



OCTOBER NEWSLETTER

NOTES FROM THE PRINCIPAL - JONNA ANDERSEN

PLEASE NOTE BELOW THE CHANGE IN THE DAYS AND TIMES FOR THE FALL PARENT TEACHER CONFERENCES DUE TO THE DISTRICT CROSS COUNTRY MEET AND THE MUSICAL CONFLICTING WITH THE ORIGINAL DATES FOR CONFERENCES.

PARENT TEACHER CONFERENCES

Parent Teacher Conferences will be held on Monday, October 18, from 4 P.M. to 7 P.M. and Tuesday, October 19, from 4 P.M. to 7 P.M. Please plan to come to conferences and meet the teachers and visit about your child/ren's progress in each of their classes. **THERE WILL BE NO SCHOOL ON FRIDAY, OCTOBER 22.**

FOUR NEW FOREIGN EXCHANGE STUDENTS

We have been blessed to have four new foreign exchange students in our building that have joined the junior class. They are Seungho (Kevin) Baek, Po-chieh (Benson) Chih, Young Su (Paul) You, and Zhipeng (Brandon) Zheng. Our students always learn a great deal from our foreign exchange students, and they learn about the English language and about life in America. We are so pleased to have these young men in our junior class.

SCHOOL PICTURES

School pictures will be taken for grades 7-11 on Tuesday, October 5. Order forms will be available for students to pick up on Friday, October 1. Students need to turn in the order form and payment, to the photographer, at the time their picture is taken. Students will be allowed to wear dress up clothes which means the boys do not have to wear ties for the day and may wear whatever color shirt they would like along with dress slacks (**no jeans or shorts**). The girls may wear blouses, slacks, skirts or dresses (**no jeans or shorts**). The skirts/dresses are to be **knee length** and no low cut tops, spaghetti straps, or stomach area being shown will be allowed.

MID-TERM REPORT CARDS

An e-mail reminder was sent to all parents in the junior/ senior high school on Monday, September 27. Please be sure that you have looked at your child/ren's grades, and if you have any questions or concerns, please contact their teachers. If you need help with accessing Power School, please call the office and the secretaries will help you. The first quarter ends on Friday, October 15.

WEEKLY MASSES

The junior/senior high school holds weekly masses on Thursdays at 8:05 A.M. Please feel free to join us at any of our masses.

SCHOOL CLOSINGS

This year we are again activating the website www.saintalbertschools.org, to find out if school will be closed, start late, or closing early. On our website, we will place a ****Weather Alert**** on the Home page stating what is happening.

TEACHER ASSISTANCE TEAM

A Teacher Assistance Team will be used to help students who are struggling in their classes. Student problems may be due to poor organizational skills, lack of trying, poor test taking skills, etc. The team is made up of teachers and administrators. Students, who are identified as having problems in the classroom, will be looked at by the team and suggestions for improvements, as well as modifications (if necessary), will be made. David Henry from AEA 13 will be available to help with any testing for this team.

CAFETERIA USE

There are many groups that use our cafeteria to prepare meals for students, community members, special events, etc. If you are planning to use the cafeteria, please call Mrs. Cindy Connolly in the cafeteria (328-2316) to let her know when you are planning to use it. No one can use the cafeteria before 2 P.M. on a school day.

MAGAZINE DRIVE

The magazine drive was completed on Wednesday, September 15. Thank you all for your support in this annual junior/senior high school fundraiser. We collected over \$30,000 in our magazine sales. We will be purchasing some new student desks with the money we earned from the magazine drive this year.

TESTING

During the week of October 4, ITBS testing will take place for the 7th and 8th grade. ITED testing will take place for the 9th through 11th grade. This year we will be testing from 8:05 A.M. until 10:00 A.M. on Monday, Wednesday, and Thursday. We will follow our 2-hour late start schedule after the testing so that students will attend all classes each day. The junior high will also be testing during their 08 exploratory time. All juniors will be taking the PSAT test on Wednesday, October 13. All sophomores will be taking the PLAN test, which is a predictor of success on the ACT test, on November 10. **Seniors will report each morning at 8:05 A.M. while the other students are testing to participate in an ACT Prep Program.** They will do this on Monday and Thursday because they will be on retreat on Wednesday. For more information, please contact Ms. Schechinger, our counselor.

MATH HELP

Just a note to let you know that the high school math teachers are available to help your student with math at the following times: Mrs. Lewis is available from 3 P.M. – 4 P.M. on Tuesday and Thursday afternoons as well at 7:35 A.M. on those days. She is normally available until 4 P.M. every school day and can come before school if your child needs help, but please have your student check with her to make sure that she is available that day after school or before school. Mr. Luke is available from 3 P.M. until 3:30 P.M. every day and on Tuesday mornings from 7:30 A.M. until 8 A.M. He is also willing to meet other times if your student makes arrangements with him. Many of our students need extra help with math, and we just wanted parents to know that the teachers are here and available for extra help whenever they are needed. If a student is struggling in math, it is more important to get help from the teacher before or after school than to go to their sporting practices. The coaches understand the need to do well in the classroom and are behind the students getting the needed help in academics first and then sports practice.

PROFESSIONAL DEVELOPMENT

This year’s topic for professional development will be Authentic Intellectual Work which looks at instruction. Teacher teams will be working together with a rubric to improve their instruction. They will be video taped teaching a lesson, and will then be scored in their small groups on a rubric on instruction. The purpose of this is to improve teacher instruction in our system. We will also be working on technology, Iowa Core, curriculum maps, preparing for accreditation, and faith formation of the second year of “On A Journey Together.” Our professional development is with teachers in grades K-12.

RECYCLING

Attention parents!! Renew the face of the Earth by Recycling!! St. Albert's is still recycling old printer ink and toner cartridges. (Reminder that here at St. Albert we also recycle paper and cardboard.) If you have any of these items at home or work, please have your child bring them to the High School Office or to Mrs. Wiederin's room (Room 214). All earnings go to the science department to purchase new equipment. Thank you for your continuous support by placing materials in the proper locations while visiting St. Albert. The Campus Ministry class has also started to collect empty pop bottles and water bottles to be recycled. Containers for these bottles are located in the high school and on the football field.

GUYS AND DOLLS

Our fall musical, Guys and Dolls, has been cast and rehearsals are underway. Leadership includes directors, Barbara Schmidt and Lee Spann. Our musical accompanists are Mrs. Kendra Stephany and Mr. Carter Leeka. Mark your calendars for the performances on Thursday, October 21, at 7 P.M. and Saturday, October 23, at 7 P.M., and Sunday, October 24, at 4 P.M.

RED WHEEL

Our juniors will again be selling Red Wheel items for the prom. They will begin their sales on Monday, October 18, and end on Monday, November 8. Please call us if you would like to order Red Wheel items and are not contacted by a junior. Thank you for your support in this project.

REFLECTION DAYS

The 7th grade students had their Reflection Day on Wednesday, September 29, at Camp MaHa, which is a Girl Scout Camp, located near Bellevue, Nebraska. All of our fall Reflection Days will be held at Camp MaHa. The dates for the other Reflection Days are: Seniors – October 6; Freshman – October 13; Sophomores – October 20; 8th Grade – October 27; and Juniors – November 3.

HOMECOMING WEEK

Congratulations to our homecoming court: Tori Cushing, Sarah Zajic, Allison Johnson, Heather Campbell, Alexa Graham, Emily Prichard, Jake Gentile, Nathan Romano, Jacob Cool, Reece Hansen, Stephen O’Neill, and Mickey Russell. The king and queen of homecoming were Allison Johnson and Reece Hansen. The homecoming dance and entire week went very well thanks to the hard work of our student council, Mrs. Mooney, and the homecoming court.

GRADUATION ANNOUNCEMENTS

Seniors will meet with Mr. Graves from Willsie on October 8 to receive packets on graduation announcements and items. These orders need to be returned to Mrs. Mooney or Mrs. Schalles by October 14. On October 14, the seniors will also be measured for their caps and gowns for graduation.

JUNIOR HIGH DANCE

We will be having a junior high dance on Friday, October 29, from 7 P.M until 8:30 P.M. This is our Halloween Dance where the students dress in their favorite costumes for the dance. The cost of the dance is \$6 which includes pizza and pop. Please be sure to pick up your child from the dance. We will not allow any student to leave and walk to a restaurant or anywhere else. We feel it is for your child's safety that they be picked up by an adult after the dance.

ACT PREP

We will be providing our seniors with the opportunity to use ACT Prep DVD's during their study hall time, during class time with teacher supervision, and at home. We have purchased 24 DVD's that the students can use at school or check out from Mrs. Schechinger. We are using these instead of John Baylor this year to see if they can help raise our ACT scores without losing so much class time and by making them more accessible to the students through the school year.

YOUTH LEADERSHIP PROGRAM

The Council Bluffs Chamber of Commerce has selected Mary Faurot and J. D. Culjat to be part of the Youth Leadership Program this year.

END OF FIRST QUARTER The first quarter will end on Friday, October 15.

TRAVELING CHALLENGE CUP TROPHY

This year we came in second place of 144 schools for the Traveling Challenge Cup Trophy in 1A schools losing by only fifteen points. We are hoping that next year we will again see the trophy in our trophy case. The Traveling Challenge Cup Award is a program designed to honor Iowa High School students for academic excellence in the classroom as well as outstanding achievement during athletic competition. Cedar Falls Northern University School won with 710 points, St. Albert had 695, and the third place school was Mount Ayr with 590. We are very proud of our students for placing second in this academic and athletic competition which also included band, vocal music and drama this year.

CONGRATULATIONS

Congratulations to Noah Diaz, who won TAG Awards for Best Youth Actor and for Best Ensemble at a ceremony held in August.

CATHOLIC DAUGHTERS' CONTEST

Congratulations to Brendan Stephany for receiving first place in the national Catholic Daughters' Contest for an essay that he wrote for the competition.

REMINDER FROM THE KITCHEN

Just a reminder that as stated in the Parent/Student Handbook that in order to purchase a meal (breakfast or lunch) students must maintain a positive fund balance by pre-paying and replenishing their account as needed.

NATIONAL HONOR SOCIETY

NHS is looking forward to a great year. Here are some upcoming dates:

- * December 9 - Fall Blood Drive and Grub day
- * Late January - Watch for welcoming letters asking qualify students to become new members of NHS
- * Late January - Information meeting for students who received welcoming letters to NHS
- * March 30 - Induction of new members
- * April 14 - Spring Blood Drive

SCRIP NEWS

In the month of August we made \$5,158.70. That means we gave \$2,579.35 in tuition credits and the same amount to the school. If we can get everyone on board just think of what we could do! Don't forget to buy scrip to feed all the little ghost and goblins.

SENIOR PICTURES

The deadline for seniors to submit pictures to the yearbook is March 1. Seniors who already have a picture chosen can drop them off with Mrs. Keenan in Room 102 anytime. The yearbook runs vertical shots, either color or black and white. The picture should be a head shot, but photos showing hands, arms or, partial body down to the waist, is acceptable. No full-body shots will be used. The yearbook accepts prints or pictures on CDs. Professional photographers can email a Jpeg to Mrs. Keenan at: keenanm@saintalbertschools.org. If there are any questions, students and parents can contact Mrs. Keenan at the same email address.

HIGH SCHOOL BOOK FAIR

Save the date! Once again the St. Albert High School Library will be hosting a book fair at the Barnes and Noble store at Mall of the Bluffs. On Saturday, November 27, a percentage of everything that you purchase at their store (including items at the cafe) comes back to us in the form of a gift card so we can buy books for our students. The past two book fairs have been very successful; please plan to visit Barnes and Noble on November 27.

BATTLE OF THE BOOKS

Eighteen students have begun the battle, the Battle of the Books that is. As a team they will read the twenty-eight books on this year's list to prepare for an online test in March. The top sixteen teams from across the state will then compete in Marshalltown in April in an oral quiz-bowl type contest to determine the state champion. St. Albert has had teams qualify each of the years since this contest was started. Good luck to these readers!

NATIONAL HONOR SOCIETY

An information meeting for all high school students to learn more about the National Honor Society was held on Tuesday, September 21. Although students cannot be selected for this organization before the Spring of their sophomore year, we feel it is important for all high school students to understand the need to participate in service projects and become involved in school and community activities. If you would like to know more about our selection process, please refer to the student handbook, ask your child to see the information from the meeting, or ask Mrs. Wiederin, the NHS adviser.

FALL MUSIC CONCERT

Be sure to mark your schedules with our first fall music concert date on Tuesday, October 12, at 8 P.M. The program will feature the instrumental and vocal music department groups. Over 150 of our students will be participating in this concert to be held in the gym. There is no charge but donations are always cheerfully accepted.

CLASS RINGS

A Willsie representative will meet with our sophomores and any interested juniors to pass out information packets on class rings on Friday, October 8. If you need further information on this, please contact the office.

Campus Ministry~Brenda Moran

It is amazing that it is October already! I would imagine your student may not feel the same way as it is school, after all, yet the year is well begun and much is happening! Our theme for this school year is, "If Today Was Your Last Day," which is to say, living life to the fullest. This theme is based on a song by Nickleback, and the singer asks such questions as "would you call old friends you never see?" "would you forgive your enemies?" "would you make your mark by mending a broken heart?" Our challenge this school year is to remind each of us of the level of respect and love we need to show each person here at St. Albert, allowing them as well as ourselves to live a life of love.

With this theme in mind, the senior students in the Campus Ministry class are preparing for the class retreats. Each class has a fall retreat starting with the seventh graders through the seniors. The Campus Ministers coordinates their theme and activities with what they believe each class needs to focus on. These students plan, deliver and evaluate the retreats, which helps them more fully embrace their leadership roles here at school. This leadership within the areas of academics, the arts, athletics and spirituality help all of our students to bring their gifts and talents to the activities, programs, reflection days and school days.

The World Mission students have begun preparing for their journey of service. This preparation includes different service projects, fundraisers and prayer for those they will encounter in the Dominican Republic. One of our next events will be the Taco Walk/Run, a one-mile walk and 5K run that will begin at the Taco John's East Broadway location (217 E. Broadway, Council Bluffs). Please join us on Saturday, November 6, for this fun family event. You will find a registration flyer attached to this newsletter and online.

As the leaves continue to fall, may we all be reminded of the many blessings showered upon each of us each day. Please continue to keep the students, faculty and staff in your prayers, as we keep all of you in our prayers.

Guidance News-Konnie Schuchinger

It's hard to believe we are almost done with the first quarter of the 2010/2011 school year but the calendar doesn't lie! As we get further into the fall, there are some important things parents of juniors and seniors need to be discussing. For parents of juniors, begin talking about colleges/universities your son/daughter may be thinking about attending. Also encourage your son/daughter to take/retake the ACT. Financial aid packages from universities are driven by GPA, Class Rank, ACT Scores, and Core Classes taken so keep having discussions about the importance of these things.

For parents of seniors, continue to talk to your son/daughter about college decisions. Early application deadlines vary by college so check the website of universities/colleges for this information. Many have deadlines in October, November, and December and to get the best financial aid package, apply early! If your son/daughter wants to take the ACT again or for the first time, the dates for testing are available in my office or at www.actstudent.org. Online registration is the easiest and fastest way to register and complete instructions are available at this website.

In September, I was fortunate enough to attend a career and college readiness workshop in Des Moines put on by ACT. It was very good and I gathered lots of valuable information to share with students on preparing for the ACT. There are many ACT/SAT review classes in the area and I display this information on my bulletin board so students can take advantage of them if they want. In addition, the www.actstudent.org website has practice tests, practice questions, and valuable information about preparing for the ACT so please encourage your son/daughter to take advantage of this website.

In 8th grade career guidance, we are continuing to work on students' 4 year plans for high school. This is something that all 8th graders will have in place by the end of the year. We will talk about what classes are required to graduate from St. Albert as well as elective and college credit classes. The students use the website, www.ihaveaplaniowa.gov. This website is filled with wonderful information including designing a resume, career exploration, as well as information on choosing classes for their 4 year plans. Students can access this site from home, so please have your son/daughter show you their progress and take some time to look at their 4 year plans and discuss course offerings.

The week of October 4 is when ITBS/ITED testing is scheduled. Please encourage your son/daughter to do their best on these tests. Our school uses this information for many things including curriculum needs and state reports so it is very important to get the most accurate information possible from these tests. In addition, juniors will be taking the PSAT/NMSQT on October 13. This test is the route of entry to the National Merit Scholarship competitions and can open many doors for students for college admission and financial aid for college. The cost of the test is \$13 per student and is due to me by October 8. You can make checks payable to St. Albert Schools. For more information on the test, you can go to www.collegeboard.com. Encourage your junior student to do his/her best on this test

Many college representatives have scheduled visits for October and November. I will make this information available to students when we have representatives scheduled for a visit.

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Noodle Soup French Bread Carrots and Dip Bananas Pudding Milk
4 Hot Dog or Polish Sausage on Bun French Fries Peas Applesauce Cookie Milk	5 Hamburger or McRib on Bun Potato Wedges Corn Mixed Fruit Milk	6 Garlic Cheese Bread Dipping Sauce Lettuce Salad Green Beans Raisins Milk	7 Scrambled Eggs Tri-Potatoes French Toast Sticks Juice Milk	8 Chicken Nuggets Mashed Potatoes Peas Pears Bread Milk
11 Cheese or Pepperoni Pizza Lettuce Salad Applesauce Milk	12 Sloppy Joe on Bun Nacho Chips Cheese Sauce Corn Jell-O Milk	13 Chili Shredded Cheese Crackers Peaches Cinnamon Rolls Milk	14 Corn Dog or Burrito Macaroni and Cheese California Veggies Fruit Salad Milk	15 11:30 DISMISSAL NO BREAKFAST OR LUNCH SERVED
18 Quesadilla or Fiestata Lettuce Salad Peas Applesauce Milk	19 Chicken Patty on Bun Sweet Potato Fries Peas Pineapple Milk	20 Turkey Gravy Mashed Potatoes Sweet Potatoes Cranberries French Bread Milk	21 Deli Sandwich Veggie Soup Crackers Pasta Salad Dried Fruit Mix Milk	22 NO SCHOOL
25 Grilled Cheese or Fish Sandwich Tomato Soup Crackers Carrots & Dip Applesauce Milk	26 BBQ Pork on Bun Potato Wedges California Veggies Pineapple Milk	27 Pasta with Meat Sauce Green Beans Garlic Buns Peaches Milk	28 Hamburgers or Cheeseburger on Bun Baked Beans Chips Pears Milk	29 SA Cheese Pizza Lettuce Salad Corn Mixed Fruit Milk

BREAKFAST MENU

MONDAYS CEREAL, TOAST, MILK, AND JUICE
 TUESDAYS FRENCH TOAST, SYRUP, MILK, AND JUICE
 WEDNESDAYS SCRAMBLED EGGS, TOAST, MILK, AND JUICE
 THURSDAYS PANCAKES, SYRUP, MILK, AND JUICE
 FRIDAYS CEREAL, TOAST, MILK, AND JUICE

OTHER BREAKFAST ITEMS AVAILABLE DAILY

BAGEL W/ MILK AND JUICE 1.00
 BAGEL W/ CREAM CHEESE 1.00
 GRANOLA BAR .25
 MILK OR JUICE .25

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.”

New Fundraisers for St. Albert's

Just save the items below and return to the school to raise money.

Save bottle caps and you can help earn money for your school.

www.savefiveforschools.com



Every bottle cap from Land O Lakes white or chocolate milk and orange juice gallon containers will earn 5 cents for our school.



This program is called Tyson Project A+. It works like this: "There's a Tyson Project A+ label, worth 24¢, on various Tyson products that feature the Tyson Project A+ logo on the front of the package. We earn money from Tyson by collecting and redeeming the labels." Participating schools can earn up to \$12,000 per academic year.

Participant Acknowledgement

The below named participant agrees to defend, protect, indemnify and hold harmless St. Albert Catholic Schools against and from all claims arising from the negligence or fault of the below named participant or any of their agents, family members, officers, volunteers, helpers, partners, organizational members or associates which arise out of the below named activity.

Additionally, the below named participant agrees to protect, defend, hold harmless and fully indemnify the St. Albert Catholic Schools for any claim or cause of action whatsoever which takes place during the date of activity that is brought against St. Albert Catholic Schools by the below named participant or their family members whether such claim arises from the alleged negligence of St. Albert Catholic Schools, its employees or agents or participant's negligence. If any portion of this agreement is held invalid, it is agreed that the balance thereof, shall continue in full legal force and effect.

Event:
St. Albert World Mission Taco Run/Walk

Name (please print) _____

Signed by _____
(Parent/Guardian if the participant is under 18 years of age)

Date _____

THE WORLD MISSION PROJECT

The students of St. Albert High school believe that service to others is an important component of their education. In conjunction with the Creighton University Institute for Latin American Concerns (ILAC), St. Albert students travel to the Dominican Republic each year to work with and learn from the people who live there. It is a life-changing event that encourages the students to continue serving others throughout their lives. All money raised by the World Mission Taco Run goes to support this cause.



We'd like to thank our past sponsors:

- Taco John's
- Scott Street Pub
- Plastic Surgical Center
- P's Bar
- ABC Electric
- Holiday Van and Storage

Without them this event would not be possible.



The 5th Annual World Mission Taco Run

November 6th, 2010
9:00 A.M.

Entry Fees

Entry fee includes a long sleeve t-shirt for participants over 8 years old* and food after the event from Taco John's for all participants.

7 and under (Walk Only): Free
8 years and over (Walk or Run)

Pre-registration \$20

Day of Race \$25**

*Note: A goodie bag will be provided to participants under the age of 8

**Note: Entries received after October 27th are not guaranteed a t-shirt.

The Race Will Begin and End At:

Taco John's
217 East Broadway
Council Bluffs, IA 51503

Events and Awards

1 MILE WALK

**NO AGE DIVISIONS,
NO MEDALS AWARDED**

5K RUN

**CHALLENGING 5K RUN
THROUGH BEAUTIFUL
COUNCIL BLUFFS, IOWA.**

MEDALS

Medals will be awarded to the 1st place overall male and female finishers.

Medals will also be awarded to the 1st and 2nd place finishers in each of the six age divisions.

Entry Form

Please print the required information.

Mail or hand deliver to:

St. Albert High School, 400 Gleason Ave.,
Council Bluffs, IA 51503

Or register online at Omaharun.org

(Make checks payable to St. Albert School)

First Name _____

Last Name _____

Street Address _____

City _____

State _____ Zip _____

Home Phone _____

Age on Race Day _____

Sex (circle one) M F

Race entered (circle one)

5K run 1 mile walk

T-shirt (adult size) circle one:

S M L XL XXL