

## ACS Saints: Weekly News for Oct. 21, 2015

Hello ACS Families!

Thank you so much for your support of the Havelock Chili Festival last weekend. We earned \$3481 to support education here at ACS! Events like this would not be possible without the generosity of volunteers- even those who no longer have children here, but care about Catholic education.

Please remember that as our Parent-Student handbook states, Winter uniform begins with Quarter 2. Students should no longer wear shorts to school, until our 4<sup>th</sup> quarter begins.

Our Scholastic book fair is coming up quickly! Sign up to lend a hand at this fun event at: <http://goo.gl/PJ4RQI>

Please note that the Parent's Night out has been cancelled. We did not have any parents turn in registration forms. Mrs. Priester hopes to offer it again close to Christmas.

Good luck to Mrs. Bane as she competes in the Marine Corps Marathon this weekend!

Congratulations to Peyton Meredith and Gavin Pesko, first and third place winners of the "Farmers and Fishermen" essay contest for the Old Beaufort Farmers Market.

Thank you to Mrs. Glennon and Mrs. Dezalia for decorating our hallways with beautiful student work this weekend! We are filled "to the gills" with authentic Atlantic fish replicas.

Mrs. Anna Bragg, Principal

### ACS Dates

|              |   |
|--------------|---|
| Oct. 22- -24 | Resale Shop Yard Sale   |
| Oct. 22-23   | Parent-Teacher Conferences (11:30 Dismissal)                    |
| Oct. 23      | Q1 Awards (After Mass)  |
| Oct. 22 - 30 | Scholastic Book Fair  |
| Oct. 30      | 1:30pm All Saints Parade<br>4-8pm Halloween Family Fun Festival |
| Nov. 2       | 8:30am Mass   |
| Nov. 6       | 8:30am Mass   |
| Nov. 20-21   | Scroogefest (3pm - 8pm Friday, 9-4pm Sat.)                      |



*Packing a Healthy Lunch*

**FRUITS & VEGGIES**

- Should make up 1/2 of your child's meal
- Canned, dried, fresh, or frozen fruit, or 100% fruit juice
- Canned, cooked, dried, fresh, or frozen vegetables

**VEGETABLES:**  
Carrots • Celery • Broccoli  
Cucumbers • Red Peppers

**FRUITS:**  
Bananas • Apples • Grapes  
Peaches • Pears • Strawberries

**GRAINS**

- 1/2 of the grains should be whole

**WHOLE GRAINS:**  
Oatmeal • Whole wheat bread  
Brown rice • Whole wheat tortillas  
Popcorn • Whole wheat pasta  
Quinoa • Whole wheat crackers

**REFINED GRAINS:**  
Cornbread • Couscous • Noodles  
Pretzels • White bread • White rice

**PROTEIN**

- Lean chicken • Lean beef • Salmon
- Canned tuna • Black beans • Eggs
- Chickpeas (garbanzo bean) • Almonds
- Sunflower seeds • Peanut butter
- Split peas • Tofu

**DAIRY**

- Milk • Yogurt • Soy milk
- Cheddar cheese • Cottage cheese
- Swiss cheese • American cheese
- Ricotta cheese • Parmesan cheese
- Mozzarella cheese

**Can't attend our book fair in person? Visit**

**<http://bookfairs.scholastic.com/homepage/annunciationcatholicchool>  
to shop online!**

### OUR MISSION

Annunciation Catholic School provides our students with a foundation in the Catholic Faith and a strong academic education. We develop active citizens who live and love as Christ did. We make the world a better place. We pray. We learn. We love.