family member who is busy.
  46. Leave a box of goodies in your mailbox for your mail carrier.
  47. Tape coins around a playground for kids to find.
  48. Put your phone away while in the company of others.
  49. Email or write to a former teacher who made a difference in your life.
  50. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!





## Pre - Order Dinner Form

February 16<sup>th</sup>. - Pick from 3:15-6pm.

**\*Order form MUST BE SUBMITTED if you want to pick up dinners after school.**

**\$10.00 per Dinner or \$35 .00 for a Family of Four**

Form is due to Mrs. Kohl by Thursday, February 15th.

Family Name \_\_\_\_\_

Number of Dinners \_\_\_\_\_

Pick up Time \_\_\_\_\_

\_\_\_\_\_ Paid \_\_\_\_\_ Unpaid

Please make checks payable to: BJAMS PTO.

# BJAMS BASKETBALL

Bishop Marshall's basketball teams, coaches, training times, game schedule, and notes are:

## **Grade 1/2**

Katie Marvin [KatieMarvin@live.com](mailto:KatieMarvin@live.com)

Dana Clapp [danalclapp@gmail.com](mailto:danalclapp@gmail.com)

Training: Monday 3:15-4:15

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## **Grade 3/4 Coed**

Casey Dewey [Celticdewey@yahoo.com](mailto:Celticdewey@yahoo.com)

Training: Tuesdays/Thursdays 5:45-7

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## **Girls 5/6**

Casey Dewey [Celticdewey@yahoo.com](mailto:Celticdewey@yahoo.com)

Lindsay Barup [Hotwoody24@gmail.com](mailto:Hotwoody24@gmail.com)

Training: Mon. 4:30-5:45 & Fri. 3:15-4:30 (unless the coach advises differently)

## **Boys 5/6**

Stephanie Frederick [Sfrederickvt@gmail.com](mailto:Sfrederickvt@gmail.com)

Michael McCormack [Michael.mccormack@raymondjames.com](mailto:Michael.mccormack@raymondjames.com)

Training: Monday 5:45-7:00 and Wednesday 5:30-6:45

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## **Girls 7/8**

Casey Dewey [Celticdewey@yahoo.com](mailto:Celticdewey@yahoo.com)

Lindsay Barup [Hotwoody24@gmail.com](mailto:Hotwoody24@gmail.com)

Training: Mon. 4:30-5:45 & Fri. 3:15-4:30 (unless the coach advises differently)

## **Boys 7/8**

Andrea Jones [Andreaj@manosh.com](mailto:Andreaj@manosh.com)