





St. Bonaventure Parish School



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 NO SCHOOL	3 <u>School Resumes</u>	4	5 Athletic Assoc. Mtg. — 9:00pm	6	7
8 Feast of the Epiphany	9 Jeans & Tennies— \$1.00 for Chimbote	10	11	12	13	14 Market Day Pickup 9:00—10:00am
15	16 NO SCHOOL Martin Luther King, Jr. Day	17	18 All School Liturgy - 8:45am (3rd grade Special Persons' Day	19	20 Jeans & Tennies— FREE	21
22	23 NO SCHOOL— Clerical Day	24	25	26	27	28
29 OPEN HOUSE 1:30-2:30pm Celebrate Catholic Schools Week!!	30 Events calendar 	31 to follow!	<h1>January 2012</h1>			



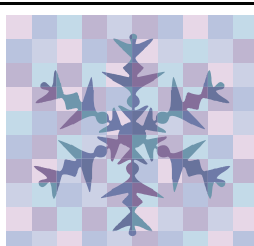
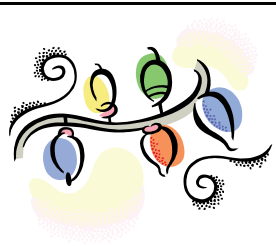

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE!
 Meat/Meat Alternate, Bread/Grain, Choice of two Fruits and/or Vegetables, and Choice of Milk

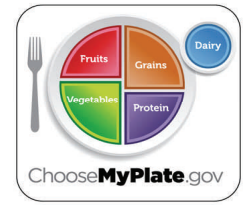
Daily Alternative Entrees
 Choice of Fruit, Vegetable & Milk Selection:
 Chicken Nuggets Served w/ a roll

Nutritious Friendly Snacks Offered Daily
 Small Water \$.50



Menus are subject to change
 Food Service Director
 Brian Schwartzbauer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Christmas Vacation 	3 General Tso's (sauce on side) Or Cheeseburger on a Bun Applesauce Fresh Vegetables Pudding Choice of Milk	4 Italian Dunkers w/ Marinara Or Chicken Patty on a Bun Fresh Oranges Fresh Salad Bar Rice Krispy Treat Choice of Milk	5 ***Roethlis-Burger*** (Bacon Cheeseburger) Or Hot Dog on a Bun Mixed Fruit Fresh Vegetables or French Fries Cookie Choice of Milk	6 PIZZA DAY Choose from a variety Or Chicken Patty on a Bun Apple Slices Fresh Salad Bar Jell-O Choice of Milk
9 Pizza Bagels Or Chicken Patty on a Bun Peaches Fresh Salad Bar Cookie Choice of Milk	10 Chicken Tenders w/ a Roll Or Cheeseburger on a Bun Orange & Apple Slices Fresh Vegetables or French Fries Pudding Choice of Milk	11 Mashed Potato Bowl Or Chicken Patty on a Bun Fresh Oranges and Apples Mashed Potatoes Cake Choice of Milk	12 Steelers Nacho Grande Or Cheeseburger on a Bun Peaches Fresh Vegetables Cookie Choice of Milk	13 PIZZA DAY Choose from a variety Or Chicken Patty on a Bun Mixed Fruit Fresh Salad Bar Jell-O Choice of Milk
16 No School Martin Luther King Day 	17 Popcorn Chicken w/ a Roll Or Cheeseburger on a Bun Orange & Apple Slices Fresh Vegetables Pudding Choice of Milk	18 Grilled Cheese w/Tomato Soup Or Chicken Patty on a Bun Pear Slices Tomato Soup Brownie Choice of Milk	19 ***Roethlis-Burger*** (Bacon Cheeseburger) Or Hot Dog on a Bun Apple Slices Fresh Vegetables or French Fries Cookie Choice of Milk	20 PIZZA DAY Choose from a variety Or Chicken Patty on a Bun Mixed Fruit Fresh Salad Bar Jell-O Choice of Milk
23 No School Clerical Day	24 Chicken Tenders w/ a Roll Or Cheeseburger on a Bun Orange & Apple Slices Fresh Vegetables or French Fries Pudding Choice of Milk	25 Italian Dunkers w/ Marinara Or Chicken Patty on a Bun Fresh Oranges Fresh Salad Bar Rice Krispy Treat Choice of Milk	26 Polamalu Baked Potato Bar Or Cheeseburger on a Bun Peaches Fresh Vegetables Cookie Choice of Milk	27 PIZZA DAY Choose from a variety Or Chicken Patty on a Bun Mixed Fruit Fresh Salad Bar Jell-O Choice of Milk
30 Hot Ham & Cheese on a Pretzel Bun Or Chicken Patty on a Bun Peaches Fresh Salad Bar Cookie Choice of Milk	31 Popcorn Chicken w/ a roll Or Cheeseburger on a Bun Fresh Oranges Fresh Vegetables or Tater Tots Pudding Choice of Milk			



Milk Choices include:
 1% White
 Or
 Fat Free Chocolate
 Fat Free Strawberry

Daily Fresh Fruits/Vegetables Choices may include:
 (Local choices available in season)
 Oranges, Apples, Bananas, Grapes, Cinnamon Applesauce, Peaches, Pineapples, Mixed Fruit Cups, Baby Carrots, Spring Salad, Cucumbers, Celery Sticks, Hot Mixed Veggies, Golden Corn

We are proud to offer: **More Whole Grains**
 Brown Rice
 Barilla Plus Multi-Grain Pasta
 Whole Wheat Rolls

NEW HOT ITEMS
Pizza Bagels
 Two English muffins prepared like Pizza
Steelers Nacho Grande
 Includes choice of Meat, Cheese, Jalapenos, Lettuce, and Salsa
Polamalu Baked Potato Bar
 Includes one Baked Potato w/ choice of condiments

St. Bonaventure Ski Club

A Parent's Guide for First Time Skiers & Helpful Hints for Others

Old Man Winter is Calling!

2011-2012 Ski Club Dates: January 12, 2012 January 26, 2012 February 16, 2012

It's time to hit the slopes! **Ski Club at St. B is open to students in grades 6, 7 & 8.** All are welcome -parents too- from beginners to experts, skiers, boarders, and lodge sitters alike! **Final cost** will be determined when we have a better idea of the number of participants. You can come to any or all of the above dates.

Know what to expect. There's a steep initial learning curve for skiing. Skier or Boarder, they'll be falling down **lots** the first time out. Lessons are the best investment you can give your new skier/boarder. Many resorts require lessons for first-time skiers & boarders.

Paperwork for our first session will be sent home through school on January 3rd, 2012. There will be a quick turnaround time, so please look for it to come home!

The Schedule

Ski Club departs the parking lot at **3:30 pm**. The bus ride to Hidden Valley is a bit over an hour. We'll return to St. B around **11:00 pm**; the students may call when we're in Harmarville. **Provide a bus snack** and a meal or money for the lodge's cafeteria. Skiing burns calories!

The Caveat

Unfortunately, we do not have any Fridays off in January or February. Skiing on a weeknight keeps the cost significantly lower. If ski club members show up late for school on Friday, they jeopardize participation in future ski club events. Students are expected to be in class on time barring serious illness or injury.

Behavior Expectations

We have the usual high expectations for our students, especially since skiing is a mostly unsupervised activity. It's simply not possible for chaperones to watch every skier all the time. Any act of misbehavior will be handled according to the school discipline policy. Behavior issues on the bus, slopes or lodge may result in students being suspended from future ski trips and other off-campus activities.

Parents Are Welcome (especially those with School Clearances)

We encourage parents to join us on the bus! All bus chaperones are required to have their Diocesan Clearances. We ask that you serve as "extra eyes." With so many students, we need as many chaperones as possible, both on the slopes and in the lodge. You pay for what

you use, be it just the bus ride or the whole ski package (some parents choose to drive up on their own to Hidden Valley). We ask that no alcoholic beverages be consumed by our adult bus riders. Thanks for your understanding!

Equipment

Hidden Valley has very good rental equipment. That said, boots are unwieldy and stiff, skis and poles are long and uncooperative. There are lockers that accept dollars (\$2 per use) to stash personal belongings.

- **Helmets.** Highly recommended for both skiers and boarders, \$5 extra at rental shop. Hard-pack snow and east coast ice hurt when you fall (and you will fall). Ski helmets are warm and protective. *We only have one brain so protect it!* If taking a lesson, a helmet is required by Hidden Valley.
- **Boots.** Fit snugly, virtually immobilizing the foot and ankle. There's a lever on the back to make walking in them slightly easier—just remember to reset it for skiing.
- **Skis.** Modern skis are spade-shaped. The bindings secure the boot to the ski. The skier must honestly state their **ability level** (I-beginner; II-intermediate; III-advanced) as well as their **true weight**. The techs use this info to set the bindings so that the boot releases from the ski when needed. Inaccurate weight & ability info greatly increases chance of injury.
- **Poles.** Mostly they just get in the way for a beginner skier, but they're part of the package.
- **Snowboards.** Includes boots and board. Does your kid ride **regular** (left foot front) or **goofy** (right foot front)? The binding holds boot on board. Does not release on impact. **Helmets highly recommended**, regardless of experience.

Common Sense Disclaimer

You ski at your own risk. Small electronics are great for the bus—they're also an invitation for theft. They should be left on the bus or locked in a locker. St. Bonaventure is not liable for injuries or lost or stolen items. Please use common sense.

Suggested Attire: DRESS IN LAYERS!

You can't put on what you don't have with you! You might as well throw your money away if your child isn't prepared for the elements. They'll take one run and sit in the lodge texting the rest of the night. Hidden Valley is windy and 10 to 15° colder than Pittsburgh. Below 32°F, the resort makes snow (granulated ice: great for skiing, torturous on exposed skin). **Frostbite** is a very real risk. Chaperones will send frostbitten students off the slopes, so:

- **Hat!** (and **goggles** if you have them). Manmade snow feels like sandblasting against the skin. A **neckwarmer** or **scarf** will protect the face. A **bandana** worn bandit-style under the neckwarmer helps catch boogers & keep skin dry.
- **Snowpants** or something durable and **waterproof**. Jeans get very wet and very cold very quickly.

- A warm **jacket** layered over a **fleece** or sweater. Sweatshirts are not adequate for night skiing.
- **Gloves** or **mittens** made for snow (**waterproof**). Knitted gloves are **not** warm nor waterproof enough.

Socks that go over the calf. Ski boots are worn snugly around the calf, and the padding of a high sock will help ease "boot bang." A sock designed for outdoors is best (not necessarily thick—more important that it wicks moisture), but smooth tube socks work too. A sock that's ribbed or cabled will cause pain and bruising.

Checklist — know how much you weigh!

Hat	Goggles
Neck Warmer/Scarf/bandana	Mittens/Gloves (not knitted!)
Warm Jacket	Sweater/Fleece
Long Underwear/turtleneck	Snowpants
Socks that go over the calf	Spending Money for food
Dollars for locker	Snack
HOMEWORK (No excuses! Still have to get that done, too!)	Own your own equipment? Don't forget that!

Now is a great time to find skiwear. (check Marshall's, TJ Maxx, Dick's, Dunhams & Walmart for inexpensive layers, goggles & mittens, snowpants & jackets. You can sometimes even find ski helmets)

Know the Rules of the Slope!

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have knowledge and ability to load, ride and unload safely.

Questions? Please don't hesitate to contact us:

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