



Thursday Newsletter

February 25, 2010

Casual Dress Day for students who attended the Winter Family Dance is Tuesday, March 2. Monday, March 1 is a Casual Dress Day for all students.

Weekly Calendar

THURSDAY, FEB. 25

3:30 Chess Club

FRIDAY, FEB. 26

6 pm Soup Supper and Stations of the Cross

SUNDAY, FEB. 28

9:45 WCFF

QP Student Ushers and Greeters at 11 am Mass

MONDAY, MARCH 1

Casual Dress Day

TUESDAY, MARCH 2

Dr. Suess Day
2:00 Dismissal

WEDNESDAY, MARCH 3

8:30 Mass

THURSDAY, MARCH 4

11 am Talent Show, Grades 4-6 performing!
Noon Dismissal -- Conferences

FRIDAY, MARCH 5

No school -- Conferences
6 pm QPS Hosts Soup Supper
6:30 Living Stations of the Cross

2010-2011 Tuition News

Thank you to members of the school's Finance Committee, who worked many long hours with Mrs. Janota and parish Business Manager Lana Doyle to put together a budget for the 2010-2011 school year. We are also grateful for those of you who were able to attend Tuesday's Town Hall -- good questions were asked and we hope to continue the dialogue.

Tuition for next year will be \$4150 for active parish families and \$4650 for families from the general community. Tuition for the Pre-Kindergarten will be \$4150 for all students. A letter outlining the changes will be sent home with registration materials next week.

If you were unable to attend the town hall and have questions, please let us know!

Registration for 2010-2011 School Year

Registration for current school families will begin next week. Enrollment packages will be sent home in next Thursday's Envelope.

If you plan to apply for financial aid, you must fill out a FACTS form. Forms are online at factstuitionaid.com, or you may pick up a paper copy at the front office. Deadlines are:

March 15 for paper applications

March 30 for online applications

Conferences March 4 & 5

Conferences will take place next Thursday and Friday. If you or your child's teacher requested a conference, you should have received a notice of the time and date in the report card envelope. If you did not request a conference, but would like to do so, please call the school as soon as possible.

Living Stations of the Cross

We need at least 10 children to sign up for Living Stations on Friday, March 5 in order for it to take place! That is the evening QPS is hosting the soup supper at church. The supper begins at 6 pm and Living Stations begin at 6:30. If your child is already signed up to do Living Stations during the school day and would like to participate, please let us know by Monday, March 1. (We have plenty of children for March 12!)

Box Top Roundup

Next week we'll be launching a box top collection campaign. Coordinator Carmel McClung has been working diligently to bring this fundraiser up to speed and is putting together a package that will be sent home with each family next Thursday. Each package includes:

- an envelope with magnet so you can pop it on your refrigerator
- sheets that your child can paste box tops on to.

For information on participating products, please check out the Box Tops for Education website: BoxTops4education.com.

Talent Show - Grades 4 Through 6

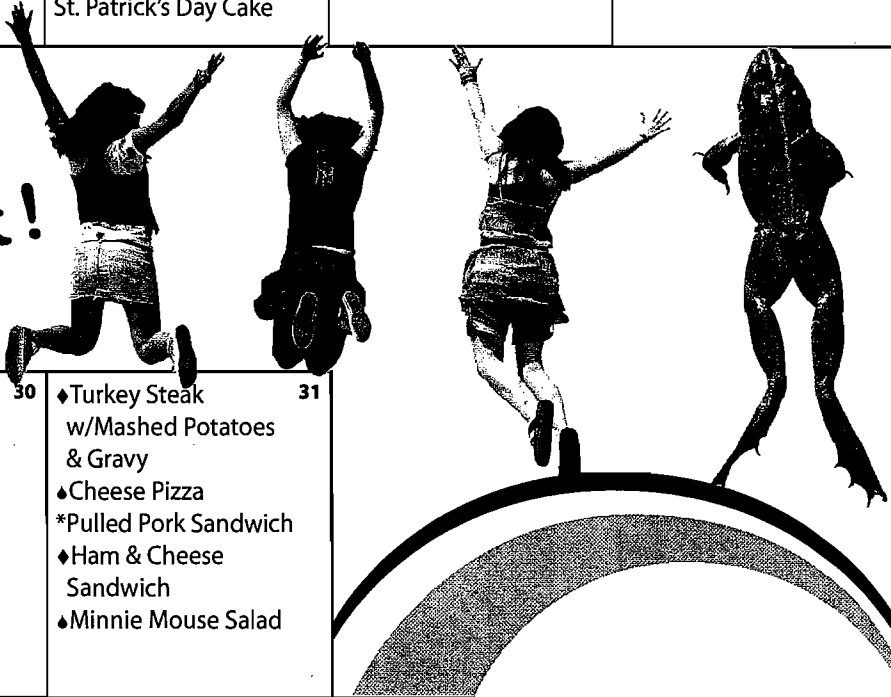
Come see how talented our students are! The fourth through sixth grade students will entertain us at 11 am Thursday, March 4 in the Gym. Be there so you can say you saw them 'when!'

CYO Track and Field

Do you enjoy being outside and working with kids? Do you enjoy track and field? Then Salem CYO needs you. We need coaches for the upcoming track season. If you are interested, please contact Chrystie Jones @ cyosalemclub@earthlink.net to find out the requirements. Called to Protect is one. Registration for track will begin soon - ONLINE. Please check out www.cyocamphoward.org for registration page.

MARCH 2010

QUEEN OF PEACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ♦Baked Chicken w/Mashed Potatoes & Gravy ♦Cheese Lasagna ♦Chicken Patty Sandwich ♦Ham & Cheese Sandwich ♦Garden Salad Cookie	2 ♦Green Eggs & Ham ♦Toasted Cheese Sandwich w/Tomato Soup ♦Chicken Corn Dog ♦Ham & Cheese Hoagie ♦Chef Salad	3 ♦Sweet & Sour Turkey w/Brown Rice *Cheese or Pepperoni Pizza ♦Chicken Patty Sandwich ♦Turkey & Cheese Wrap ♦Poppin' Chicken Salad	4 NOON DISMISSAL AFTERNOON CONFERENCES	5 CONFERENCES NO SCHOOL
8 ♦Chicken Tenders w/Broccoli ♦Cheese Quesadilla w/Rice ♦Chicken Sandwich ♦Turkey & Cheese Sandwich ♦Popeye Salad Cookie	9 ♦Cheese Breadsticks w/Marinara Beef Ravioli ♦Chicken Patty Sandwich ♦Ham & Cheese Sandwich ♦Chef Salad	10 ♦Baked Chicken w/Mashed Potatoes & Gravy ♦Cheese Pizza +♦BBQ Turkey Sandwich ♦Ham & Cheese Wrap ♦Minnie Mouse Salad	11 ♦Vegetarian Chili w/Corn Bread ♦Turkey Tacos ♦Chicken Patty Sandwich ♦American Sandwich ♦Chef Salad	12 NO HOT LUNCH
15 ♦Baked Chicken w/Mashed Potatoes & Gravy ♦Cheese Lasagna +Hamburger/Cheeseburger Bagel & Cream Cheese ♦Garden Salad	16 Breakfast for Lunch ♦Chicken on a Biscuit w/Gravy ♦Cheese Breadsticks w/Marinara +♦BBQ Turkey Sandwich ♦Ham & Cheese Sandwich ♦Chef Salad	17 ♦Macaroni & Cheese *Cheese or Pepperoni Pizza ♦Chicken Patty Sandwich ♦Turkey & Cheese Hoagie ♦Poppin' Chicken Salad St. Patrick's Day Cake	18 NO HOT LUNCH	19 NOON DISMISSAL
				
29 ♦Chicken Tenders w/Broccoli ♦Cheese Quesadilla w/Spanish Rice +Hamburger/Cheeseburger Bagel & Cream Cheese ♦Garden Salad Cookie	30 ♦Toasted Cheese Sandwich w/Tomato Soup Turkey Soft Taco ♦Chicken Patty Sandwich ♦Turkey & Cheese Sandwich ♦Chef Salad	31 ♦Turkey Steak w/Mashed Potatoes & Gravy ♦Cheese Pizza *Pulled Pork Sandwich ♦Ham & Cheese Sandwich ♦Minnie Mouse Salad		

MENU SUBJECT TO CHANGE

♦=Contains chicken or turkey ♦=Vegetarian item *=These items may contain pork +=Served on 100% Whole Wheat Bun
 We offer a variety of fresh fruits and vegetables everyday, along with an assortment of chilled fruit and hot vegetables throughout the week. Milk served daily.



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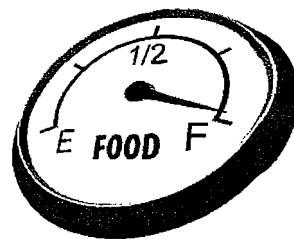
This Month in the Cafeteria

Start Your Day on "FULL"

Achievement:

You've heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it's important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

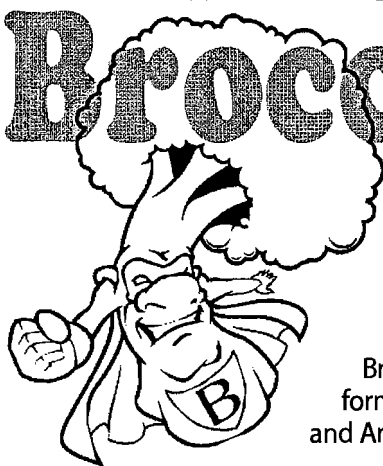
For breakfast sometimes you need to "think outside the box". You can try some nontraditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast everyday!!



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

Broccoli

Broccoli is a Super-Duper Food



Broccoli is a super-duper because it's packed full of healthy body nutrients. These mini-trees are low in calories, high in vitamin C and a good source of folate and vitamin A. Broccoli also contains powerful cancer fighting compounds as well as promotes healthy heart and eyes.

Broccoli can be found year-round in fresh and frozen forms. Fresh broccoli typically comes from California and Arizona during the winter months.

To select good-quality fresh broccoli, it should have a fresh-looking, light-green stalks of consistent thickness. The florets should be compact and dark green and may have some purple tinge.

Broccoli can be eaten raw on a garden salad or dipped in lite-dressings. It can also be steamed and topped with a little black pepper or low-fat cheese, sautéed with onions and bell peppers and served over rice or noodles, or boiled like in the recipe to the right, Lemon Garlic Broccoli Salad.

Broccoli is a super-duper food, so keep munching on this nutrient-rich vegetable.



Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

Lemon Garlic Broccoli Salad

Six 1/2-cup servings

- 2 heads fresh or 1 (14 oz) bag frozen Broccoli
- 2 qts Water
- 1 Pound Whole Wheat Penne Noodles
- 2 tbsp Olive Oil
- 1 tbsp Lemon Juice
- 2 cloves Fresh Garlic, minced or 1 tsp Garlic Powder
- 1/2 tsp Salt
- 1 tsp Red Pepper Flakes, optional

Wash and cut fresh broccoli into florets.

Bring water to boil in a medium-sized pot. When water boils, add noodles then return to boil for 5-minutes. Add broccoli and boil for another 5-minutes. Drain broccoli and noodles and set aside.

Mix oil, lemon juice, garlic, salt and red peppers (optional) in a medium-sized bowl. Add broccoli mixture to sauce and stir well.

If using fresh garlic, wait 3-minutes before serving. Enjoy! Cover and refrigerate leftovers up to 3 days.

Calories: 120

Total Fat: 3g Protein: 5g

Total Carbohydrate: 21g

QUEEN of Peace



QUEEN OF PEACE
Catholic School

**PLEASE RETURN TO CLASSROOM BY
MONDAY, MARCH 8, 2010**

FIELD TRIP CONSENT and RELEASE FORM

The education purpose of this activity is: view a dress rehearsal of a play based on the book of Esther to enhance the study of Bible history.

Place: Elsinore Theater
Date: Friday, March 12, 2010
Time: 11:30am – 1:30pm

All children need to bring a lunch from home that day. We will eat before we leave for the play.

We will travel by car. ***Drivers/chaperones are needed.***

_____ I can drive for Grade _____ and have seatbelts for _____ children.

The undersigned parent or legal guardian hereby releases Queen of Peace School, its employees, chaperones, and the Archdiocese of Portland in Oregon of all liability and claims (including, but not limited to, injuries and death) arising out of or resulting from the participation of their child/children in these activities.

It is further understood and agreed that, I hereby authorize Queen of Peace School and its employees or chaperones to secure the necessary services for my child/children in the event of an accident or illness. Further, I will be solely responsible for the payment of those services.

_____ has permission to go on the school field trip.

_____	(____)_____ - _____	_____
Parent/Guardian signature	daytime telephone	date
_____	(____)_____ - _____	_____
Parent/Guardian signature	daytime telephone	date