



**Lourdes Academy**  
A NOTRE DAME ACE ACADEMY

# HOMEMAIL

**October 28, 2016**

Dear Parents,

It's finally here! The Lourdes Academy & Church Fall Festival is **tonight!** The festival is from 6-9PM – please join us for food, beverages, crafts, costume contest, trunk-or-treat and more! We hope to see each of you there and encourage you to invite family and friends to join in the fun! Our HSA members will also be available to speak with parents that are interested in joining HSA.

Please take a moment to read through the 'Home & School connection' that is attached. There are many great details in this article on how to address certain issues with your child. These issues include: respect, study habits, money, and conversations about school. **YOU** are the primary educator of your child. This informative article will help you communicate with your child and lay the groundwork for open communication and your expectations!

Next week, there is **no school on Monday, October 31<sup>st</sup>**. On Tuesday, our school will join together to celebrate Mass in honor of All Saints Day at 9:30. There will be no school Mass on Thursday, November 3<sup>rd</sup>. All are welcome to join us on Tuesday for All Saints Day Mass.

On Wednesday November 2<sup>nd</sup>, the parish will have a Mass and reception for All Souls Day at 7PM.

Our school's Open House will take place on **Friday, November 11 from 9AM-2PM**. School will take place as scheduled on that day so that potential students can see our school in action! Please spread the word about our Open House. There is nothing better than potential families hearing *your* kind words about our school!

Thank you to the many families that have pledged to say the Rosary. Each completed rosary will help contribute to the overall goal of reaching 13 million rosaries for world peace! If you are interested in pledging to say the Rosary with your children and family, please fill out the form below and return it to the school office or your child's homeroom teacher. Attached is also a guide to the step-by-step process on how to say the Rosary.

Students interested in joining the **school band** should contact Mr. Jason Hastings. The band is open to students in grades 5-8. Please email Mr. Hastings with any questions at [jhastings@lourdesacademy.net](mailto:jhastings@lourdesacademy.net).

Lastly, **school will be in session** on **November 21, 22, 23 and May 8**. These dates will serve as the hurricane make-up days. Please plan on having your child attend school on these days.

Best Regards,

Mr. Dole

***See attached pages for Important Information and Reminders and Heroes Care Package Drive***

*We believe that the Holy Spirit brings us together to grow in knowledge and faith. We believe that we love the God we cannot see by loving the neighbor we can. We believe that our gifts are given to share. We believe that every thought, word, and action is for the glory of God. We believe that every moment matters.*

Find our weekly Homemail and Cafeteria Menus online at [www.lourdesacademydaytona.org](http://www.lourdesacademydaytona.org)

## ***Important information and reminders:***

- ❖ OCTOBER 31<sup>ST</sup> - NO SCHOOL
- ❖ November 4<sup>th</sup> – End of 1<sup>st</sup> Trimester

- ★ ***Step Up for Students Renewal for the 2017 –18 school year is now open, please call the school office to schedule an appointment with Mrs. Patty Huard 386-252-0391***
- ★ Hurricane Make up dates are November 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> and May 8<sup>th</sup>
- ★ Grade School and Middle School Track is Open!
  - ★ Fee is \$35, T-Shirt and Shorts \$20
  - ★ [www.Catholicyouthsports.org](http://www.Catholicyouthsports.org)
  - ★ Click on Volusia Region, then Register Now.
  - ★ Practice day are Tuesdays and Thursdays, make – up practice is on Friday's
  - ★ Two track meets are Nov 19 and Dec 10



# HEROES

## *Care Package Drive*

OCTOBER 10-31, 2016

We invite you to help collect individual toiletries and personal items to help our veterans. Items can be turned in to your homeroom teacher, the school office, or Mrs. Sturm.

Thank you for supporting our veterans.

### Suggested Items Include:

Plain socks	Razors	Mouthwash
Deodorant	Body wash	Chap Stick
Shampoo	Baby Wipes	Playing cards
Shaving cream	Q-Tips	Notebooks
Hand Sanitizer	Toothpaste	Pens/Pencils
Lotions	Toothbrushes	Snack Bars
Comb	Dental Floss	Hard Candies



## How to recite the Holy Rosary

### 1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen. *(As you say this, with your right hand touch your forehead when you say Father, touch your forehead when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)*

I BELIEVE IN GOD, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER, Who art in Heaven, hallowed be Thy Name. Thy kingdom come. Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

HAIL HOLY QUEEN, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

O GOD, WHOSE only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

ANNOUNCE each mystery by saying something like, "The third Joyful Mystery is the Birth of Our Lord." This is required only when saying the Rosary in a group.

### 2. IN THIS ORDER...

**INTRODUCTION**  
1. IN THE NAME...  
2. I BELIEVE IN GOD...  
3. OUR FATHER...  
4. HAIL MARY...  
5. HAIL MARY...  
6. HAIL MARY...  
7. GLORY BE...  
8. O MY JESUS...

**THE FIRST DECADE**  
9. ANNOUNCE...  
10. OUR FATHER...  
11. HAIL MARY...  
12. HAIL MARY...  
13. HAIL MARY...  
14. HAIL MARY...  
15. HAIL MARY...  
16. HAIL MARY...  
17. HAIL MARY...  
18. HAIL MARY...  
19. HAIL MARY...  
20. HAIL MARY...  
21. GLORY BE...  
22. O MY JESUS...

**THE SECOND DECADE**  
23. ANNOUNCE...  
24. OUR FATHER...  
25. HAIL MARY...  
26. HAIL MARY...  
27. HAIL MARY...  
28. HAIL MARY...  
29. HAIL MARY...  
30. HAIL MARY...  
31. HAIL MARY...  
32. HAIL MARY...  
33. HAIL MARY...  
34. HAIL MARY...  
35. GLORY BE...  
36. O MY JESUS...

**THE THIRD DECADE**  
37. ANNOUNCE...  
38. OUR FATHER...  
39. HAIL MARY...  
40. HAIL MARY...  
41. HAIL MARY...  
42. HAIL MARY...  
43. HAIL MARY...  
44. HAIL MARY...  
45. HAIL MARY...  
46. HAIL MARY...  
47. HAIL MARY...  
48. HAIL MARY...  
49. GLORY BE...  
50. O MY JESUS...

**THE FOURTH DECADE**  
51. ANNOUNCE...  
52. OUR FATHER...  
53. HAIL MARY...  
54. HAIL MARY...  
55. HAIL MARY...  
56. HAIL MARY...  
57. HAIL MARY...  
58. HAIL MARY...  
59. HAIL MARY...  
60. HAIL MARY...  
61. HAIL MARY...  
62. GLORY BE...  
63. O MY JESUS...

**THE FIFTH DECADE**  
64. ANNOUNCE...  
65. OUR FATHER...  
66. HAIL MARY...  
67. HAIL MARY...  
68. HAIL MARY...  
69. HAIL MARY...  
70. HAIL MARY...  
71. HAIL MARY...  
72. HAIL MARY...  
73. HAIL MARY...  
74. HAIL MARY...  
75. HAIL MARY...  
76. GLORY BE...  
77. O MY JESUS...

**CONCLUSION**  
78. HAIL HOLY QUEEN...  
79. O GOD, WHOSE...  
80. O GOD, WHOSE...  
81. IN THE NAME...

### 3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



### 4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

#### On Monday and Saturday, meditate on the "Joyful Mysteries"

First Decade (Steps 9-22): The Annunciation of Gabriel to Mary (Luke 1:26-38)  
Second Decade (Steps 23-36): The Visitation of Mary to Elizabeth (Luke 1:39-56)  
Third Decade (Steps 37-50): The Birth of Our Lord (Luke 2:1-21)  
Fourth Decade (Steps 51-64): The Presentation of Our Lord (Luke 2:22-38)  
Fifth Decade (Steps 65-78): The Finding of Our Lord in the Temple (Luke 2:41-52)

#### On Thursday, meditate on the "Luminous Mysteries"

First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)  
Second Decade: The Wedding at Cana, when Christ manifested Himself (In 2:1-11)  
Third Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)  
Fourth Decade: The Transfiguration of Our Lord (Matthew 17:1-9)  
Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

#### On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

First Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)  
Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)  
Third Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)  
Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)  
Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

#### On Wednesday and Sunday, meditate on the "Glorious Mysteries"

First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)  
Second Decade: The Ascension of Our Lord (Luke 24:36-53)  
Third Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)  
Fourth Decade: The Assumption of Mary into Heaven  
Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

[www.newadvent.org](http://www.newadvent.org)

In recognition of the 100th anniversary of our Blessed Mother appearing before three, young shepherd children in the small village of Fatima, Portugal and asking them to pray the rosary for world peace, the **Sisters of the Servants of the Pierced Hearts of Jesus and Mary** have initiated the

## Campaign for 13 Million Rosaries

an invitation to Catholics around the world to commit to praying  
13 million rosaries before May 13, 2017.  
**Let's help the Sisters reach this goal together!**

As a school, we will pledge to pray the rosary. Still, let's make a greater impact. Using the form below, please commit to praying the rosary as a family. Let us know your pledge before Nov. 18. We will tally the numbers and make a school-wide commitment to the campaign.

**Thank you for your prayers!**

**Count us in!**

The \_\_\_\_\_ family will pray \_\_\_\_\_ total number of rosaries  
rosaries between Nov. 1, 2016 and May 13, 2017 (28 weeks!)

Number of rosaries/week	X	Number of weeks	=	Total number of rosaries
-------------------------	---	-----------------	---	--------------------------

Please detach and return this form to the School Office or email your commitment to:



**"Pray the rosary every day to acquire world peace."**  
—Our Blessed Mother, speaking to the children of Fatima

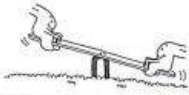
We believe that the Holy Spirit brings us together to grow in knowledge and faith. We believe that we love the God we cannot see by loving the neighbor we can. We believe that our gifts are given to share. We believe that every thought, word, and action is for the glory of God. We believe that every moment matters.

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

Lourdes Academy

## SHORT NOTES



### Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

### DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch!

### Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a container with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the container. If she's feeling discouraged, have her read the slips.

### Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"  
Mark Twain

## JUST FOR FUN

**Q:** Can a kangaroo jump higher than the Empire State Building?

**A:** Of course. The Empire State Building can't jump!



© 2016 Resources for Educators, a division of CCH Incorporated

## Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are four conversations that will help you stay involved.

### "Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her social studies report or pottery project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

### "Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

### "Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

### "Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might do tangrams

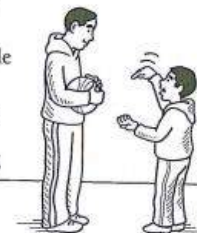


together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals. ♥

## After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

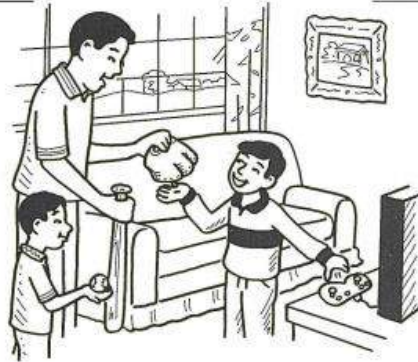
- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? Was anyone kind or helpful to you?" ♥



## What does respect look like?

Your child's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn respect.

**Respectful replies.** Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

**Everyday acts.** When you mow the lawn or clean up after your dog, you can teach your youngster about respect for neighbors. Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

## A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting will make a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like [kids.nationalgeographic.com](http://kids.nationalgeographic.com)).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • [rfeustomer@wolterskluwer.com](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)  
ISSN 1540-5621

© 2016 Resources for Educators, a division of CCH Incorporated

## Q & A Strong study habits

**Q:** My third grader has to spend more time studying this year. How can I make sure she studies effectively?

**A:** Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test or quiz.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close his eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it easier to spell or recite math facts aloud in rhythm or to a familiar tune.♥



## PARENT TO PARENT

### Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥

