

January 2010

PTO NEWS

A Newsletter for the Parents & Teachers of St. Mary School

PTO Meeting Highlights, 1/4/10:

The PTO received many, many "thank yous" from faculty for the Christmas Fund — thank you for your generosity!

ISSE delegates from Ecuador arrive on 2/15; SMS travels to Ecuador on 4/17.

The Strategic Planning Committee continues to work with focus group feedback to develop their questionnaire.

Happy New Year!

Another fresh New Year. Already! I wish all of you health, happiness & good times in 2010.

A huge **thank you** to all of you who have given your time or talent in any way last year & to those of you who will give countless hours this year. No job, no task is unimportant — your help is always appreciated & valued by the St. Mary School community.

When you review the PTO board nomination & committee forms, please consider nominating yourself or someone else. Your experience, strengths & interests could really benefit our school & our children!

Winterfest planning continues. If you would like to help, please contact Beth Murray. On that note, **thank you** to Beth for the huge amount of time & energy she has given to St. Mary School!

I look forward to working with you! *Kathy*

Dates to remember:

Flower sale begins 1/20

Science Fair - 1/29
7th & 8th grade

CATHOLIC 1/31
SCHOOLS WEEK:
Mass, 11:30 am
Open House, 12:30 pm

PTO board meeting 2/1

Friends & Family 2/2
for Lunch 2/3

Cici's Pizza Night 2/4

Spiritwear Day 2/5

Mother / Daughter 2/7
Valentine Luncheon

From our Wellness Committee...

Packing that same old brown bag lunch is probably getting a bit stale at this point in the year. Need some help thinking outside the (lunch)box? Here are some web pages full of fresh ideas to peruse. Since some of these links are rather long, you can access them directly from the smshp.com website by going to the PTO /Wellness Websites.

<http://www.cookieomag.com/magazine/blogs/food/lunch/>: This site starts with a fun 3 minute VIDEO about assembling a great lunch and then lists 30 original lunch ideas.

<http://www.laptoplunches.com/>: Beyond selling nifty container lunch boxes, clicking on "lunch ideas" brings you to a list of helpful ideas including INSPIRATIONAL lunch photos.

<http://www.schoolfamily.com/school-family-articles/article/735-5-sack-lunches-kids-love>: In addition to 5 fantastic brown-bag lunch ideas, there is a link to a printable LUNCH PLANNER for the type A's among us, or those who wish to involve an older child.

<http://www.webmd.com/food-recipes/features/15-fresh-brown-bag-lunch-ideas>: Browse this list for some additional FRESH, SIMPLE IDEAS.

[http://www.kiwimagonline.com/articles/articles_print.php?art_id=62&hdl=The Healthy Lunchbox](http://www.kiwimagonline.com/articles/articles_print.php?art_id=62&hdl=The%20Healthy%20Lunchbox): Scroll to the bottom third of this page to view a handy PLANNING GRID for stocking up and packing well-rounded and nutritional lunches with ease.

Please help
welcome these
new families &
update your direc-
tory:

Britton & Eric
Stuhldreher
5460 E. Galbraith
Cincinnati, 45236
321-578-0570
brittonblock@hotmail.com
Nick, 4Z

Annette & Tim
Dugan
11 Corbin Drive
Cincinnati, 45208
258-0410 / 828-8181
tddugan@gmail.com
Riley, 6P
Kirsten, 4Z