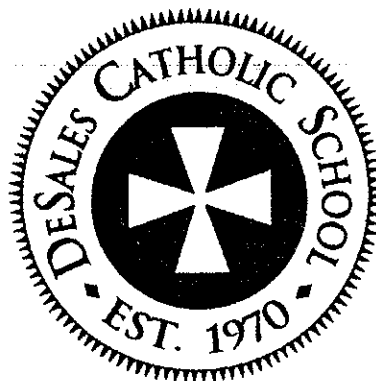


“So, whether you eat or drink, or whatever you do,
do everything for the glory of God.”

1 Corinthians 10:31

As Valentine's Day approaches, we often turn our eyes towards treats and sweets. The DeSales Health and Wellness Committee reminds you to consider healthier alternatives. We are committed to a learning environment that supports and promotes wellness, good nutrition and an active lifestyle. We recognize the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well being.



Finding special Valentine's Day cards and sending treats for your child's classroom party are all fun ways to celebrate the sweetness of the holiday. Fortunately, you can reduce your child's intake of sugar by sending healthier versions of Valentine's Day snacks to the classroom. Place them in snack size baggies for individual treats and for easy transport. Here are some quick and easy ideas to consider.

Valentine's Day Trail Mix

Use pink, white and red M&Ms to make a healthy trail mix with peanuts, almonds and raisins. It gives kids the sweetness they crave as well as dietary fiber and protein.

Heart Muffins

Use six heart shaped cookie cutters and a cranberry muffin mix. Spray a cookie sheet and cutters and set the cutters on the sheet. Mix the muffin mix and pour the batter to fill the cutters halfway. Bake muffins in the cutters for time allowed on package. Let cool, pop out of cutters.

Chocolate Covered Pretzels

Melt dark and white chocolate and dip pretzels of any form into one or both types of chocolate. Let dry on wax paper. This is a low fat, low calorie snack.

Cheerio Krispies

Using Cheerios and non fat margarine, instead of Rice Krispies and butter will make a healthier snack. Cut out with heart shaped cookie cutter.

Chocolate Dipped Fruit

Dip strawberries, pineapple, banana



Order to be placed: February 8, 2012



Student's Name _____

Homeroom _____

Telephone Number _____ Email _____

Please send in only checks or money orders made out to **DESALES CATHOLIC SCRIP**

Send order attention **CONNIE COX** via the OFFICE

All certificates will be sent home with your child unless otherwise specified!

Please allow approximately one week for delivery.

Additional retailers are available. Check the website: www.glscrip.com!

Retailer	\$	Qty	Cost	Retailer	\$	Qty	Cost
Aeropostale	\$25			Exxon/Mobil	\$50		
Amazon.com	\$25			Fashion Bug	\$25		
AMC Theatres	\$25			Gander Mountain	\$25		
American Eagle	\$25			Gap Kids/Old Navy	\$25		
Applebee's	\$25			Gap/Old Navy	\$25		
Applebee's	\$50			Gymboree	\$25		
Arby's	\$10			Home Depot	\$25		
Banana Rpblic(Gap)	\$25			iHop	\$25		
Barnes & Noble	\$10			iTunes	\$15		
Barnes & Noble	\$25			iTunes	\$25		
Bath & Body Works	\$25			JC Penney	\$25		
Bath & Body Works	\$10			JoAnn Fabrics	\$25		
Bed Bath & Beyond	\$25			KFC	\$5		
Best Buy	\$25			Kohl's	\$25		
Bob Evans	\$10			Lowe's Hm Imprvmt	\$25		
Bon-Ton(Younkers)	\$25			Lowe's Hm Imprvmt	\$100		
Buffalo Wild Wings	\$25			Macy's	\$25		
Build a Bear Wrkshp	\$25			Maurice's	\$20		
Burger King	\$10			Michael's	\$25		
Burlington Coat Factory	\$25			Office Max	\$25		
Cabela's	\$25			Old Navy/Gap	\$25		
Carabba's (Outback)	\$25			Olive Garden/Rd Lob	\$25		
Chili's	\$25			Outback	\$25		
Chuck E Cheese	\$10			Panera Bread	\$10		
Claire's	\$10			Panera Bread	\$25		
Cold Stone Cmry	\$10			Payless Shoes	\$20		
Cracker Barrel	\$10			Pizza Hut	\$10		
Dave & Busters	\$25			Red Lobster/OlveGd	\$25		
Denny's	\$10			Regal Single Ticket	\$9.50		
Dick's Sprng Goods	\$25			Regal Theatres	\$25		
Disney Gift Card	\$25						
Dunkin Donuts	\$10						

Retailer	\$	Qty	Cost
Rite Aid	\$25		
Ruby Tuesday's	\$25		
Sears	\$25		
Shell Gas	\$25		
Shutterfly	\$25		
Staples	\$25		
Starbucks	\$10		
Starbucks	\$25		
Subway	\$10		
Sunoco	\$50		
Taco Bell	\$10		
Target	\$25		
TGI Friday's	\$25		
The Children's Place	\$25		
Tim Hortons	\$10		
TJ Maxx/Marshalls	\$25		
Toys R Us	\$20		
Walgreen's	\$25		
WALMART	\$25		
Wendy's	\$10		

TOTAL THIS SIDE _____

TOTAL FROM FRONT _____

TOTAL ORDER _____

NUMBER OF CARDS ORDERED _____

Revised 1-21-12

Gift Cards make great Valentine presents!

HSA NEWS

Niagara Chocolate Fundraiser

Deadline has been extended to

Tuesday, February 7th!

Why should you come out on Tuesday, February 7th for our monthly HSA meeting?

- We will be voting for a new HSA Secretary
- We will be discussing our biggest fundraiser-
The Auction
- You will receive an extra ticket toward the parent appreciation gift if you bring donations

Thank you again for all your support. YOU are what truly makes DeSales GREAT!

GROUP PICTURES!!

Group pictures for the yearbook will be taken on Friday, February 10th. All students must be in a school uniform that day. The photos will be scheduled between 8:30 and 10:30. There will be NO retakes. Pictures will be taken for: Baseball, Softball, Basketball, Volleyball, Soccer, Track, Swim, Ski Club, Morning Announcements, NJHS, St. Francis Society, Mass Choir, Mass Sound, Student Senate, Future City, CLC, C.A.R.E., Odyssey, Band, Chorus, Strings, Instrumental Lessons and Musical.

THE HERO COLLABORATIVE TASK FORCE PRESENTS
PARTNERING WITH PARENTS
Informational Programs Designed Especially for Parents

Grief, Loss and Children

Speaker: Sister Judith Terrameo, OSF
Spiritual Care Ministry
Mount St. Mary's Hospital and Health Center

Date: Wednesday, March 14, 2012

Time: 6:30 PM

Place: Niagara Catholic High School
520 – 66th Street, Niagara Falls

Understanding Grief and Loss

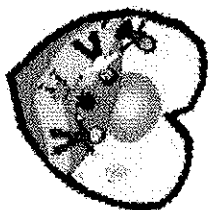
- ◆ Types of loss.
- ◆ Stages of loss and grieving.
- ◆ Children's intellectual understanding of death or loss.

Life Changes and Grief

- ◆ Grieving in different cultures.
- ◆ Impact on family and loved ones.
- ◆ Supporting those in grief.

Learning to Cope with Grief and Loss

- ◆ Coping skills.
- ◆ Scriptural references.
- ◆ Rituals.
- ◆ Strengthening family bonds.



Registration is Required

Please return completed form to your child's teacher or you may contact
Mount St. Mary's Hospital Education Department at #298-2299 to register.

Grief, Loss and Children Program Registration Form (March 14, 2012)

Name: _____

Address: _____

Telephone: _____

Number of Attendees: _____