



DEAR CJB PARENTS, GUARDIANS AND STUDENTS:

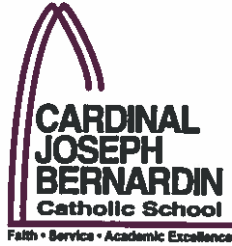
By now you have received the message that due to anticipated inclement weather, CJB will be closed on Friday, February 9th.

The St. Valentine's Day Junior High Dance has been re-scheduled for Tuesday, February 13th, as have all other Grade level St. Valentine's Day Celebrations.

Please be safe.

**Mary Iannucilli
Principal**





FEBRUARY, 2018

Dear CJB Parents and Guardians:

REMINDER – RE-REGISTRATION & REGISTRATION

This is a reminder that RE-REGISTRATION began in January. Additionally, REGISTRATION for new students/new families also began in January. *(Thank you to our families who have already completed these processes.)*

If you have not yet re-registered, NOW is the time to do so by using the INFOSNAP SNAPCODE emailed to you several times during January. If you have not received the SNAPCODE, please contact Mr. Kasel at jkasel@cjbschool.org

If you have a **new student** for the 2018-19 school year, **IN ADDITION TO** completing the online New Student Application (found under “Admissions” on our website), please also be sure to submit to Mrs. Devlin’s attention the original Birth and Baptismal Certificates for your new student. *(Original documents will be returned to you.)*

As a reminder, the **\$250 tuition deposit** has been automatically added to your FACTS Incidental Billing account with a due date of February 15, 2018. In addition to the \$250 tuition deposit, an online INFOSNAP application **MUST** be submitted in order to secure a spot for next year.

If you are not going to re-register your student for next year, please contact Mrs. Devlin at cdevlin@cjbschool.org If we do not hear from you, you will be charged the tuition deposit.

We thank you for choosing the **Cardinal Joseph Bernardin Catholic School** for your family’s Christ-centered, blue ribbon education.

We look forward to welcoming your family back for the 2018-19 school year.



*Cardinal Joseph Bernardin School
2018 Gala Fundraiser
Saturday, February 24, 2018*

15 Days Until We Celebrate!!



Many exciting silent and live auction items this year.

Here are a few:

Swat Truck Ride To School

8th Grade Graduation Front Row Tickets

Walt Disney World Tickets

12 Person Suite at Hollywood Amphitheater

Braces

Senator For A Day

Mayor For A Day

Limited Edition Jonathan Toews Signed Puck (#/50)

2018 Pro Football Hall of Fame Inductee,

Brian Urlacher Signed Jersey

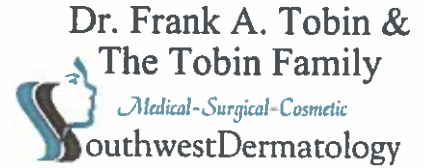


Thank you to our 2018 CJB Gala Sponsors!



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Graduate Level Sponsors



Print Sponsor



CJB Jewels Sponsor



College Level Sponsors



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Thomridge Funeral Home
The Loizzo Family
The Ruzich Family
The Silva Family

Hearing Screening at CJB School 2017-18

Dear CJB Parents:

Hearing screenings will be held Tuesday, Wednesday, and Thursday - March 6, 7, and 8.

Every child in preschool through third grade will have a hearing screening.

If you would like to volunteer to assist with the screenings, please let me know.

Thank you.

**Karen Skinner RN BSN
CJB School Nurse**



Do you know an adult, senior citizen, or a grandparent that may be looking to volunteer but just not know where to look? LOOK NO FURTHER as the Little Cardinals Basketball program is looking for volunteers to help with our inaugural season!

When: March 10, 17, 24th

April 14, 21, 28th and

May 5th and 12th

Where: St. Elizabeth Seton/CJB Gym

Time: from 11:30-5:00

Responsibilities will be very light and include assisting visitors and guests with where they need to go. Shifts can be broken up into times that accommodate your schedule. As an added bonus, you will get to see some great basketball from our smallest of Cardinals (grades K-3)! For more information, contact Danelle Bernas (dbernas@cjbschool.org) or Bob Myjak (rmyjak@cjbschool.org)

Athletic News

We are looking for a few more Soccer players to fill out the 7th / 8th grade Girls team. If your student is interested, please contact Bob Myjak, the Athletic Director. His email address is rmyjak@cjbschool.org

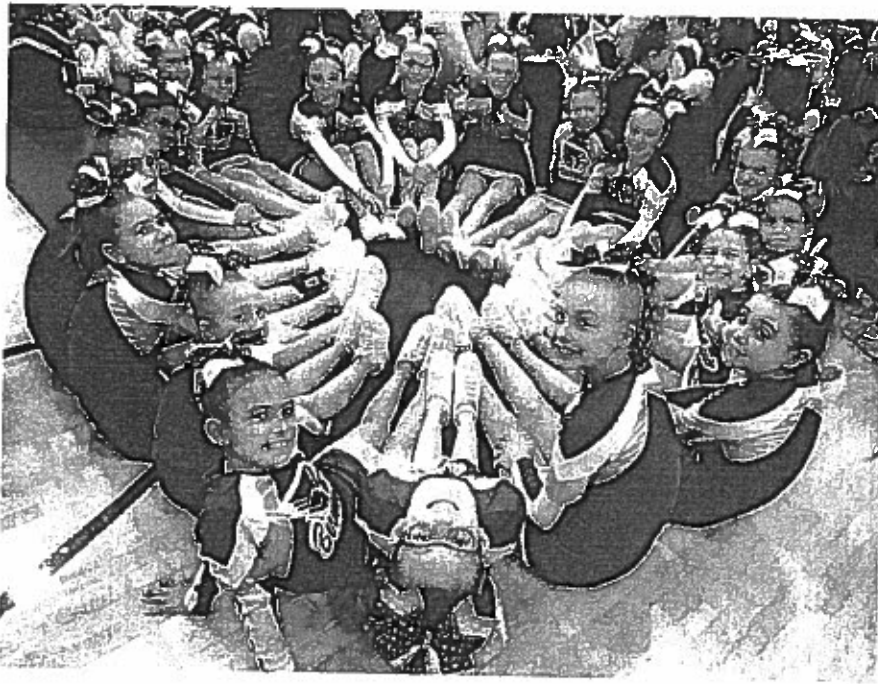
Next week is the final week of the regular seasons for the Girls Volleyball and Boys Basketball teams. The playoffs will begin the following week. We will be hosting playoff games on Saturdays and Sundays. Games will be posted on the School Website. Come out and support our teams. Go Cardinals!

*** Virtus Training - Notice: We have a number of volunteers for coaching in the Little Cardinal Program that need to attend to Virtus Training classes. In looking at the Archdiocese Of Chicago website, I saw there are some at nearby locations coming up soon. St Christina (2/10), St. Xavier (2/25) and Our Lady Of The Woods (2/27) are hosting classes. If interested please sign up on the Archdiocese web site.

Follow your favorite teams on Twitter @cjbathletics

*** Please check the Website for the following flyers and registration forms:

- 2018 Andrew High School Winter Baseball Camp



2018 CJB CHEER CLINIC

Attention All Girls in Grades K-6:

You are invited to join the JV and Varsity cheerleaders and coaches to learn jumps, chants, motions, and a short routine that you'll perform for parents at the end of the clinic. This is a great opportunity to have fun and check out our program.

The registration form below is due no later than February 19th (submit in an envelope attn: Bob Myjak, Cheer Clinic). Payment will be billed through FACTS and is expected by March 5th.

Questions? Contact Edna Picciolini (edna.picciolini@comcast.net),
Mary Beth Hilbert (mary.e.hilbert@gmail.com),
or Shannon Schroeder (jshanschro@sbcglobal.net).

Tuesday, March 13th

2:00-4:45 p.m.

Parents are invited to
view the performance at
4:15.

Cost: \$28

Includes snack, water,
and t-shirt!

The clinic will be held at the CJB school gym. Participants should report to the gym immediately after the 2:00 dismissal. Kindergarteners will be escorted from their classrooms to the gym. Girls should wear their gym uniform with gym shoes to school that day. They should remove all jewelry, and hair should be pulled back in a ponytail.

Parents, please pick up your child from the gym by 4:45 p.m. or indicate below if your child will be going to extended care after the clinic.

2018 CJB Cheer Clinic

Registration Form

Participants Name _____

Grade _____ Homeroom _____

Tee Shirt Size _____ Youth small _____ Youth Medium _____ Youth Large

Emergency Contact Name _____

Emergency Contact phone number _____

*My child will go to extended care after the clinic: Y/N

I give permission for my child to participate in the CJB 2018 Cheer Clinic

Parent/Guardian Signature _____

Date _____

****PLEASE NOTE-Due to the new Archdiocesan billing system, your FACTS incidental billing account will be billed. Payment is expected by March 5th. Please turn this completed form into the Athletic Office, Attn Bob Myjak by February 19th. ****



Let's Go Cardinals!

Save The Date

February 11, 2018

**CJB Cheer and Basketball
Food Drive**

The CJB Varsity and JV teams have teamed up with CJB Basketball to have a food drive for the Oland Park Food Pantry.

Admission to basketball games on Feb. 11, 2018 will be one nonperishable food item per person.

Come enjoy some great basketball and cheerleading for the games while helping a great cause!

Contact Mikie Abran with questions 708-567-1498



Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2018

Cardinal Joseph Bernardin Elementary School
Nurse / Student Health Coordinator

BEST BITES



After-school programs

Sign-ups are probably starting now for spring after-school activities. Look at the lineup with your youngster, and consider a nutrition-related program. Her school might have a gardening club, or your community center may offer a kids' cooking class. Being involved in growing and cooking healthy foods can get her excited about eating them!

Enjoy a rainbow

Work with your child to plan meals that include a variety of colors. For instance, you could serve orange carrots and brown rice at dinner or white chicken strips and yellow pineapple chunks at lunch. During meals, take turns calling out a color to have next. As your youngster eats the colors, he will get a good variety of vitamins and minerals.

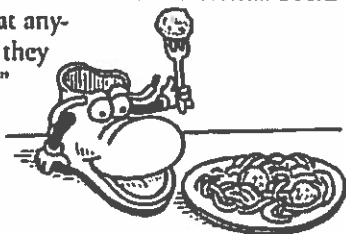
Be active indoors



For a fun change of pace this winter, let your children bring outdoor toys inside. Suggest that they jump on a pogo stick in the basement, roller-skate in a garage "rink," or play badminton (without the net) in a bedroom. Mixing things up like this can inspire them to get more physical activity.

Just for fun

Sign in a cafeteria: "Shoes are required to eat in the cafeteria. Socks can eat anywhere they want."



Making good choices

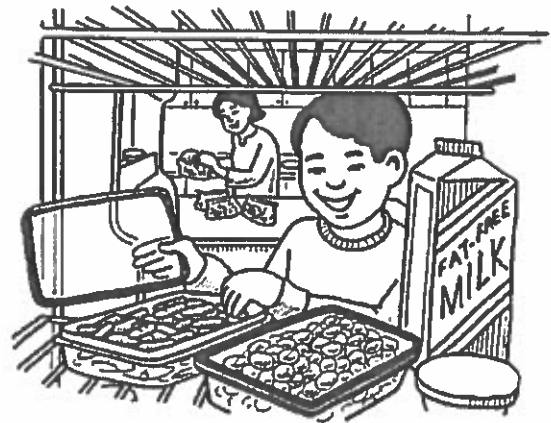
How does your child decide what to eat? At this age, his choices are influenced by the food you buy, where you keep it, and how much you serve for meals and snacks. Consider these strategies for making your home a "healthy eating zone."

At the store

Food decisions at home all start with what's there in the first place. If you buy three kinds of cookies or three flavors of ice cream, your youngster will want to taste them all. Instead, bring home three kinds of fruits and three kinds of vegetables. Likewise, skip the soda and fruit drink aisle. When the only choices are water or fat-free milk, that's what your child will drink when he's thirsty.

Front and center

Your youngster will most likely snack on the foods he sees. Keep a bowl of fruit on the kitchen table. Cut up vegetables, and put them at the front of the refrigerator shelf at his eye level. Freeze grapes in small bags on the freezer shelf he can



reach. On the flip side, if you buy chips, cookies, or candy, place them out of sight. If he doesn't see them, he's less apt to eat them.

Serving sizes

It's no secret restaurant portion sizes have grown larger. What you may not know is that serving sizes at home are bigger, too. Try plating meals yourself with smaller amounts, and put away leftovers. Use smaller dishes and utensils—eating stews or pudding with a teaspoon rather than a tablespoon will cut down on how much everyone eats. ♣

Games for snow (or no snow)

When your children wake up to a snow day, make the most of it with these active ideas.

Treasure hunts. To encourage your kids to run around in the snow, have them take turns burying a plastic toy and shouting out clues for the others to find it. *No snow?* Hide the toy in bushes, in tall grass, or behind a shed.

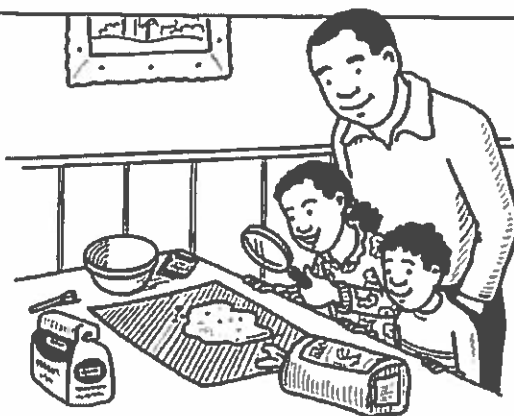
Colorful trails. Let your children fill spray bottles with water and food coloring. Then, they can make colorful trails for each other to follow. *No snow?* Spray the color onto grass (it will wash away in the rain), or make trails with pebbles. ♣



Yikes—yeast is alive!

Your youngster may not know that her bread is “alive.” Have her experiment with a main ingredient in bread—the live organism known as yeast—and she’ll learn more about the foods she eats.

1. Ask your child to empty a yeast packet onto dark construction paper and examine it with a magnifying glass. Does it move or look alive?



2. Let her pour the yeast into a bowl and add 1 tsp. sugar and $\frac{1}{4}$ cup warm water.

3. Have her wait 20 minutes and observe (she’ll see bubbles in the mixture). She can pour the mixture back onto the dark paper and look with a magnifying glass again (she’ll see movement).

What happened? The bubbles are carbon dioxide, the gas produced when the yeast “eats” the sugar. The movement is the yeast making more yeast as the chemical reaction continues.

Show your youngster a few pieces of bread. If she looks closely, she will find the bubbles baked right in—making the bread lighter and fluffier. ●

ACTIVITY CORNER

Everyday activity boosts

Small bursts of activity will help your child reach the recommended 60 minutes of daily physical activity. Try these suggestions:

- Encourage him to walk, rollerblade, bike, or ride a scooter everywhere that he can. If you live close enough, you could travel by “foot power” to the bank, a store, or friends’ houses.

- Typically, you want to get through chores as quickly as possible. Not so with this idea.



Have your youngster deliver folded laundry piece by piece to its destination (his drawer, the linen closet). He can count his trips—and multiply his exercise!

- When you drive to the library, community center, or mall, park far from the entrance and “take a hike” to the front door. Or park in one central location in town, and walk to your different errands. Your child just might get into a lifelong habit of walking extra steps. ●

Q & A Price of healthy food

Q: It seems like healthy food costs more. Is that really true?

A: While it might be that way sometimes, it depends on what you get and how you shop. In fact, some produce can cost less than snacks like chocolate candy or chips, and you’ll save on sugar and fats in addition to money. For instance, a bunch of bananas might work out to 25 cents per banana—less than the price of most packaged snacks. And a 5-lb. bag of potatoes will cost only a little more than one order of French fries at the drive-thru.

To keep prices down, purchase fruits and vegetables in season, or buy them frozen. “Join” your supermarket so you get member prices, and be sure to use coupons. Also, buying in bulk could save you money on cereal, nuts, seeds, and other healthy items. If those quantities are too much for your family, try shopping at a warehouse store with a neighbor and splitting the amounts. ●



IN THE KITCHEN

Make-ahead breakfast “cupcakes”

Making breakfast can be challenging on busy mornings. Instead, whip up these savory cupcakes with your child on a weekend, and freeze them. Then, pop them in the microwave for a hot and healthy breakfast.

Note: For each recipe, use a 12-cup muffin pan with liners or coated with nonfat cooking spray. Freeze the cupcakes in the pan until solid, and then store them in a freezer bag.

Oatmeal

In a saucepan, combine 2 cups rolled oats and $3\frac{1}{2}$ cups water, and bring to a boil. Boil, stirring frequently, for 3–5 minutes. Mix in 1 tbsp. honey



or brown sugar. Spoon the oatmeal into the muffin tin, and add raisins, dried cherries or cranberries, chopped nuts, or pumpkin seeds to each cup.

Eggs

Beat a dozen eggs, and stir in a 20-oz. bag of shredded hash brown-style potatoes (thawed, if frozen), 1 cup shredded mozzarella cheese, 1 chopped bell pepper, and 4 tbsp. flour. Divide the mixture into the muffin cups. Bake at 400° for 25–30 minutes, until set. ●

OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 540-636-4260 • rfeustomer@walterskluwert.com
 www.rfeonline.com
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
 ISSN 1935-4630

CRAB RAVIOLI IN CREAMY TOMATO SAUCE

Ravioli for the seafood lover, featuring Campbell's® Reserve Bayside Crab & Cream Bisque with Sherry.

Total Time: 55 minutes

Effort: Medium

Yields: 16

Serving Size: 1 SERVING (8 RAVIOLI, 1 CUP SAUCE)

Ingredients:

crabmeat	2 lb.
reduced fat (part skim) ricotta cheese	2 cups
wonton wrapper	128 ea.
egg	4 ea.
all-purpose flour	as needed
Campbell's® Reserve Crab Bisque With Sherry	8 lb.
tomato paste	8 oz.
kosher salt	as needed
Parmesan cheese	1-1/2 cups
fresh parsley	3/4 cup



made with:

Campbell's
RESERVE BISQUE



CAMPBELL'S® RESERVE CRAB
BISQUE WITH SHERRY

4/4 LB POUCH Code 21075

Instructions:

1. Drain crabmeat. In mixing bowl, combine ricotta cheese and crabmeat.boil.
2. For Each Ravioli: Brush one wonton wrapper with beaten egg. Place 1/2 teaspoon crab mixture in center, fold wrapper over diagonally to create a triangle. Press edges to seal. Transfer to a flour dusted sheelpans. Repeat. CCP: Refrigerate below 40°F.
3. Heat the Campbell's® Reserve Bayside Crab & Cream Bisque with Sherry to 185°F.boil.
4. Wisk in tomato purée. Return to a simmer. Keep warm. CCP: Hold hot at 140°F or higher for service.
5. Bring a large pot of salted water to a boil.
6. For Each Serving:In batches of 8, drop ravioli into boiling water. Cook for 2 minutes, or until the ravioli float to the surface. Remove ravioli with a slotted spoon and gently transfer into a soup plate or large bowl.
6. Ladle 1 cup sauce into a hot soup over top of raviolis in soup plate. Garnish top of each serving with 1 1/2 Tbsp. Parmesan and 2 tsp. parsley.

View this recipe on the web: <http://www.campbellfoodservice.com/Recipe.aspx?RecipeID=659&s=>



Visit us on the web at: www.campbellfoodservice.com
for great, up-to-date information about Campbell's innovative foodservice products,
programs, business building solutions, industry & culinary trends, recipes and more.



AnnMarie Foundation Bingo Night Fundraiser

Please join us and be a part of the AnnMarie Foundation
In her name, we can build awareness and provide
education that will heal and save lives.

Time and Place

5:00 p.m. – 9:00 p.m., Saturday, February 10
Dinner at 5:00 p.m.
Bar opens at 5:30 p.m.
Bingo at 6:00 p.m.

The Alley Grill & Tap House
18700 S. LaGrange Road
Mokena, IL

Tickets

\$30 per person
includes 2 bingo cards, food and drink

Tickets available on the AnnMarie Foundation website
at AnnMarieFoundation.com

- Seating will be limited if tickets purchased at door
- Special / group seating can be arranged;
please email annmariefoundation@gmail.com

Additional information:

- Raffle baskets, Split the Pot, and much more!
- Donations can be made directly to the AnnMarie Foundation at any First Midwest Bank or online at annmariefoundation.com
- For additional information please email annmariefoundation@gmail.com



The AnnMarie Foundation has been established with the mission
to prevent bullying and youth suicide and increase internet safety
through awareness and education.

Visit AnnMarieFoundation.com for additional information.

EXCLUSIVE OFFER

Parents of Cardinal Joseph
Bernardin. Stop in or call
our studio for more details.

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School customized options included

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Shoes

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Backpacks

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14 ¢ Shipping
on orders over \$50



Girls
STEAM
 Ahead
2018
 Power of Preparation

Free!

A roundtable luncheon
 connecting generations of
 professional women in STEAM
 with girls in 7th-12th grades

SATURDAY

FEBRUARY 2nd, 2018 | 11am-2pm

@ Idlewild Country Club
 19201 Dixie Hwy | Flossmoor, IL

Brought to you by



Why Girls STEAM Ahead?

Meet other girls with STEAM interests

- Breanna Henry, 7th grade

Talk with professional women in STEAM

- Jaden Whittaker, 12th grade

Practice communicating my interest in STEAM

- Meghan Crawford, 10th grade

To gain confidence and keep persevering in STEAM

- Jasmine Dunbar, 10th grade

Ask women questions about their careers in STEAM

- Jamil Ghosheh, 11th grade



Apply online today!

Application deadline: February 12th @5pm

Applications for student and professional attendees may be completed online until February 12th @5pm. Applications will be reviewed by the Girls STEAM Ahead committee.

Notification details: Participants will receive an email of acceptance to the email address provided in your application. Student notification will go to the parent/guardian email.

The list of attendees selected will be posted at www.homewoodsciencecenter.org/gsa by Friday February 16th.

**HOMEWOOD
 SCIENCE
 CENTER**

Questions? Contact us!

email: info@homewoodsciencecenter.org

phone: (708) 206-3369

homewoodsciencecenter.org

Lunch provided by
ENBRIDGE
 Life Takes Energy™

Support provided by
 AT THE FOREFRONT
**UChicago
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Thank you
Homewood **TGS**
 FLORIST

Athletic Board Members

2017 – 2018

St. E. Seton : George Daly

Joe Hallberg

St. Stephen : Jeff Mucha

Tim McHugh

St. Julie : P Jay Fortner

Matt Guyette

St. Francis : Jim Piko

Mike Laird

School Staff: Kathy Sherwood

School Advisory Council: Mark Kmiecik

Athletic Director: Bob Myjak

Executive Board: President – Jim Piko V-P – George Daly

Secretary – Mike Laird Asst. Secretary – Matt Guyette and

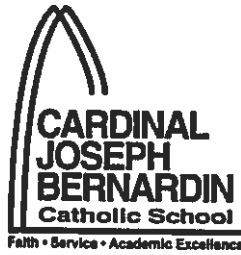
Treasurer – Jeff Mucha

Contact Information: Bob Myjak rmyjak@cjbschool.org

Jim Piko jimpikojr@marathonsportswear.net

Principal : Mary Iannucilli

Executive Pastor: Fr. Corcoran St. Elizabeth Seton



**CJB ADVISORY COUNCIL
2017-2018**

Below please find the updated roster of ADVISORY COUNCIL members who represent our four sponsoring parishes. Their email information is provided, should you wish to contact them.

St. Elizabeth Seton

Christopher Mack christopherlmack@yahoo.com
Len Shankman KLSHANKMAN@comcast.net
Tricia Soltys TBiondo3@msn.com

St. Francis of Assisi

Maura Carroll maura.k.sherman@gmail.com
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St. Julie Billiart

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Kathy Moreno trainboys3-kathy@yahoo.com

St. Stephen, Deacon & Martyr

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