



MONDAY MEMO

January 8, 2017

HERE'S WHAT'S NEW:

St. Ambrose Choir-2
After School Enrichment-3
VBRD Family Activity-4



PRINCIPAL'S CORNER

Last April the Diocese was looking for a few schools to be involved with a grant that would train teachers in TIPS (Trauma-Informed Programming in Schools). St. Ambrose was accepted to be one of the schools. In January three staff members will be trained and then will train the rest of the staff. The mission of the TIPS program is “to assist schools as they seek to infuse trauma informed practices within their school environment. This includes interactions between students and staff, policies, approaches to discipline, and how staff think about the students within their building.”

The Saint Louis Public School District recently received a grant from the US Department of Education. The purpose of the project is to implement a training program for elementary school personnel throughout the St. Louis Metropolitan area to teach them how to better respond to children who have been affected by trauma. As part of this project, all parents from our elementary schools have been asked to complete a brief survey regarding school climate. We would be grateful for your participation. You can find the survey at:<http://bit.ly/TIPSparent>

Please take some time to complete the survey.

DATES TO REMEMBER

| | |
|-----------------|---------------------------------------|
| Jan. 9 | PTO Special Lunch |
| Jan. 15 | No School-Martin Luther King, Jr. Day |
| Jan. 26 | STUCO Pizza Day |
| Jan. 27 | Athletic Association Trivia Night |
| Jan. 28 11-1:30 | Open House |
| Jan. 28- Feb. 2 | Catholic Schools Week |



ST. AMBROSE CHOIR

**ST. AMBROSE CHOIR IS SINGING
AT A ST. LOUIS AMBUSH SOCCER GAME!**

Please support our school and cheer on our choir on
SATURDAY FEBRUARY 3 at 7:05 pm.

Tickets are \$10 each (regular price \$16). We must sell at least 100 tickets to get this special price. Please bring your payment to the school office: cash or check made out to "St. Ambrose", in an envelope with your family's name, # of seats requested, clearly marked:

AMBUSH GAME.

Absolute deadline to order ticket FRIDAY JANUARY 19 AT 3:00 PM!!!!!!



St. Ambrose is offering After School Enrichment classes this semester.

Classes are on Tuesday from 3:15-4:15.

The classes are being funded through a grant so there is no fee to attend. Classes are limited to 20 spaces each and will be filled on a first come basis.

Registration forms have been sent out through Fast Direct.

Please fill out the registration form and drop it off in the school office.

1st Session: January 16th - March 6th



Magic Trunk (Pre-K4 -1st Grade)

Open the magic trunk and let your imagination soar! Perhaps one day we'll discover a pirate's costume or fantastic sunken treasure; another day, perhaps fairy dust and jewels. Whatever we find, students will move, sing and act their way through classic children's tales. Come join us to find out what the magic trunk contains.



Science Mania Classes (Grades 2-5)

Dive into the exciting lab of a Mad Scientist! Investigate all about bugs and how they help our environment. Become a detective and discover how forensic science plays a role in solving crimes. Be a special effects expert and discover why science is the real star on the big screen. Investigate meteorology and build your own UV detector. Climb the ladder of knowledge as you discover the science behind your favorite toys with MAD SCIENCE!

2nd Session: March 12-May 7



Crayola Class (Grades K & 1)

Children take a journey to the farthest reaches of the imagination while learning about the ocean, the rainforest, Mars, a futuristic city, and more! They experiment with Crayola® products and many art techniques like sculpting, storyboarding, collage, and mixed media.

Think it! Draw it! Make it! They also discover different design careers, and use the design thinking process to solve real-world problems.

Sculpture Safari (Grades 2-4)

It's time to explore the animal kingdom through a variety of sculpture media.

Students will use clay, wood, even handmade paper to create three-dimensional creatures of all kinds. This class will emphasize construction and shape recognition and help students to link physical skills with their imagination. Interest in an art adventure is a must; no passport is necessary.



Photography (Grades 5-8)

Students learn the basics of photography, experimenting with a variety of conventional and unconventional cameras and techniques, as well as learn how to use composition, light, shadow and point of view to communicate their ideas.

VBRD

January and the beginning of a New Year makes us think about new beginnings, fresh starts, life improvements and resolutions. Many think about losing weight, working out, eating healthier, saving more money. This year we ran across something online that we thought would be a great start to the new year, and a fun family activity for some spiritual growth and resolution. It's called My Catholic New Year Resolutions. The format is attached. This would be a good conversation for family dinner, meeting or car ride. There is a list of eight "resolution starters" that family members complete individually. You don't need to have one for all eight categories, but it gives you some places to start thinking about your own spiritual growth for the coming year.

Try it out at home and post the resolutions. Family members can help each other to keep their resolutions. Send in your anonymous resolutions and we will display them for Catholic Schools Week.



My Catholic New Year **Resolutions** *for the year _____*

1 Virtue I'd Like to Grow in _____

1 Sin I'd Like to Eliminate _____

1 Book of Scripture I'd Like to Read Through _____

1 Spiritual Book I'd Like to Read _____

1 Prayer I'd Like to Learn _____

1 Way to Improve My Sacramental Life _____

1 Saint I'd Like to Get to Know Better _____

Any Special Intentions for the Year _____



PENTHOUSE NEWS

Experts agree that students need about nine or ten hours of sleep each night for best health and school performance. Studies are showing that in the last few years fewer teens are reaching that optimal amount of sleep. This is likely because preteens and teens are giving up sleep time for screen time. A study at San Diego State University, showed that the number of teens who are trading sleep hours for activity on devices has risen dramatically in recent years. The study used surveys from 370,000 teens across the country. Lack of adequate sleep can be correlated to health issues such as depression, anxiety, obesity and poor performance in school.

The researchers say that smartphones are mainly to blame for this. Adolescents are using their phones at night to check social media, text and watch videos. The light that is emitted from these cell phones and other devices interferes with natural sleep patterns. Looking at screens wakes up the brain. Studies also show that people need an hour off of screen time before bed to begin feeling sleepy. This is true even for adults.

A meeting of experts this November, sponsored by Children and Screens: Institute of Digital Media and Child Development was held in New York. Experts agree that there is much data to support these findings. The experts suggest that for students to have adequate sleep, cell phones should not be kept in bedrooms during sleep time. Consider having a family docking station where all cell phones are kept overnight.

From: Science News for Students, Dec. 11, 2017

STUCO NEWS



Student Council is planning some very exciting things this year, and I would like to update you on some upcoming events. January 26th is our next pizza day, and forms have been sent out through Fast Direct. We ask you turn the forms in on the Friday before, January 19th, to ensure that we have enough time to get everything ordered. For Pizza Days in February, March and April, please submit any forms on the Wednesday that they are due. Lastly, I would like to remind you do not have to order all four months at once. You may order on a month to month basis.

-Gracie Bricker (Student Council Vice President)

ATHLETIC ASSOCIATION NEWS



26th Annual St. Ambrose Trivia Night

Saturday, January 27, 2018

St. Ambrose School Gym & Café

\$200 per table of 8

Includes Beer and Soda

Imo's Pizza will be available to order

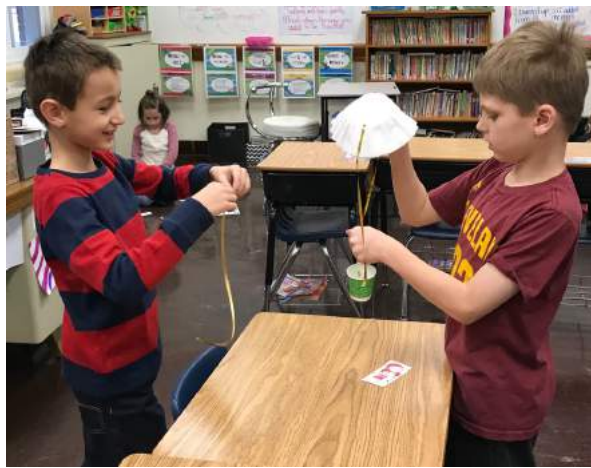
Doors open @ 6 PM  Games begin @ 7 PM

For reservations please contact Michelle Feltz

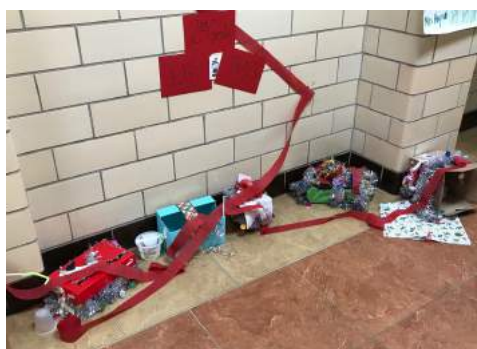
 (314)616-7482 or smfeltz@sbcglobal.net 

All proceeds benefit St. Ambrose Athletic Programs

IN THE CLASSROOM



Before Christmas break, the third grade designed parachutes that would allow Santa to land safely and still deliver the presents in case he had any trouble with his sleigh. They worked in teams to create a design, select materials, and make adjustments after each test flight.



The second grade used their STEAM skills to design traps to catch the mischievous Barb the Elf. They had shiny decorations and trap doors but unfortunately she eluded them all.

HOUSEWIDE

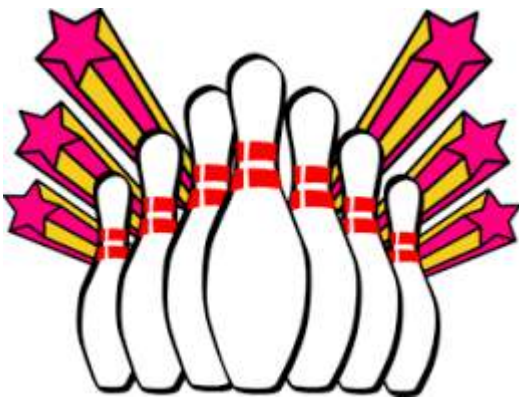
The middle school concluded the end of the second quarter and celebrated the beginning of Christmas break with a friendly “Housewide” competition. During this Housewide, they competed in cup games, ninja circles, and The Price is Right. Everyone had a great time earning points for their houses and participating in all of the games.



CHRISTMAS PARTIES



STUDENT SPOTLIGHT



Congratulations to Izabella Fischer!
She participated in the Bowlers to Veterans
Link Tournament sponsored by the
US Bowling Congress.
She finished in 33rd place out of 228 bowlers
and won a \$23 scholarship.
Way to go Izabella!

YEARBOOKS

Yearbook Order Form

SPECIAL ONLINE DEAL:

\$19.00 online only

Go online to www.jostensyearbooks.com

OR

\$21.00 Each

Return this form to school with cash or check
made payable to
"St. Ambrose"
(please write "yearbook" on envelope)

Student Name: _____ Grade: _____

Number of Books: _____

Amount enclosed: _____

Check one: Cash _____ Check# _____

*Final orders will be due February 26, 2018
Books will be here in May.*

SUNDAY LECTORS

The 9am Mass on Sundays is considered the children's Mass. Students are able to sing and lector. If your child would like to be a lector on Sunday Masses at the 9am Mass please contact Jessica Gordon (parent) via fast direct, text or call 314-677-7090.

January 14th- Adam and Ava Molli

January 21st- Mia Gordon and Annie Sestric

January 28th- Kenny Sanders and Abby Walsh

8th GRADE GREETERS

Greeters are for the 9am Mass each weekend. Please be sure to be at the church by 8:45 and go to either the doors in the front along Marconi or the parking lot door.

January 14th- Berkley, Bricker, Bruggeman, Brusatti

January 21st - Crowe, England, Fischer, Fuse

January 28th - Gralike, Grana, Hayes, Kelly

ALTAR SERVER SCHEDULE

Saturday, Jan. 13

5 PM

Brogan Stewart
Harrison Winter
Frannie Winter

Saturday, Jan. 20

5 PM

Grace Kelly
Eliza Kelly
Lilliana Marcallini

Saturday, Jan. 27

5 PM

Gianna Fogarty
Nate Fischer
Abby Roy

Sunday, Jan. 14

7 AM

Buckleys

Sunday, Jan. 21

7 AM

Keegan Crowe
Brendan Crowe

Sunday, Jan. 28

7 AM

Buckleys

9 AM

Ben Begley
Brazie Mazzola
John Knobbe

9 AM

Jimmy Striler
Jack Warden
Ava Molli

9 AM

Matthew Nikolai
Sam Nikolai
Emma Grana

11 AM

Ginnie Steck
Anna Steck
Luke Will

11 AM

Allison Ruggeri
Madison Ruggeri
Angelo Tucci

11 AM

Olivia Brusatti
Gianni Brusatti
Mary Kate Stephens