

# MONDAY MEMO

March 12, 2018



## HERE'S WHAT'S NEW:

*Daughters of Virtue-2*

*PTO News-3*

*In the Classroom-5*

## PRINCIPAL'S CORNER

“Mindfulness is the act of having both present-time awareness and mental calmness. These components can help parents and educators have a more focused environment at home and in the classroom. Mindfulness is about focusing attention on the present rather than thinking about the past or worrying about the future—the brain’s default setting. Bringing activities and discussions focused on mindfulness can help students practice and strengthen their mindfulness awareness. There are many benefits of practicing mindfulness, including: increased self-awareness, self-confidence, and emotional regulation. Mindfulness training has also been shown to reduce the severity of mental health concerns including depression, anxiety, and ADHD in children.

Children are uniquely suited to benefit from mindfulness exercise. For parents and educators, the best way to teach children to be mindful is to embody the practice. It is helpful to give them concrete steps to better their skills. Here are some general steps in teaching mindfulness to children:

Step one: Find a comfortable space where you can be focused and will not be disturbed or interrupted.

Step two: Take a deep breath and relax your entire body, with your eyes opened or closed.

Step three: Listen to the sounds around you. Keep taking and releasing slow, deep breaths.

Step four: Bring awareness to the sensation of your breathing. Feel your chest rising and falling.

Step five: Start counting your breaths softly—count from one to ten, then start back over.

Step six: If your brain begins to wander, return to counting the breaths again from the start.

Step seven: Start to notice the volume and speed of your breath.

Step eight: Bring your attention to the presence of the thoughts moving through your mind. Be aware of your feelings.

Most important step! Step nine: Feeling a growing sense of peacefulness within you settle, bring attention to your breath again. Slowly open your eyes.”

Information retrieved from: [http:// happyproject.in/mindfulness/](http://happyproject.in/mindfulness/)

# DATES TO REMEMBER

|                      |                                  |
|----------------------|----------------------------------|
| Mar. 13              | PTO Special Lunch                |
| Mar. 13 @ 6:30 PM    | Daughters of Virtue (Grades 3-5) |
| Mar. 16              | STUCO Pizza Day                  |
| Mar. 18              | St. Joseph Altar                 |
| Mar. 20 @ 6:30 PM    | Daughters of Virtue (Grades 6-8) |
| Mar. 24 @ 10AM-12 PM | Mother Daughter Bowling Party    |
| Mar. 24 @ 6-9:45 PM  | Middle School Trivia Night       |

## VBRD: Daughters of Virtue



Attention Moms and Daughters Grade 3-8:

We are planning a fun evening of girl talk, fellowship and prayer. This will be a time for moms and their daughters to have some honest discussions around the important topics of friendships, media awareness and virtue. Refreshments will be provided.

**WHEN:** Tuesday, March 13, @ 6:30 pm for moms and daughters of grades 3-5.  
Tuesday, March 20, @ 6:30 pm for moms and daughters of grades 6-8

**WHERE:** St. Ambrose Penthouse (4th floor)

## SPEECH MEET

Thank you to everyone who helped with and participated in the Bellarmine speech meet held here at St. Ambrose last Saturday! Our school received so many great comments from the Bellarmine organizers and parents from other schools saying how nice St. Ambrose is. Our time keepers, volunteer St. Ambrose students, received rave reviews for how they acted as great ambassadors for our school. Our students participating in the meet also did exceptionally well. Here are the results from Saturday:

Abby Roy & Ava Consiglio, blue  
Marisa England, red  
Olivia Brusatti, gold  
Mary Corkery & Madison Ruggeri, blue  
Allison Ruggeri, blue  
Ceci Hines, blue (one point short of gold)  
Audrey Sandhaus, blue (one point short of gold)  
Victoria Scheers, gold

# PTO NEWS

ST. AMBROSE MIDDLE SCHOOL

## Trivia NIGHT

Saturday, March 24, 2018

Doors open at 6:00 PM

Trivia from 6:30-9:45 PM

St. Ambrose Cafeteria

Get your friends and your brains together and get ready for a fun night of trivia! Registration forms and details have been sent out on Fast Direct. Be sure to send yours in soon!

The Middle School Trivia Night committee is looking for donations of attendance prizes. These can be small items or \$5-10 gift cards. Also new items from area high schools including give aways from high school nights and tours are greatly appreciated. Thanks for your generosity!



**STRIKE UP SOME FUN**  
Mother & Daughter  
Bowling Party!

Please join us for a fun day of bowling, pizza, & more!

\$10 per ticket  
(Includes 2 games of bowling, shoes, 2 pieces of pizza and soda)

Date: Saturday, March 24  
Time: 10am - 12pm

Show Me Lanes  
4575 Lemay Ferry Rd.

The deadline to sign up for Mother & Daughter Bowling has been extended to **March 20th.**

Don't miss out on the fun!

## Parent Prom

### An Evening Under the Stars

*Music, Dancing, Assorted Desserts and Beverages, and a great time await!*

St. Ambrose PTO would like to cordially invite you to

Parent's Prom

April 21, 2018 7pm - 10pm

In la Cafeteria

5110 Wilson

\$25 per person

Attire: Formal (pick an era, roarin' 20's, rockin' 50's, hairband 80's, etc)

RSVP to Jen Jones or Holly Smith

By April 11, 2018



# ATHLETIC ASSOCIATION NEWS



Basketball uniform return and baseball/softball/track uniform pick-up night will be on Tuesday, March 27th in the gym at St. Ambrose, from 6:30pm - 8:30pm.

This does NOT apply to children in grades Pre-K to 1st.

Very important to note:

-When you return your basketball uniform, we will return your deposit check.

-In order to receive a baseball, softball and/or track uniform, you will need to provide a \$50 deposit for each uniform.

-If you are NOT able to make it on the 27th, please coordinate with the coach or a friend to return a uniform or pick up one for you (If someone picks up for you, they will need your uniform deposit). We would prefer to avoid the extra work and not make multiple trips up to the gym for uniforms.



## ENRICHMENT CLASSES

The classes for the second session are Photography, Crayola Class, and Sculpture Safari. Photography began Friday, March 9th and the other two classes will begin Tuesday, March 13th. A reminder message has been sent out through Fast Direct to all who are enrolled.

## ALUMNI NEWS

**Congratulations to Dominic Herr, St. Ambrose Class of 2014, who received the Missouri Top 100 Academic Student Award for the Class of 2018!**

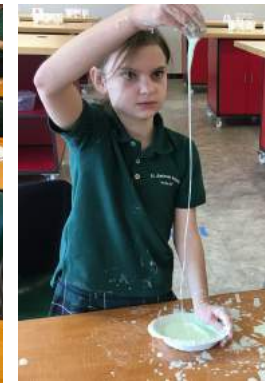


Missouri Scholars 100 is a program sponsored by the Missouri Association of Secondary School Principals. Schools across Missouri were invited to nominate candidates for this state wide recognition. The selection is based primarily on a formula using the student's grade point average and ACT or SAT score. Each student nominated had to first meet criteria of an "Academic Decathlon," which included ten "events" designed to assure the academic strength of the student. To meet the decathlon requirements, the student must have a minimum GPA of 3.750, a minimum ACT score of 29 or a minimum SAT score of 1,900, be ranked in the upper ten percent of the class, and have taken upper level courses in mathematics, science, English, and foreign language. The student must also have excellent attendance, be an exemplary school citizen, and be involved in the school activity program.

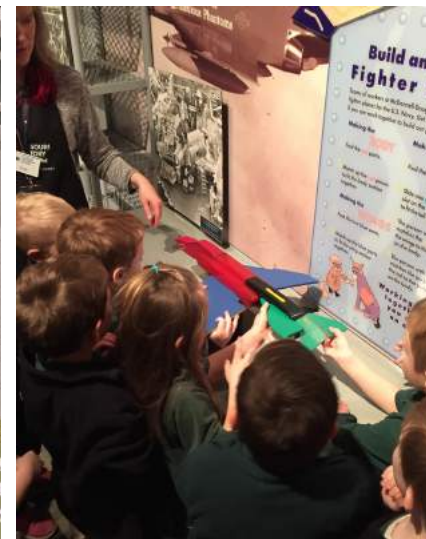


# IN THE CLASSROOM

Over the last week the lower grades have been celebrating Dr. Seuss' birthday. The Pre-K students read Fox in Sox and wore silly socks. They also completed a STEM challenge to stack the Cat in the Hat's hats. The 2nd grade read Dr. Seuss books, did Seuss Math, made Lorax moustaches, and planned all the places they would go and things they would do. Third grade read Bartholomew and the Oobleck, made oobleck in Science class, and discussed the difference between a liquid and solid and how oobleck has the ability to be both. Everyone enjoyed a dress down day and the fun, learning activities our "Seuss-tastic" teachers planned.



The Pre-K classes have been learning about different types of transportation. As part of the unit, they took a field trip to the Missouri History Museum to learn about transportation throughout history and the special place the steamboat has in St. Louis history.





# ATTN: MIDDLE SCHOOL PARENTS

## RETHINKING The Ladder Of Success

The way UP is actually...down.  
How humility and humor get us there.  
Strategies to prepare teens and pre-teens  
for true success.

**TUESDAY  
MARCH 27  
7PM**

Don't miss this important  
St. Louis community event for  
parents and grandparents  
of teen and pre-teen guys and girls.

Hosted by Saint Louis Priory School



500 S. Mason Rd, STL MO 63141

For more information, contact:

Father John 314-434-3690 x 394



Find out how fresh  
thinking about virtue  
can protect youth from  
substance abuse, sexual  
license, misuse of  
technology, self-harm  
and more.

Discover effective  
techniques to equip  
teens to thrive amidst  
temptations with  
everyday virtues like  
faith, honesty, humility  
and courage.

Essential information from high-school educator, rugby coach, and Saint Louis Abbey monk, Father Augustine Wetta, OSB with wise and witty themes from his newly published book: Humility Rules: St. Benedict's 12-Step Guide to Genuine Self Esteem. <http://benedicteen.blogspot.com/>

Father Augustine is teamed up with high-energy middle-school catechist, author, and virtue advocate, Cathy Gilmore. Cathy offers practical advice for parents and grandparents to build virtue in teens and preteens through the use of technology, media and entertainment.

<http://catherinecgilmore.com/your-event-with-cathy-gilmore>

# CAMP OPPORTUNITIES

## Summer Camps for Middle School Kids

**Ursuline Academy** will have a four day STEAM camp for middle school students on June 25-28. For more information or to sign up go to [www.ursulinstl.org/events](http://www.ursulinstl.org/events).

Ursuline also has online registration for summer sports camps, including all sports as well as dance and cheer. Sign up information is a [www.ursulinstl.org/events](http://www.ursulinstl.org/events)

SLUH is offering a **Summer Enrichment Academy(SEA)** for high-achieving boys and girls. This is a fun, challenging academic experience. There are a variety of class offerings for a full or part-day experience. There are two two-week sessions to choose from for students who have completed 6th or 7th grade.

Session One: June 11-June 22

Session Two: June 25-July 6 (no classes on the 4th)

SEA 6 (for students entering 7th grade) offers Acting, Physics or Pre-Algebra

SEA 7 (for students entering 8th grade) offers Storywriting, Algebra and STEMistry

On line registration is open now.

Visit <https://www.sluh.org/academics/summer-programs>



**3/23 - 4/6 (WEEKDAYS)**

9:00 am to 3:00pm

Before/After Care Available

\*\*Sign up for one day or multiple days\*\*

4255 Arsenal Drive

Inside Artscope's Tower Grove Park Cottage



Register: [www.artscopestl.org](http://www.artscopestl.org) / 314-865-0060

Don't let the school year keep you from joining us for our amazing (and art-tastic) camps that run every day that St. Louis area schools don't have classes! Available and upcoming camps will be listed in the calendar. These camps aren't to be missed, your child will get to make fabulous art projects, explore Tower Grove Park, play games, sing songs, make new friends, and so much more!

Camps run from 9:00am to 3:00pm on select days.

AM Care is available from 7:30am-9:00am.

PM Care is available from 3:00pm-6:00pm.

Camp is available for campers 5 to 11 years old.

We're seeking **Junior Counselors** for our School Daze Camps! Do you love the arts? Working with children? Join us at Artscope for our awesome and creative camps where'll you'll help children be their best creative selves.



# CAMP OPPORTUNITIES

Looking for activities as you plan your summer? Be sure to check out Notre Dame's camp offerings! NDHS is offering several camps in athletics and enrichment. Enrichment camps include cooking, sewing, art, science, theatre workshop, and math. Be sure to check out descriptions, dates/times, and costs at <http://www.ndhs.net/>. We hope to see you this summer!

## ENRICHMENT CAMPS

### **Behind the Scenes Workshop: Stage Make Up and Costumes**

Grades: 5-9 | Dates: May 29-31, 4pm-6pm

**Summer Chefs** Grades: 5-8 | Dates: June 4-8, 9-11am

**Beginning Sewing** Grades: 5-8 | Dates: June 4-8, 12pm-2pm

**Science Sampler** Grades: 5-8 | Dates: June 11-15, 9am-11am

**Express Yourself!** Grades: 5-8 | Dates: June 11-15, 9am-11am

**Escape the Math Room** Grades: 5-8 | Dates: June 11-15, 12pm-2pm

## ATHLETICS CAMPS

**Softball** Grades: 6-12 | Dates: May 29-June 1, 10am -12pm

**Cheerleading** Grades: 4-12 | Dates: June 4-7, 9am-11pm

### **Basketball**

Grades: 3-7 | Dates: June 4-7, -1pm-3pm

Grades: 8-9 | Dates: June 4-7, 3pm-5pm

Grades: 10-12 | Dates: June 4-7, 5pm-7pm

**Tennis** \*To be held at Sylvan Springs Tennis Courts\*

Grades: 4-12 | Dates: June 11-14, 10am-12pm

### **Volleyball**

Grades: 3-7 | Dates: June 11-14, 9am-11pm

Grades: 8-9 | Dates: June 11-14, 4pm-6pm

Grades: 10-12 | Dates: June 11-14, 6pm-8pm

### **Field Hockey**

Grades: 7-12 | Dates: June 18-21, 10am-12pm

### **Soccer**

Grades: 3-8 | Dates: June 25-28, 4pm-6pm

Grades: 9-12 | Dates: June 25-28, 6pm-8pm

Lacrosse Grades: 6-12 | Dates: July 9-12, 6pm-8pm

## HIGH SCHOOL ENRICHMENT CAMPS

### **ND Jumpstart: A STUDY SKILLS CAMP FOR THE CLASS OF 2022**

Grade: 9 | Dates: July 9-12, Time: 9am-11:30pm

**ACT Bootcamp** Grades: 10-12 | May 29-May 31, Time: TBA

**College Admissions Essay Workshop** Grades: 11-12 | Dates: June 4-8, Time: 12pm-2pm



# SOAP BOX DERBY

Innovation • Creativity • Competition • Leadership

Join Your Local Race Organization!

Join the Fun!



Spend quality time with your kids while you build cars and compete in races in your hometown or around the country. Racers learn STEM concepts (Science, Technology, Engineering and Math) while having fun and making new friends. Soap Box Derby® racing is a sport that educates and inspires youth through fair and honest competition.



Sportsmanship • Resourceful • Racing • Community

## What is the Soap Box Derby®?

The International Soap Box Derby (ISBD) is the recognized governing body of Soap Box Derby® racing. The non-profit organization includes the FirstEnergy All-American Soap Box Derby® youth racing program and the Gravity Racing Challenge® education program and operates the world famous Derby Downs in Akron, Ohio. The Derby dates back to 1934 and has grown to more than 600 races in 120 racing districts throughout the world each year.



The FirstEnergy All-American Soap Box Derby (AASBD) is held annually in Akron, Ohio every July. Participants become eligible to compete in the AASBD World Championship through winning their Local Race or by accumulating points in the Rally Program.

The Local Race is an annual race held in an ISBD licensed district. A participant is required to compete in the Local race district closest to his or her residence. The winner of a Local Race is called a "Local Champion" and is eligible to compete in the AASBD against other Local Champions.

The Rally Program allows participants to earn points by racing in Rally Races throughout 13 regions. The top point earner in each division wins a "Rally Regional Title" and is considered a "Rally Champion." Other top point earners in the regions also become Rally Champions. Rally Regional Title winners and Rally Champions compete in the AASBD against other Rally Champs.



www.314allstar.com



Licensed Partner of the International Soap Box Derby, the official sanctioning body of Soap Box Derby® Racing



Celebrating 20 Years  
On The Hill



&  
The Hill  
Car Show

A Lifetime of  
Learning  
& Family Fun  
through  
Gravity Racing

**RACE DAY**  
JUNE 10, 2018  
Macklind Avenue  
On The Hill

stlouis.soapboxderby.org

## Official Soap Box Derby® Racing Divisions

### STOCK

- For racers ages 7-13 years old
- Can accommodate a racer up to (approx.) 5'3" tall and 125 lbs.
- Lean-forward design
- Builders should allow 4-6 hours to assemble their car



### SUPER STOCK

- For racers ages 9-18 years old
- Can accommodate a larger racer up to (approx.) 6' tall and 160 lbs.
- Lean-forward design
- Builders should allow 4-6 hours to assemble their car



### MASTERS

- For racers ages 10-20 years old
- Usually driven by more experienced drivers
- Can accommodate a racer up to (approx.) 6' tall and 160 lbs.
- Lay-down design
- Assembly time varies upon skill level



All cars are sold as kits through the International Soap Box Derby. The kits include everything needed for racing with the exception of Z-Glas Racing Wheels and weights.

Visit [soapboxderby.org](http://soapboxderby.org) and click on the "Store" tab.

Contact your Local Race Director for information on build clinics, trial runs, volunteer opportunities, Rally racing, Local race day details and more!



Joe Faber  
Marketing Director  
314.503.4170

[stlouis@soapboxderby.org](mailto:stlouis@soapboxderby.org)  
[stlouis.soapboxderby.org](http://stlouis.soapboxderby.org)

To find official Soap Box Derby® rules and more info on ISBD programs, and to buy Soap Box Derby® car kits and parts, please visit [soapboxderby.org](http://soapboxderby.org)

Engineering • Soap Box Derby • Diversity • Engaging • Passion • Persistence • Technology • Gravity • Mathematics • STEM

Engineering • Soap Box Derby • Diversity • Engaging • Passion • Persistence • Technology • Gravity • Mathematics • STEM

# 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.

March 18 - Kenny Sanders and Abby Walsh

March 25 - Ava and Adam Molli

# 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.

March 18 - Grana, Hayes, Kelly, Longland

March 25 - Naunheim, Nugent, Ruggeri, Sanders

# ALTAR SERVER SCHEDULE

## Saturday, March 17

5 PM

Ava Molli

Frannie Winter

Harrison Winter

## Sunday, March 18

7 AM

Jed Hovey

Rueben Hovey

9 AM

Lili Marcallini

Nate Fischer

Angelo Tucci

11 AM

Gianni Gibbons

Allison Ruggeri

Madison Ruggeri

## Saturday, March 24

5 PM

Gianni Brusatti

Olivia Brusatti

Gianna Fogarty

## Sunday, March 25

7 AM

Keegan Crowe

Brendan Crowe

Abby Roy

9 AM

Audrey Fuse

Mary Kate Stephens

Angelo Tucci

11 AM

Emma Grana

Joe Abbate

Matteo Abbate