



**Wednesday, March 12th, 2025**

**Welcome to the Albrecht Family!**

We welcome a new family to St. Charles School this week. Welcome Zach and Jennifer Albrecht! Their son, Peter, is in Kindergarten and we are so happy to have him join our school. Please be sure to say "hello" to them and help welcome them to our school. - Fr. Sedlacek

**Redlou Library:** Is up and running! Everyone was excited to look through the new books. Each child was sent home with a Redlou Library bag to keep their books in and bring back to school with the books they've read. We'll need the tag on the bag to check the books in and out. Many thanks to Mary Mulvaney-Kemp for initiating this for us and her many donors who make this possible.

**Tuition & Registration Form:** The Tuition & Registration form for the 2025-2026 school year was enclosed last week. The tuition has been adjusted for the coming school year. Please look it over, complete it, and return to the office by April 15<sup>th</sup> along with the \$150 registration fee for each student. If the registration fee is paid by April 15<sup>th</sup>, this fee will be applied towards tuition for next school year. If you have any questions, please contact Fr. Sedlacek.

**2025-2026 School Year:** Enrollment is open for St. Charles 4K-6<sup>th</sup> grade for the 2024-2025 school year. 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@stcharlesgenoa.org). There are flyers in the office if you would like to give them to others that may be interested.

**Mite Boxes Reminder:** We ask our students to donate what they are able and to return the mite boxes to school **as soon after Easter as possible.**

**PTO Updates:**

- \* **Next Meeting Tuesday, April 1 - 5:30 PM (Cafeteria)**
- \* **Fish Fry – March 21 and April 4 -** As we saw last week a good crew makes for an even better event! Please let Jessie know if you're helping!
  - \* Potato cleaning and preparing – **March 20 and April 3** - prep starting at 5 PM – all are welcome!
  - \* Each family should bring at least **1 pan of desserts** to sell for the Fish Fry (these are sold separately from dinners)
- \* **Spring Carnival April 27** – Raffle tickets – continue to sell! Go get more in the office. Write your family or kid's name on the back for carnival play credits. Kee contacting your businesses for donations.
- \* **Scholarship application** – are available (office and/or back of church) and need to be returned by **April 15<sup>th</sup>**.
- \* **Question/Concerns - touch base with Jessie at (608) 780-1146; [jbutterfly12384@gmail.com](mailto:jbutterfly12384@gmail.com).**

**Hunger Knows No Season:** Please join us in once again collecting for the local food pantries! Bring in a nonperishable food item every Tuesday to help those in need. We will place the items in the food basket at the altar before Mass. This is sponsored by the Middle School Student Council. The food items will support the St. Matthew's Food Pantry.

**De Soto Area Schools Alert Notification Information per De Soto instructions for school closures (new):** School Alert Setup: De Soto offers text message notification service to all the school families. Email your cell phone number to: [jkreuzer@desoto.k12.wi](mailto:jkreuzer@desoto.k12.wi). with School Alert Notification Setup in the title. You will be added to the notification list to receive text and/or phone notification. (Jackie Kreuzer, Adm. Assist. De Soto Area Schools)**St Charles Facebook Page:** "Like" the St Charles Facebook Page for updates and events.

**Health & Wellness (Nutrition Program):** A "My Pyramid" crossword puzzle is enclosed. See how many you can figure out without looking at the answers on the back!!

**St. Charles Wellness Policy:** We are required to post the St. Charles Wellness policy on-line as information for parents. It may be found at: <http://stcharlesgenoa.org>

**St. Charles School Unpaid Meal Charles Policy:** A requirement for our hot lunch program is that we have this policy in place. You will find another copy for your reference.

**Enclosures:**

Account Statements

"My Pyramid" crossword puzzle

**Dates to Remember:**

Fridays in Lent: Stations of the Cross at 2:15

March 14: Reconciliation after Mass (2<sup>nd</sup>-6<sup>th</sup>), Adoration with Stations of the Cross, Pi Day

March 21: End of quarter (De Soto buses will **NOT be running in the PM**), Fish Fry

March 24: Diocesan In-service, no school

March 26: Report cards sent home

April 17-21: Easter break

April 27: Spring Carnival

**March Birthdays**

March 31: Giovanni Trussoni

# MyPyramid Crossword Puzzle

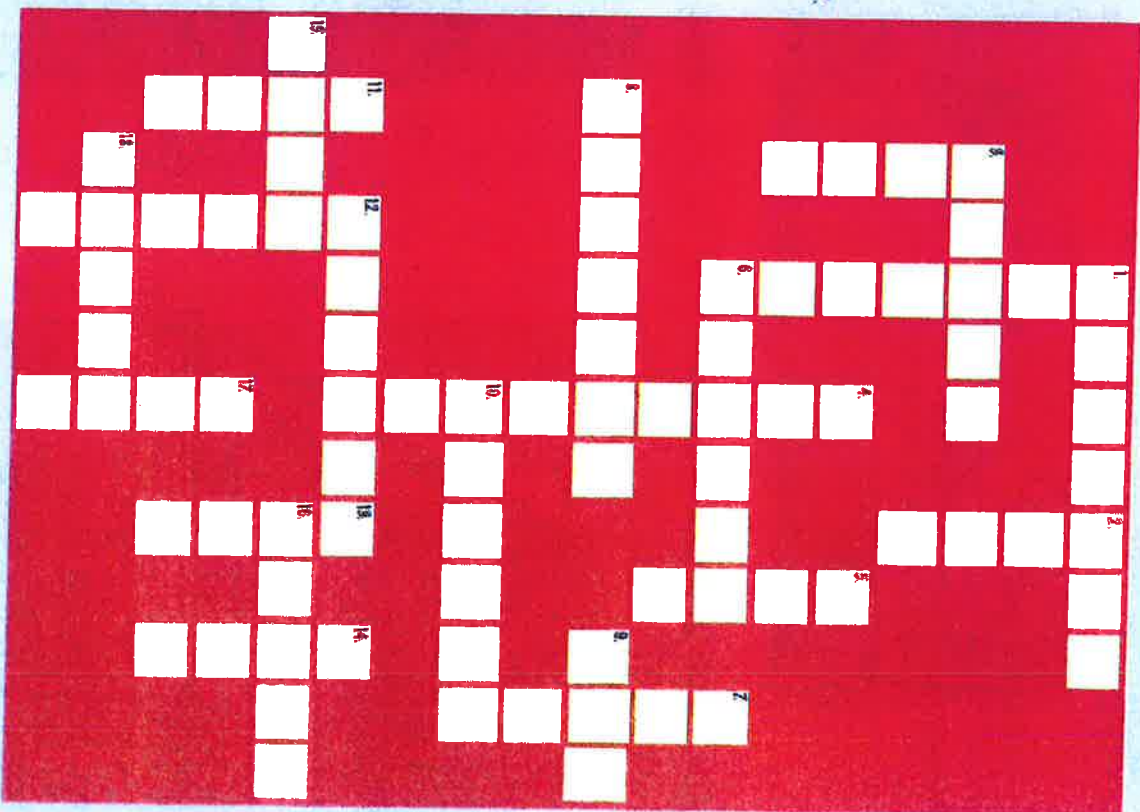
Use the words from MyPyramid to help you complete this puzzle.

## Across

- Use the My \_\_\_\_\_ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- \_\_\_\_\_ are an orange vegetable.
- Try fat-free or low \_\_\_\_\_ foods when you can.
- Use whole-grain \_\_\_\_\_ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPyramid. Goes great with stir-fry.
- MyPyramid is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of \_\_\_\_\_.

## Down

- Chicken and turkey are examples of \_\_\_\_\_.
- Drink lowfat \_\_\_\_\_ to help your body grow healthy and strong.
- Eat a variety of \_\_\_\_\_ from all of the groups.
- Broccoli and green beans are examples of a \_\_\_\_\_.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
- Salmon and trout are examples of \_\_\_\_\_.
- Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



Answers on page 35.



# Answer page

## Learning the Lessons of MyPyramid—page 12

It's good to eat foods that are mainly at the **BOTTOM** of the Pyramid.

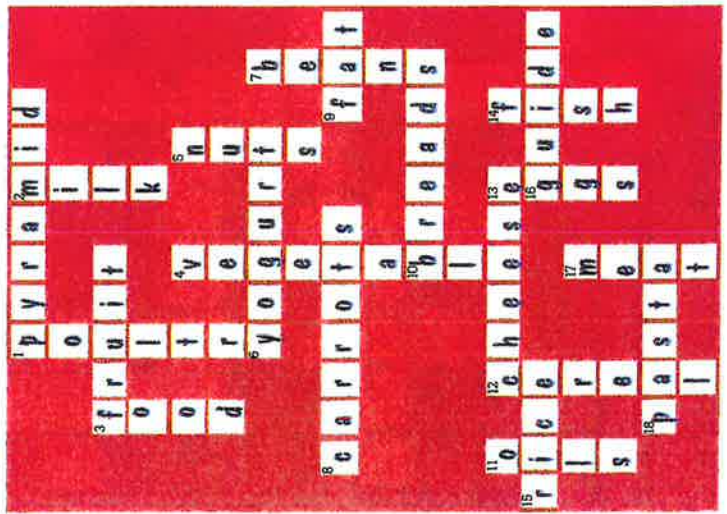
I will try to eat **LESS** from the top of the Pyramid.



## Crack the Secret Code—page 13

1. Eat more **FRUITS, VEGETABLES** and whole grains.
2. Eat lower **FAT** foods more often.
3. Get your **CALCIUM**-rich **FOODS**.
4. Be **PHYSICALLY ACTIVE**

## MyPyramid Crossword puzzle—page 15



## Word Scramble—page 19

