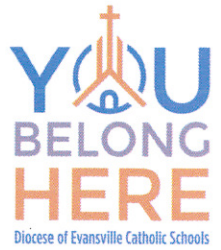




Saint Wendel Catholic School Newsletter

March 01, 2021



Good morning families, we hope everyone had a wonderful weekend. Again, if you know anyone who might be interested in enrolling or coming to look at Saint Wendel for the upcoming school year please contact Mrs. Hallie Scheu.

If your student has any of the Covid-19 symptoms please keep them home and communicate with the main office. **If anyone in your household is getting tested or awaiting test results please keep your student home.** We will be taking the temperature of ALL our students before entering the building. All students will need to come to school with a mask. Masks are to provide increased safety for our students and staff members.



Dear Lord, as we enter this Soleman and Holy Season, we pray that you would send your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent. Help us to humble ourselves so that we can understand the magnificence of Your Love for us as, You humbled Yourself and gave your Life on the Cross that we might receive the gift of Eternal Glory with you. Amen.

Friday is Free Dress Day!!!

Parents, last week the state released the income guidelines for the School Choice Program. The School Choice Program is a tuition assistance program offered by the state for our students enrolled in our Kindergarten through 8th grade. The School Choice Program can offer anywhere from \$500.00 off tuition to totally covering all tuition and fees. This program even continues into high school. **We encourage ALL families to look at their 2020 tax return to see if you qualify.** Listed below is the guidelines chart. If you think you might qualify please or have any questions please contact Mrs. Scheu. If your family does not qualify for these income based options and are still interested in learning about additional tuition assistance options please contact Mrs. Scheu for information on our parish scholarships.

<u>Household Number</u>	<u>Adjusted Gross Income</u>
1	\$47,656
2	\$64,454
3	\$81,252
4	\$98,050

5	\$114,848
6	\$131,646
7	\$148,444
8	\$165,242



"The servant-leader is servant first....It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is a leader first." -- Robert Greenleaf

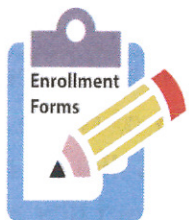
Attention Girls in Grades 6, 7, & 8:

If you are interested in being on the Mater Dei Girls Cub Tennis Team this spring, please contact Coach Brandy Collins at bcollins@evdio.org. This is open to girls in grades 6th-8th that attend a Mater Dei partner school. There will be 1 practice and 1 match per week. No experience is necessary. We will have a Zoom meeting for parents - the date will be announced at a later time.



If you have any questions, you may email Coach Brandy or call her at 812-677-0239. Thank you!

Reminder: 5th Grade Service Project- Hangers clothing/toiletries drive will continue until March 5th. Please see flyer for more details.



We are asking everyone to please send in the K-8 enrollment applications By April 9th. Please let me know if you have any questions.

626 Deduction: Paperwork is attached to this newsletter about Private School/Homeschool tax deduction. Saint Wendel School DOE school id # is: D105, our tax id # is:35-099-2259. If you have any questions please contact Mrs. Scheu in the office.



Attachments

- March Lunch menu
- Saint Wendel Summer Camp
- 5th Grade Service Project Flyer
- MD Lacrosse
- Tax deduction
- Youth First flyer
- Nutrition Nuggets
- Lent calender



March 2021

Saint Wendel School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Cheese Sandwich w/ Tomato Soup Baked Beans Corn Mixed Fruit ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Sandwich	2 Popcorn Chicken Crinkle Fries Green Beans Diced Pears Dinner Roll ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Sandwich	3 French Bread Pepperoni Pizza Mini Salad Vegetable Blend Hot Cinnamon Apples ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Sandwich	4 Burrito Refried Beans Corn Chips & Salsa Diced Peaches ALT: Chef Salad-Crispy Chicken w/ Dinner Roll ALT: Ham & Cheese Sandwich	5 Mac & Cheese Broccoli & Cheese Cooked Carrots Mixed Fruit Breadstick ALT: Chef Salad-No Meat w/ Dinner Roll ALT: Grilled Cheese Sandwich
8 Mini Blueberry Pancakes w/ Sausage Patti Hashbrown Broccoli & Cheese Diced Peaches Orange Juice ALT: Chef Salad- Grilled Chicken w/ Dinner Roll ALT: Turkey & Cheese Wrap	9 Chicken Nuggets Potato Wedges Green Beans Mixed Fruit ALT: Chef Salad-Grilled Chicken w/ Dinner Roll ALT: Turkey & Cheese Wrap	10 Bosco Stick w/ Pizza Sauce Cauliflower & Cheese Corn Diced Pears ALT: Chef Salad-Grilled Chicken w/ Dinner Roll ALT: Turkey & Cheese Wrap	11 Spaghetti w/ meat sauce and Garlic Toast Green Beans Mini Salad Applesauce ALT: Chef Salad-Grilled Chicken w/ Dinner Roll ALT: Turkey & Cheese Wrap	12 Breaded Fish Nuggets Baked Beans Corn Hot Cinnamon Apples ALT: Chef Salad-No Meat w/ Dinner roll ALT: Grilled Cheese Sandwich
15 Super Nachos Baked Beans Corn Applesauce ALT: Chef Salad-Diced Ham w/ Dinner roll ALT: Grilled Cheese Sandwich	16 Shrimp Poppers Mashed Potatoes & Gravy Broccoli & Cheese Diced Peaches Dinner Roll ALT: Chef Salad-Diced Ham w/ Dinner roll ALT: Grilled Cheese Sandwich	17 Chicken & Dumplings Baby Bakers Corn Mozzarella String cheese Mixed Fruit ALT: Chef Salad-Diced Ham w/ Dinner roll ALT: Grilled Cheese Sandwich	18 Beef Taco Refried Beans Shred Lettuce/Tomatoes Chips & Salsa Blueberries & Strawberries ALT: Chef Salad-Diced Ham w/ Dinner Roll ALT: Grilled Cheese Sandwich	19 Bosco Stick w/ Pizza Sauce Potato Wedges Green Beans Diced Pears ALT: Chef Salad-No Meat w/ Dinner Roll ALT: Grilled Cheese Sandwich
22 	23 	24 	25 	26 
29 BBQ Rib Patti on Bun Corn Baby Carrots Diced Pears ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Flatbread	30 Mini Corn Dogs Crinkle Fries Broccoli & Cheese Hot Cinnamon Apples ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Flatbread	31 Chicken Mozzarella Vegetable Blend Mini Salad Diced Peaches Mini Garlic Toast ALT: Chef Salad-Crispy Chicken w/ Dinner roll ALT: Ham & Cheese Flatbread		



Saint Wendel Summer Camp

2021

Saint Wendel Catholic School
PreSchool-Entering Grade 6



REGISTRATION IS OPEN TO SAINT WENDEL CATHOLIC SCHOOL FAMILIES ONLY UNTIL APRIL 12TH OR UNTIL ALL SPOTS ARE FILLED.

It's time to start making plans for summer! Saint Wendel School will be hosting its third annual summer camp and we will make it the most memorable summer yet! Our camp provides a safe environment for your child to build lasting friendships, participate in hands-on activities, and (fingers crossed) embark on off campus field trips.

Each camper is required to bring their own lunch and drink each day. We also ask that they bring in a bottle of sunscreen with his/her name on it to use throughout the duration of camp. We will provide a morning and afternoon snack every day for campers. Camp T-Shirts need to be purchased for all campers to wear on field trips and special occasions.

Camp Location:

Saint Wendel Summer Camp will be held at Saint Wendel Catholic School located at 4725 St. Wendel-Cynthiana Rd. This 8 week program accommodates children who are enrolled in PreSchool through 6th grade.

Camper's Ages:

This 9 week program accommodates children who are age 3 and **FULLY potty trained** through children entering 6th grade. Although some activities may be as a whole group, we will have separate activity calendars for the children based on age. Summer camp will be located in the teacher's lounge and cafetorium of school. Snacks and lunch will be held in the Cafetorium each day.

Camp Enrollment Caps:

We will accept up to 20 students who are ages 3 and 4.

We will accept up to 50 students who are entering Kindergarten up to entering 6th grade.

Camp Schedule and Times:

Camp begins Tuesday, June 1st and ends Friday, July 30th, 2021. (We will be closed the week of July 5th through July 9th) **Camp Hours- 7:00am-5:30pm** (Late pick up will result in a late fee of \$1.00 per minute and could end in camp suspension) There is no drop off earlier than 7am.

Each week the directors will release a schedule of events and things going on during the week. We will be purchasing Summer Bridge books for all students attending summer camp. These books will be kept at school and used for the 30 minutes of instruction each day.

Camp Registration Fee:

\$50 registration fee per family is due and must be submitted with the attached registration form to reserve your child's spot at Saint Wendel Summer Camp. Registrations may be dropped off at School. These fees cover the summer bridge books and other materials used during the summer.

Camp T-Shirt Fee:

\$10 per camper (ALL CAMPERS will need a shirt- if you have the summer camp shirt from last year you don't need to purchase a new unless it doesn't fit. We are using the same design.

Summer Camp Weekly Rates:

All fees are due on the Monday of each week or your child will not be able to attend. All activity fees are included in the weekly rate. **Once you submit your paperwork there will be a \$20 change fee for any changes to schedule or days coming after May 3rd.**

2021 Summer Camp Weekly Rates			
Options	One Child	Second Child	Third Child
5 days/week	\$115.00	\$98.00	\$86.00
4 days/week	\$95.00	\$65.00	\$55.00
3 days/week	\$75.00	\$45.00	\$35.00
2 days/week	\$55.00	\$35.00	\$25.00

Lunch is NOT included in this fee.
Fees are due each week if not paid in full at the beginning.
Payments should be made out to Saint Wendel Catholic School.
Payments can also be made through Online Giving.

Camp Directors:

Still interviewing

Camp Supervisor:

Mrs. Hallie Scheu

hscheu@evdio.org



Saint Wendel Summer Camp

2021 Registration Form

Family Name: _____

Address: _____

Father's Name: _____ Mother's Name: _____

Home Phone: _____ Dad's Cell: _____ Mom's Cell: _____

Child's Name: _____ Birthday: _____ Grade: _____ Age: _____

Child's Name: _____ Birthday: _____ Grade: _____ Age: _____

Child's Name: _____ Birthday: _____ Grade: _____ Age: _____

Child's Name: _____ Birthday: _____ Grade: _____ Age: _____

Emergency Information: Parents will always be notified first. If we are not able to reach you, please contact:

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Hospital Preference: _____ Phone Number: _____

Family Doctor: _____ Phone Number: _____

Insurance Company: _____ Insurance ID#: _____

My child may be released to the following persons. Identification will be required.

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Health Conditions / Allergies / Medications

Child: _____ Medical Conditions/Allergies/Medications: _____

Child: _____ Medical Conditions/Allergies/Medications: _____

Child: _____ Medical Conditions/Allergies/Medications: _____

Levels of Participation Intended (please circle all that applies)

Day Option/All the weeks you are going to attend.

5 days per week: ~~Week 1~~ Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

M T W Th F

4 days per week: Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

M T W Th F

3 days per week: Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

M T W Th F

2 days per week: Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

M T W Th F

Attire

This is an outdoor summer program. Please have your child dressed appropriately for the weather each day they attend. Tennis shoes are recommended.

All Campers will wear Camp T-Shirt on Field Trips and special occasions. Please indicate your child's size below:

Child's Name: _____ Size: YXS 5-6 YS 6-8 YM 10-12 YL 14-16 AS AM AL

Child's Name: _____ Size: YXS 5-6 YS 6-8 YM 10-12 YL 14-16 AS AM AL

Child's Name: _____ Size: YXS 5-6 YS 6-8 YM 10-12 YL 14-16 AS AM AL

I, the parents of the above-named child, hereby request that he/she be permitted to attend and participate in the above-described activity or event. I give my approval for my child's participation in the event and agree to assume all risks and hazards incidental to the conduct of the event including transportation to and from the event. I do further hereby waive, release, absolve, indemnify and hold harmless the Catholic Diocese of Evansville, Saint Wendel Parish, Saint Wendel Catholic School, and any other respective affiliates, successors, agents, employees, members, and representatives, adult sponsors and other volunteers involved in the activities and transportation associated with the event from any and all claims, including claims of personal injury to my/our youth or property damage, under any theory of law (including negligence, but not reckless or intentional conduct) in any way resulting from or arising in connection with the activities and/or transportation to and from the event.

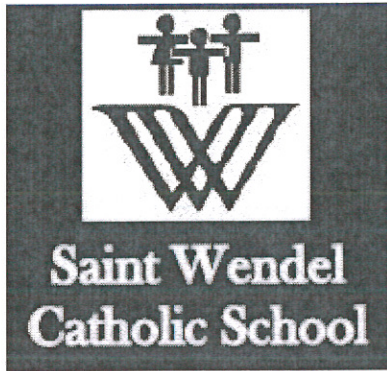
Custodial Parent's Signature

Date

****DEADLINE TO SUBMIT APPLICATION IS MONDAY APRIL 12th or until camp is filled****

Please email Mrs. Hallie Scheu at hscheu@evdio.org with any questions.

- Week 1 (June 1st-June 4th)
- Week 2 (June 7th- June 11th)
- Week 3 (June 14th-June 18th)
- Week 4 (June 21st-June 25th)
- Week 5 (June 28th-July 2nd)
- Week 6 (July 12th-July 16th)
- Week 7 (July 19th-July 23rd)
- Week 8 (July 26th-July 30th)



CLOTHING AND TOILETRIES DRIVE

Where? Each student at Saint Wendel will have two weeks to bring in gently used clothing. Clothing and toiletry items can be dropped off right inside the main entrance by students each morning during the drive.

When? The Saint Wendel Clothing Drive will be from Monday, February 22 through Friday, March 5.

Who is receiving the donations? All donations will be given to a local organization called Hangers. Hangers is a non-profit organization that was formed by Evansville Area Council's PTA. Hangers serves EVSC students with all types of clothing and basic hygiene products.

What is accepted?

This year, the administrators of Hangers has asked us to focus on the following items. **Full size deodorant, full size toothpaste, uniform pants boys and girls - any size, boy clothes, especially youth sizes, and winter coats boys and girls in youth (K-6) sizes.** These are the items that are most needed.



All donations must be clean and gently used. Please have all items in a bag (plastic, paper, or trash bag) when brought to school. For questions, contact Mr. Johnson at tjohnson@evdio.org.

West Side Lacrosse Feeder League



Open to boys in grades 5-8 who attend a Reitz or Mater Dei feeder school.

[US Lacrosse registration](#) is required before you can register for our team.

[CLICK HERE TO REGISTER](#) for Reitz Feeder League Lacrosse

Use **2021RHSFEEDER** as your DISCOUNT CODE and the cost this season is only \$50!

If link doesn't work for you, copy and paste this link into your browser:

<https://reitzlacrosse.sportngin.com/register/form/505822417>

Boys in grades 5-8 in a feeder school from Reitz or Mater Dei are eligible.

If you have questions, contact us at reitzlax@gmail.com

Private school/homeschool deduction 626¹

You may be eligible for a deduction based on education expenditures paid for each dependent child who is enrolled in a private school or is homeschooled.

Dependent child qualifications

- Your dependent child must be eligible to receive a free elementary or high school education (K-12 range) in an Indiana school corporation;
- You must be eligible to claim the child as a dependent on your federal tax return; and
- The child must be your natural or adopted child or, if not, you must have been awarded custody of the child in a court proceeding making you the court appointed guardian or custodian of the child.

Education expenditure. This refers to any expenditures made in connection with enrollment, attendance, or participation of your dependent child in a private elementary or high school education program. The term includes tuition, fees, computer software, textbooks, workbooks, curricula, school supplies (other than personal computers), and other written materials used primarily for academic instruction or for academic tutoring, or both. The term does not include the delivery of instructional service in a home setting to your dependent child who is enrolled in a school corporation or a charter school.

A "private elementary or high school education program" means attendance at a nonpublic school (including a private school, a parochial school and a homeschool) in Indiana that satisfies a child's obligation for compulsory attendance at a school.

The obligation for "compulsory attendance" means a child must be in attendance in a school (public and/or private) for a minimum of 180 days in a calendar year.

Note. No deduction will be available based on a child who is enrolled in school for a period of less than 180 days in a calendar year.

Figure your deduction. If you made an unreimbursed education expenditure during 2011 your deduction is:
(1) \$1,000; multiplied by
(2) The number of qualified dependent children for whom you made education expenditures.

Example. Greg and Constance have three children ages 7, 9 and 11. The two oldest children attend a private school. The youngest child attends the neighborhood public school. The parents purchased schoolbooks for all three children. They will be eligible for a \$2,000 deduction (the youngest does not qualify as he attends a public school).

Note: A qualifying child may be claimed for this deduction only once per year. For example, if a husband and wife are married and filing separately, whichever parent is eligible to claim the child as a dependent for exemption purposes is eligible to claim this deduction.

How to report the deduction. If the private school or homeschool is registered with the Indiana Department of Education (IDOE), enter the school's name and identifying number assigned by the IDOE.

Examples

- On Schedule 2 line 11a enter "XYZ Homeschool 019999Z" in the "Enter deduction name" box, followed by code no. 626 and the amount of the deduction.
- If the school is not registered with the IDOE, just enter the name "XYZ Homeschool" in the "Enter deduction name" box, followed by code no. 626 and the amount of the deduction.

¹ Text From Indiana Department of Revenue's IT-40 Booklet 2011, Page 23

Name(s) shown on Form IT-40

Your Social Security Number

1. Renter's deduction

Address where rented if different from the one on the front page (enter below)

Amount of rent paid

Landlord's name and address (enter below)

\$.00

Round all entries

Number of months rented Enter the lesser of \$3,000 or amount of rent paid

1 .00

2. Homeowner's residential property tax deduction

Address where property tax was paid if different from front page (enter below)

Number of months lived there Amount of property tax paid \$.00

Enter the lesser of \$2,500 or the amount of property tax paid _____

2 .00

3. State tax refund reported on federal return _____

3 .00

4. Interest on U.S. government obligations _____

4 .00

5. Taxable Social Security benefits _____

5 .00

6. Taxable railroad retirement benefits _____

6 .00

7. Military service deduction: \$5,000 maximum for qualifying person _____

7 .00

8. Non-Indiana locality earnings deduction: \$2,000 maximum per qualifying person _____

8 .00

9. Insulation deduction: \$1,000 maximum _____

9 .00

10. Nontaxable portion of unemployment compensation (from line 7 of Unemployment Comp. Worksheet)

Tax Deduction Code .00

11. Other Deductions: See Instructions (attach additional sheets if necessary)

IDOE School ID

a. Enter deduction name

Saint Wendel D105

code no.

626

11a

.00

b. Enter deduction name

code no.

11b

.00

c. Enter deduction name

code no.

11c

.00

12. Add lines 1 through 11. Enter total here and on line 4 of Form IT-40.

Total Deductions

12 .00



10 WEEK PROGRAMS

Open to families
with children

Ages 3-17



Put your
**FAMILY
FIRST**



Spend quality time together!

Create strong bonds.
Set loving boundaries.
Build on family strengths.

Featuring the Strengthening
Families Curriculum

all programs virtual | free family meal

Family First Success (Ages 7-17)

10 WEEK PROGRAM START DATES

Tuesday, January 26, 2021

Monday, February 15, 2021

Thursday, February 18, 2021

(PROGRAM FOR SPANISH SPEAKING FAMILIES)

Thursday, February 18, 2021

(PROGRAM FOR MONROE/MORGAN COUNTY FAMILIES)

Family First Growth (Ages 3-6)

10 WEEK PROGRAM START DATES

Wednesday, February 3, 2021

Monday, February 8, 2021

Tuesday, February 23, 2021

Wednesday, February 24, 2021



To register, contact Laura Wathen: 812-568-5183
Or email lwathen@youthfirstinc.org

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2021

Catholic Schools, Diocese of Evansville

BEST BITES

Celebrate nutrition

It's National Nutrition Month! This year's theme, "Personalize Your Plate," recognizes there's no one-size-fits-all approach to eating right. Let each family member draw favorite healthy foods on a paper plate, making sure to include something from each food group. Compare your plates—they'll likely all be different, but all nutritious.

Animal walks

The morning after it rains or snows, go for a brisk stroll with your youngster to look for animal tracks. Encourage her to walk in the tracks, mimicking how she thinks the animal who made them might move. For instance, maybe she'll hop like a bird or leap like a deer.

DID YOU KNOW? Not all high-sodium foods taste salty. Ask your child to name salty foods, and he'll probably think of pretzels and chips. But salt lurks in surprising places, like processed cheeses and dinner rolls. The bottom line? Read labels, even if you don't expect a food to be high in sodium. *Tip:* A low-sodium food has less than 140 mg sodium per serving.

Just for fun

Q: What's round and red and moves up and down?

A: A tomato in an elevator.



Comfortable in the kitchen

It's never too early to teach your child about choosing and cooking healthy foods. Invite her into the kitchen and enjoy making meals together. Here's how.

Plan the menu

Baked potatoes topped with meatballs and peas? Why not! Let your youngster plan the menu sometimes. Try to go with what she wants as closely as possible, even if it's not your first choice, and mention ways to make the meals healthier. ("I'm going to buy chicken meatballs instead of beef.") Then explain why so she learns about nutrition. ("Chicken has less fat, so it's better for our hearts.")

Learn skills

Teach your child basic cooking skills to help her get comfortable in the kitchen. For example, show her how to read abbreviations like *tblsp.* (tablespoon) and *tsp.* (teaspoon), and ask her to measure ingredients. Also, demonstrate how to

use kitchen tools (garlic press, salad spinner, potato masher), and put her in charge when it's time to use them!

Create a recipe file

Your youngster can take photos of finished dishes you make together. Have her draw or write a recipe for each one, making sure to mention any changes she made. For example, what size meatballs did she put on her baked potatoes? Did she use canned or frozen peas? *Tip:* Have her keep the photos and recipes in a binder to make again.

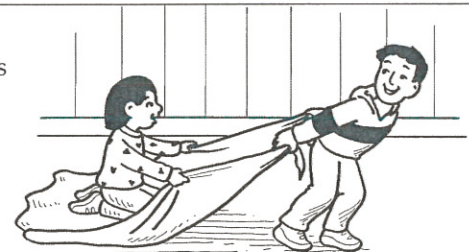


Let's pretend!

Combine make-believe with physical activity. Here are fun roles for your youngster to step into.

Sled dog. Take turns pulling each other around on an old bedsheet—like sled dogs pull the musher. One person sits on the sheet. The "sled dog" faces away from the sheet, grasps one corner in each hand, and pulls it behind him across the living room or basement.

Race car driver. Let your child use a kitchen pot lid as a pretend steering wheel and "drive" through the house. He could pick up speed as he zooms down a straight hallway or slow down as he maneuvers around furniture.



Fun with ice cubes

If you and your youngster thought ice cube trays were just for freezing water, think again! Keep healthy, fresh ingredients on hand with these ideas:

- Encourage your child to drink more water by making fruity ice cubes. He could place a blackberry or raspberry into each section of a tray and cover with water. Freeze. Then, he can use the cubes to add flavor—and fun—to water or seltzer.



- Prepare smoothie ingredients. Puree ripe fruit in a blender. Put the puree into some sections of a tray, and spoon Greek yogurt into other sections. Your youngster can combine the frozen cubes in a blender for smoothies. *Idea:* For “green smoothies,” puree and freeze cooked collard greens to blend in with the fruit cubes.

- Pour low-sodium chicken, beef, or vegetable broth into a tray. When the cubes freeze, your

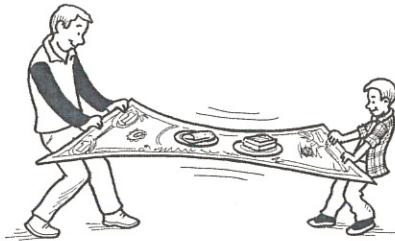
child gets to pop them out and store in a freezer bag. Use when only a small amount of broth is needed, such as for stir-frying vegetables. ♥

PARENT TO PARENT

Tasty leftovers

After many months of limiting grocery store trips because of the pandemic, my son Marcus and I have gotten pretty creative with leftovers.

First, we discovered you can put just about anything in burritos and paninis. We’ve had breakfast burritos with scrambled eggs plus the jarred salsa and black beans from taco night. And we’ve made paninis by combining leftover baked chicken and roasted vegetables.



We’ve also found that leftover rice, pasta, or potatoes will make soups and stews heartier. I had a can of broccoli and cheese soup in the pantry, and I let Marcus stir in the previous day’s roasted potatoes. We heated it up and enjoyed a satisfying lunch.

Now we actually look forward to leftovers—and Marcus is learning about saving money and wasting less food. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

ACTIVITY CORNER

Circus-themed fitness

Bring the fun of a three-ring circus to your living room or yard. These activities will improve your youngster’s balance, coordination, and flexibility.



Ring 1: Tightrope walking. Have your child cut a long piece of yarn and lay it on the ground. “Performers” can walk heel-to-toe along the tightrope. *Idea:* Suggest that your youngster hold a yardstick in outstretched arms—does that make it easier to balance?

Ring 2: Baton twirling. Encourage your youngster to march to music while twirling a baton (or an empty cardboard tube). She could toss it in the air and try to catch it. Can she spin while it’s in the air and catch it again?

Ring 3: Acrobatics. Let your child practice her tumbling skills. On a towel or a yoga mat, she might try forward rolls, backward rolls, cartwheels, and handstands. ♥

IN THE KITCHEN

One-pot meals

Cooking an entire meal in just one pot means less cleanup. Try these nutritious options.

Pasta Florentine

Boil 16 oz. linguine according to package directions. Drain, reserving $\frac{1}{4}$ cup water. In the same pot, heat $\frac{1}{4}$ cup olive oil over medium heat. Mix in 1 tbsp. minced garlic until soft, and lower heat. Add pasta, 1 14-oz. can diced tomatoes (drained), reserved water, and 2 cups fresh spinach. Stir until spinach wilts.



Enchilada bowls

In a large pot over medium heat, brown 1 lb. lean ground turkey and reduce heat to low. Add 2 cups cooked brown rice, $1\frac{1}{2}$ cups frozen corn, 1 14-oz. can pinto beans (drained, rinsed), and 1 tbsp. chili powder. Simmer until heated through, about 15 minutes. Spoon into bowls, and top with enchilada sauce and low-fat shredded cheddar. ♥

Lent 2021

CALENDAR

Daily At-Home Lenten Activities for Families

MARCH

SUN 28

"This is my beloved Son. Listen to him." Mk 9:7

How can you listen more carefully to the way Jesus asks you to follow him this week?

MON 1

Forgive and you will be forgiven." Lk 6:37

Ask God to show you how to forgive and to ask for forgiveness from others. Pray an Act of Contrition.

TUE 2

"The greatest among you must be your servant." Mt 23:11

Look for an opportunity to serve someone else today. Do a chore without being asked. Pick up after someone else. Whatever you choose, do it with love.

WED 3

"I am the light of the world, says the Lord; whoever follows me will have the light of life." Jn 8:12

Have an adult family member light a candle. Together, watch its warm glow. How can you let the light of Jesus guide you today?

THU 4

"And lying at his door was a poor man named Lazarus." Lk 16:20

Read the parable of the rich man and Lazarus (Luke 16:19-31). Decide on a way your family can reach out to someone who needs comfort and healing.

FRI 5

"God so loved the world that he gave his only-begotten Son; so that everyone who believes in him might have eternal life." Jn 3:16

Share the Good News of Jesus with someone else today. Make it happen!

SAT 6

"Father, I have sinned against heaven and against you; I no longer deserve to be called your son." Lk 15:21

Check your parish bulletin for dates and times of a Lenten Reconciliation service. Make plans to attend, in person or virtually.

