January 11, 2017

Knightly News

Principal's Note

Catholic Schools Week is January 29 through February 4 and is quickly approaching! We will have special out of uniform theme days and fun activities during the week. Be on the lookout for more information coming home in the upcoming weeks.

Our 3rd Annual Noodles with NWCS Knights is on Thursday, February 2, at 6:00PM at the Upper Campus. I look forward to seeing our school families at our Noodles with NWCS Knights dinner. Advanced reservations are strongly recommended, but you may pay at the door. A flyer is coming home today.

Spring Conference Sign-Up sheets are in today's Wednesday Folder. Conference sheets are due Tuesday, January 17. Please return one form per family. REMEMBER that conferences are *mandatory* and are taking place on Thursday and Friday, February 15 and 16, at our Lower Campus.

Shining together in faith, Mrs. Paris

Thoughts by . . . Tarah Randazzo, School Counselor

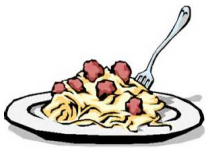
During our school wide morning meeting you will hear us reciting the following; *"I am smart", "I am a good listener", "I am successful", "I am respectful,"* and ending with, *"Say it, believe it, live it, so others can see it."* With this, we are practicing affirmations.

An affirmation is a sentence or phrase that you repeat regularly to make a formal declaration to yourself of your intention for it to be the truth. When you say an affirmation over and over again it sends a very clear message to your brain that this is important to you.

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons. In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

What are you trying to affirm in your life personally? Make it your goal to practice affirmations yourself and with your children. Affirmations truly can make a difference.

Noodles with Knights



The 3rd Annual Noodles with NWCS Knights Spaghetti Dinner is being held on Thursday, February 2, at 6:00PM at the Upper Campus. The cost of dinner is only $5 and includes spaghetti with meat sauce, salad, garlic bread, dessert, and a beverage. Children four and under are free.

Get your reservation in early! This is a great chance to enjoy a delicious meal with school families and parish members of St. Bernadette, St. Catherine of Alexandria, and Our Lady of Good Hope.

8th Grade Graduation Pictures

The photographer will be here on Friday, January 13, to take the 8th grade graduation pictures. Only 8th graders may be out of uniform on picture day. All clothing must be school appropriate – skirts, shorts, or skorts may be no shorter than four inches above the knee, no spaghetti straps, no sleeveless tops, and no shirts with inappropriate words or pictures.

January 16 – Teacher in-service

- NO SCHOOL
- NO BEFORE OR AFTER SCHOOL CARE

JANUARY

1/12 Prayer Service
Lower Campus
9:00AM

1/13 8th grade pictures

1/16 NO SCHOOL
NO BEFORE OR AFTER SCHOOL CARE
Teacher in-service

1/18 Mass
Upper Campus
9:00AM

Prayer Service
Lower Campus
9:00AM

1/20 St. Bernadette Parish Fish Fry
4:00 – 7:30PM

1/25 Prayer Service
Upper and Lower Campus
9:00AM

1/29 – 2/4
Catholic Schools Week

REMINDER:

In observance of the Martin Luther King, Jr. holiday, on **Monday, January 16**, there is . . .

NO SCHOOL
and
NO BEFORE OR AFTER SCHOOL CARE

First Communion

First Communion classes will begin Saturday, February 25, 9:00 – 10:00AM, in the Granville Room at St. Catherine of Alexandria Parish. If you have a 7-year-old child who has not registered for First Communion preparation, please contact Lorrie Maples at 414-365-2020, extension 14, or maplesl@archmil.org to register your child.

Volunteers Needed

Do you have a few hours a week to help out with our lunch program? Our Lower Campus especially is in need of volunteers. The hours needed are 10:30AM – 12:45PM. Call Mary Fliss or Marion Barkow at 414-352-6927, extension 212, for more information.

Noodles with NWCS Knights Spaghetti Dinner

Thursday, February 2
Upper Campus Cafeteria
6:00PM

CALL THE OFFICE TO MAKE YOUR RESERVATION TODAY

NORTHWEST CATHOLIC SCHOOL
A Seton Catholic School
Principal: Michelle Paris

Lower Campus (grades K4 – 4)
7140 North 41st Street, Milwaukee, WI 53209
414-352-6927, extension 300

Upper Campus (grades 5 – 8)
8202 West Denver Avenue, Milwaukee, WI 53223
414-352-6927, extension 100

Website: www.nwcschool.org Facebook: www.facebook.com/nwcschool

Respectful, Responsible, Ready to Shine!