Crusader Connections

March 12, 2024



📁 Important Dates

March 13: Confession (grades 2-8) & 8th Grade vs. Staff Basketball Game

March 15: Stations of the Cross

March 16: Destination Imagination State Competition, State Science Fair & MATHCOUNTS State Competition

March 17: ADW Band Festival at McNamara

March 21: Vocations Mass (Grade 6) & World Down Syndrome Day: Wear fun socks!

March 22: Stations of the Cross & Monthly Activity (Middle School)

March 23: Middle School Social at FAW

March 25: Maryland Day

March 27: End of Third Quarter

March 28: Holy Thursday & Early Dismissal, 12:30pm

March 29: Good Friday & No School

March 29 - April 7: Easter Break

March 31: Easter

Best wishes this weekend!

Best wishes to all of our students who are participating in the State Science Fair, State MATHCOUNTS competition, State Destination Imagination competition, and the Band Festival this weekend. Go Crusaders!

We are also proud of our students who will be assisting in the Special Olympics event at St. Mary's Ryken this weekend.





Are you feeling lucky?

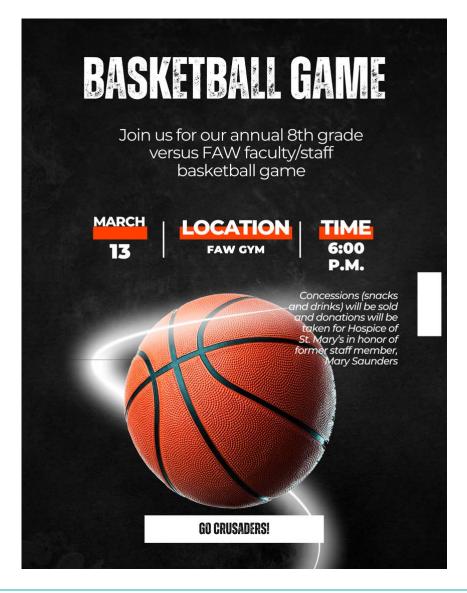
Last Week's Winners

Melvin Richards Nicole & Ryan Schmidt Coyle Family

Thank you to the families who donated winnings back to the school this week!

Staff vs. 8th Grade Basketball Game - Wednesday!

Join us for a fun evening to cheer on the teachers and 8th graders as they play a friendly game of basketball! Snacks and drinks will be sold and donations will be collected for Hospice of St. Mary's in honor of former staff member, Mrs. Mary Saunders. You won't want to miss this! See you at FAW at 6pm tomorrow!



IMPORTANT RAISERIGHT INFORMATION FOR ALL FAMILIES!



The end of the RaiseRight year is approaching! This school year all families are required to order enough gift cards to accumulate \$50 worth of rebates for our school. This agreement was part of the enrollment process in TADS. To check your status you can go on the RaiseRight App and select "account" and there is a dashboard that displays your earnings. Select the date range 4/1/23-3/31/24.

There will also be End of RaiseRight Year statements going out to each family. If the rebate amount is not satisfied by March 31, 2024 you will be billed for the \$50. More information to come...



Salted Scoop Spirit Night - Thursday!



FAW Athletics









2023-2024 Basketball Team and Showcase Awards

SMYBL 2023-2024 Girls Basketball MVP Ava

SMYBL 2023-2024 Girls Basketball 1st Team Cora & Anna T

SMYBL 2023-2024 Girls Basketball 2nd Team Madeleine

SMYBL 2023-2024 Girls Basketball Honorable Mention Team Anna B, Aubrey, & Ella SMYBL 2023-2024 Girls Basketball 3v3 Champions Ava, Cora, & Olivia

SMYBL 2023-2024 Girls Basketball Free Throw Runner Up Anna B

SMYBL 2023-2024 Girls Basketball 3 Point Runner Up Aubrey

SMYBL 2023-2024 Boys Basketball Honorable Mention Team Evan & Zach

🕬 📲 Go Crusaders! 📲 🖘

Welcome to the Catholic Church!



Congratulations on your baptism! God bless you!

Kids Heart Challenge - Donate this Week!

FAW is excited to be participating in the Kids Heart Challenge this year! For nearly 50 years the American Heart Association has been partnering with educators across the nation to help educate students about healthy living.

The last time FAW participated was 2012. Mrs. Stewart and the teachers at FAW are excited to be involved once again in helping others in the community while at the same time learning about how to keep your heart healthy. PE classes will be learning about healthy hearts over the next few weeks. Students will be able to raise money online to help other kids who have sick hearts. Please see the flyer below to register.



Register Here!



Middle School Social at FAW



FATHER ANDREW WHITE MIDDLE SCHOOL SOCIAL PERMISSION FORM

STUDENT'S NAME	GRADE
SCHOOL	
I,	HEREBY GIVE MY PERMISSION FOR MY
CHILD	TO ATTEND THE FATHER ANDREW WHITE
MIDDLE SCHOOL SOCIAL ON SAT	URDAY, MARCH 23, 2024. I/WE UNDERSTAND THAT
ALL CELL PHONES WILL BE COLL	ECTED AT THE DOOR.

PARENT'S SIGNATURE _

(THIS FORM MUST ACCOMPANY THE STUDENT IN ORDER TO GAIN ENTRANCE)

Donations Needed for Spring Social!



School Store - Every Wednesday this Quarter



This quarter, some of our middle school students are operating a school store. They are learning how to take inventory, markup items for profit, and manage the ins and outs of a business. The school store will be open every Wednesday during their elective class time. Items cost anywhere from 25 cents to \$10. Please encourage your children to visit the school store! Kindly send in an envelope with money, marked with your child's name and "School Store" so the middle schoolers know who to expect this week.

Now Enrolling!

Father Andrew White Catholic School has opened enrollment to new families for the 2024-2025 school year. We welcome you to consider becoming a part of this amazing, award winning school. Schedule a private tour to discover how our students are "Learning Today, Leading Tomorrow, Living our Faith." Call the office at (301)



Registration for the 2024-2025 school year is now open to new students. <u>http://mytads.com/a/fatherandrewwhiteschool</u>



Ah, springing forward! While it does stink to have to set the clock ahead and lose an hour of time (especially weekend time), most people happily welcome the longer days of sunlight - and for good reason. The health benefits of sunlight are many, including: generating the body's production of vitamin D, lowering blood pressure (by increasing nitric oxide in the body), improving sleep quality, and promoting good mental health (by boosting serotonin levels and combating Seasonal Affective Disorder). Additionally, since the sun's UV rays kill bacteria, sunlight can improve air quality and help us breathe better. Of course it is possible to get too much of a good thing, and too much sun can also cause problems, such as skin and eye damage, (burns, rashes, wrinkles, cancer), and heat stroke or heat exhaustion. So how much of God's wonderful gift of sunlight should we be soaking up? It depends on your skin color: <u>10 to 20 minutes</u> daily for people who have lighter skin and 25 to 40 minutes for those with darker skin, several days a week.

VOLUNTEER OPPORTUNITIES

Are you looking for volunteer opportunities?

Would you like to help with the Spring Auction? If so, contact <u>faw.social2023@gmail.com</u> to find out what you can do!

Sign up to Reserve the Spirit Rock



Spirit Rock Sign Up

Click here b to learn more about our the Spirit Rock.

Volunteer Hours Recording Form

Click here b to submit your volunteer hours.

RaiseRight Gift Card Program Account

Click here \S to learn about this mandatory program.

TADS Tuition Account

Click here b to log in to your TADS account to view tuition agreements and make payments.

PlusPortals Parent Login

Click here b to log in to see grades and report cards.

Principal Szoch's News

Click here b to read messages from the Principal.

Our Last School Newsletter

Click here b to read our previous Crusader Connections School Newsletter.

Father Andrew White School

SAVE THE DATE

Spring Social & Auction

FRIDAY, APRIL 19, 2024 LEONARDTOWN, MD

Southern Maryland Roots Youth Group

Southern Maryland Roots is collecting items to benefit the residents of St. Mary's Nursing Home. Please consider donating any of the following: perfumes, cologne, jewelry, make up, nail polish, stuffed animals, fun knik-knaks, etc. These donations will be used as prizes for their bingo games. All donations can be dropped off before/after mass at Our Lady of the Wayside, Sacred Heart, or Holy Angels Churches. OR, send donations to FAW and place in the box outside of the art/music room anytime between now and Friday, March 15th. Thank you in advance for your generosity!

Next Youth Group meeting is Friday, March 15th from 5-7:30 at Our Lady of the Wayside. Pizza and snacks will be served. Please email <u>southernmarylandroots@gmail.com</u> for more information.

FAW's Mental Health Calendar March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 Practice taking deep breaths on your own or with your family.	2 Go outside and play for at least 30 minutes today.
3 Pray today. Ask God for what you need and thank Him for all you have.	4 Make a thank you card for someone in your family or someone at school	5 Start a journal you can write your feelings in when you have a bad day.	6 · Do 3 sets of 20 jumping jacks with your family.	7 Set a timer and be still and quiet for 5 minutes today.	8 It's Friday! Turn on some music and dance for at least 5 minutes.	9 Go outside and play for at least 30 minutes today.
10 Pray today! Ask God for what you need and thank Him for what you have!	11 Practice deep breathing again on your own or with your family.	12 Do a random act of kindness for a family member or a friend.	13 Share something that worries you with a family member.	14 Write down 3 things you are good at on a piece of paper.	15 It's Friday! Take a walk with your family.	16 Go outside and play for at least 30 minutes today.
17 Pray today. Ask God for what you need and thank Him for what you have.	18 Find a jar and decorate it as a gratitude jar.	19 Have each family member add something to your gratitude jar.	20 Practice deep breathing agiain and notice the sights and sounds around you.	21 Find a ball, Play catch with a family member.	22 Big challenge! Unplug Friday! No technology for 30 minutes!	23 Go outside and play for at least 30 minutes today.
24 Pray today. Ask God for what you need and thank Him.	25 25- Compliment at least 3 people today with a positive	26 26-Make and hide a surprise somewhere for a family member.	27 Add something to your gratitude jar.	28 Sit on the floor and do your deep breathing practices.	29 It's Friday! Dance off challenge with your family!	30 Go outside and play for at least 30 minutes today.
3) Pray today. Ask God for what you need and thank Him			1			minutes today.

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need and thank Him for all you have.

Family Name

March 2024 Mental Health Calendar

Taking care of the physical bodies that God gave us is important, but it is also important to take care of our mental health as well. In a busy world of activity, stress, and anxiety, we often don't take the time to focus on the mental health of ourselves and each other. On Thursday, family calendars will be coming home with oldest/only students. Each day there is an activity listed that helps promote good mental health. We are challenging our FAW families to complete the calendar together and to return it to homeroom teachers at the end of the month! Families who complete the calendar will receive an incentive and be recognized at Morning Prayers.

		MC	RC			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 First Friday Mass 8:30am (hosted by Kindergarten) Stations of the Cross	2
3	4	5 School Advisory Board Open Meeting 7pm	6	7 Vision & Hearing Screening EMS Tag Day	12:30pm Early Dismissal	9 Basketball Showcase
10	No School 11 for Students Staff Professional Day	12	Confession 13 Grades 2-8 8 th Grade vs. Staff Basketball Game	14	15 Stations of the Cross	Destination 16 Imagination, Science Fair & MATHCOUNTS State Competitions
17 ADW Band Festival	18	19	20	21 Vocations Mass Grade 6 World Down Syndrome Day	22 Middle School Monthly Activity Stations of the Cross	23 Middle School Social at FAW
24	25	26	27	28	29	30
31 Happy Easter!	Maryland Day		End of 3 rd Quarter	Holy Thursday 12:30pm Early Dismissal	Good Friday No School	Easter Break March 29 - April 7

Upcoming Community Events

Click here $\boldsymbol{\vartheta}$ to view upcoming events from our community.

Weekly Reminders:

- Send in an envelope with money for your child to shop in the School Store (tomorrow)
- □ Attend the FAW Staff vs. 8th Grade Basketball Game (tomorrow)
- □ Participate in the Salted Scoop Spirit Night (Thursday)
- Donate items or experiences to our Spring Social Event
- Complete the Mental Health Calendar
- □ Register for the Kids Heart Challenge
- □ Participate in the Green St. Patrick's Day Tag Day (Monday)
- □ Send news and pictures to FAWnews@fatherandrewwhite.org
- □ Submit Volunteer Hours







Father Andrew White, S.J. School LEADERSHIP + FAITH + ACADEMICS

Email: <u>office@fatherandrewwhite.org</u> Phone: 301-475-9795 Website: <u>www.fatherandrewwhite.org</u> Facebook: <u>www.facebook.com/fawschool</u>



Father Andrew White SJ School