

# Cardinal Pacelli School



Educating the Heart and Mind.

[CardinalPacelli.org](http://CardinalPacelli.org)

## Quick Links

[Our Lord Christ the King Church](#)

[PTO Website](#)

[Athletics Website](#)

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## IMPORTANT DATES

### March 1 - 24

Iowa Testing Dates

**March 8** - Final Open PTO Meeting 7:00 PM

**March 9** - Fishes & Loaves Collection Begins

**March 10** - Spiritwear Day

**March 16** - 8th Grade Musical

**March 17** - **NO SCHOOL** for students PD Day for Teachers

**March 21** - Athletic Commission Meeting 7:00 PM

**March 24** - Fish Fry

**March 31** - Fish Fry

**March 30** - A Night in Paris Fashion Show 7:00 PM Pacelli

**April 2** - Mother/Daughter Brunch

**April 12** - Spring Picture Day Grades PS - 6

**April 13** - All School Stations of the Cross 1:45 PM

**April 14 - April 21** Easter Break **NO SCHOOL**

**April 24** - School Resumes Earth Day Celebration at School

**April 28** - Spiritwear Day

**Cardinal Pacelli School's Mission is committed to providing a nurturing environment focused on developing the spiritual, academic, and social abilities of each child. We work to instill positive morals and a sincere desire in our students to become lifelong learners and to better the community around them.**

## MESSAGE FROM THE PRINCIPAL

Dear Pacelli Families,

How are you all doing with your Lenten promises? Is it difficult yet? Things are all abuzz at school with discussions on the many different ways we are sacrificing during the season of Lent. Here is some inspiration for you: [LENT](#).

We are midway through the IOWA Assessments and CogAT testing. Your children are doing beautifully and working very hard. Continue to have them in school and on time as the testing begins first thing in the morning. Research has shown that getting enough sleep and a good breakfast helps children be successful in standardized tests.

Just a reminder that Christ the King Parish is scheduling photo sessions for their Parish Pictorial Directory. This is so helpful, especially for all of our new families when they are trying to match names and faces. Sign up [HERE](#) to schedule your photo session for a time that is convenient for you. Photo sessions are March 21 - April 1. Everyone who participates will receive a **FREE 8 x 10** portrait and a church directory. We want everyone to be included as we celebrate 90 years as a parish!

This year we have added a Spring Picture date for your child in grades Pre-School - 6. This is totally optional. In the next couple of weeks, information about spring pictures will be sent home. For right now, save the date for Wednesday, April 12.

A mandatory Athletic Commission meeting for all parents who have a child participating in Spring sports at Cardinal Pacelli has been set for Tuesday, March 21, 2017 at 7:00 PM in the gym. Fr. Ed and I look forward to seeing all of our Pacelli Panthers!

God Bless You All on Your Lenten Journey!

Mrs. Terri Cento

## SCHOOL REGISTRATION

We are in the midst of registration for next school year. Please get your registrations in as soon as possible so we can begin making plans for next school year. We have a superior faculty and staff at Cardinal Pacelli

on the registration process please [Click Here](#).

## VIRTUS

Just a reminder that the monthly Virtus Bulletin is ready to read. All volunteers must be up to date on bulletins to volunteer at school. If you have any questions, please contact Becky Overbay at [jboverbay@yahoo.com](mailto:jboverbay@yahoo.com)

## NEWS FROM THE SCHOOL NURSE

### Sitting and Health

There is overwhelming evidence that prolonged sitting will reduce your lifespan by promoting dozens of chronic diseases, even if you exercise regularly.

One [recent large-scale epidemiological study](#) reported that children across the globe sit for about 8.5 hours every day. A recent study found that activity levels among children dropped precipitously after about age 8 and continue to fall through adolescence, with young people trading movement for sitting. At a bare minimum, one should avoid sitting for more than 50 minutes out of every hour.

## COMMUNITY SERVICE UPDATES



### Kindness Month Going Strong!!! See our beautiful wreath in the school lobby!

Our students and faculty continue to "Catch Kindness". Each time a student or faculty member is caught doing an Act of Kindness, they are given a ribbon to attach to the Kindness Wreath. Here are more great examples from the last week:

A pre-schooler dumped their **entire** piggy bank and donated the money to the Lenten Fishes & Loaves Collection!

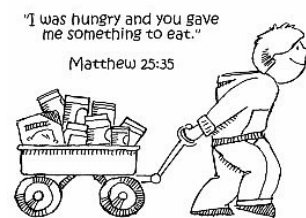
A Kindergarten student skipped their turn at the SMARTboard so that another student could enjoy a second turn!

Two Kindergarten students took care of cleaning up a mess they hadn't made - without being asked to help!

An 8th grader has offered EVERY morning, without fail, to take lunch count - making sure even students who come in late are remembered in the counts!

For questions about Kindness Month, please contact Meg Lynch [lynch\\_m@cardinalpacelli.org](mailto:lynch_m@cardinalpacelli.org) or Bridget Castellini from the Service Committee [bcastellini@yahoo.com](mailto:bcastellini@yahoo.com)

Random Acts of Kindness Month will be "celebrated" until March 16th.



### Loaves & Fishes Starts This Week!

Students are asked to bring items on **Thursday** mornings during Lent starting tomorrow, **March 9**. **Please have the items at the top of their backpacks and ready for drop off in the AM. There will be boxes right by the entrance to make it easy.**

Follow the timeline each week, send the items all at once at any point or double up items on the collection dates. We will also accept other non-perishables that aren't on the list. Monetary donations are also accepted.

Suggested needed items and timeline:

- \* **Thursday, March 9:** Toilet Paper/Blankets (good condition & clean)
- \* **Thursday, March 16:** Shampoo/Socks (new or used in good condition) / gym shoes (adults and children; new or used)
- \* **Thursday, March 23:** Deodorant/Razors/Low Dose Aspirin
- \* **Thursday, March 30:** Canned Fruit (esp. low sugar) & Vegetables
- \* **Thursday, April 6:** Canned Meats (ex. Chicken, Hash, Stew, Chili) and Boxed/Canned Meals

Please contact Becky Overbay [jboverbay@yahoo.com](mailto:jboverbay@yahoo.com) or Bridget Castellini [bcastellini@yahoo.com](mailto:bcastellini@yahoo.com) with questions.

## PTO NEWS

### Spring Fashion Show

Save the date for "A Night in Paris" on Thursday, March 30, 2017 from 7:00 PM - 11:00 PM in Pacelli's gym. Click on the following link to view the invitation and to register: [2017 SPRING FASHION SHOW](#)

### Open PTO Meeting

Please join us for the final Open PTO Meeting of this school year, **THIS EVENING**, Wednesday, March 8, 2017

at 7:00 p.m. with other parents, have a voice in the activities and programs our PTO supports, and volunteer your time to make a difference.

**Save the Date for Father Son Bowling** - [Click here](#) for Registration Form and Details  
Sunday, March 26, 2017 3:00-5:00 PM Stone Lanes

**Save the Date for Spring Book Fair - March 27th - March 31st**  
**Flyers are being sent home with students Friday.** Look for an opportunity to volunteer at the Book Fair in next week's Post.

### BUDDY FAMILY SIGN-UPS

Do you have a wealth of "Pacelli knowledge\*" that you're dying to share?? Want to be a familiar face to our new families??? With registration underway, now is the time to sign up to be a BUDDY FAMILY! Minimal time commitment and a great way to get involved... email Tara Veith: [tveith06@gmail.com](mailto:tveith06@gmail.com) \*lack of "pacelli knowledge" is okay too!

### MULCH & BENKEN GIFT CARD SALE

The PTO is excited to offer Wimberg Mulch (with free home delivery!) and Benken Gift Cards for Sale! Get your yard ready for spring while helping raise money for our school. The CPS PTO realizes 20% profit from all gift card sales. Order forms are due Thursday, March 23. To order and for more details, please [CLICK HERE](#) for flyer. Please contact Melissa Ciancico at [melissa.ciancico@gmail.com](mailto:melissa.ciancico@gmail.com) with any questions.



### MOTHER DAUGHTER BRUNCH

Hope you can join us for our annual brunch celebrating mothers and daughters at

**Hyde Park Country Club**  
**Sunday, April 2<sup>nd</sup> 10:30am-1:00pm.**

Enjoy the morning with a scrumptious brunch, crafting with your daughter and shopping the tables of our fabulous vendors just in time for Spring Break! This event typically sells out so please register today!

Click here for more details and online registration:

<https://pacellipto.cincyregister.com/MotherDaughter2017>

Questions? Email [mmschwaneekamp@cinci.rr.com](mailto:mmschwaneekamp@cinci.rr.com)

## SELECTIVE ELECTIVES

### YOGA FOR STUDENTS

We are very excited to be offering a kids yoga program. Clare Karp, the owner of Float Your Mat Yoga will be **teaching the classes. This program is open to all students K thru 8<sup>th</sup> grade.** Each session is 6 weeks long, with a specific theme and focus. The class will be 1hr with options available for all levels and abilities. We will work on increasing kids strength, balance, and flexibility. Students will be taught a different flow each week that will focus on a specific posture. Postures will be explained and demonstrated during each class. We will work on understanding the power of the breath and mind, as well as learning to calm the mind and body with the practice of meditation. This will be a fun hour, filled with movement and music. Class will end with a calming series teaching kids tools on how to relax in school and at home.

~ Location ~

Parish Center

~ Dates & Times ~

Every Wednesday March 8<sup>th</sup> - April 12th

2:45pm to 3:45pm

To register go to [www.floatyourmat.com](http://www.floatyourmat.com) click on Mat Yoga tab.

**\$60 a session.** Mats and props provided.

Please do not hesitate to contact Clare with any questions.

Email : [floatyourmat@yahoo.com](mailto:floatyourmat@yahoo.com) Phone: 513-607-2402

## JUNEFEST

**THANK YOU TO EVERYONE WHO ATTENDED THE JUNEFEST GALA**

**A SPECIAL THANK YOU TO ALL OF THE PATRONS AND 8TH GRADE PARENTS WHO VOLUNTEERED THEIR TIME IN ORDER FOR THE EVENING TO BE A HUGE SUCCESS**

**Please join us on March 9, 2017 at 7:00 pm for a new twist on Bid N Buy.**

We hope to receive and auction off donated gifts gathered at this party. Let's have a glass of wine, catch up and get a jump start on bringing back Bid N Buy. Click on the following link for details: [Junefest Bid N Buy 2017 Ladies Night](#)

## CHURCH NEWS

### **PARISH PICTORIAL DIRECTORY - Flyer being sent home with students today!**

Do you know all fellow parishioners by name? Are there families whom you do not know? We're excited that we will be creating a Parish Pictorial Directory that will help us all know each other and build a stronger parish community. Sign up [HERE](#) to schedule your photo session for a time that is convenient for you. Photo sessions are March 21 - April 1. Hours are 3 -8:30 p.m. during the week and 10:30 - 5 p.m. on Saturdays. Everyone who participates will receive a FREE 8 x 10 portrait and a church directory. We want everyone to be included as we celebrate 90 years as a parish!



### **MARK YOUR CALENDARS - LENTEN FISH FRY FRIDAYS!**

Mark your calendars for the best Fish Fry dinner in town!

- >March 24 5-8p - Teacher/Faculty Night
- >March 31 5-8p - Father Ed/Parish Office Night

Dine in or carry out on a feast of homemade Fried Cod, Grilled Salmon, Shrimp Caesar Salad, Clam Chowder, Cole Slaw, Fries, Vegetables, Ramundo's Pizza, Homemade Mac & Cheese, Fresh Fruit, Dessert and Beverages. \$10 for adults, \$6 for Seniors, \$5 for K-6th graders, and Preschoolers and under eat free! Drink costs are: \$2-4 beers, with water, lemonade and milk free.

### **FISH FRY VOLUNTEERS NEEDED:**

This community event is ran 100% volunteers.

No matter the amount of time you can give, we are grateful to have it - Volunteer from home or at the Fry Fridays in the cafeteria and gym!

To volunteer: Email Aleth Rhoades at [CTKFishFry@hotmail.com](mailto:CTKFishFry@hotmail.com)  
OR

Signup online: <http://www.signupgenius.com/gd/10C054CAA62EA5FD0-2017>

### **Stations of the Cross**

Come walk the Stations of the Cross during Lent. This Lenten tradition helps us contemplate the sacrifice that our Lord made for each one of us. Stations of the Cross will be held on Mondays at 7:00pm and Fridays at 12:15pm during Lent. Children in the CCD program and from Cardinal Pacelli School assist in leading the stations and all are welcome.

Your children will be attending Stations of the Cross in Church at 12:15 on these dates:

- March 10 - grade 7
- March 24 - grade 6
- March 31- grade 5
- April 7 - grade 3 & 4

All School Stations of the Cross will be held on Thursday, April 13<sup>th</sup> at 1:45pm

### **LENT Reconciliation Services**

Grade 2 - 4 will receive the Sacrament of Reconciliation on March 16<sup>th</sup> at 9:15am.

The Parish will hold a Reconciliation Service on Tuesday, March 14<sup>th</sup> at 7pm.



We are currently looking for new members to fill various sport coordinator positions beginning next school year. Terms are for 3 years. Meetings are held the first Monday of the month at 7 pm.

If you are interested in being part of the Athletic Commission, please contact Kim McBride at 513-371-0227 or by email at [mkmcbride@fuse.net](mailto:mkmcbride@fuse.net)

### **Cubs Soccer for Preschoolers & Pre-Kindergartners:**

**Who:** Preschoolers and Pre-Kindergartners  
Ages 3 to 6

**What:** A fun, instructional, co-ed soccer program

**When:** March 31<sup>st</sup>- May 20<sup>th</sup> on Fridays 6:00-6:45pm  
(No games 4/14 & 4/21)

**Registration:** Online at: <http://ctksports.com/>

We are in need of **COACHES!!** Please volunteer your time & talents! It's a great way to get involved and meet new families. Members of Our Lord Christ the King with children at other schools are highly encouraged to participate!

Questions? Email Becca Logan at [CTKCubs@hotmail.com](mailto:CTKCubs@hotmail.com)

## **EXCITING THINGS GOING ON AT AREA HIGH SCHOOLS**

Be sure to check the websites or links below for news, updates and upcoming events at our local High Schools!

Archbishop McNicholas High School: <http://www.mcnhs.org/>

Roger Bacon High School: <http://www.rogerbacon.org/>

Purcell Marian High School: <http://www.purcellmarian.org/> **Spring Open House Thur. April 6th 5:30-7:30**

St. Xavier High School: <http://www.stxavier.org/>

St. Ursula High School: <http://www.saintursula.org/>

Ursuline Academy: <https://www.ursulineacademy.org/>

Summit Country Day: [www.summitcds.org/](http://www.summitcds.org/)

Moeller High School: <http://www.moeller.org/>

Cardinal Pacelli School | 513-321-1048 | [pacellipost@cardinalpacelli.org](mailto:pacellipost@cardinalpacelli.org) | <http://www.cardinalpacelli.org>  
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Cincinnati, OH 45226

Text | [Link](#)