



Shamrock News

12/8/17

Announcements:

We are saddened to inform you that elementary principal Mrs. Sarah Townsend has accepted an offer to work elsewhere.

While we are sorry to see Mrs. Townsend go, we want to wish her the best in her new career opportunity. We ask you to keep Mrs. Townsend and her family in your prayers during this time of transition.

Mr. Hodge will be taking over her duties for the remainder of the 2017-18 school year and will serve as PS – 12th grade administrator. These responsibilities are not new to Mr. Hodge since he served in both roles from 2008 – 2012. Please be patient and prayerful as we make this transition.

Elementary Christmas Program: The Preschool through 5th grade Christmas program will have two productions on Monday, December 11 in the school gymnasium. The first production takes place at 2:30 p.m. and the evening performance takes place at 6:00 p.m. All are welcome to attend one or both performances. The PTO will be decorating the stage on Sunday at 3pm if anyone would like to help.

Jean Days:

Friday, December 15 – A student’s friend who has leukemia.

Congratulations:

Congratulations to the Quiz Bowl team for wrapping up possibly the most successful season in school history at the league tournament in Laingsburg last Saturday. Their accomplishments include:

- The varsity finished second in the CMAC and second in the CMAC league tournament.
- The JV finished third in the CMAC.
- Judith Pohl, Teddy Wernet and Rhiannon Pohl placed in the top 10 in the CMAC for JV points scored.
- Colin Pline and Joe Timmer placed in the top 10 in the CMAC for varsity points scored.
- Colin Pline for completing four years of varsity Quiz Bowl and setting the school record for career points scored.

PTO Christmas DVD’s: The PTO will be selling the Christmas DVD’s before and after each performance. The last day to order a DVD is Friday, December 15.

Portland Community Fund: The Portland Community Fund is collecting nonperishable food items. Donations can be dropped off outside the school office and in the vestibule of the church.

High School Yearbook: Online forms are available for the 2017-2018 yearbook. The website is ybpay.lifetouch.com and the order information number is 13329918. You will get a \$10 discount purchasing before March 28, 2018. The price is \$45. After March 28th the yearbook price is \$55. If you prefer writing a check just have your son or daughter get a paper form from Miss Dorsky.



St. Patrick Catholic School National Honor Society is collecting new unwrapped toys for ages birth to 17 for the USMC Reserve Toys for Tots until December 13.

2017 Winter Exam Schedule Secondary Schedule (Grades 6-12)

Monday, December 18:

7:30—11:00	Regular morning school day schedule
11:32—12:07	5th hour class
12:10— 12:45	6th hour class
12:50 - 2:20	7th Hour Exam

Tuesday, December 19:

7:50 - 9:20	1st Hour Exam
9:30 - 11:00	2nd Hour Exam - No Busing at 11 am

Wednesday, December 20: No Busing, PPS not in session

7:50 - 9:20	3rd Hour Exam
9:30 - 11:00	4th Hour Exam

Thursday, December 21: No Busing, PPS not in session

7:50 - 9:20	5th Hour Exam
9:30 - 11:00	6th Hour Exam

Calendar of Events

12/9 5th/6th Grade Boys BB @ St. Thomas 12:15p

12/11 Advent Wreath Lighting Ceremony in Church 1:30p
Elementary Christmas Program in Gym 2:30p & 6p
Bowling vs. Dansville @ Meadow Bowl Lanes 3:30p
7/8 Grade Boys BB @ Fulton 6:30p

12/12 PFCU Student Branch during lunch
Chess Club grades 3-5 Room 115 3:50-5p
JV & Var. Boys BB vs. Laingsburg @ PMS 6p

12/13 Class Ring delivery room 206 7:30a
ICHD Hearing Screening 4 yr. old preschool 9a
JV & Var. Girls BB @ Laingsburg 5:30p

PTO Meeting in room 115 6p

12/14 NHS Toys for Tots Distribution @ Ionia 7:30a
Mass led by the 6th grade 9:30a
HACK Club in room 200 2:30p
JV & Var. Boys BB @ P-W 5:30p
7/8 Grade Boys BB @ Fowler 5:00p

12/15 NHS Toys for Tots Promotion at ABC 13 5:15a
Reconciliation for 10th grade 8:30a
JV & Var. Girls BB vs. P-W @ PMS 6p

12/16 5th/6th Grade Boys BB vs. St. Michael @ SPS 10a
JV & Var. Boys BB @ Vestaburg 1p



Building Healthy Communities

BUILDING HEALTHY COMMUNITIES: TEAM UP FOR SUCCESS

Schools can reinforce efforts to teach children about health and wellness, and can provide a structure that supports this culture of wellness. By forming a School Health Team, schools can find partners in their community to identify priority areas, create action plans and tackle solutions together. Local health professionals and leaders, parents and school staff know the health needs of students in their community. When engaged as decision makers, these School Health Team members can make a huge impact on student wellness. Like many other schools and districts across the county, we have formed a School Health Team as part of the Building Healthy Communities: Step Up for School Wellness program. If student health is a priority for you and you can positively contribute to our efforts in creating a healthier school environment, please contact Cortney Smith and ask to join our team today!

These are the resources our school received to enjoy:

- All purpose balls
- Soccer balls
- Basketballs
- Jump Ropes
- Hula Hoops
- 2 sets of indoor/outdoor game cards
- 50 Pedometers
- Resistance Training
- Soccer Equipment



Active Recess: Our School Is On the Move...With Active Recess

Recess provides kids with much needed unstructured activity time. Recess is an opportunity for children to help accumulate the recommended 60 minutes of physical activity each day. The Building Healthy Communities program has contributed to our goal of increasing the amount of physical activity for all our students by providing a recess cart stocked with physical activity equipment like jump ropes, hula-hoops and all types of balls to help get our students moving more. The cart also contains two sets of playground activity cards to show kids how to set up, organize and play more than 20 playground activities. Ask your child about the active recess program and which equipment and activities they have tried!

Quality Physical Education: EPEC Teaches an Active Lifestyle for all Students

As part of the Building Healthy Communities program, your child is learning how to stay active through the Michigan Fitness Foundation's Exemplary Physical Education Curriculum™ (EPEC), a nationally recognized program helping students achieve the skills, confidence, and motivation to be physically active today and tomorrow. For grades DK-5, the Teaching/Learning Progression provides a series of small steps that take students from little or no ability to competence on the objective. The steps provide the focus for instruction, practice, reinforcing activities and assessment. Our students learn foundation skills or knowledge, and then apply them in practice. They're taught to use these skills in a real-world context. Grades 6-12 use EPEC™ Lifetime Activity Modules to explore personal conditioning, resistant training and soccer. These modules have six components, including teaching/learning content, graphics, drills, handouts, assessments and detailed lessons—all designed to promote lifelong physical activity. Quality physical education is another way the Building Healthy Communities program is helping our school create a healthier environment.

Healthy Out-of-School Time: Great Way to Add Physical Activity

A recent 2016 study provides support for the positive effect of before-school physical activity (PA) programs on students' on-task behavior. Although teachers and administrators may hesitate to increase PA programming during the school day, before or after school programs take no time away from academic instruction time and can still have a positive impact on both students' on-task behavior during the first part of the school day and health. This study's results are consistent with the results of Mahar et al. (2011), who found that participation in a before-school PA program had a significant positive impact on students' on-task behavior. Similarly, improvements in classroom on-task behavior were also found in studies that focused on classroom PA (Goh et al., 2012; Mahar et al., 2006) and recess (Barros et al., 2009; Jarrett et al., 1998; Pellegrini et al., 1995; Ridgway et al., 2003).

If you have any questions, comments or grant resources please contact cortneysmith@portlandstpats.com.

<http://www.mibluesperspectives.com/news/80-michigan-schools-to-join-innovative-health-and-wellness-based-building-healthy-communities-program>