

CAR WASH!!!

Start the Summer
with a clean car!

Mark your calendars
for the following dates:

June 12

8th graders

June 26

will wash

July 10

your car

August 7

Donations accepted.

Details to follow.

Proceeds will help the 8th
graders get to Washington, D.C.

St. Sebastian School

Recruitment Incentive Program

Do You Want to Earn \$100 ?

You can. It is easy! Just recruit a new family to St. Sebastian School for this upcoming school year!

Qualifications for the \$100

- * The new family has not attended St. Sebastian School in the past year.
- * The new family must enroll by September 8, 2010.
- * You must be designated as the recruiter with the form below.
- * The new family must attend the school year through Dec. 31, 2010.
- * \$100 can be collected as cash, Scrip Credit, or registration credit.

We Need Everyone's Help to Build School Enrollment!

Positive Parent Feedback is our **BEST** Recruiting Tool!

St. Sebastian School Recruitment Incentive Program

Please complete and return to the school office by Sept. 10, 2010

New Family Name _____

Address or Phone number _____

Recruited by : _____

Questions ? Call the school office at 453-5830

St. Sebastian School

School Open House

Thursday, June 3

6:00 – 7:00 p.m. Open House

Visit our classrooms and meet great teachers

Drawing for 2 free SummerFest tickets!

Recent Good News About Sebs!

- 2008 Forensics State Championship
- many Sebs grads receive college acceptance and scholarships this year upon High School graduation, including Dartmouth, West Point, Marquette, UW, and more
- Sebs grad is the winner of a Gates scholarship with college tuition paid as long as she attends college
 - Excellent WKCE test cores in both 4th and 8th grades

Come & see our Excellent School for yourself!

For more details call the St. Sebastian School office at 453-5830.

St. Sebastian Home and School Meeting Minutes

May 19, 2010

Attendance: Dana Biasi, Cara Bidwell, Stuart Copeland, Shelly DePalma, Patty Doll, Laura Ewig, Jerry Garcia, Neil Patrick Harris, Rebecca Keiser, Amy Kozina, Lorinda Liongson, Mary Madigan, Melanie McCauley, Kim Nistler, Gloria Rios, Leah Sealey, Maddalena Stephenson, Patty Walsh, Tracey Weigel

Call to Order: Patty Walsh called the meeting to order at 6:40p.m. Prayer and snacks were provided by Patty Walsh.

Review of Minutes: April, 2010 minutes were approved.

Treasurer's Report – Shelly DePalma

- We can give what we projected to the Parish this year
- Next year's projection is approximately \$33,000

Principal's Report – Paul Hohl

- Furniture moving this summer
 - Tim Desotelle will be coordinating the moving of furniture after rooms are cleaned this summer. Thanks, Tim!
 - Paul will get the sign-up sheets to grade liaisons.
 - Grade liaisons will contact parents to get a crew for each room.
- We will be hiring a Middle School math teacher. On the interview committee will be: Paul Hohl, Dr. Cintron, one or two parents, and an Ed Committee representative.
 - Qualifications we are looking for is a Middle School background with math specialization or math certificate
- Enrollment
 - K4 – 20 students (20 limit per class)
 - 1st grade – 25 students (25 limit per class)
 - 3rd grade – 32 students (25 limit per class)

Chairs Report

- Time and Talent – Dana Biasi
 - Nothing to report. Welcome, Turquoise!
- Fun and Fellowship – Lorinda Liongson
 - Parent coffee will be cancelled. Join us next year on the first day of school for a good cup o'Joe. Thanks, Cara!
 - Grandparents Day went very well. Thanks to all who made this day special for our students and their special guests.
 - Honor's Banquet is coming up on May 26th. Melinda Runnoe will be coordinating this event. We're so proud of our honorees!
 - Teacher Appreciation Luncheon was fabulous. Thanks to Leah Sealey, Cara Bidwell, and Gloria Rios for putting on a fabulous Mexican spread.
- Faith and Academics – Tracey Weigel
 - Still looking for a Character Ed Chairperson and a Readers are Leaders Chairperson.
 - Julie Baudhuin will attend the Ed Committee meeting for May as the Home & School liaison.

- **Loaves and Fishes** – Cara Bidwell
 - The entire Pruhs family will take on organizing the Campbell's soup labels.
 - Steve Biasi will chair the scrap metal drive for next year! You must really love your scrap, Steve!
 - Thanks to all the generous can and scrap-savers, we made \$2,200! Keep saving for next year. Earth Day is only 11 months away.
- **Fish Fry** – Lena Stephenson
 - Fish Fry made \$25,000 this year!! Wow! That's a lot of fish and tarter sauce.
 - Fish Fry regulars, there will be an end-of-year meeting coming up. Look for an e-mail from Rob Stephenson. You know that fish fry regulars have the best time (which is why we are regulars).
 - Charity Water got the most votes from our Fry Kids. What a great charity to choose.

Other Business

- **Mileage Club** – Leah Sealey
 - Mileage club meets on Tuesdays and Thursdays from noon to one each week.
 - Lunch Bunch will be offered one time per month next year on Fridays.
 - Leah is always looking for volunteers to help during the lunch hour. This can be a one hour commitment and done, or a one hour monthly commitment. The kids absolutely love these lunchtime activities. Call Leah Sealey today!
- **Mentor Families** needed for new families in the fall. If you are interested in sharing all you know with a new family, call Patty Walsh or Melanie McCauley.

Some of our familiar faces are stepping down from Home & School Office. Look for some new, fresh faces to join our group. They are:

Leaving	Stepping Up	Position
Patty Walsh	Dana Biasi	Chairperson
Dana Biasi	Turquoise Loera-Smith	Time and Talent Coordinator
Shelly DePalma	Rebecca Keiser	Treasurer
Cara Bidwell	Julie Kennedy	Loaves and Fishes Coordinator
Tracey Weigel	Can you help?	Character Ed Coordinator
Laura Ewig	Kim Nistler	Communications Coordinator

After setting the 2010-11 calendar for events, Patty adjourned the meeting at 9:00.

Our next meeting will be held Wednesday, August 11, 2010 at 6:30 PM in the Teacher's Lounge. All are welcome. SEE YOU NEXT SCHOOL YEAR!!!!

Respectfully submitted (for the last time),
 Laura Ewig
 Communications Coordinator

Saturday, August 28, 2010

MILWAUKEE PUBLIC SCHOOLS RUN BACK TO SCHOOL

Wick Playfield, 4929 W. Vliet St.

Milwaukee, WI 53208

Free parking at MPS, 5225 W. Vliet St.

Walk-up registration: 7:30-8:30 a.m.

Start of 5K Fun Run: 9:00 a.m.

Start of 1.5 Mile Walk: 9:05 a.m.

Entry Fees: Adults: \$10 through 8/13/10,

\$15 after 8/13/10

Children (17 & under): \$5 any time

Fee includes event t-shirt.

THE EVENT

MPS invites all runners and walkers to join us for the 3rd Annual Run Back to School on Saturday, August 28, 2010 (rain or shine). Sign up for this event to enjoy a 5K run (or 1.5 mile walk) through Washington Park, followed by some great activities. All event proceeds will support MPS Youth Sports programs.

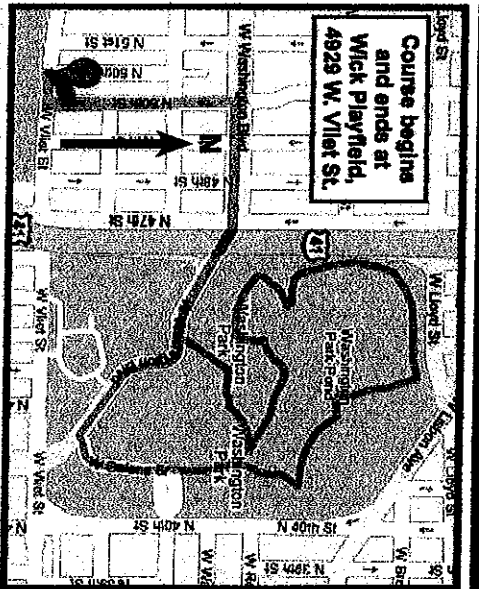
ATTRACTIONS



- Pre-race warm-up & mascot race
 - Post-run entertainment & refreshments
 - Exhibit booths with healthy resources
 - Activities for kids
- Please call 475-8701 if you'd like to volunteer to help with this event.

Visit www.MilwaukeeRecreation.net to register online!

COURSE



REGISTRATION

Event day registration and packet pickup will be held from 7:30 to 8:30 a.m. The 5K fun run will begin at 9:00 a.m. The 1.5 mile walk will begin at 9:05 a.m. You are encouraged to sign up in advance by returning the attached form with your payment. Register online by visiting www.MilwaukeeRecreation.net. Please call (414) 475-8180 with questions.

AWARDS

1st, 2nd, and 3rd place awards will be given to the top male/female adult and youth finishers for the 5K run.

EVENT WAIVER

In signing and submitting the registration form, you are agreeing to the following event waiver: In consideration of the acceptance of my entry to participate in the **MPS RUN BACK TO SCHOOL**, (hereinafter referred to as "the Event") on August 28, 2010, for me, my child and all those whom I am legally able to bind, I hereby release and forever discharge Milwaukee Public Schools, and Milwaukee County, and their respective employees, volunteers, agents and any other entities and individuals who are in any way connected with this Event, from any liability or claims for any injury or illness that I, or my minor child(ren) sustain during my participation in or that is in any other way related to this Event. I understand that this Event involves physical activity and I represent that my child and I are in sound medical condition to participate without risk to ourselves and others. I understand that risk of injury may accompany such participation and acknowledge that this release is being relied upon by the above persons in permitting me and my child to participate. I agree to assume and pay my own, and my child's, medical and emergency expenses in the event of injury, illness, or other incapacity, regardless of whether I authorized such expenses. **BERNARDSON**, I understand, as parent/legal guardian of the child(ren) named on this registration form, that there are times when the local media requests the opportunity to videotape, take photographs and/or interview children within Milwaukee Public Schools. These requests usually involve news stories about MPS, education in general or current events happening in the city. I further understand that should my child participate in the Event, it would be on a voluntary basis and that no monetary benefits will be provided to me. I hereby grant the various media operations the ownership of and the right to use, publish, and copyright my child's picture, portrait and likeness in advertising, promoting and publicizing the above-mentioned Event in any manner or form throughout the world in perpetuity.

MPS RUN BACK TO SCHOOL REGISTRATION FORM

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

E-mail Address: _____

PARTICIPANT #1

Name: _____

School (if applicable): _____

Circle One: Adult Child (DOB: _____) Sex: _____

Adult T-shirt Size (Circle One): S M L XL 2XL 3XL

<OR> Child T-shirt Size (Circle One): S M L

Circle One: 5K Run <OR> 1.5 Mile Walk

PARTICIPANT #2

Name: _____

School (if applicable): _____

Circle One: Adult Child (DOB: _____) Sex: _____

Adult T-shirt Size (Circle One): S M L XL 2XL 3XL

<OR> Child T-shirt Size (Circle One): S M L

Circle One: 5K Run <OR> 1.5 Mile Walk

PAYMENT

Entry Fees: Adults: \$10 through 8/13/10, \$15 after 8/13/10

Children (17 & under): \$5 any time

Payment Method: Check Visa MasterCard

Cred. Card #: _____ Exp. _____

Name as it appears on credit card: _____

Signature for credit card: _____

Youth Program Fund Donation (optional): \$ _____

Total Enclosed: \$ _____

I HAVE READ THE EVENT WAIVER AND I UNDERSTAND THAT I AM ASSUMING CERTAIN RISKS AND WAIVING CERTAIN LEGAL RIGHTS AND AGREE TO AND ACCEPT ITS TERMS.

SIGNATURE REQUIRED:

Make checks payable to Milwaukee Public Schools and

mail to: MPS Run Back to School

5225 W. Vliet Street, Room 162 Milwaukee, WI 53208 or visit www.MilwaukeeRecreation.net to register online!

5K run: 7-week training schedule for beginners

By Mayo Clinic staff

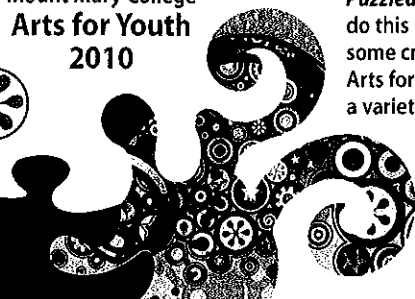
Are you thinking about participating in a 5K (kilometer) run? Preparing for a race is a great way to add challenge to your fitness routine. A 5K run is 3.1 miles. To prepare for the run, consider using this 7-week training schedule, created by Olympian Jeff Galloway. If you prefer a slower pace, substitute walking for running. On days in which you choose between resting and walking, the length of the walk is up to you.

7-week training schedule

Week 1						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 2						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 3						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 4						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 5						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 6						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk
Week 7						
Mon	Run/walk 30 minutes	Tue	On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.	Wed		Thu
		Wed		Thu	Fri	Sat
		Thu		Fri		Sun
		Fri		Sat		Rest/ walk
		Sat		Sun		Rest/ walk

Summer Fun at Mount Mary College!

Mount Mary College
Arts for Youth
2010

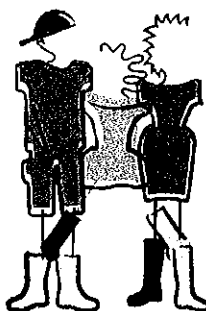


Puzzled about what you want to do this summer? Get involved in some creative fun in the Summer Arts for Youth program! Engage in a variety of experiences to connect to the many pieces of art. Morning and afternoon sessions June 21 - July 2. Learn more at: www.mtmary.edu/artforyouth.htm

CreativeConnections

Art | Fashion | Design

BOOT CAMP



Two-weeks of pre-college art studios designed for creative high school students. Join us for an exciting summer! June 21-July 2, 8:30 a.m. - 4:30 p.m.

For more information and registration, visit www.mtmary.edu/bootcamp.html

A summer pre-college camp for girls and boys entering 7th, 8th and 9th grade to help them recognize their potential and learn about college life. Includes skill building workshops in math, reading and technology, PLUS sports, field trips, team building and an overnight weekend on campus.

July 12-23, 8 a.m. - 5 p.m.

FREE to qualified applicants.

For more information and registration, visit

www.mtmary.edu/dpicamp.htm



**Picture Yourself
in College!**

Blue Angels Sports Camps

Girls and boys ages 7-18 build skills in one or more of their favorite sports during various all-day, half-day and evening sessions:

All Sports Camp, June 21-24; High School

Girls' Basketball Team Camp, June 15 -

July 22; Co-ed Basketball Skills Camp,

June 28 - July 1; Co-ed Cross Country Camp,

June 28 - July 1; Co-ed Tennis Camp, July 12-15; Volleyball - Girls'

Individual Skills Camp, July 12-15.

For more information and registration, visit

www.mtmary.edu/sportscamps.htm



**Explore our 2010 line-up of camps
for girls and boys in grades K-12!**

Creative Connections - Arts for Youth 2010
June 21 - July 2 Art 9 a.m. - 12:15 p.m.; Theater & Music 1-3 p.m.

Art|Fashion|Design Boot Camp
June 21 - July 2 8:30 a.m. - 4:30 p.m.

Picture Yourself in College
July 12 - 23 8 a.m. - 5 p.m.; overnight stay weekend of July 16-19

Blue Angels Sports Camps
All Sports Camp June 21-24, 9 a.m. - 4 p.m.;
High School Girls' Basketball Team Camp Tues. & Thurs., June 15 - July 22, 4 - 8 p.m.
Co-ed Basketball Skills Camp June 28 - July 1, 9 a.m. - 12 p.m.
Co-ed Cross Country Camp June 28 - July 1, 5:30 - 7 p.m.
Co-ed Tennis Camp July 12-15, 10 a.m. - 12 p.m.
Volleyball - Girls' Individual Skills Camp July 12-15, 1 - 4 p.m.



**Mount
Mary
College**

Fees vary by camp and session. See individual camp details for age/grade and gender eligibility. Complete information and registration materials will be available online.

**Learn more! Visit
www.mtmary.edu/camps.htm**