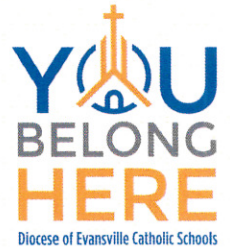




# Saint Wendel Catholic School Newsletter

May 03, 2021

Good morning families, we hope everyone had a wonderful weekend. 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.



**NO SCHOOL Friday, May 7**



Saint Wendel Catholic School is hosting a Baked Spaghetti Fundraiser. We have partnered with P Fresh Kitchen to provide a delicious meal for your family. We will be sending home paper order forms. Our fundraiser will run from today until Friday, May 14th. Pick up will be on Tuesday, May 18th from 2:30pm-5:30pm. Payment will be collected when the order form is turned in. Checks should be made out to Saint Wendel Catholic School. If you have questions, please contact Mrs. Travers at [btravers@evdio.org](mailto:btravers@evdio.org).



**BAKED SPAGHETTI  
FUNDRAISER**



**This week we celebrate teacher/staff appreciation week. Our school would not be the same without our awesome staff. Please make time this week to thank the staff around our building.**

*“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.” – Jack Welch*

The  
**Leader**  
inMe™



## Grillin N Chillin

We are looking for individuals to work the Ice Cream booth during Grillin' & Chillin' on Saturday, June 5th. The shifts are 2 pm - 4 pm and 4 pm - 6 pm. (2 people per shift). Please get in touch with Pam Muensterman 812-228-7503

Volunteers are needed! The Saint Wendel Campus Clean Up - will take place Saturday, May 22, from 7:30 am to 12:00 noon. General clean up, mulching, and small projects will be completed. Please bring rakes, shovels, and pitchforks. Lunch and drinks will be furnished. Many hands make light work!



On Thursday, May 6th Kool Shack ice cream will be coming for our teachers during the school day. They will still be in our parking lot for parents to purchase from 2:30-3:00.

## Attachments

- Baked Spaghetti Fundraiser
- May Lunch menu
- Grillin & Chillin
- Mater Dei Soccer flyer
- MD T-shirt design contest
- Nutrition Nuggets
- Crane Credit Union flyer



# BAKED SPAGHETTI FUNDRAISER



P Fresh Kitchen is proud to partner with Saint Wendel Catholic School to help raise important funds for student development projects and give you a break with a delicious ready to heat meal during your busy life. Each order will be packaged and ready for you to pick up when school is released. We will include baking instructions to heat your spaghetti dinner and garlic butter breadsticks to have a hot and delicious family dinner. You will also receive a fresh garden salad with buttermilk ranch dressing and Azzip Pizza's famous chocolate chunk cookies to finish your dinner off. And best of all, 20% of your purchase will be donated to Saint Wendel to support student development projects.

Orders and payment are due Friday, May 14th. **Pick up will be on Tuesday, May 18 from 2:30 pm - 5:30 pm at Saint Wendel Catholic School.**

Any questions? Contact Brooke Travers at [btravers@evdio.org](mailto:btravers@evdio.org).

Each meal pack will include:

- Baked Spaghetti with Meat Sauce (with instructions for heating)
- Bowl of Fresh Salad with Buttermilk Ranch Dressing
- Garlic Butter Breadsticks
- Azzip Chocolate Chunk Cookies

Vegan Meals are available made with plant-based sausage and cheese



Name and Phone Number	# Small - \$32 Feeds 3-4	# Medium - \$40 Feeds 5-6	# Large - \$48 Feeds 6-8	Vegan?	Total \$	Paid
Checks Payable to: Saint Wendel Catholic School	<b>Totals</b>					



# May 2021

## Saint Wendel School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BBQ Pork Patti on Bun Baked Beans Corn Cooked Carrots Diced Pears <b>ALT:</b> Chef Salad-Crispy Chicken w/ Dinner roll <b>ALT:</b> Grilled Cheese Sandwich	<b>4</b> Mini Corn Dogs Crinkle Fries Broccoli and Cheese Applesauce <b>ALT:</b> Chef Salad-Crispy Chicken w/ Dinner roll <b>ALT:</b> Grilled Cheese Sandwich	<b>5</b> Chicken Mozzarella Mini Salad Green Beans Diced Peaches Mini Garlic Toast <b>ALT:</b> Chef Salad-Crispy Chicken w/ Dinner roll <b>ALT:</b> Grilled Cheese Sandwich	<b>6</b> Walking Taco Refried Beans Shredded Lettuce/tomato Corn Mixed Fruit <b>ALT:</b> Chef Salad-Crispy Chicken w/ Dinner Roll <b>ALT:</b> Grilled Cheese Sandwich	<b>7</b>  <b>NO SCHOOL</b>
<b>10</b> French Toast Sticks w/ Sausage Patti Hashbrown Broccoli & Cheese Applesauce Orange Juice <b>ALT:</b> Chef Salad- Diced Ham w/ Dinner Roll <b>ALT:</b> Turkey & Cheese Flatbread	<b>11</b> Breaded Pork Patty Mashed Potatoes & Gravy Corn Mixed Fruit <b>ALT:</b> Chef Salad-Diced Ham w/ Dinner Roll <b>ALT:</b> Turkey & Cheese Flatbread	<b>12</b> Chicken & Cheese Quesadilla Mini Salad Green Beans Diced Peaches <b>ALT:</b> Chef Salad-Diced Ham w/ Dinner Roll <b>ALT:</b> Turkey & Cheese Flatbread	<b>13</b> Crispy Chicken on Bun Crinkle Fries Cooked Carrots Diced Pears <b>ALT:</b> Chef Salad-Diced Ham w/ Dinner Roll <b>ALT:</b> Turkey & Cheese Flatbread	<b>14</b> Hot Dog on Bun Potato Wedges Baked Beans Hot Cinnamon Apples <b>ALT:</b> Chef Salad-Diced Ham w/ Dinner roll <b>ALT:</b> Turkey & Cheese Flatbread
<b>17</b> Popcorn Chicken Potato Wedges Baked Beans Mixed Fruit <b>ALT:</b> Chef Salad-Grilled Chicken w/ Dinner roll <b>ALT:</b> Ham & Cheese Sandwich	<b>18</b> <b>SACK LUCNH</b> Ham & Cheese Sandwich Baby Carrots Peach cup Chips  <b>NO ALTERNATES</b>	<b>19</b> French Bread Pepperoni Pizza Mini Salad Green Beans Corn Diced Peaches <b>ALT:</b> Chef Salad-Grilled Chicken w/ Dinner roll <b>ALT:</b> Ham & Cheese Sandwich	<b>20</b>  	<b>21</b>  
<b>24</b>  <b>NO SCHOOL</b>	<b>25</b>  <b>NO SCHOOL</b>	<b>26</b>  <b>NO SCHOOL</b>	<b>27</b>  <b>NO SCHOOL</b>	<b>28</b>  <b>NO SCHOOL</b>
<b>31</b>  <b>NO SCHOOL</b>				





**Grillin & Chillin'**  
*Outdoor Party*  
**5K RUN**  
 LEISURE WALK & KIDS DASH

SATURDAY, JUNE 5, 2021

<b>Registration:</b>
Fill out the form below or go online to: <a href="http://bit.ly/GrillinChillin5K">http://bit.ly/GrillinChillin5K</a>
<u>Race Day Registration</u> : 6:00-7:30 am June 5, 2021 <u>Packet Pickup</u> : 5:00-6:30 pm Friday June 4 or 6:00-7:30 am race day in parking lot between church and school. Runners sending in a registration postmarked by May 16, 2021 will receive a performance T-shirt. All registrations after May 16, 2021 will NOT receive a shirt.
<b>Events:</b>
<u>Kids Dash</u> : 7:40 am <u>5K Run/Walk</u> : 8:00 am Walkers <b>MUST</b> Walk Only - No Running
<b>Entry Fee:</b>
<u>5K Run/Walk</u> : \$30 <u>Kids Dash</u> : \$10 (No Shirts For Kids Dash)
<b>Age Divisions:</b>
<u>Kids Dash</u> : 1-3   4-6   7-9 <u>5K Leisure Walk</u> : No age divisions <u>5K Run</u> : 13 & Under   14-20   21-29   30-39 40-49   50-59   60-69   70 & Over

<b>Awards:</b>
<u>Kids Dash</u> : Trophies to top 3 finishers in each age group. Medals to all participants. <u>5K Leisure Walk</u> : Cash award to top 10 combined male and female finishers. No trophies. <u>5K Run</u> : Gift cards to top 3 male and female finishers in each age group. Gift cards to top 3 overall male and female finishers will NOT be included in the respective age groups for additional awards. No trophies.
<b>Location:</b>
Race will begin on St. Wendel Church grounds in parking lot between church and school, located at 10542 W Boonville New Harmony Rd.
<b>Post Race Activities:</b>
Awards and Happy Hour - including FREE snacks, drinks, music and awards *Covid 19 guidelines will be in place for that time
<b>5K Run / Walk Entry Fee Includes:</b>
Performance T-shirt (only for those registering by May 16, 2021). <b><u>No shirts for registrations after May 16, 2021.</u></b>

Entry Form

**Registration Fee:**

\$30 for 5K Run / Leisure Walk

\$10 for Kids Dash (No Shirts For Kids Dash)

**Make Checks Payable To:**

St. Wendel Men's Club

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Event (check one)

5K Run \_\_\_\_\_ 5K Leisure Walk \_\_\_\_\_ Kids Dash \_\_\_\_\_

Age (on race day) \_\_\_\_\_

Gender (circle one)    M    F

Shirt Size (circle one)

Adult    S    M    L    XL    XXL

Ladies (Fitted)    S    M    L    XL

Child    S    M    L

In consideration of the foregoing, I, for myself, my executors,

administrators and assignee, do hereby release and discharge the St.

Wendel Men's Club, St. Wendel Church, Vanderburgh County and Posey

County for all claims of damage, demands or action whatsoever in any

manner arising or growing out of my participation in this event. I certify

that I have prepared for this event and am in adequate physical condition

to compete in the event I have entered this June.

Signature \_\_\_\_\_

(And Of Parent If Under 18): \_\_\_\_\_

Questions? Chris Herr: 812-455-0844

[stwendelmc@gmail.com](mailto:stwendelmc@gmail.com)

Mail entry to\*: Grillin' & Chillin' 5K

4000 W Boonville New Harmony Rd

Evansville, IN 47720

\*Or drop off your entry at Crane Credit Union in St. Wendel

# 2021 FALL SOCCER Feeder League



Online registration is required for all players in the Mater Dei Soccer Feeder program. This will assist the MD Soccer Club with building team schedules, communicating with teams and managing the 500+ kids playing in our club!

Please go to:

[www.materdeisoccer.com](http://www.materdeisoccer.com)

Use the registration link on the top right!

The soccer club is operated by volunteers! Do Your Part to Help Sustain our Program.

### VOLUNTEER NEEDS

Coaches                      Paint Crew  
Referees                      Banner Sales

MATERDEISOCCER@GMAIL.COM



## MATER DEI FEEDER SOCCER

Registration Open!

Deadline is June 1, 2021

\*\$25 Late Fee after June 1

Age appropriate leagues and school teams are formed based on player registration information.

[materdeisoccer.com](http://materdeisoccer.com)

League Description		Player Fee
Co-Ed	PreK-K	\$55.00
Co-Ed	1 <sup>st</sup> Grade	\$55.00
Girls	2 <sup>nd</sup> /3 <sup>rd</sup> & 4 <sup>th</sup> /5 <sup>th</sup>	\$60.00
Boys	2 <sup>nd</sup> /3 <sup>rd</sup> & 4 <sup>th</sup> /5 <sup>th</sup>	\$60.00

### 2021 KEY DATES

July 19	Practices may begin
August 7	Opening Day
Sept 25	Regular Season End
Sept 27	Tournament Week
October 2	Championship Games & End of the Year Picnic

# Future WILDCATS

## T-SHIRT DESIGN CONTEST!

### Rules

- ◆ Complete your design on page 2 of this flyer
  - ◆ All designs must be original
- ◆ Designs must include shirt color and two additional print colors
- ◆ The contest is open to all K-7th graders in our partner schools

**The winner will receive the following prizes:**

- 1) A Future Wildcat T-shirt AND Pass**
- 2) Mater Dei goodie bag**
- 3) \$25 Amazon Card!**



### Ways to Enter:

**Email completed form to Jill Seiler @ MDHS**  
[jseiler@evdio.org](mailto:jseiler@evdio.org)

**Mail or Drop-off completed form to Jill Seiler @MDHS**  
1300 Harmony Way  
Evansville, IN 47720

**Deadline May 5, 2021**

**FUTURE WILDCAT SHIRT DESIGN CONTEST—ENTER BY MAY 5TH!!**

Student Name \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent Name \_\_\_\_\_ Parent Phone# \_\_\_\_\_



**\*\*\*DEADLINE MAY 5TH!\*\*\***

Email Completed Form to:

Jill Seiler at MDHS  
jseiler@evdio.org

OR

Mail or Drop-off Completed Form to:

Jill Seiler/Mater Dei HS  
1300 Harmony Way  
Evansville, IN 47720

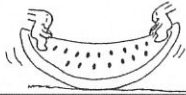


# Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2021

Catholic Schools, Diocese of Evansville



**BEST BITES**

## Foods from my state

Washington apples, Maryland crabs, Kentucky blackberries ... what food is your state known for? Encourage your child to do research in books or online to find out, and help him use the food in a healthy recipe. Together, you might make apple-fennel coleslaw, baked crab cakes, or blackberry sorbet.

## Stop and go



Help your youngster boost coordination with this fast-paced game. Kick a ball from player to

player. The kicker calls out a body part (right foot, right elbow, left knee). The receiver tries to stop the ball using that body part. If a player doesn't follow the directions, she gets a point. Lowest score wins!

**DID YOU KNOW?**

If you receive SNAP benefits, you can use them to buy seeds and plants to grow food for your family. Visit [fns.usda.gov/snap/retailer-locator](https://fns.usda.gov/snap/retailer-locator) to find participating stores. Then, let your child help you plant fresh vegetables and herbs in a garden or in windowsill pots. *Note:* Many farmers' markets accept SNAP benefits, too.

## Just for fun

**Q:** How do you start a campfire with two sticks?

**A:** Make sure one is a match!



## Right-size portions

It's important for your child to eat the right foods *and* to eat the right amount. Help her learn about portions with these hands-on ideas.

### Measure snacks

At snack time, set out measuring cups and spoons along with snacks like dry cereal and raisins. Encourage your youngster to read the serving size on each package and measure the recommended amount onto her plate—and yours. She'll learn to use nutrition labels and discover healthy portion sizes.



### Make a poster

Let your child create a chart that compares just-right portions of food to the size of everyday objects she chooses. First, share these common comparisons:

- 3 oz. chicken or fish = deck of cards
- $\frac{1}{2}$  cup cooked vegetables, pasta, or rice = lightbulb
- 1 cup raw vegetables = baseball
- 1 oz. cheese = pair of dice

Then, she can pick items that are about the same size and sketch them on poster board. She might draw a computer mouse for chicken, a mini stuffed animal for rice, her snow globe for raw veggies, and an eraser for cheese.

### Divide your plate

When your youngster serves herself, suggest that she start by covering half of her plate with fruits and vegetables. For extra fun, she could divide her plate in half with asparagus spears or a spaghetti noodle! That strategy will help her take reasonable portions of protein and grains to fill the other half of her plate. ♡

## Playground stretches

The playground is the perfect place for your youngster to do stretches. He'll improve his flexibility, which helps to prevent sports and overuse injuries. Here's how.

**Reach high.** Encourage your child to stretch and jump up to catch horizontal bars or monkey bars, then count how many times he can swing.

**Stretch low.** Suggest that your youngster try stretches on a balance beam or a painted line on the blacktop—without stepping off. First, he can put one foot in front of the other and touch his toes on the front foot. Then, have him turn sideways, step his legs out wide, and try to touch the beam. ♡



# Salads kids want to eat

There's a whole world of interesting greens and other salad ingredients out there! Consider these tips to help your youngster fall in love with salads.

**Try different leaves.** Add more nutrients by encouraging your child to eat a variety of greens. He'll enjoy learning their names and discovering their unique flavors and textures. Each time you get groceries, let him pick out a new base for his next salad, such as red bibb, soft butter lettuce, dark green baby kale, purple radicchio, scoop-shaped endive, or curly frisée.



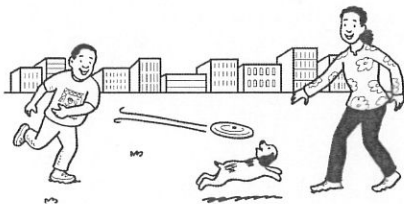
**Use creative names.** Your youngster might make "mac-and-cheese salad" with lettuce, tomato, cooked whole-wheat pasta, and low-fat shredded cheddar. Or you could invent "Popeye salad" with baby spinach, strawberries, and olive oil. *Idea:* He may get a kick out of learning that *rocket* is another name for arugula. Blast off with "rocket salad"—toss rocket with peach slices, part-skim ricotta cheese, and a drizzle of balsamic vinegar.

**Add kid-friendly crunch.** Encourage your child to crumble baked tortilla chips or his favorite whole-grain crackers onto his salad. Or he might sprinkle a salad with slivered almonds or sesame sticks.

## PARENT TO PARENT Overweight? Focus on health

My son Patrick is a bit overweight. His pediatrician said we could help him by focusing on healthy foods and fun activities for the whole family instead of on Patrick's weight.

So we bought fruits and vegetables that Patrick likes, including oranges and snap peas, and bypassed the cookies and chips. Also, we've switched to lean meat and fat-free milk.

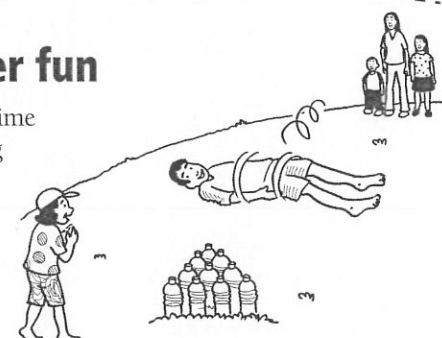


Now instead of lounging in front of the TV after dinner, we take walks or go to the park. We like playing 2-on-2 basketball, and we've recently discovered disc golf. Patrick has more energy—and he looks forward to kicking off the weekend with a family bike ride.

## ACTIVITY CORNER Outdoor summer fun

Longer days mean more time to play outside. Get everyone's heart pumping with these games.

**Human bowling.** Family members are the "bowling balls" in this game. Have your child arrange "pins" (half-full plastic water bottles) at the bottom of a grassy hill. Take turns lying at the top and rolling horizontally to topple the pins. Count how many you knock down, reset, and run back up the hill. Knock over the most pins in 10 "rolls" to win.



**Ribbon run.** Help your youngster set up a running course by tying ribbons to 5–10 objects outside, such as a tree, bench, or fence. Time each other running the whole course from ribbon to ribbon, making sure to touch them all. The fastest player wins.

## IN THE KITCHEN Create buffets at home

There's something for everyone at a buffet. Set out foods around themes like these, and your child can build her own meals.

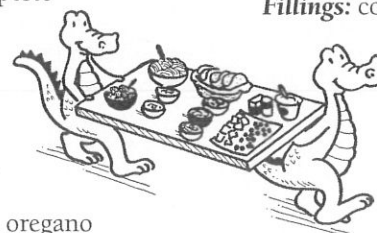
### Pasta extravaganza

**Noodles:** whole-wheat pasta, spaghetti squash, or zucchini noodles

**Sauce:** marinara, pesto

### Toppings:

cooked turkey meatballs, steamed broccoli florets, sun-dried tomatoes, grated Parmesan cheese, oregano



### Yogurt station

**Base:** nonfat Greek yogurt

**Mix-ins:** blueberries, mango chunks, cinnamon, nutmeg, honey, chopped walnuts

### Taco bar

**Shell:** soft corn or whole-wheat tortillas

**Fillings:** cooked lean ground beef or steamed shrimp, black beans, low-fat shredded pepper-jack cheese

**Toppings:** shredded lettuce, diced tomato, sliced avocado

## 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

# It Pays to Get A's!



Each student that brings in their report card at the end of the grading semester will be rewarded for good grades. All A's will receive a \$4.00 deposit. Grades are based on semester averages and students up to the high school level are eligible. To take advantage of this offer the student must be a Crane Credit Union member.