



ALL SAINTS CATHOLIC SCHOOL

1335 S. 10th Street
Omaha, NE 68108

Weekly Take Home Thursday

Phone: 402-346-5757
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INTERNATIONAL

WOMEN'S DAY

MARCH 8



"A STRONG WOMAN STANDS UP FOR
HERSELF. A STRONGER WOMAN STANDS
UP FOR EVERYONE ELSE."



Important Dates

Mar 7: No School;
Conferences

Mar 8 – 15: No School,
Spring Break

Mar 28 – Apr 1: No School
(Easter Break)



IMPORTANT REMINDERS

CSF 2024-25

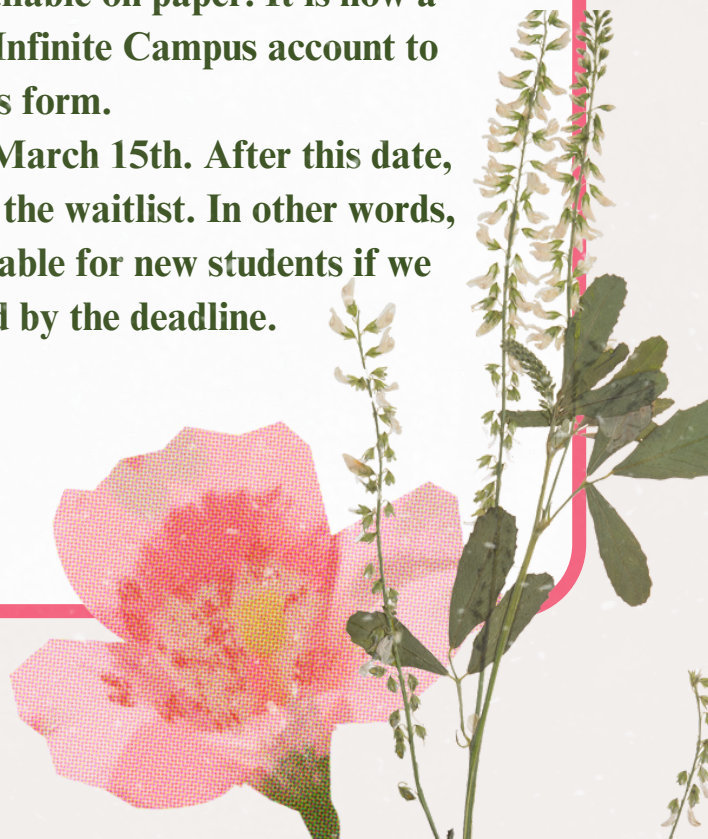
The application is NOW open. Due on May 3rd. Completion of this application is a requirement for all families.

**We are accepting uniform donations for our upcoming sale at conferences! Our kids benefit greatly from this.
Thank you for your support!**

Enrollment for the next school year (2024-2025) is now open. Please log in to your parent portal to complete the enrollment form.

Our enrollment form is no longer available on paper. It is now a requirement that all parents have an Infinite Campus account to gain access to this form.

The last day to enroll your student is March 15th. After this date, we will open spots for new students on the waitlist. In other words, your student's spot will become available for new students if we don't have a form submitted by the deadline.





We hope to see
you at
Conferences


OUR WELLNESS
ASSESSMENT RESULTS ARE
AVAILABLE NOW

All Saints Catholic School

TRIENNIAL WELLNESS ASSESSMENT RESULTS 2024

CONTACT US:  ASOFFICE@ALLSAINTSCS.ORG

DATE MARCH 5, 2024

 402.346.5757

MEET THE TEAM	<p>Team Leader: Dex Conwell, gym and health teacher Brissa Romero: Office manager and SFA Leader Amanda Hunt: Kitchen Manager Mary Margaret Leonard: Assistant Principal Jennifer Kroupa: Paraprofessional/ Parent</p>
POLICY COMPLIANCE RESULTS	<p>Areas of Strength</p> <ul style="list-style-type: none">• Health Class Standards are established and given to students to be met.• We have maintained an after-school care program and after-school extracurriculars; including volleyball, cheer, basketball, and soccer throughout the school year.• The school provides students with 2-3 meals a day that are well-balanced and follow the federal and state standards. <p>Opportunities for improvement</p> <ul style="list-style-type: none">• Information promoting healthy habits such as posters and signages throughout the school.• Communication with parents regarding the importance of healthy meals• Promoting a smart snack for classroom celebrations such as Birthdays, Holiday Parties, or classroom rewards.
WELLNESS POLICY GOALS	<ol style="list-style-type: none">1. The school will provide nutritional posters throughout the building to provide visual examples for students.2. Fitnessgram, a fitness exam, will be implemented during gym class to measure improvements in students' health. The mentioned tests and what each test measures are as follows: Pacer (Aerobic capacity), Push-ups (muscular strength and endurance), Sit-ups (abdominal strength and endurance).3. The school is interested in implementing ballroom dancing for the 5th-grade class to promote a different type of fitness.
MOVING FORWARD	<p>All Saints Catholic School Wellness Policy committee will meet a minimum of 2 times a school year to ensure that the triennial wellness assessment is complete. The student handbook will contain all and new policies for the school year, which will be provided digitally through the school website.</p>

Ms. Carlson's Intervention Notes

Subtracting Integers:

keep **change** **change**

then use the rules for adding

a) $4 - 7 = 4 + ^{-}7 = ^{-}3$

b) $-1 - 9 = -1 + ^{-}9 = -10$

c) $-3 - (-5) = -3 + (+5) = 2$

March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SPV – Grape Tomatoes 4 Corn Dog on a Stick (Chicken) Or- Turkey & Cheese Hoagie Seasoned Green Beans Mixed Fruit 	5 Walking Taco with a Lettuce & Cheese Cup 🐷 Or- Ham & Cheese Hoagie 🐷 Chili Beans Banana	6 Pepperoni Pizza Calzone 🐷 Or- Chicken Salad on 9 Grain Bread Steamed Carrots Cinnamon Applesauce	7 Cheeseburger on a WG Bun 🐷 Or- Italian Hoagie 🐷 🐷 Jazz'd Potato Wedges Crisp Apple	8 Cheese Dunkers with Marinara Sauce Or- Sunbutter & Jelly Sandwich with a Cheese Stick Broccoli Chilled Peaches
SPV – Baby Carrots 11 WG Pancakes with a Sausage Patty Or- Italian Hoagie 🐷 🐷 Cinnamon Breakfast Yams Blueberries	12 Popcorn Chicken with a WG Biscuit Or- Ham & Cheese Hoagie 🐷 Garden Peas Chilled Pears	13 Pizza Hut Pizza Or- Tuna Salad on 9 Grain Bread Romaine Salad with Croutons Cherry Craisins 	Westside No School 14 BBQ Pulled Pork Sandwich on a WG Bun 🐷 Or- Turkey & Cheese Hoagie Baked Beans Tropical Fruit	Westside No School 15 Grilled Cheese Sandwich Or- Sunbutter & Jelly Sandwich with a Cheese Stick Mixed Vegetables Fruit Medley
SPV – Grape Tomatoes 18 Crispy Chicken Sandwich on a WG Bun Or- Turkey & Cheese Hoagie Seasoned Green Beans Mandarin Oranges	19 Herbed Chicken over Bow Tie Pasta with a WG Ciabatta Roll Or- Ham & Cheese Hoagie 🐷 Romaine Salad with Croutons Crisp Apple	20 French Toast Sticks with a Sausage Patty Or- Chicken Salad on 9 Grain Bread Glazed Carrots Banana	21 BBQ Chicken Drumstick with Assorted WG Bread <small>Farm to School</small> Or- Italian Hoagie 🐷 🐷 Golden Corn Chilled Peaches	22 Cheesy Nachos Or- Sunbutter & Jelly Sandwich with a Cheese Stick Seasoned Black Beans Tropical Fruit 
SPV – Baby Carrots 25 Colby Cheese Omelet with a WG Long John Donut Or- Turkey & Cheese Hoagie Sweet Potato Waffle Fries Blueberries	26 Popcorn Chicken with Assorted WG Bread Or- Ham & Cheese Hoagie 🐷 Baked Beans Mixed Fruit 	27 Pizza Hut Pizza Or-Tuna Salad on 9 Grain Bread Romaine Salad with Croutons Chilled Pears	28 Big Ol' Meatball with WG Garlic Toast 🐷 Or- Italian Hoagie 🐷 🐷 Italian Vegetables Orange Smiles	29 Macaroni & Cheese with a WG Soft Pretzel Or- Sunbutter & Jelly Sandwich with a Cheese Stick Garden Peas Strawberries