



The Eagles Nest

March 2022

Important Dates

March

- 2 Ash Wednesday Mass @ 10 AM
- 8 HSA Meeting 6:30 PM
- 9 Confessions Gr. 3-8 9 AM
- 14 School Closed Teacher In-Svc.
- 21 ANS Spirit Night @ Chick Fil A 2-7 PM LaPlata
- 23 Noon Dismissal
- 25 End of 3rd Qtr.
- 28 Noon Dismissal

Uniform Exchange 12:30-4:30 PM

3/28-3/31 Spirit Nights @ Foster's Grill in LaPlata

30 Class Pictures
Gr. 8 Graduation Picture

31 Gr. 6 – Vocations Mass Field Trip

April

1 Report Cards Emailed

Gr. 8 Retreat

2 Doll Tea Set Up

3 Doll Tea 1:00-3:00 PM



MARCH VIRTUE

RESPECT

RECOGNIZING THE DIGNITY OF

ALL PEOPLE



Lent

Lenten Prayer



Lent

Loving God, during the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life. Enlarge my heart so that I give to those in need and, in doing so, re-discover the grace of gratitude and generosity. Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity. May this season be a grace-filled time to rekindle my love for and faith in you. Amen

Uniform Exchange & Summer Uniforms

We will be holding a Uniform Exchange on Monday, March 28 from 12:30 to 4:30 PM. You will be able to purchase summer uniforms. Students will be allowed to wear the summer uniform starting **Monday, April 11**. Please refer to the uniform guidelines if you have any questions. Summer gym uniform order forms were sent home last month.



Book Fair

The March book fair has been rescheduled for April 4-8. More information will be forthcoming, as well as information on how to sign up to volunteer.

Important Calendar Date Changes

March 9-14 – Book Fair cancelled

March 21 – Chick Fil A Spirit Night (more information forthcoming)

Wednesday, March 23 – Noon Dismissal (addition to calendar); Grade 8 graduation panoramic (cancelled for the 23rd)

Wednesday, March 30 – Class pictures and Grade 8 graduation panoramic (rescheduled)

Sunday April 3 – Doll Tea (rescheduled) Set up will be on Saturday, April 2

April 4-8 – Book Fair rescheduled



Counselor's Corner



March is National Nutrition Month

The COVID-19 pandemic has brought great tragedy and illnesses, and it has reminded me that our health is so important. Whether it is through rest, meditation, fitness, or a healthy diet, a healthy lifestyle can promote longevity and support our mental wellbeing. March is National Nutrition Month. This is a great time to get out, get moving and think about our health. Here are a few suggestions: As a family, commit to trying a new fruit or vegetable once a week throughout the month. Plant a small veggie or herb garden. Limit sugary drinks and opt for water infused with fresh fruit and herbs like mint. Support the local farmer's market. Go outside and take in the sun. Try a new recipe and have fun with your snack options. Limit processed snacks and get creative in the kitchen. Try plain rice cake with light cream cheese topped with fruit, grilled fruit kabobs with fruit dip, or one of my favorites "ants on a log" celery topped with your favorite nut butter and raisins or raisins. If you have a nut allergy you can always substitute with cream cheese or veggie dip. Whatever you choose, making small adjustments can have a big impact, and your body will thank you! Remember health is wealth, be well! For more fun creative snacks to try checkout:

<https://www.scrambledchefs.com/35-tasty-mom-approved-kid-friendly-snack-recipes/>



Grade 8 Graduation Picture/Class Pictures

The panoramic 8th grade graduation picture, as well as class pictures, have been rescheduled for Wednesday, March 30. More information and order forms will be forthcoming.



Yearbook Pictures Needed

Our yearbook staff is in full swing preparing the 2021-2022 yearbook. However, they need your help. Pictures are needed for the following events:

- First Day of School
- Volleyball
- Classroom Halloween Parties
- JV & Varsity Boys Basketball
- JV & Varsity Girls Basketball
- Archery Tournaments

Cell phone camera pictures are fine; please send at "Actual Size" or "Full Resolution." Pictures should be emailed to ansyearbook@archbishopnealeschool.org with the activity name in the subject line. Thank you for any assistance you can provide the yearbook staff.



Summer Birthdays

So that all students are recognized for their birthdays, we celebrate summer "unbirthdays" as follows: June with March, July with April, and August with May. Students with summer birthdays will be recognized on the morning announcements.



Thank you

The faculty and staff would like to thank the following parents/grandparents who came to help cover recess and lunch duties for the teachers during the Catholic Schools Week Teacher Appreciation Luncheon. Thank you to Tricia Adams and Sarah Proctor for coordinating, LaShawn Lumpkin, Tiffany Johnson, Amelia Decker, Jennifer Berry, Melissa Sprague, Susan Bowen, Allison Hall, Denise Mangra, Mimi McCain, Patrick Hughes, Gina Smith, Leon Williams and Wanda Lucas. We appreciate you!!



ANS Spirit Nights

ANS will be holding "spirit nights" at Chick Fil A and Foster's Grille in LaPlata. The "spirit night" at Chick Fil A will be held on Monday, March 21 from 2:00-7:00 PM. Place a **DRIVE THRU** order using the flyer, the app on your phone, or just mention ANS.

On Monday, March 28 through Thursday, March 31, dine in or carry out at Foster's Grille between the hours of 11:00 AM and 9:00 PM. Just mention ANS.

Flyers for both fundraisers are included with the newsletter. ANS will receive a percentage of the sales from both events.

Come out and support our school! GO EAGLES!