



ST. SEBASTIAN SCHOOL
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February 23, 2011

Character Education Quote of the Week:

"Peace is not something you wish for; it's something you make, something you do, something you are, something you give away." – Robert Fulghum

MIDTERMS HOME – 3rd quarter midterm reports for grades 4-8 will go home Friday, February 25.

CONE PATROL – Room #201 is on duty for the week of Feb. 21.

REGISTRATION – Registration packets for the 2011-2012 school year were sent home with your family mail carrier on Monday, January 31st. No students are automatically re-enrolled. You must register for the new upcoming school year. 2011-12 Choice applications are also available – see Mr. Hohl. REMINDER – after March 1, a \$50 processing fee takes effect – get your 2011-12 registration in to avoid the \$50 fee.

HIGH HONORS CORRECTION – Congratulations to Benjamin (B. J.) Johnson and Colleen Marcoux. They earned High Honors, but were mistakenly listed under Honors.

THE CAN DRIVE IS COMING! - Our Earth Day Can Collecting Contest is happening Monday April 11 through Friday April 15. Get ready to bring in your cans to help your grade win a scrumptious pizza party! More details to come....

Calling all Recycling Earth-Lovers! We need some help to make Can Drive awesome. If you are interested in volunteering, please contact Cara Bidwell at carabidwell@mac.com or 763-7157. One specific need is for a volunteer with a pick-up truck and some time to help between 8am and 9am the week of April 11-15.

PARENT COFFEE - Please join us for Parent Coffee at Cranky Al's, 6903 W North Ave on Friday February 25th. The fun starts at 8:00AM. Drinks and bakery will be provided by Home and School. All are welcome. If you have any questions, please contact Gloria Rios at (414) 257-2477.

FRY KIDS NEEDED FOR UPCOMING FISH FRY - Any students who are in the 4th- 8th grades are given the opportunity to volunteer to work the Fish Fry on March 4th 2011. Interested students should email Christine Koch @ christinekoch@att.net Please remember students will be signed up on a first come first serve basis which means SIGN UP EARLY!!

FEBRUARY 18TH LUNCH BUNCH NEWS - Many thanks to Kathy Cayen and Carrie Pruhs for staffing the library; Edie Schwabe for helping students craft their woven flowers; and Mary Heard for supervising the game room. There will be two more Lunch Bunch opportunities this school year: March 11 and April 8. Call/email Leah Sealey if you are interested in helping out (774-0836 or leahsealey@hotmail.com).

BUZZ BOOK UPDATE – Please change the email address of the Anderson family to: nancyanderson@gmail.com.

100th ANNIVERSARY COOKBOOK - Only ONE more day left to submit your favorite recipes to our parish cookbook! I think we would all appreciate some healthy, kid-friendly dinner ideas. Does your child's scout troop have a favorite recipe and memories to share? How about a clever after-school snack idea? Looking for more vegetarian dishes and sides. Please share your tips, memories, recipes and/or photos tonight at www.surveymonkey.com/s/sebscooksub This will surely be a community treasure. Deadline: February 24, 2011.

HIGH INTEREST DAY IS COMING FRIDAY, MAY 13TH – We will have some new exciting classes and the familiar favorites too. Be on the lookout for the sign-up sheets coming home March 1st. We do need help planning the “BEST DAY OF THE YEAR”. Please contact Cara Bidwell to find out more at carabidwell@mac.com or 763-7157. We need your time and talents!

CRAFTING - In March the St. Sebastian Craft Group begins a new year of creating unique craft items for the St. Sebastian Boutique. Each month this group of crafters meets to work on a different project. Our first 2011 craft workshop will be Tuesday, March 1st, 7:00 p.m.– 9:00 p.m., in the Multipurpose Room. We'll be working on folded Christmas card star ornaments. If you enjoy working on arts and crafts, we'd love to have you join us. Items to bring if you have any of them: straight-edge ruler, low heat glue gun, scissors, stylus to use for creasing. For additional information, please contact Sam Ragatz at 778-0260.

100TH ANNIVERSARY NEWS

Mardi Gras Fish Fry Combines Food, Faith and Fun - The 100th anniversary celebration keeps rolling along with a special fish fry on Friday, March 4, 2011 from 4:30 to 7:30 p.m. in the school cafeteria. With a Mardi Gras theme, alums, neighbors and guests can enjoy a delicious all-you-can-eat fish fry served by school students. Tours of the school and church – featuring a wall of newly renovated stained glass windows – will be offered on the half-hour, as well as wandering musicians, Mardi Gras decorations and giveaways. This also is a great way to learn about Lenten activities, including our Pledge for 100 Hours of Service this year. The St. Sebastian Fish Fry, which is celebrating its 50th year, includes baked or fried fish, French fries, salad bar and coffee or milk. The price is \$9.75 for adults; \$7.75 for seniors and \$2.50 to \$5.50 for children, depending on their ages. Homemade soups, beers, desserts and other items are available for an extra charge, and family-size options are available for carryout. Details are available at <http://www.saintsebastianonline.net/community-life/fish-fry/>. *Laissez Les Bon Temps Roulez!*

ALSO NOTE: The next Gala planning meeting is Tuesday, March 1 at 7pm in the Adult Formation Room. Newcomers welcome - great way to learn more about the parish!

Stay in Touch

- Volunteer information, or update your address – www.bit.ly/sebsvol
- Monthly Anniversary Newsletter - <http://bit.ly/sebsnews>
- Facebook – <http://bit.ly/sebsface1>
- 100th Anniversary Merchandise - <http://www.cafepress.com/Sebs100>
- Submit Recipes in the Anniversary Cookbook – 414-704-3391 or submit recipes online: <http://www.surveymonkey.com/s/sebscooksub>

2011 FOOTBALL SEASON – The Junior Hilltoppers are looking for boys entering 5th through 8th grades as of the fall, 2011, who are interested in playing tackle football. Please find more information regarding the program online. Spots are limited and are being filled on a first come, first serve basis. Visit jrhilltoppers.com to register.



March 2011



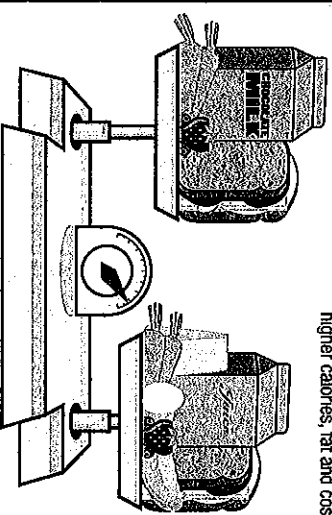
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Gr 4 to St. Josaphat	2 Mass 8:15am Dismissal 2:30pm	3	4 Fish Fry	5
		ITB Testing for Grades 3, 5, and 7				
6	7	8	9 Mass 8:15am Dismissal 2:30pm Ash Wednesday	10	11 Non-Uniform Day Lunch Bunch Fish Fry Carry Out	12
		ITBS Testing for Grades 3, 5, and 7 Gr 8 to Washington, D.C.				
13 Daylight Savings Time Begins	14	15 Ed Comm. 6:30pm	16 Mass 8:15am Dismissal 2:30pm Home & School Committee Mtg 6:30pm	17 1/2 Day Dismissal 11:30am Cluster Teacher Inservice	18 Fish Fry Carry Out	19 First Eucharist Retreat 9am-12pm
Generations of Faith						
20 Spring Begins	21 Teacher Inservice No Classes	22 Market Day 3-4:30pm	23 Mass 8:15am Dismissal 2:30pm	24 UEC A.M. Gr. 5 Rm 205	25 Non-Uniform Day UEC Gr 3 AM & PM Fish Fry Carry Out	26 1st Eucharist Retreat
27	28	29	30 Mass 8:15am Dismissal 2:30pm End of 3rd Grading Period	31 McDonald Book Show 2pm K5 to Gr 4		

When chocolate milk is not offered at school, kids miss out on essential nutrition.

Studies show that when chocolate milk is not an option in the school meal line, consumption drops dramatically, an average of 35%. That means kids completely miss out on essential nutrients they need to think, learn and grow. Replacing these nutrients with other foods and beverages commonly served in schools just isn't practical. Not only does it cost more, it actually adds *more* calories and *more* fat. Just take a look at everything you'd have to add to a child's meal in order to replace the nutrients found in one serving of chocolate milk.

Chocolate Milk is Irreplaceable

Replacing the nutrients lost when chocolate milk is eliminated from school lunches requires the addition of more food which results in higher calories, fat and cost.



Source: 2008 Study "The Impact on Student Milk Consumption and Nutrient Intakes from Eliminating Flavored Milk in Schools," conducted in 88 elementary and secondary schools. Funded by the Milk Processor Education Program (MilkPEP) and conducted by PriceWaterhouse Group, presented at the School Nutrition Association Annual National Conference 2010.

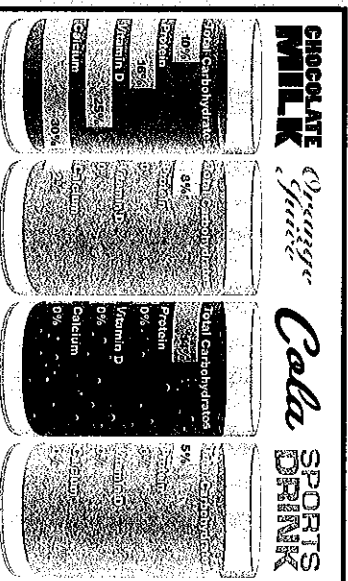
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What about calories, fat and sugar?

With childhood obesity on the rise, there is valid concern about what needs to be limited in children's diets. While chocolate milk adds a minimal amount of calories, fat and sugar (an average of just 3-4 teaspoons per serving, half the sugar in soft drinks) it also adds *essential* nutrients, including calcium, potassium and Vitamin D. These are nutrients severely lacking in children's diets. In fact, 70% of students currently do not get enough calcium. It becomes a matter of choice. You can eliminate the ingredient you want to avoid, but in doing so you also eliminate essential nutrients—nutrients that cannot be replaced by another food source for fewer calories and less fat at an equal cost.

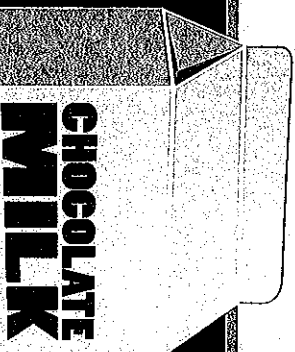
What about other beverage options?

We have seen that many kids won't choose white milk if chocolate milk is not an option. So, what will they drink? Here are a few alternatives. While some have nutritive value, none of them stack up to chocolate milk.



Source: U.S. Department of Agriculture Nutrient Analysis, % of Daily Values are based on a 2,000 calorie diet and 8 ounce servings.

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What's in a carton of chocolate milk?

Lots of good stuff. Chocolate milk is the perfect balance of vitamins, minerals, carbohydrates and protein—a combination that can't be found in any other beverage. It includes:

- Calcium
- Protein
- Carbohydrates
- Vitamin D
- Vitamin A
- Phosphorus
- Potassium
- Vitamin B12
- Riboflavin
- Niacin

What about sugar, fat and calories?

With childhood obesity on the rise, there is valid concern about what needs to be limited in children's diets. Here's the thing: studies show that when kids aren't offered chocolate milk, they don't necessarily replace it with white milk. That means that the key nutrients listed above are taken away from their diet. In particular, the 2005 Dietary Guidelines for Americans Advisory Committee identified several "shortfall nutrients" in U.S. children's diets. Three of these, calcium, potassium and Vitamin D, are found in significant quantities in chocolate milk.

Compared with white milk, 8 oz. of lowfat chocolate milk adds only 56 calories, 12- grams of sugar and less than one gram of total fat to a child's diet. If you eliminate milk, you eliminate all the good stuff, too— essential nutrients that are critical for growth and development. It really becomes a question of tradeoff. What's more important: A small addition of fat and sugar, or missing out completely on a powerful package of nutrients?

How is chocolate milk sweetened?

Every chocolate milk manufacturer sweetens its milk differently. Despite controversy around sweeteners such as high fructose corn syrup, a scientific breakdown of commonly used sugars shows no real difference between corn sugars and other naturally occurring sugars. They are all a combination of glucose and fructose and are handled the same by the body as table sugar. In fact, the American Dietetic Association states that "once they are absorbed into the blood stream, the two sweeteners are indistinguishable." Regardless of how they are sweetened, ounce per ounce, chocolate milk has less sugar than most other beverage alternatives.

JUNIOR



2011 Football Season

For boys entering 5th through 8th grades as of Fall 2011, who are interested in playing tackle football. Please find more information regarding the program online.

Spots are limited and are being filled on a first come, first serve basis.

Visit jrhilltoppers.com to register.