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Your weekly information link to Saint Paul Catholic School September 18, 2014

## Calendar

### September

Fri, September 19

- 1st gr. Apple Orchard Field Trip
- End of Progress Period

Sun, September 21

- Catechetical Sunday
- 10:00AM Mass

Tues, September 23

- Fr. Joe's Birthday

Thurs, September 25

- Progress Reports

Fri, September 26

- Grandparents' Day

Tues, September 30

- Spirit Wear Day
- Fr. Joe's Ordination Anniversary
- 147th Birthday of our School

### October

Fri, October 3

- Family Friday
- Guardian Angel Mass
- Oktoberfest

Mon, October 6

- Dress Alternative Day
- Picture Day

Tues, October 7

- 8th gr Visits OE

Sat, October 11

- Market Day

October 20-23

- Red Ribbon Week

Thurs, October 23

- End of 1st Quarter

*From our SAC Fundraising Chair*

## **Pope Francis Shares Secret to Happiness**—*Melissa Hicks*

In an interview published this summer in the Argentine weekly *Viva*, Pope Francis listed his Top 10 tips for bringing greater joy to one's life. One of them was: "Be giving of yourself to others."

It turns out that science supports the Pope's advice. A study published in *Social Science and Medicine* found that the more people volunteered, the happier they were. Other research has determined that the benefits of volunteering are numerous: It strengthens your connection to the community, expands your social network, increases self-esteem and helps you to develop new skills. It can even benefit your career. In fact, 41 percent of hiring authorities surveyed by LinkedIn rated volunteer experience equally as important as paid experience. Ghandi touted another benefit of volunteering when he said, "The best way to find yourself is to lose yourself in the service of others."

As if the social health benefits weren't enough, a report by the Corporation for National & Community Service titled "[The Health Benefits of Volunteering: A Review of Recent Research](#)" found that those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

When it comes to giving selflessly, Catholic history provides us with countless inspiring role models. Perhaps one of the most famous is Mother Teresa. But we don't have to travel to the streets of Calcutta to make an impact. We can share our time and talents right here in our school community. In addition to the numerous social and health benefits, volunteering at the school provides you with the ability to meet the parents of your child's friends. And who better to teach your child about the importance of service, than you?

So if you're seeking to reap the many benefits of volunteering, please look no further than our school. We have a variety of volunteer activities, from helping in the library, supervising recess, or serving as a room mom, coach or scout leader. In addition, we host four major fundraising events, a Scholars Circle program, Popcorn Festival parking and a booth, plus Market Day—all of which are entirely run by volunteers. The revenue generated by these fundraisers is critical to our school's budget, as it helps bridge the gap between tuition and the total cost of educating each child. Without successful fundraisers, tuition would have to increase to cover the budget shortfall.

While it may be easy to simply "write the check" to cover the 40 hours of service required in the tuition contract, the benefits of volunteering outweigh the convenience. We have only one fundraising event remaining this fall, Oktoberfest, and it requires a tremendous amount of volunteer support. The standing committee chairs have been working diligently since June to make the event even better than last year's which attracted a record-breaking 800 attendees. However, we won't be able to pull it off without the widespread support of our parents. Please, take a moment to peruse the variety of Oktoberfest volunteer opportunities online. It's easy! Simply visit [www.stpaulvalpo.org](http://www.stpaulvalpo.org), click on the Oktoberfest button on the home page, and then click "volunteer". You can review the options and sign up for a shift or two with the click of a button. Chances are, you'll feel happier and healthier if you do!

## Prayers

We often have many SPCS family members and friends in need of your prayers as they battle serious illnesses. Please pray for them.

- ◇ **Wendi Balda**
- ◇ **Laura Bernardini**
- ◇ **Bob Gresser**, cousin of Betty Franz (Office)
- ◇ **Dave Richardson**, husband of Diane Richardson (Enrichment)

## Rest in Peace

Please pray for the family of **Iracema de Andrade**, grandmother of Bradley Kaminski (Gr. 3), who recently passed away.



## Business— Jane Scupham

### **Progress Reports Available Next Week**

Your child's progress report will be available on Fast Direct next Thursday afternoon. This is also a reminder that all fees (including tuition) and fines must be paid or access will be blocked. Please contact Mrs. Scupham if special arrangements are needed.

### **Please Join Us for the Middle School Games!**

Grades 6-7-8 \* beginning @ 6:00 P.M. Sign up on site

- Pumpkin Seed Spitting** – Practice your spitting! Furthest one wins
- Root Beer Stein Relay** – Create teams of four! Most root beer remaining wins
- Pierogi Toss** – Toss a slippery pierogi to your partner. Don't drop it!
- Pie Eating Contest** – Six contestants, ten minutes, most pie eaten wins

Still seeking donations for prizes! Contact Penny Schlyer if you are interested in donating.

For more information on the event, please visit

**[www.StPaulValpo.org](http://www.StPaulValpo.org)**

## Grandparents' Day — Anna Funk

Our annual Grandparents Day celebration is near! On Friday, September 26<sup>th</sup>, we welcome all Grandparents to visit Saint Paul for a morning of prayer, entertainment, and classroom visits. The schedule is as follows:

- 7:55—Mass in Church
- 9:00--9:40am—Program in Church
- 9:45 – 10:45—Classroom visitation
- 10:45 Dismissal

The festivities begin at 7:55am in the Church. Upon arrival in the church, Grandparents will be escorted by ushers to sit in sections of the church according to the first letter of the last name of their grandchildren. (If grandparents have more than one grandchild with different last names, you will choose one section for the family.) The students will be checking in at their classrooms while grandparents head to church. When the students arrive, they will find their grandparents and sit with them as Mass begins. Immediately following Mass, the students will join their classmates in a program of Americana songs, with a patriotic sing-a-long finale! Afterwards, the students and grandparents will head back to the school for refreshments and classroom visitations.

*Please note that the bridge is out on Harrison Boulevard just west of the school, so you need to either follow the detour, or enter by coming in from the east. Please allow for extra time for this detour and for finding parking space.*

If you have not yet sent an RSVP for this special day, please do so. There are forms in the white envelope or you can call the school office at 462-3374. We're looking forward to seeing all of you!

## Oktoberfest Will Make Your Tastebuds Will Smile — Frances Burkett

Our authentic German dinner at Oktoberfest will allow you to choose from Bratwurst on a pretzel bun served with homemade veggie chips; chicken schnitzel and spaetzle dumplings; or a frankfurter and homemade potato chips all catered and served by Shoreline Brewery. Time is running out to order your German dinner, **as orders must be submitted THIS FRIDAY or after Masses this weekend**. The order form was sent home in last week's white envelope. Lost the form? No worries! Download it from the school's website. Just click on the Oktoberfest button and scroll to the navigation bar in orange to select "German Dinner Order Form." You can also use the same form to purchase your commemorative 2014 beer stein, drink tickets and hayride tickets so you can avoid the ticket lines and spend more time enjoying the festival. In addition to the dinner, you can enjoy Ben's Pretzels, Valpo Velvet's moo-bile ice cream truck, Figure 8 Root Beer, and a German bake sale. Join us and celebrate the beginning of a wonderful autumn season! Hayrides and inflatables, slides and games for the children, face painting, pups for adoption, authentic German music, dancing, contests, face painting, and more. Cheer on your favorite middle schooler at the pumpkin seed spitting, pumpkin pie eating and pierogi toss contests and the root beer stein relay. Check out our vendor booths. Visit our biergarten, where specially brewed Shoreline Brewery brews will be served. You'll have a blast and you'll support Saint Paul Catholic School at the same time!



## Saint Paul 5th & 6th Soccer Team Earns Third Victory – *Luke McQuestion*

Saint Paul 5<sup>th</sup> & 6<sup>th</sup> Soccer team beat St. John Evangelist last weekend by the score of 4 to 0. Goals were scored by Abby Alex (2), Maggie Nicksic and Sam Ruiz. Lucas Herren had four spectacular assists in the game. The goalies were Will Ruiz and Ian Cox.

They both had amazing saves to shut out SJE. There was good defensive play by Jason Isley, Jacob Marceyda, Bridget Sherman and Joshua West. This Saturday the team plays St. Michael at 12:30. The game is scheduled to be played at Saint Paul but may be moved due to the wet field conditions. Keep an eye on Fast Direct for further details.

## Fancy Footwork, Tough D, Mud, Exceptional Coaching! – *Brady Byvoets*

The Saint Paul Panthers 5th and 6th grade soccer team #24 won against St. Mary of Griffith last Sunday. It was a tough fought game with muddy and slick field conditions. Goalie Will Behrend had a shut out game. Luke McQuestion and Matt Levenda were top defenders. Cam Milroy scored late in the first half to give the Panthers a 1-0 lead at halftime. St. Mary's started the second half with enthusiasm. However, Amol Verma and Martin Flude showed their defensive skills, taking the ball away. Ellie McQuestion, Grayson Collins and Will Halsey showed amazing footwork in assisting Cam Milroy for a second goal. Brady Byvoets scored the final goal to give the Panthers a 3-0 win. There was exceptional coaching from Tom Milroy and John McQuestion.

## Saint Paul Panthers Win Again – *Amol Verma*

On Saturday, September 13th, the Saint Paul Panthers clashed with St. Michael. Once again keeping their record flawless with a 5-0 victory the Panthers moved on. Even though the soccer field was muddy and slippery, Will Behrend, Will Halsey, Brady Byvoets, Grayson Collins, and Cameron Milroy were able to get the ball past midfield, past defense, and past the goalie to score! The Panthers worked hard for their win. They have proven that they are the best.

## Oktoberfest Biergarten *Fast Lane & Beers* Announced – *Susanne Pruzin*



There are some exciting announcements to share about the biergarten this year. The biergarten/dining hall will be located inside of a 6,000 square foot tent and will be the centralized area for the German dinner, biergarten, live music, middle school competitions and the 50/50 raffle. Plan ahead and purchase a commemorative 19 ounce glass beer mug with this year's Oktoberfest logo. The mug will automatically get you into the *FAST LANE* for refills! You will also get a larger pour than a regular cup for the same drink ticket price of just \$5. More beer + less wait = you relaxing and enjoying the music, food and activities!

Shoreline Brewery beers at the event will include:

BENNY'S AMERICAN PALE ALE - a classic West coast style pale ale, slightly hoppy with a citrus finish;

OKTOBERFEST - a traditional German Oktoberfest, smooth, malty, somewhat sweet and caramel flavored; and

BELTAIN SCOTTISH ALE - a smooth ale, rich amber color with hints of caramel.

MILLER LITE - a light, lager style beer

WINE will also be available thanks to the generosity of Fagen Pharmacy.

All beer & wine tickets are only \$5 each. Mugs are limited in quantity and are \$10 without the first fill of beer and \$15 with the first fill. Take advantage of ordering during the pre-sales going on now and you will have everything you need in hand when you arrive for the evening, and you won't have to wait in the ticket line. We will be distributing the pre-sale tickets through school mail to make it easiest for you. Mug pick-up times will be announced shortly.

# Weekend Schedule



It's a great day  
to be a Panther!

## Soccer



### September 13th

5th/6th (B/H) - 9:30AM @ St. John Evangelist vs. SJE #2  
5th/6th (M-1) - 2:00PM @ SPCS vs. Aquinas  
5th/6th (M-3) - 12:30PM @ SPCS vs. St. Michael #2  
7th/8th (K) - 9:30AM @ SPCS vs. St. Stanislaus  
7th/8th (R) - 11:00AM @ SPCS vs. St. Mary Griffith

### September 14th

5th/6th (B/H) - Bye  
5th/6th (M-1) - Bye  
5th/6th (M-3) - Bye  
7th/8th (K) - 12:30PM @ SPCS vs. Aquinas  
7th/8th (R) - 2:00PM @ SPCS vs. St. Casimir

## Girls' Volleyball



### September 20th

5th (C) - information not available at time of press  
5th (P) - 1:00PM @ SPCS vs. St. Thomas More  
6th (L) - 12:00PM @ St. Mary CP vs. St. Mary CP  
7th - 10:00AM @ SPCS vs. St. Thomas More  
8th - 10:00AM @ St. Thomas More vs. St. Thomas More #2

### September 21st

5th (C) - information not available at time of press  
5th (P) - 3:00PM @ St. John Baptist vs. St. John Baptist  
6th (L) - 1:00PM @ SPCS vs. St. John Baptist  
7th - 2:00PM @ St. John Baptist vs. St. John Baptist  
8th - 1:00PM @ St. John Evangelist vs. St. John Evangelist

## Cross Country



### September 18th

4:30PM @ Sunset Hill Park vs. VCA

### September 24th

4:30PM @ Lost Marsh Golf Course, Hammond  
(Bishop Noll Invite)

Athletes expected to arrive 30 min. before each meet.

## Popcorn Praise — *Melissa Hicks*

Last week, we sadly omitted Ema Calinsky from our words of thanks. Ema was the Popcorn Fest Booth co-chair with Heather Kost. Many thanks to both ladies for a job well done!



## Alumni News

Do you keep in touch with SPCS alumni? Drop us an email at <Link@stpaulvalpo.org> to share their news. Thank you!

## Mission Statement

At Saint Paul Catholic School,  
teachers, parents, and students work  
together  
to create a safe, caring environment,  
based on Christian values  
and service to others,  
that enables students to learn and  
develop  
spiritually, academically,

## Saint Paul Catholic School — Faith in Education

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To submit articles for publication in The Link, please send an email to <link@stpaulvalpo.org> or send a hard copy labeled "Link" to the office. We welcome your comments and suggestions.