

BOBCAT NEWS



PTO VOLUNTEERS

We appreciate all of the volunteers who helped with different school activities last semester and there are more activities coming up! Any adult who has completed school safety training is welcome to sign up to help with these events.

[Sign Up Link Click Here](#)

MARCH 15TH

All students are welcome to wear as much green as they can on March 15th. Students may wear jeans, sweatpants, basketball shorts, or uniform bottoms. No face paint, hair dye, hats, or slippers. An all school pick up will take place at St. Agnes at 2:15



SAVE THE DATE

March 19th we will host the 3rd - 8th grade Science Fair at our St. Boniface campus. Families are welcome to walk through the Science Fair from 5:30 - 6:30 that night!





THANK YOU



To all our families that attended our last PTO meeting. We appreciate the feedback from the "Fill Our Head," please reach out at anytime with direct concerns at either campus. We are here to collaborate together.



HOUSE SHIRTS

On Monday March 4th, order forms will be coming home for any K-8th grade student to order a new house colored shirt. Shirts will be \$10. Orders must be turned in by March 20th and no late orders will be accepted.



PENNY WARS



**St. Agnes Campus Total Collected:
\$268.00**

**St. Boniface Campus Total
Collected: \$330.00**

4th and 5th grade are in the lead!

ST. AGNES CAMPUS



The season of Lent focuses on three areas: fasting, almsgiving and prayer. Throughout these next six weeks our students will participate in a variety of Lenten activities. The students at the St. Agnes Campus will engage in an "all school fast" each week. Here are the dates and the fasts:

Fasting:

Feb. 14-16 "Fast from complaining"

Feb. 19-23 "Fast from gossiping and mean words."

Feb. 26-March 1 "Fast from 5 minutes of recess each day."

March 4-March 8 "Fast from treats."

March 11-March 15 "Fast from music during morning walking club."

March 18-March 25 "Fast from complaining."

Our almsgiving experience finds us having an all school "Penny War" from Feb. 14 to March 20. Ask your child to describe how this works.

The classroom that wins will receive an ice cream treat. The proceeds from our "Penny War" will go to the Ronald McDonald house.

Our special prayer throughout this season is Adoration of the Blessed Sacrament in church on Wednesday afternoons: Feb. 14, 21, 28 and March 6, 13, 20.

Here is the schedule as to when each grade will spend quiet time with Jesus; please feel free to join us.

12:00-12:20 2nd Grade

12:20-12:40 1st Grade

12:40-1:00 Kindergarten

1:00-1:20 3rd Grade

1:20-1:40 4th Grade

Finally, each student has his/her own Lenten Journey sheet so s/he can perform individual acts of sacrifice.

We hope this lenten season will draw us closer to Jesus both individually and as a community.

ST. BONIFACE CAMPUS



The season of Lent focuses on three areas: fasting, almsgiving and prayer. Throughout these next six weeks our students will participate in a variety of Lenten activities. The students at the St. Boniface Campus will engage in an "all school fast" each week. Here are the dates and the fasts:

Fasting:

We will do an "all school fast" each week during Lent. Here are the dates and "fasts"

Feb. 14-16 "Fast from complaining"

Feb. 19-23 "Fast from gossiping and mean words."

Feb. 26-March 1 "Fast from 5 minutes of recess each day."

March 4-March 8 "Fast from treats."

March 11-March 15 "Fast from talking during morning holding."

March 18-March 25 "Fast from complaining."

Almsgiving:

Our almsgiving experience finds us having an all school "Penny War" from Feb. 14 to March 20. Ask your child to describe how this works.

The classroom that wins will receive an ice cream treat. The proceeds from our "Penny War" will go to the Ronald McDonald house.

Prayer:

Our special prayer throughout this season will be the stations each Friday in church starting at 1:30.

- February 23rd 7th grade
- March 1st 6th grade
- March 8th 8th grade
- March 15th 5th grade
- March 22nd 7th grade

Finally, each student has his/her own Lenten Journey sheet so s/he can perform individual acts of sacrifice.

We hope this lenten season will draw us closer to Jesus both individually and as a community.

Westside Catholic School

PENNY WAR

Almsgiving

February. 14 - March 20

**Bring in your Pennies and Dollar
Bills to add points to your grade
level!**

**Add silver coins to other grade
level buckets to
"sabotage" them!**

**One grade level winner at
each campus**

**All Proceeds from our "Penny War"
will go to the Ronald McDonald
House.**





SAVE THE DATE



This part of our newsletter will give you a heads up about dates coming up. More detailed information will follow, but this will allow our families to plan ahead.

- **March 8 ~ End of 3rd Quarter**
- **March 19 ~ Science Fair (3rd - 8th St. Boniface)**
- **March 20 ~ Class pictures**
- **March 25-29 ~ Spring Break**
- **June 7 ~ 70's Party Fundraiser**



St. Boniface Parish News

From Fr. Christopher:

Friends,

My homilies during Sunday Masses have grown to an excessive duration and it's my fault. It's a lack of personal discipline and disrespect for the Mass and anyone who's participating. I humbly beg your pardon. I'm resolved to get this corrected over the course of Lent, so for the remaining weeks I'll be limiting myself to 5 minutes. Thanks for your enduring patience of me and please pray for greater self-control as I work on this.

Sincerely,

Fr. Christopher

Saturday Morning Masses during Lent

Starting this Saturday, March 2 through the remainder of Lent, we will have mass every Saturday morning at 8:00am in the grotto at St. Boniface.

Rosary and Stations of the Cross During Lent

We will continue praying the rosary each Wednesday evening at St. Boniface during the season of Lent. We will begin at 6:30pm with exposition and adoration of the Blessed Sacrament, followed by the rosary and the Stations of the Cross. Everyone is encouraged to attend.

Choir Practice Time Change

Choir practice on Tuesday, March 5, will begin at 6:30pm instead of 6:00pm.

Reconciliation Service at Sacred Heart Church In preparation for Easter, we will have a Reconciliation service on Sunday, March 10th, 3:00 pm, at Sacred Heart Church. We will begin with a short service, followed by the opportunity for individual confessions with one of four priests. Please join us.

URGENT SCRIP NEWS!

We currently have 10 - \$10 Buehler's IGA SCRIP cards that expire 3/17/2024! Please consider helping us by purchasing these cards at the parish office or after 10:00 mass this weekend!



Mater Dei Girls Cub *Tennis*

**Attention: 6th - 8th grade girls interested in playing on the
MD Cub tennis team**

(Must be enrolled in a MD feeder school or plan on attending MD)

The first official practice will be the week of March
11th. Practices are held at the MDHS courts. There will
be a parent meeting prior to first practice,
Monday, March 4th @6pm MD cafeteria

Join the Remind app to receive updates & important messages
from the coach.

Text @mdcub to 81010 Class name is MD Girls Cub Tennis

Please contact Coach Brandy Collins to sign up or questions.

@812-677-0239

bmcollins72@gmail.com

NO EXPERIENCE NECESSARY! Just come to the courts and have fun!



JOIN OUR TEAM

TEACHER ASSISTANT K- 4

WESTSIDE CATHOLIC

WESTSIDE CATHOLIC IS LOOKING FOR AN ENERGETIC ASSISTANT TO HELP FINISH THE SCHOOL YEAR. 20 HOURS OF EDUCATION CLASSES PREFERRED.

THIS POSITION IS ONLY CONTRACTED FROM THE HIRE DATE UNTIL MAY 22, 2024

**CONTACT SISTER CATHERINE FOR DETAILS:
PHONE: (812) 423-9115
CSTEWART@EVDIO.ORG**





Monday, April 8, 2024

University of Southern Indiana

Evansville, Indiana

*Join us for a full day of **free** fun for all ages at USI. Solarpalooza is the region's premier destination for a stellar experience on eclipse day!*



[USI.edu/solarpalooza](https://usi.edu/solarpalooza)

UNIVERSITY OF
SOUTHERN INDIANA

FitFUTURE

strategies for
Better Living.

Getting Picky Eaters



by Jennifer Kerr, MS, RD, CDN

Is your child a picky eater? First, you're not alone. Secondly, most children who are perceived as picky eaters probably have adequate diets. What parents often perceive as picky eating just reflects a child's normal response to newness. Little kids are naturally skeptical of anything new or foreign, and this includes food. It is normal for children between the ages of two and five years to resist eating new foods. They may also have only a few favorite foods that they readily accept.

While it can be frustrating when your child only wants to eat waffles for breakfast, lunch, dinner, and snacks, relax and be patient. You should know that there are some effective ways you can help make healthy foods like fruits and vegetables all-time favorite choices in your home.

Here are some helpful tips:

Start early

It's important to expose your child to healthy fruits and vegetables at a young age. Food preferences that children develop in their early years remain fairly

stable and are reflected by the food choices they make in later childhood.

Be patient and don't give up

Parents who get discouraged by children who are picky eaters often stop trying to give them new foods, which could lead to future health problems.

Research has shown that in most cases, parents can help their children learn to like new foods through multiple exposures of new food items.

Just offer new foods often, asking your child to try a bite

in a positive and supportive way. Although it doesn't always happen, studies have shown that children will eventually learn to like the new food being offered.

Eat healthy yourself

Food preferences are significantly related to foods that mothers like, dislike, and never taste. So, the more excitement and enjoyment you express about fruits and vegetables, the more likely your child will too.

Don't restrict foods too much

Research also shows that not allowing

children to eat certain foods only raises their desirability for that food. So help children learn that healthy foods like fruits and vegetables are "all the time foods" that they can eat anytime, and that foods like candy and desserts are "sometimes foods" that they can eat once in a while.

Make healthy foods available

As long as you keep healthy snacks like fruits and vegetables around instead of junk food, your child can learn to like and choose them.

Make it fun

Try a taste test, let your child pick out something new; have theme-night dinners. Get your kids involved in planning and preparing food in age-appropriate ways. Find creative ways to enjoy meals and snacks together.

