



THANK YOU MRS. ROBINSON FOR THE FACE PAINTING AT THE SHAMROCKN' RUN



THANK YOU TO THE 150 WALKERS/ RUNNERS AT THE SHAMROCKN' RUN



RELAXING AFTER THE SHAMROCKN' RUN

NEWSLETTER



HOSA Competes at State

Pacelli's students who make up the HOSA, Future Health Professionals, team competed at the State Conference March 28-29th in St. Cloud. Pictured above are: Front Row (L-R) Lynsey McMahan, Neha Thawani-Nanda, Madi Rysavy, Shenali DeSilva Back Row (L-R) Lucy Nelson, Goamaar Paul, Tomas Castillo, Rachel Nelsen and Trace Fishbaugher

Dear Families and Friends,

The April 5th Early Bird deadline for registration is fast approaching. The registration fee jumps up to \$100 per child after April 5. If you have not registered your child for next year, please call Krista in the enrollment office at 507-437-3278 or stop by the school office and drop off your papers and registration fee. A reminder that Pacelli schools, offices, and Shamrock Zone will be closed Good Friday and Easter Monday - April 19 and April 22. If you have questions about tuition and/or financial aid, schedule an appointment with Tara Scott, business manager. In addition to Adopt-A-Student and Pacelli scholarship programs, the Diocese of Winona offers Seeds of Faith scholarships and the George and Mary Kremer Foundation provides elementary student scholarships. All scholarships have an application process. Paperwork to begin the financial aid process can be picked up in the business office. Financial aid applications are due May 1.

March was a busy month. Preschool through grade 12 students participated in the annual Readathon. Photographer for a book-in-progress, Our Austin, Our America, and Pacelli alumnus, William Taufic, did a two day residency with our students. "I am indebted to my Austin and hope to give back to the people who make this community one of the best places to live in America by producing a book of real American stories called Our Austin, Our America, through a lens of diversity and inclusion," commented Taufic. Students marveled at the pictures Taufic has produced, which include several of Pacelli families, and how these pictures and accompanying stories will be made into a book. Reading minutes were collected, the second annual Poetry Slam was outstanding, and numerous reading events took place. Over \$1200 was raised in reading pledges which the PTCA uses to cover the cost of student activities throughout the year. Thank you PTCA! The Catholic United Financial raffle also came to a close in March. Pacelli families raised \$12,940 by selling raffle tickets for this tri-state raffle. All prizes are provided by CUF and 100% of the proceeds are returned to the participating schools. \$150 Amazon gift cards were won by Sarah Johnson and Arlene Hueman on tickets sold by Pacelli students. We are grateful for this opportunity given to us by UCF to support programming in our schools. Many students, staff, and families attended Pacelli Night at the Bruins on March 16th. The Pacelli Bruins jersey was auctioned off at the end of the game for \$3,600 bringing in a total of \$4,600 for our school from this event!

April has much to look forward to as well. Our second grade students will be receiving their First Communion the weekend after Easter. Keep these students in your prayers as they partake in this much anticipated sacrament for the first time. And, planning for the 27th Annual Benefit Auction is underway! Join the Forces of Destiny Saturday, May 4th in the Pacelli All Saints Arena. Silent and live auctions, games, and an out-of-this-world buffet will all lend to an enjoyable evening of laughter, community, and fundraising to enhance Pacelli student programs. Contact the school

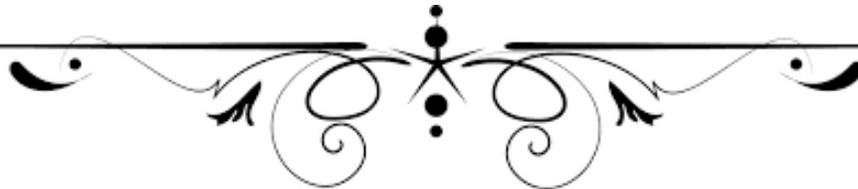
office now to reserve your table, purchase raffle tickets, make an auction donation, or to volunteer.

In closing, count your blessings, hug your loved ones often, be kind to your neighbors, and know that Jesus loves you and so do I!

I wish each of you a blessed Holy Week and a jubilant Easter!
Yours in Christ,



Mrs. Jean McDermott
PK-12 Principal



Dear Parents,

I am a pretty “techy” person. I can navigate my way around most devices and programs and I can appreciate all the positives that technology does for us: connection to people around the world, collaboration, access to information, etc. But, I also believe that technology does not replace the value of face to face interactions, should not be a platform to spread hate, and can provide dangerous people hidden access to children. As parents, we need to go beyond firewalls and security settings to really protect our kids. We need to have frequent conversations with our children about their social media life-how they use it, why they use it, what experiences they are having-and keep ourselves informed of the potential dangers our kids might face.

Let’s start with Snapchat. Snapchat is one of students’ most favorite apps. Kids spend most of their time on Snapchat taking photos of themselves or their surroundings, using silly filters that give themselves ears or make rainbows come out of their mouths, and chatting back and

forth with friends. But, there are other features that parents need to be aware of that leave kids open to very sexualized content, cyberbullying, and unwanted exposure and connection to dangerous people.

Young Users

Snapchat's policy requires users to be 13 years or older, in compliance with the U.S. Children's Online Privacy Protection Act (COPPA). However, there is no stopping young children from signing up on the platform with fake birth dates - with or without their parent's help. If your child is under 13 and using Snapchat, it is important to know that the app can collect a ton of data about their habits in -- and outside of -- the app. Snapchat also works with a lot of third parties that they share their data with. Common Sense Media says that Snapchat is not appropriate for kids under age 16 due to exposure to age-inappropriate content and the marketing ploys, such as quizzes, that collect data.

Discover Stories

Snapchat has a feature called Discover Stories where random people's photos and videos are posted. Discover stories regularly have sexually explicit images and articles not appropriate for kids! And, there are no controls to regulate what photos, videos, and articles show up in Discover.

Snap Map

This feature pinpoints users' exact locations on a map when they share their stories unless they change their settings. Sharing their location online can be an open invitation for trouble from stalkers and predators.

Photos Do NOT Disappear

Snapchat is built around the idea that photos disappear after a couple seconds. However, kids can screenshot a photo before it disappears, and there are many third party apps that allow users to save photos and even retrieve snaps that have been deleted.

Sexting

You might be thinking, "my child would never do that." Did you know that anyone can send sexually explicit photos or videos to your child without his/her consent? It doesn't need to be

an approved friend, it could be anyone. Many kids are also pressured to send these types of photos to boyfriends or crushes. Sending or possessing nude photos can have serious legal consequences as well.

Cyberbullying

Too many kids and teens are tempted to send mean messages and pictures because they expect them to disappear. Kids say things they would never say in person. Our children need to practice the same kind habits in their online world as they are expected to practice in the real world.

It is hard work keeping our kids safe in this world, but the more we learn and communicate with our children, the easier it will get. You are not alone. Feel free to stop in or contact me with any concerns you may have. Thank you!

Laura Marreel, Dean of Students
lmarreel@pacellschools.org



The PTCA Book Bingo was a huge success. Many books and prizes were won and a lot of fun was had by all! Jacey Bednar was lucky to WIN two Amazon \$25 gift cards from PTCA. Thanks for everyone who attended Book Bingo.

PCS PTCA

March Students of the Month

Sean Casey nominated by Mrs. Walk
Addy Olson nominated by Mrs. Walk
Carter Holland nominated by Mrs. Neve
Josey Bednar nominated by Mrs. Neve
Dylan Miller nominated by Mrs. Neve
Larry Ketchum nominated by Mrs. Juenger
Alissa Watkins nominated by Mrs. Lenway
Rachel Kahle nominated by Mrs. Neve, Ms. Scott, Mrs. Rysavy
Abbey Neve nominated by Heather Rysavy
Klankowski Girls nominated by Terri Studley
Scott Walski nominated by Heather Rysavy
Johnny Nguyen nominated by Mrs. Neve, Ms. Scott, Mrs. Rysavy
Ayden Gordon nominated by Miss Kilkus
Alex Lagunas nominated by Ms. Tomlin
Scott Walski nominated by Ms. Tomlin
Colt Orum nominated by Mrs. Carranza
Athena Winegar nominated by Mrs. Carranza
Lincoln Kalpohsi nominated by Mrs. Carranza
Nathalie Daza nominated by Mrs. Carranza
Isaac Nelsen nominated by Mrs. Walk
Kate Rauen nominated by Mrs. Walk
Esteban Alvarado nominated by Mr. Gentle
Lynsey McMahon nominated by Mr. Gentle
Madeline Rogne nominated by Ms. Benin
Lucas Kiker nominated by Mrs. Leif
Diana Raya nominated by Mrs. Leif
Lilly Paul nominated by Mrs. Marreel

Students will be honored at an All school Assembly
on Tuesday, April 9th at 1:45 in the Auditorium

Menu's for April 2019

Pacelli Catholic Schools

Breakfast, \$1.50
All Kindergarten Students are free

Monday
 Frudel, Fruit, Juice, Milk
Tuesday
 Cinnamon Rolls, Fruit, Juice, Milk
Wednesday
 Bagels, Fruit, Juice, Milk

Thursday
 Breakfast bar, Fruit, Juice, Milk
Friday
 Egg Sandwich, Fruit, Juice, Milk

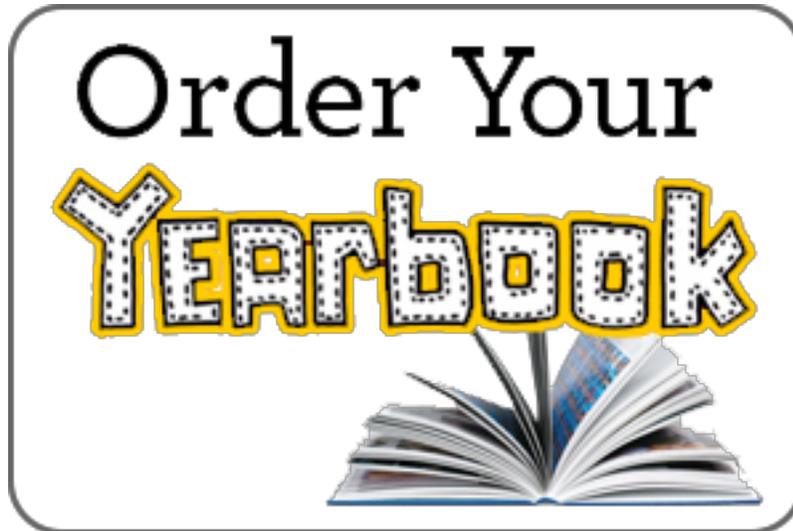
After School Snack,
Free to all students

Monday
 Chex Mix and Milk
Tuesday
 Tortilla Chips, Salsa and Milk
Wednesday
 Muffins and Milk
Thursday
 Granola Bar and Milk
Friday
 Cereal and Milk

Preschool Snack,
Included in Preschool tuition

Monday
 Granola Bar and Applesauce
Tuesday
 Goldfish and String Cheese
Wednesday
 Apples and Peanut Butter
Thursday
 Yogurt and Grahams
Friday
 Craisins and Cheese Stick

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Chicken Alfredo Green Beans Carrots/Peppers Pears Milk	Corn Dogs Scalloped Potatoes Carrots/Broccoli Strawberries Milk	Beefy Nacho's Mexican Corn Carrots/Jicama Oranges Milk	Omelets Sausage Hash browns Ultimate Bar Carrots Juice & Milk	Cheese Pizza Romaine Salad Tomatoes/Cucumbers Apples Milk
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Chicken Biscuits with gravy Green Beans Carrots/Celery Peaches Milk	Sub Roll Ups Pasta Salad Carrots/Snap Peas Blueberries Milk	Meatloaf Mashed Potatoes Dinner Roll Carrots/Radishes Pineapple Milk	Crispitos Cilantro Rice Refried Beans Carrots/Peppers Fruit Cocktail Milk	Max Sticks w/ Sauce Romaine Salad Tomatoes/Cucumbers Apples Milk
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 18
Chicken Chop Suey Over Rice Green Beans Carrots/Broccoli Pears Milk	Hot Dogs Baked Beans Sun Chips Carrots/Cauliflower Apples Milk	Ribbit/Bun Corn Carrots/Cucumbers Oranges Milk	Beef/Cheese Taco's Black Beans Romaine Salad Tomatoes Strawberries Milk	No School Shamrock Zone will be closed
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
No School Shamrock Zone will be closed	Scrambled Eggs Sausage Hash browns Ultimate bar Carrots Juice & Milk	Chicken Patty/Bun Green Beans Carrots/Snap Peas Pineapple Milk	Turkey Mashed Potatoes Dinner Roll Carrots/Peppers Peaches Milk	Sloppy Joes/Bun Romaine Salad Tomatoes/Cucumbers Apples Milk
Monday, April 29	Tuesday, April 30	<p>Kindergarten Students receive free morning snack milk</p>		
Chicken Fajitas Peppers/Onions Refried Beans Blueberries Milk	Pulled Pork/Bun Baked Beans Carrots/Broccoli Pears Milk	<p>Lunch Times 11:00 - 11:40 - Shamrock Zone 11:32 - 12:02 - 7/8 grade 11:40 - 12:10 - 4th-6th grade 11:55 - 12:35 - 2/3 grade 12:05 - 12:50 - K/1 grade 12:23 - 12:53 - 9th-12th grade</p>		



Elementary Memory Books for Pre-6th Grade

\$15

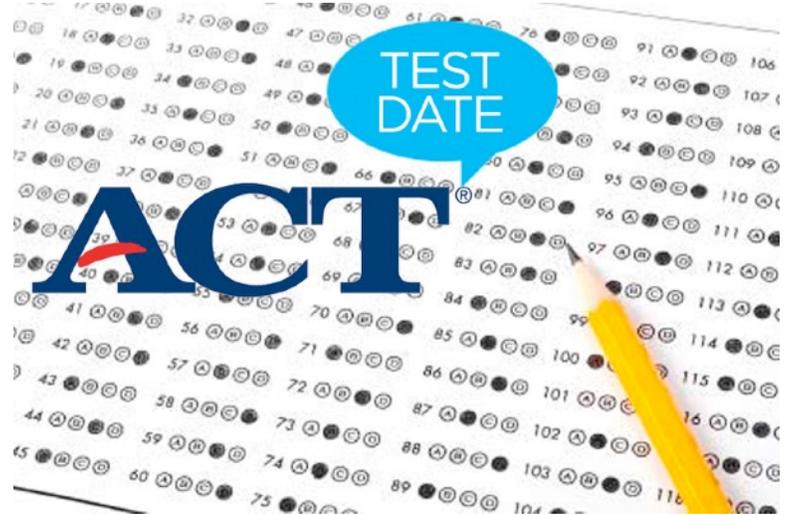
Orders due: April 18, 2019

Junior High/High School Yearbook for grades 7-12

\$55

Senior Photos + Baby Picture due April 15th to
Ms. Sheedy lasheedy@pacellschools.org

Session 3
Instructor: Laura Marreel Location: Pacelli Media Center
Dates: Monday Evenings - April 29* - May 6 - May 13 - May 20 - May 27 - June 3
Times: 7:00 PM - 8:00 PM
Cost: \$75 **
* April 29th Class: Students will register online to take the June 8th ACT® Test ** Does not include the cost of the ACT® Test



Please complete the registration form and return to the office with payment one week prior to the start of each session.

Pacelli ACT® Prep Sessions

Student Name: _____ Grade: _____

Dates and scores of previous ACT® tests taken:

Test date: _____ Composite Score: _____

Test Date: _____ Composite Score: _____

Session you are registering for:

_____ Session 3

Total Enclosed: \$ _____

Parent Signature: _____ Date: _____



Honor Roll Brunch for those students in grades 7-12 who earned a GPA of 3.0 and above for the Third Quarter will be honored on Tuesday, April 9 at 7:30am in the Auditorium

New National Honor Society and National Junior Honor Society members will be inducted at this time as well.

Nurse Notes

Tricia Nerison, RN
Pacelli Catholic School Nurse

February 25th to March 3rd was 2019 National Eating Disorder Awareness Week. Eating disorders are real, complex and devastating conditions that can have serious consequences for health, productivity and relationships. They are not a fad, phase or lifestyle choice. People who struggle with an eating disorder need to see professional help. The earlier help is received, the greater the chance of physical and emotional recovery.



Anyone can be affected by this, it is estimated that 20 million women and 10 million men suffer from significant eating disorder, this includes; females, males, people of color, older people, young children, transgender people, rich people, poor people and people from every walk of life. Stereotyping eating disorders as exclusive to one group is a disservice to the many groups of people who are affected by eating disorders, and creates a stigma that prevents people from getting help.

Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Avoidant/Restrictive Food Intake Disorder are the most common types of eating disorders. However there are also other eating disorders that are more uncommon but still important to be aware of, Other Specified Feeding or Eating Disorder such as Pica, Rumination Disorder and Unspecified Feeding or Eating Disorder. For more information about these eating disorders please visit <https://www.nationaleatingdisorders.org/information-eating-disorder>

Here is a list of warning signs that may point to a problem but are not necessarily saying it is an eating disorder. Change in attitude or behaviors about weight, food and size, withdrawal from social activities, specifically avoiding eating with others, starting new food rituals, cutting foods in very small pieces, frequent checking self out in the mirror for flaws, negative self-esteem, hoarding and hiding food, eating in secret and hiding wrappers/containers, excessive exercise habits, disappearing after eating-often to a bathroom, dangerous dieting or clean eating and personality change.

If you notice any of these warning signs, talk to your son, daughter, friend and family member to find out more information and seek professional medical advice. Remember eating disorders are serious and can be life-threatening, however people can and do recover; acknowledging the seriousness of eating disorders and the importance of recovery can be a first step in that process.