



ST JUDE
REGIONAL CATHOLIC SCHOOL

May 8, 2019
Volume 9, Issue 2

Bulldog Brief

Dear St. Jude Community,

Congratulations to our 2nd graders who received their First Holy Communion this past weekend. Well done Mrs. Brown.

Thank you to all the moms out there. Your love and devotion are witnessed everyday in our community. Thank you and I hope you have an enjoyable weekend.

We are less than a month away from the last day of school, please keep your eye on the many events we have in this short time frame. If you are able to volunteer, please feel free to contact the school or the teacher/parent in charge. Thank you for your continued support!

One more thing, if you haven't finished registration, you know who you are, please do so, or contact the office for assistance.

We areSt. Jude!

Live Jesus in our hearts..... Forever!

Glenn J. Benjamin, Ed.D.

Glenn.Benjamin@stjuderockville.org

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TO DO LIST

- ☐ **Buy Nationals Tickets**
- ☐ **Order a Yearbook**
- ☐ **Order Hot Lunch by 5/12**
- ☐ **Register for the Golf Tournament**

2019-2020 Enrollment

If you have not yet completed the re-enrollment for the 2019-2020 school year, please do so as soon as possible. Registration is now open to everyone and you must register to secure a spot for your child(ren) for next year.

Support Hours

Have you already completed your Support Hours? Track your hours from the School website using the Chrome Browser.

Navigate to www.stjuderockville.org > Parent Resources > School Support Program > Enter Your Support Hours [Here](#)

Register by creating a user name

and password, then log on and input your hours. The site will tally all of your hours for the year.

We have a computer in the Main Office that is available to you at any time if you need access to enter your hours.

If you have any questions or concerns, please email elen.donnely@stjuderockville.org

	December 29, 2018	May 28, 2019	Total Hours Completed
Multi-Family Household	15 hours or \$225 (\$15 per incomplete hour)	15 hours or \$225 (\$15 per incomplete hour)	30 hours or \$450 (\$15 per incomplete hour)
Single Parent Household	7.5 hours or \$112.50 (\$15 per incomplete hour)	7.5 hours or \$112.50 (\$15 per incomplete hour)	15 hours or \$225 (\$15 per incomplete hour)

CALENDAR

Jr. Science Fair.....May 9
Spring Art/Music Show.....May 13
Nationals Game.....May 17
No School.....May 24
No School.....May 27

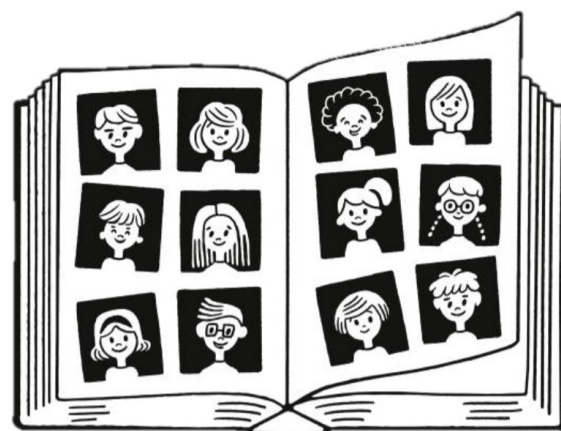
Education is a continual process, it's like a bicycle... If you don't pedal you don't go forward.

- George Weah

Yearbook Orders

Send in \$18 cash or check (made out to "St. Jude Regional Catholic School") to your child's homeroom teacher or to the Main Office in an envelope with your child's name on it to get your yearbook. Submit your money before 5/23!

Thank you!



Hot Lunch Orders Due!

Login at <https://mainandmar-ket.boonli.com/home> to place hot lunch orders for June by May 12th.

Upcoming Events

Washington Nationals:

May 17 against the Cubs

End of School Year Bash:

June 8th



HSA Updates

May 17- Washington Nationals -

Purchase deadline extended! Bring your family and friends and join the HSA at Nationals Park on Friday, May 17th at 7pm. Ticket price includes \$8 in concession credit.

Purchase tickets at www.groupmatics.events/Stjude2019

Save the date - End of School Year Bash - Saturday, June 8th 11am to 2pm. Join us as we celebrate the end of the school year. More details to follow.

A promotional graphic for the Washington Nationals game. It features the Nationals logo (a red 'W' in a blue circle) on the left. To the right, the text '4 MORE DAYS!! to buy DISCOUNTED tickets!' is written in a bold, red, italicized font. Below this, a photograph of Nationals Park is shown, with the text 'Cubs at Nationals May 17, 2019 7:05 PM' overlaid. At the bottom, it says 'PURCHASE DEADLINE: MAY 12TH' in red, followed by the URL 'https://groupmatics.events/event/Stjude2019' in blue. A final line of text states: 'Every ticket sold through this link includes a \$5 donation benefiting St. Jude Regional Catholic school and \$8 concession credit!'.

Bulldog Locker Room




Attention all Golfers! Our annual golf tournament to support the renovation of Cal Bowser Field is scheduled for **June 7, 2019, at Hampshire Greens.** [Registration](#) now open!

Not a golfer? You can still support our efforts with a donation or sponsorship. <https://sosj.ejoinme.org/MyEvents/SJAAGolfTournament/tabid/965461/Default.aspx>

Questions? Contact stjudesaa@gmail.com.

End in Sight: Tips for Fighting the Fourth-Quarter Blues

Story

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Posted: Friday, April 26, 2019 4:15 pm | Updated: 4:31 pm, Fri Apr 26, 2019.

TEXT: Michelle Blanchard Ardillo

The long-awaited fourth quarter of the school year is finally here, and summer is right around the corner. But before you can head to the beach or plan all those backyard barbecues, pay attention to these five tips to end the school year with success.

Sleep on it

Prepare for a shock: The Mayo Clinic's recommended amount of sleep by age group is posted on its website and included here. It's safe to say that most school-age children (and adults) are not getting the recommended amount of sleep. Researchers know that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus. And if they do get sick, a lack of sleep can also affect how fast they recover. Make sure your children are sticking to a school-year bedtime and not a summer-break schedule.

Take it outside

With springtime temperatures and longer hours of daylight, children should spend some time after school getting exercise and fresh air. Not only will it help them sleep better (and longer) at night, it will improve their concentration for completing homework and studying for tests and quizzes. You also can set up a work station for your child on the back deck or patio for them to do homework while enjoying the outdoors during this time of year.

Organization is key

It's only natural to feel weighed down if every piece of paper from the whole school year is still in your child's backpack or binder. Start by taking out anything from the first semester. Most middle schools that give final exams only assess students on the second semester, the third and fourth quarter. If in doubt, send a quick email to your child's teacher to verify what materials are still needed, then sort your child's graded work and notebooks accordingly.

Call for help

If your child is struggling with staying focused, you don't have to tackle that alone. Email your child's teacher and request a short meeting. If grades are falling, ask for extra-credit assignments or inquire about after-school assistance in the more challenging subjects. For students with learning differences, schedule a meeting with the school resource teacher or guidance counselor; these educational professionals can help get your student back on track. Don't wait until the last few weeks of the quarter to seek help if you need it.

Keep your eye on the ball

Create a special, end-of-the-school-year calendar. Get out colored markers and a piece of poster board. Mark any important school dates, upcoming field trips, class parties, final exams and graduation ceremonies. Use colorful stickers to count down the days until the last day of school. It's easier to work toward a goal when you have a clear picture in mind, especially with younger children who haven't yet developed a keen sense of time.

The fourth quarter and its mad dash to the end of the school year don't have to be stressful. Using these five tips will help the fourth quarter fly by with good results and a successful end of the school year.




End in Sight: Tips for Fighting the Fourth-Quarter Blues

Recommended Hours of Sleep for School Children

- Preschool and kindergartners: 10-13 hours
- Elementary and middle schoolers: 9-11 hours
- High schoolers: 8-10 hours

Source: Mayo Clinic

 **If your child is struggling with staying focused, you don't have to tackle that alone. Email your child's teacher and request a short meeting.**

Michelle Blanchard Ardillo is a freelance writer and middle school language arts teacher.



CONTACT LIST

QUESTIONS?

Ready to volunteer or have a question? Reach out to the Contact for more information or to volunteer.

Volunteer Opportunity

Description

Contact

PLAYGROUND MONITOR

Consider taking a day or two each week to help set-up and monitor the children right before school or during your lunch break.

Otis Sangster

oasangster1@verizon.net

USED UNIFORM STORE

Volunteers help manage and sort the used uniforms donated back to the school. Everyone is welcome to browse the available used uniforms available in various sizes and styles in the "store" in the basement of the school.

Ms. Negash

neden08@yahoo.com

SCHOOL STORE ("BULLDOG KENNEL")

Show your Bulldog Pride and assist with the School Store during morning drop-off and for special events.

Mrs. Lagrana

nlagrana25@gmail.com





SOCCER SUMMER CAMPS



DATES:

SESSION 1 *JULY 15 - JULY 19*, 9AM - 3PM

SESSION 2 *JULY 22 - JULY 26*, 9AM - 3PM

SESSION 3 *JULY 29 - AUG 2ND*, 9AM - 3PM

ELIGIBILITY:

BOYS AND GIRLS 6-13

COST: \$325

\$300 EARLY BIRD DISCOUNT IF REGISTERED
BY MARCH 31 (WITH DISCOUNT CODE 55531)

BEFORE & AFTERCARE IS OFFERED

LOCATIONS:

ELIZABETH SETON HIGH SCHOOL

5715 EMERSON ST, BLADENSBURG, MD 20710

REGISTER: DEMATHASOCCERACADEMY.ORG



TRAVEL SOCCER TRYOUTS

2019-2020 SOCCER SEASON



BOYS U9-U12

BIRTH-YEARS: FROM 2008 TO 2011

DATES: SAT. MAY 4TH & SUN. MAY 5TH

BOYS U13-U16

BIRTH-YEARS: FROM 2004 TO 2007

DATES: SAT. MAY 11TH & SUN. MAY 12TH

GIRLS U9-U10

BIRTH-YEARS: FROM 2009 TO 2010

DATES: SAT. MAY 18TH & SUN. MAY 19TH

TIME: 6PM - 7:30PM

LOCATION: ELIZABETH SETON HIGH SCHOOL
5715 EMERSON ST, BLADENSBURG, MD 20710

REGISTER: DEMATHASOCCERACADEMY.ORG