



**Wednesday, January 11, 2023**

**Catholic Schools Week Field Trip:** This year Catholic Schools Week runs from Sunday, January 29th, through Saturday, February 4<sup>th</sup>. The PTO is planning a field trip on **Wednesday, February 1<sup>st</sup>**, as a fun way to celebrate our Catholic School. We will be going to Living Waters Bible Camp in Westby for a day of tubing, skating, broom ball, and X-country skiing. The permission slip with waiver is included. Please sign and return the permission slip by **January 25<sup>th</sup>**. Other events planned for Catholic Schools Week will go home next week.

**Everybody Has a Story (Author's Chair writing):** The students will once again be showcasing their writing talents during Author's Chair on Friday, **February 3<sup>rd</sup>. (The invitation was enclosed last week, if you need another please see Carol).** All the families are invited to lunch that day so please RSVP so that food can be ordered. It is also an early release day so please make arrangements for your child to go home after the luncheon.

**2022-2023 School Year:** Enrollment is open for St. Charles 4K-6<sup>th</sup> grade for the 2022-2023 school year. If you, OR if you know of families that may be interested, please have them call the office (608) 689-2642 for an application. You may also call or email Fr. Sedlacek (608-689-2646; frdanielsedlacek@gmail.com) OR Mrs. Hytry (608-689-2642; phytry@stcharle.org). There are flyers in the office if you would like to give them to others that may be interested.

**Vision Screening:** On **Thursday, January 19<sup>th</sup>** our local Lions Club, represented by Tom Jeffers, will conduct vision screening for the students at St. Charles. The screening will begin as soon as the student(s) arrive at school and will be finished by the time school begins. **Please read the flyer enclosed for further information.** This automated screening does not replace a complete and comprehensive eye examination by an optometrist or ophthalmologist, nor can it detect all eye diseases or conditions. Screening determines if your child may require the attention of a vision care specialist.

**PTO Scrip Program REMINDER:** Thank you to those who have already signed up for the scrip program. It's easy to earn money back while you are buying your groceries, gas, or shopping around at many retailers. **(Megan Olson 608-385-7815; mjtrussoni@gmail.com)**

#### **PTO (Jessie Cina)**

- Please review the meeting minutes to be aware of the upcoming events – more information will be coming as we get closer to the events
- Please fill out volunteer information form enclosed for Culver events in La Crosse and Viroqua, and send back to the office for Jessie by next **Wednesday, January 18<sup>th</sup>**.
- For questions, text/call 608-780-1148; Jessie Cina: jbuterfly12384@gmail.com

**Save your pennies!:** Our service project for Catholic Schools Week will be a Penny War to raise money for Project Heifer, an international company which uses donations to eradicate poverty and hunger through sustainable community development. Heifer distributes animals, along with agricultural and values-based training, to families in need around the world as a means of providing self-sufficiency. Read the flyer enclosed for more information and a story about how this affects not only individuals, but whole communities.

**Taking Care of the Body God Gave Us:** In case you haven't noticed--Winter is here, some days more forcefully than others! So full winter gear is necessary to enjoy the cold and snow. Spare socks and pants might be a good idea to tuck into the backpack just in case kids step in melted snow as they change after recess or get snow down their boots. The little knit gloves may be cute and comfortable, but really do not hold up well with the cold, wind, and snow, so please avoid them. We will go outside unless the real-feel temperature drops below 10 degrees, or at the teacher's discretion.

**RootinCrown Consignment Store:** Have good used items you no longer need? Please consider donating them to the RootinCrown Consignment Store at 47 Copeland Avenue in La Crosse. Let them know your donations support the St. Charles PTO and a percentage of the sales go to PTO. Please consider shopping there and liking them on Facebook as this supports the PTO. [www.rootincrown.com](http://www.rootincrown.com)

**De Soto Area Schools Message Alert:** If you would like a message alert from De Soto concerning school closings or early dismissal due to inclement weather please go to the De Soto Area Schools website. Click on "for parents" at the top of the page. The pull down menu should show "alert sign up". Follow those directions.

**St. Charles Wellness Policy:** We are required to post the St. Charles Wellness policy on-line for parents – here is where you can find it: <http://www.mwt.net/~st.charl/School.html>.

**St Charles Facebook Page:** " Like" the St Charles Facebook Page for updates and events.

**Enclosures:**

Field Trip permission and waiver form (back side)  
Living Water's Waiver Form (to be completed)  
Project Heifer Flyer for parent information  
Account Statements  
Stronger with School Meals Activity flyer  
PTO Volunteer Sign Up Form for Culvers in La Crosse and Viroqua  
Account Statements

**Dates to Remember:**

January 5-20: STAR testing  
January 19: Vision Screening  
January 20: End of second quarter  
January 23: Teacher In-Service, no school  
January 25: Report cards go home  
January 29: Start of Catholic Schools Week  
February 1: Field Trip to Living Waters Bible Camp  
February 3: Author's Chair, family lunch, early dismissal

**January Birthdays**

January 17: William Mitchell  
January 26: Thomas Mitchell  
January 31: Arianna Trussoni

**DIOCESE OF LA CROSSE  
SUPPLEMENTAL CHILD CONSENT AND RELEASE FORM  
PARENTAL/GUARDIAN CONSENT FORM AND LIABILITY WAIVER**

Participant's Name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Sex: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

I, \_\_\_\_\_, grant permission for my child, \_\_\_\_\_, to  
Parent or Guardian's name Child's name  
 participate in this parish/youth ministry/school event that requires transportation to a location away  
 from the parish/school site. This activity will take place under the guidance and direction of parish  
 employees and/or volunteers from \_\_\_\_\_  
Name of Parish/School

A brief description of the activity follows:

Date of Event: Nov 1, 2023 Cost of Event: Students - Free  
 Type of event: Field Trip Chaperones \$12  
 Destination of event: Living Water Bible Camp, Wesley  
 Individual in charge: Patti Hyty, Jessie Cink  
 Estimated time of departure and return: 8:30 AM - 2:30 PM  
 Mode of transportation to and from event: Bus  
 Meal arrangements: Pizza Lunch

I acknowledge that I have previously completed the Comprehensive Child Consent and Release form,  
 providing medical information, permissions, authorizations and releases pertaining to my child. I have  
 listed below any additions and/or corrections to the information provided on that form:

\_\_\_\_\_

\_\_\_\_\_

Subject to any changes above, I hereby reaffirm any and all such disclosures, permissions,  
 authorizations and releases as though stated herein.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact phone number \_\_\_\_\_

I am willing to chaperone, \_\_\_\_\_

*Please return no later than Jan. 25.*

## **DIOCESAN NOTICE WISCONSIN'S RECREATIONAL IMMUNITY LAW**

Participants (not property owner) in Diocesan-sponsored recreational activities should be aware of Wisconsin's Recreational Immunity law which limits claims and recovery for death or injury while engaging in recreational activities and which imposes legal duties on participants. These legal duties include, but are not limited to:

1. Acting within the limits of his or her ability;
  2. Heeding all warnings regarding participation in the recreational activity;
  3. Maintaining control of his or her person and equipment devices or animals the person is using while participating in the recreational activity; and
  4. Refraining from acting in any manner that may cause or contribute to the death or injury to himself, herself or to other persons while participating in the recreational activity.
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# Living Waters Bible Camp

## ACKNOWLEDGEMENT & ASSUMPTION OF RISK WAIVER, RELEASE, AND INDEMNIFICATION

UPON CAREFUL READING AND CONSIDERATION, THE UNDERSIGNED RECOGNIZES THAT SOME OF THE ACTIVITIES FOR WHICH HE/SHE DESIRES TO PARTICIPATE IN AS PART OF A PROGRAM OF LIVING WATERS BIBLE CAMP INHERENTLY CARRY THE RISK OF INJURY, IN ADDITION TO THE NORMAL RISKS ASSOCIATED WITH PARTICIPATING IN CAMP PROGRAMS, TRANSPORTATION TO AND FROM CAMP PROGRAMS OR ACTIVITIES, BEING ON CAMP PROPERTY AND REGULAR ACTIVITIES. PARTICIPANT HAS ASKED TO PARTICIPATE AND ACKNOWLEDGES THE INHERENT RISK AND ASSUMES THE RISK OF INJURY OR HARM. BY SIGNATURE BELOW, IN CONSIDERATION OF, AND AS PART OF PAYMENT FOR THE RIGHT TO PARTICIPATE IN ACTIVITIES ARRANGED AND PROVIDED FOR PARTICIPANT BY LIVING WATERS BIBLE CAMP AND TRANSPORTATION TO, FROM AND DURING ANY CAMP PROGRAMS OR ACTIVITIES, PARTICIPANT AGREES TO ASSUME THE RISK OF PERSONAL INJURY, DEATH, AND PROPERTY DAMAGE ASSOCIATED WITH LIVING WATERS BIBLE CAMP ACTIVITY PROGRAM AND TRANSPORTATION, AND TO RELEASE AND INDEMNIFY LIVING WATERS BIBLE CAMP, IT'S OFFICERS, DIRECTORS, EMPLOYEES, AND AGENTS FROM AND AGAINST ANY AND ALL LIABILITY FOR NEGLIGENCE AND COSTS IN CONNECTION WITH PARTICIPANT'S PARTICIPATION IN ACTIVITY PROGRAMS AT LIVING WATERS BIBLE CAMP.

While Living Waters Bible Camp does not want to frighten you or reduce your enthusiasm for these activities, Living Waters Bible Camp does acknowledge and advise that it is important for the participant to be informed and know in advance about inherent risks. You hereby attest as follows:

By signature below, I acknowledge that I (the participant) have asked to participate in the Living Waters activities, programs, and related events. Among others, these activities include, but not limited to, hiking, tubing, sledding, ropes course, climbing, archery, swimming, zip line, climbing tower, outdoor athletics and sports, cross country skiing, horseback riding, campfires, fishing, broomball, ice skating, paintball, playground equipment, giant swing, outdoor and indoor play, and others, I understand that participation in these activities is not without risk.

I understand that no activity program is absolutely safe and free of risk. I agree to assume full responsibility for myself and for my family, including minor children. I expressly assume all risk and responsibility involving accidents sustained while participating in activities and the program at Living Waters resulting from negligence on my part, and that of my family or officers, directors, employees, and agents of Living Waters Bible Camp.

I affirm that I (the participant) am fully capable of participating in the activities and that my general health is good, that I do not have any condition that might endanger the life or health of myself or others participating in camp activities. I affirm that I know of no reason why I should not participate.

I understand the signature of the parent or guardian for a minor child on this document is intended to have the parent or guardian be bound and commit the parent or guardian to not take action on behalf of such minor child.

I (the participant) agree that Wisconsin law shall govern this release. I agree that any lawsuit relating to this release or my participation in the Living Waters activities and programs shall be in Vernon County, Wisconsin. If any provisions of this Agreement shall be construed to be illegal or invalid, it shall not affect the legality or validity of any of the other provisions herein, those portions shall be deemed stricken and deleted from this Agreement, but all other provisions of this Agreement shall continue in force and effect.

This ACKNOWLEDGEMENT & ASSUMPTION OF RISK, WAIVER, RELEASE, AND INDEMNIFICATION AGREEMENT shall be legally binding upon my heirs, assigns, legal guardians, personal representatives, and myself and is effective for 12 months from the date in which it is signed. I have carefully read this agreement and understand its contents. I am aware that I am releasing certain rights of my own free will that I otherwise may have.

**PHOTO & IMAGE DISCLAIMER:** I understand and acknowledge that during participation in the camp and its related activities, photographs, video recordings, drawings, sketches, or other images ("Images") may be made or captured of campers, staff, or visitors, including me or my child. I agree that all such Images, whether in hard copy or electronic form, will be the sole property of Living Waters Bible Camp, and that Living Waters Bible Camp reserves the right to use any and all Images for the promotional and advertising purposes, in whatever form. No party other than Living Waters Bible Camp shall have any right, title, or interest in the Images, except as may be expressly granted by Living Waters Bible Camp. I also acknowledge and agree that no camper, staff, or visitor (including me and my child) shall be entitled to compensation or remuneration of any kind for the use of any Images.

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**PARTICIPANT SIGNATURE**

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**DATE**

**If Participant is a minor:**

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**PARENT OR GUARDIAN**

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**DATE**



**A KID  
CAN CHANGE  
THE WORLD**



Mazes and  
puzzles  
Free online books  
Fun activity  
sheets

**HELP YOUR STUDENTS FIND  
THEIR INNER SUPERHERO!**

Your class can help defeat hunger and poverty with our free educational and fundraising resources. Check out our customizable programs for any age group.

Grab your cape and visit **HEIFER.ORG/SCHOOLS**

  
**HEIFER**<sup>®</sup>  
INTERNATIONAL



# Dear Determined Humanitarians,

Here in the United States, we have much to be grateful for. We have made significant progress with vaccine delivery, and many of us are enjoying long-anticipated social events and gatherings with loved ones. For those of us who are vaccinated, we might begin to be hopeful about the future.

But across our global community, the COVID-19 pandemic remains a significant threat. In many countries where we work, the rate of infection and number of people who have succumbed to the virus have increased dramatically.

In the face of this long and bitter struggle, we are even more committed to our mission to end hunger and poverty. We have embraced the challenges that confront us, adapted to new conditions and continued working hard in partnership with the world's most vulnerable people to make

Maria Luisa Vasquez Gabriel, who leads a women's group in Alta Verapaz, Guatemala, that is making a big difference in their community. Leaders like Vasquez and her team are an essential part of the *RISE UP* initiative that created an early warning system for disaster-prone communities and fostered strong relationships with local officials long before Hurricanes Eta and Iota devastated Central America in November 2020. Vasquez, her crew and the wider *RISE UP* community saved lives and livelihoods during the storms and the immediate aftermath, and they continue to serve their community today.

Building partnerships is an important part of our work. In this issue, we're excited to share our new approach to supporting farmers and farmer-owned cooperatives, strengthening production and business practices, and connecting farmers to new markets.

Guatemala Green Business gram aims to close the income gap for 108,650 women and entrepreneurs. Our goal, but we've built partnerships throughout important commodity value and we're looking forward to finding durable solutions to the challenges facing spice producers. Our partnership with the Douglass company inspired us to start a new company, Nueva Vida, that will allow us to disrupt the supply chain and create local jobs that pay a living wage while also increasing their incomes. The strategic partnership is

an international spice distributor, who is investing in the project and buying cardamom and allspice from Heifer farmers.

In the current context, our work with small-scale producers in the United States is more important than ever before, and we've found partners who share our goals and vision for a sustainable future. I am pleased to share a transcript of the fireside-style chat I had with Tom Colicchio, famed restaurateur and television personality who's been advocating for healthy food and food systems in the U.S. Tom and I penned an op-ed for *Time* about the importance of local, small-scale food producers who contribute to a decentralized food system — a system that's better for people and the environment.

Finally, I would like to take a moment to reflect on the important work that Heifer is doing at home and abroad to improve our connection to the soil, build resilience in agriculture and protect forest ecosystems. We've always been dedicated stewards of the Earth, but in these unprecedented times, we have renewed our commitment to preserve, protect and share our passion for the environment. Because in caring for the Earth, we care for ourselves and each other.

Yours for a better world,

Pierre U. Ferrari  
@HeiferCEO

## INVEST WITH HEIFER TO MAKE A DIFFERENCE NOW AND FOR GENERATIONS TO COME.

Planned giving **ensures good stewardship of your assets** by increasing benefits for you and your family. Gifts through **Heifer help you empower millions of families around the world** by providing them with the resources needed to develop sustainable markets and ecosystems.

(SEE PAGE 25)

# LIONS

## VISION SCREENING

Dear Parent / Guardian

Every child need regular vision screening and the American Academy of Ophthalmology suggests "that during childhood, babies up to age 2 should have vision screening during regular pediatric visits, and screening every one to two years ages 3 to 9."

To effectively address vision issues in children, Spot, a revolutionary automated vision screening technology has been developed to quickly detect indications of the most common treatable sight threatening conditions in children such as: **refractive errors** (nearsightedness, farsightedness, unequal power and astigmatism), **amblyopia** (lazy eye), **strabismus** (crossed eyes) and a comparative analysis for unequal refractive power (**anisometropia**) and unequal pupil size (**anisocoria**).

By using the latest technology for this screening. Our local Lions Clubs are taking a leadership role in the community to identify vision issues. Many of these vision issues can hamper your child's ability to learn. The prevalence of vision issues as a profound social impact:

80% of what a child learns until age 12 is **visually acquired**

25% of school age children **have a vision issue**

Unlike other ailments, **pain is not associated with vision issues**

Children with vision issues **do not have a reference point for good vision.**

Kids love how easy Spot is. The screening is performed from a comfortable distance of about 3 feet away, similar to having a picture taken at home with a digital camera. It takes only a few seconds to administer, and is quick, safe and fast.

Automated screening does not replace a complete and comprehensive eye examination by an optometrist or ophthalmologist, nor can it detect all eye diseases or conditions. Screening determines if your child requires the attention of a vision care specialist.



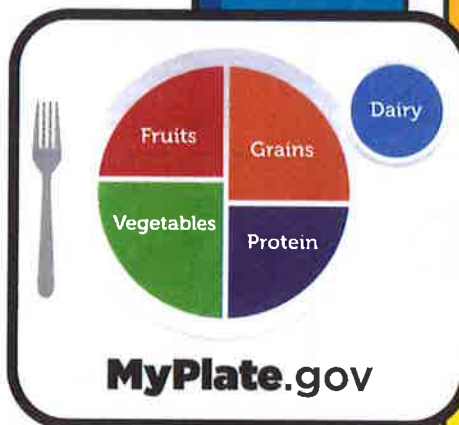


# STRONGER WITH SCHOOL MEALS!

**Making healthy food choices  
can help you:**

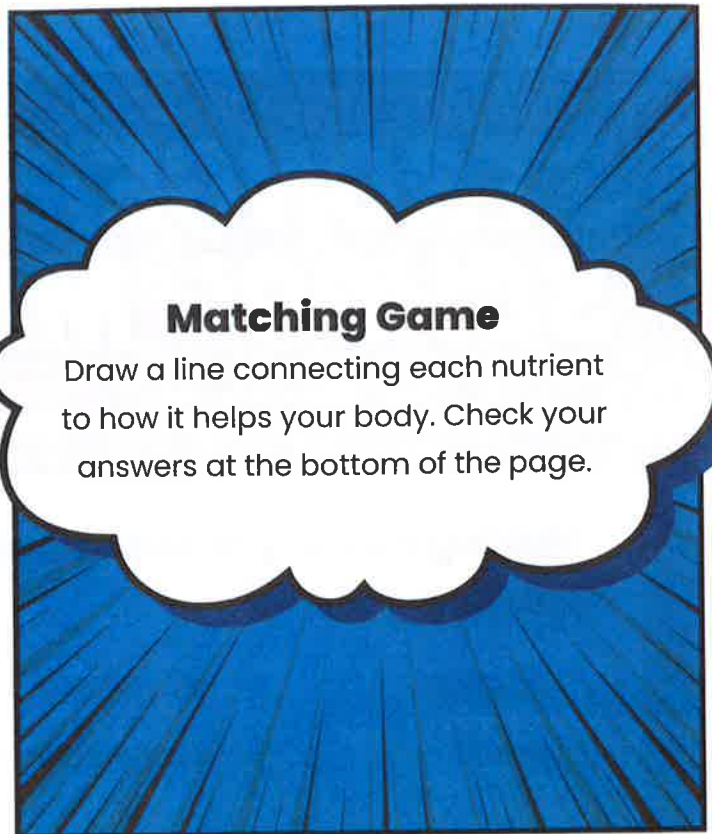
- Stay well
- Play hard
- Learn
- Grow strong

**Choose foods  
from each of the  
five MyPlate food  
groups to get the  
nutrition you need.**



**Don't forget to wash your  
hands before eating!**





### Nutrient

Calcium

Carbohydrate

Fiber

Iron

Omega-3 Fatty Acid

Potassium

Protein

Vitamin A

Vitamin C

### Role

Wound Healing

Poop Regularly

Muscle Builder

Heart Health

Healthy Blood

Infection Fighter

Brain Energy

Bone Strengtheners

Blood Pressure Regulator


























Answer Key: Calcium → Bone Strengtheners, Carbohydrate → Brain Energy, Fiber → Poop Regularly, Iron → Healthy Blood, Omega-3 Fatty Acid → Heart Health, Potassium → Blood Pressure Regulator, Protein → Muscle Builder, Vitamin A → Infection Fighter, Vitamin C → Wound Healing



## School Meal Bingo

Mark a square each time you try a food at school lunch or breakfast. If you have an allergy or do not eat one of these foods for religious reasons, write in a different food for that square.



 Milk or Soy Milk	 Tortilla	 Egg	 Pear	 Sweet Potato
 Broccoli	 Tomato	 Apple	 Sunflower Seed / Soy Nut Butter	 Bread
 Fish	 Jicama or Celery	 Cheese	 Orange	 Cauliflower
 Beans	 Peaches	 Carrot	 White Potato	 Green Beans
 Noodles	 Hamburger or Veggie Burger	 Yogurt	 Salad	 Corn

**Did you  
know?**

Beef Shepard's Pie was the United States Department of Agriculture's most downloaded school meal recipe in School Year 2020-2021. What's your favorite?





## Word Search

Words may be horizontal,  
vertical, or diagonal.

Lunch	Eaten	Sandwich	Strong
Breakfast	Yummy	Burrito	Together
Snack	Smoothie	Full	Friends

**YUMMY!**

**STRONG!**

Z	P	B	U	R	R	I	T	O	Q	I	S	D	H	P	M	G
S	X	C	B	W	G	D	Y	U	M	M	Y	X	S	Q	F	F
A	Q	S	T	R	O	N	G	Z	N	B	Z	C	N	P	R	K
N	R	R	A	Y	E	C	Z	L	E	H	T	D	A	Q	I	C
D	W	C	K	Q	D	A	P	C	W	A	G	V	C	F	E	S
W	O	X	R	C	X	B	K	S	Q	G	T	Z	K	Z	N	V
I	P	V	M	G	N	P	Q	F	M	K	Y	E	A	S	D	M
C	Q	L	U	N	C	H	G	U	A	W	V	B	N	O	S	P
H	A	X	U	V	G	Q	T	Z	O	S	O	Q	I	X	T	F
R	P	S	M	O	O	T	H	I	E	V	T	P	F	U	L	L
D	W	X	B	P	Z	G	T	Z	W	S	D	K	Z	T	G	W
B	F	W	I	F	T	O	G	E	T	H	E	R	C	V	X	K



## CULVER VOLUNTEER SIGN UP FORM

**Please return to school for Jessie by end of next  
Wednesday 1/18/23**

Can you volunteer?

Culver's:

- LaCrosse Feb 21<sup>st</sup> 5:30-8 pm (need 1 more person  
with Jessie, Danielle & Ashley)

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- Viroqua – March 9<sup>th</sup> (need 4 total)

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