

The following information is included in this week's VFF:

Ms. Bourrell's Tuition/Reregistration Letter

iReady Test Result Information

Virtual Storytime at CJB with Mrs. Rachanski

Calendar Revision SES/SSDM Confirmation Retreat

RE-registration Details

National Child Dental Health Month

Nutrition Nuggets

SCRIP Newsletter

Keeping Connected to our Parishes

St. Elizabeth Seton –Paczki Sale

CJB Advisory Council



February 5, 2021

Dear CJB Families,

I want to thank you for your continued support of Cardinal Joseph Bernardin Catholic School. Educating your child(ren) is our privilege and we recognize the significant sacrifice that you make to invest in your child(ren)'s Catholic education at CJB.

We have committed to modest tuition increases while improving many aspects of our school for the 2021-22 school year. These improvements include, but are not limited to:

- New Math curriculum for the 2021/22 school year.
- New LA/Literature curriculum for the 2021/22 school year.
- Improvement of our building's WiFi capabilities during the summer of 2021.
- Extended Spanish program to all students in grades PK -8.

The 2021-22 tuition rates and fees were developed by our school Administration, our four supporting parish Pastors, our Business Manager (under the guidance of Parish Operations in the Archdiocese), our School Advisory Board, and our Finance Advisory Board.

The figures on page 2 of this letter reflect the tuition increases and fees for the 2021-22 school year. Please keep in mind that tuition income does not cover the actual cost of education. **The actual cost of education is over \$6,800 per child.** Fundraising helps to fund specific projects or defray operational costs to reduce the deficit. Tuition revenue is the largest, and most important, source of income for the school.

Please note that, as always, payments are paid via FACTS. You may choose from the standard 1-pay, 2-pay and 10-pay options. Next school year, we will also offer a 12-pay option (with the first payment due in July).

New this year! We are presuming that all current students are returning to CJB for the 2021-22 school year. This saves you the process of physically re-registering your family. If you are registering a new sibling, please use the online registration found on our website under Admissions.

As always, to secure your family's spot for the next school year, on March 1st we will add a **non-refundable \$250 tuition deposit** onto your family's 2020-21 FACTS account with a due date of April 1. If you are not returning for the 2021-22 school year, please contact Mrs. Devlin at cdevlin@cjb.school.org by February 22, 2021 so the charge will not be posted to your account. After February 22, the deposit will not be refunded.



2021-22 Re-Registration Deposit	\$250 per family (due April 1, 2021 via FACTS)
Technology Fee (Grades K-8)	\$100 Per student (FACTS 2021-22 Account)
Book Fee (Grades K-8)	\$200 per student (FACTS 2021-22 Account)
Mandatory Fundraising Fee	\$250 per family (due in fall of 2021)

PRE-SCHOOL	Tuition	12 monthly payments	10 monthly payments
3PK and 4PK Full Day	\$6416.00	\$534.67	\$641.60
3PK Half Day (4 day)	\$3513.00	\$292.75	\$351.30
4PK Half Day (5 day)	\$4140.00	\$345.00	\$414.00

Grades Kindergarten-8th	Tuition	12 monthly payments	10 monthly payments
Parishioner	\$5900.00	\$491.67	\$590.00
Non-Parishioner	\$6900.00	\$575.00	\$690.00

If you need additional information about our tuition or registration, please contact the school office between 7:00 am and 3:00 pm Monday through Friday. Tuition questions may be directed to Mrs. Zintak. Re-registration questions, to Mrs. Devlin.

Wishing you and your family Christ's peace,

Kelly Bourrell
Principal
Cardinal Joseph Bernardin School



February 5, 2021

ATTENTION PARENTS/GUARDIANS...

RE: iReady Testing Information

A hard copy of your child's iReady results will be sent home next week.



Virtual Storytime at CJB



Thursday, February 11th -- Valentine's Day Theme
Friday, March 12th -- St. Patrick's Day Theme
Thursday, April 1st -- Easter Theme
Friday, May 14th -- Water Theme

Stop in the CJB front office between 9:00 and noon to pick up your bag of craft supplies on the dates above! At 12:30pm that day, you will receive an email with the storytime link to enjoy. Using the link, listen to a pre-recorded story, commentary from the teacher, and view directions on how to use the provided craft supplies! Ideas will also be given for extension activities.

Once you've completed the storytime, email Mrs. Rachanski (brachanski@cjbschool.org) with a picture or video message of your finished product and anything you'd like to share! Soon after, she will send back a personal video message reply!

Storytime is FREE, but you must reserve your spot by emailing brachanski@cjbschool.org. Reservations must be made by the Friday before your session date.

**PLEASE NOTE THIS
CALENDAR UPDATE
HIGHLIGHTED IN YELLOW**

<p>FEB 2021</p>	<p style="text-align: right;">15</p> <p>PRESIDENT'S DAY</p> <p>NO SCHOOL</p>	<p style="text-align: right;">16</p> <p>12:15p Grades K-8 St. Stephen, Deacon & Martyr and St. Elizabeth Seton Celebration Liturgy (Church) -- - In- person or virtual depending on cohort</p> <p>2p EARLY (STUDENT) DISMISSAL EVERY TUESDAY</p>	<p style="text-align: right;">17</p> <p>ASH WEDNESDAY SERVICES (in SES Church)</p> <p>7:45a Grades 4.5.6</p> <p>10:30a Grades 3.7.8</p> <p>1p PK. K. 1 .2 (in classrooms)</p> <p>NO SCRIP TODAY</p>	<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p> <p>7:30a-8:15a SCRIP (O'Mara Hall)</p> <p>UPDATE</p> <p>RETREAT DATE IS 2/19, NOT 2/18</p> <p>SES/SSDM Confirmation Retreat for 8th Graders (at SSDM)</p>
----------------------------	--	--	---	--------------------------------------	--



ReRegistration - 2021-22

As stated in Ms. Bourrell's 2021-22 Tuition Letter :

“New this year! We are presuming that all current students are returning to CJB for the 2021-22 school year. This saves you the process of physically re-registering your family.

If you are registering a new sibling, please use the online registration found on our website under Admissions.

As always, to secure your family's spot for the next school year, on March 1, we will add a **non-refundable \$250 tuition deposit** onto your family's 2020-21 FACTS account with a due date of April 1.

If you are not returning for the 2021-22 school year, please contact Mrs. Devlin at cdevlin@cjbschool.org by **February 22, 2021** so the charge will not be posted to your account.

After February 22, the deposit will not be refunded.”

February is National Child Dental Health Month!



Dr. Demetrios Carbone (dentist & CJB parent) has donated dental kits (toothbrush, toothpaste & floss) for each student to celebrate and encourage healthy dental habits. They will be coming home with your student this week. Thank you so much for your generosity, Dr. Carbone!

Tooth decay is the most common childhood disease.

Here are some important activities to encourage healthy dental habits and maintain healthy teeth:

- *brush teeth for two minutes twice a day with fluoride toothpaste
- *floss before bed
- *eat a healthy diet and limit sweets and sugary drinks that can cause cavities
- *visit your dentist every 6 months for a dental check up and cleaning

Happy brushing! Keep taking care of those beautiful smiles!

Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2021

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 any place 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

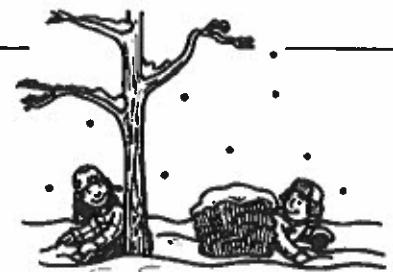
It's no secret restaurant portion sizes have grown larger. What you may not know is that serving sizes at home are bigger, too. Try plating meals yourself with smaller amounts, and put away leftovers. Use smaller dishes and utensils—eating stews or pudding with a teaspoon rather than a tablespoon will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

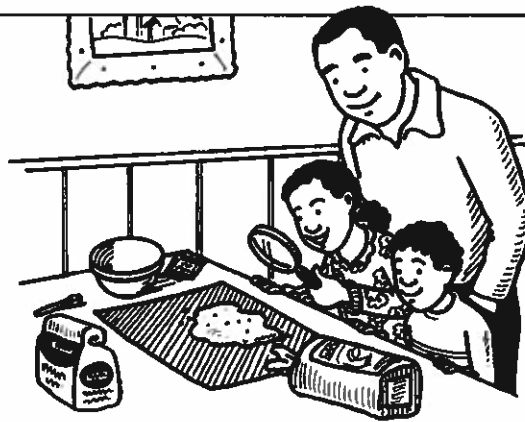
Colorful trails. Let your children fill spray bottles with water and food coloring. Then, they can make colorful trails for each other to follow. *No snow?* Spray the color onto grass (it will wash away in the rain), or make trails with pebbles. ●



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
 540-636-4280 • rfeustomer@wolterskluwer.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



SHOPPING & GIFTING MADE EASY

EARN TUITION SAVINGS, MAKE A CONTRIBUTION, RECEIVE CASH BACK

February 2021

Scrip for Your Sweethearts!

We're all trying to get back to more normal things. One thing we've never stopped doing is saying I love you. You may not celebrate like you usually do this Valentine's Day but you can still show your love. Scrip gift cards are great for celebrating. Use our gift cards to get your take-out dinner or (fingers crossed) eat at the restaurant. We have lots of \$5 and \$10 cards for the kids and grandkids. Don't forget the very popular flowers (**Hearts & Flowers**) and chocolate (**Fannie May**), too! Treat your loved ones and earn money saving rebates at the same time.

Fat Tuesday is February 17th!

**ON
FAT TUESDAY
WE EAT
PACZKI!**



Don't forget to use **Orland Bakery** and **Creative Cakes** Scrip for your Fat Tuesday paczki and pastries. Feast then Fast!

Vendor Update

Rocco Vino's Italian Restaurant is now available in \$50 denominations.

Calendar Updates

- **NEW:** Friday, February 12th – no school/no Scrip – this is a professional day for teachers.
- Monday, February 15th – no school/no Scrip on President's Day. Parish couriers will operate on Tuesday the 16th.
- Wednesday, February 17th – Ash Wednesday /no Scrip.



Scrip Tip

If you ever have a problem with a gift card, we want to help you make it right. First, make sure you save the card. If you are at a store, ask for the card back. If you are using multiple cards, be sure they are giving the right card that didn't work back to you. We need the card numbers to research why the card didn't work.

Also, keep track of the date and time you tried to use the card. Save the receipt to prove you did not get credit for using the card. Most businesses can search their register records so any information you can provide will make it easier for us to correct the problem quickly.

Questions? Please contact Corinna Pytel – cpytel@cjbschool.org Lori Dorigan – ldorigan@cjbschool.org

Keeping Connected to our Sponsoring Parishes



St. Elizabeth Seton Parish

St. Elizabeth Seton Parish welcomes you to regular attendance at our weekend Masses: Saturday at 5:00 P.M.; and Sunday morning at 7:30, 9:30 and 11:30 A.M. Everyone needs to pre-register prior to coming to church at the Parish Website: www.steseton.com You will find there a "Sign-up Genius" Portal where you can register. If plans change and you can not attend a Mass that your already registered for, please cancel your registration. The parish is always seeking additional volunteers to assist with sanitizing the church following Mass. Currently, we have two full teams for each Mass, they serve during one month and have the second month free. But we are always regularly welcoming new volunteers, who step up to do their share in keeping the parish open and running. As you can imagine we have been blessed by a large number of people and families stepping forward already to help.

- Fr. Bill Corcoran, Pastor



St. Julie Billiart Parish

St. Julie Billiart invites you to participate in our weekend Mass. The schedule is Saturday at 4:30pm; Sunday at 9:30am (also live-streamed on Facebook), 11:30am and 6:00pm. We also offer Mass for the Deaf with an interpreter. This month will be October 11th and 18th both at the 6:00pm. Our registration opens at 8:00am on Friday morning and is accessible through our website www.stjulie.org. If you are interested in volunteering at Mass, please email us at sheila@stjulie.org We look forward to seeing you. Have a wonderful weekend!

-Fr. Tirso Villaverde, Pastor



St. Francis of Assisi Parish

St. Francis of Assisi Parish invites you to join us at our weekend Masses: Saturday at 4:00 P.M. and 6:00 P.M.; and Sunday morning at 8:00A.M., 10:00 A.M. and 12:00 P.M. You must pre-register prior to coming to church by visiting the Parish website www.sfaorland.org. You will find a portal to 'Sign-up Genius' or you may call the parish office Monday - Friday (460-0042) to register. Weekday Mass, Monday through Friday, is at 8:30 A.M., there is no need to pre-register for daily Mass, however, you will need to provide your name and phone number when you arrive. If you are interested in volunteering as an Usher or Greeter, we would welcome your service. We have been blessed with generous liturgical ministers and are always thankful for new volunteers. If you are unable to join us in person, weekend Mass is livestreamed on Saturday evenings at 4:00 P.M. Daily Mass is available on our You Tube channel, as is our weekly 'In the Spirit of St. Francis'. God Bless.

- Fr. Artur Sowa, Pastor



St. Stephen Deacon and Martyr Parish

CHURCH

What is missing? UR! We want you to know that St. Stephen is open for limited weekday and weekend Masses and we hope you and your family will join us around our Family Eucharistic Table. Our weekend Mass schedule is as follows: Saturday night at 5PM and on Sunday morning at 9AM and 11AM. We also are offering a Polish Mass at 1PM. To attend one of our Masses, everyone needs to pre-register prior to coming to church at www.ststephentinley.com. There you will find a link there that will take you to the available Mass reservations pages. You should also be receiving email Mass information from the parish weekly. In order to keep our church open and to continue to be able to offer our various Masses and services, we need your help. We must have a sufficient number of assigned volunteers present before, during and after our Masses to provide for the required reopening tasks. If you can help our parish family, please contact the parish office at 708-342-2400.

- Fr. Thomas Bernas, Pastor

Cardinal Joseph Bernardin Catholic School est. 2000



The St. Elizabeth Seton Social Action Ministry will host our Annual Paczki Fundraiser with 19 flavors of Paczki from Orland Park Bakery—which are legendary! Skip the lines and pick up your order curbside and support our Social Action Ministry programs! Paczki (pronounced poonch-kee) are similar to a Bismark donut but larger, heavier and denser. Paczki are iced while warm and filled with your favorite fillings and finished with a sprinkle of powdered sugar. Fat (Shrove) Tuesday (the day before Ash Wednesday), has become known around Chicago as Paczki Day. Customers line up as early as 3am at their bakery just to get these delicious treats!

Please fill out the below form. Paczki are \$2.50 each. Mark the number of each flavor in the box under that flavor and include the total # ordered. Place form w/payment in an envelope marked "Paczki Fundraiser Sale" and place in the Paczki Fundraiser Box in our church Narthex; drop off in the parish office; or turn in to a classroom teacher/ catechist (students due by Monday, Feb. 8). Paczki price equivalent to Orland Park Bakery.



 Strawberry # _____	 Custard # _____	 Straw/Custard # _____	 Peach # _____	 Fudge # _____	 Cherry # _____
 Butter Cream # _____	 Apricot # _____	 Blueberry # _____	 Raspberry # _____	 Lemon # _____	 Cheese # _____
 Apple # _____	 Straw/Cheese # _____	 Pineapple # _____	 Poppyseed # _____	 Prune # _____	 Cannoli # _____

Make checks payable to St. Elizabeth Social Action Ministry. ORDERS DUE NO LATER THAN WEDNESDAY, FEB. 10. PRICE: \$2.50 per Paczki. Mail check postmarked no later than Friday, Feb. 5 to St. Elizabeth Seton Church, 9300 W. 167th St., Orland Hills IL 60487. Clearly mark Envelope: ATTN: PACKI ORDER. Pickup is Sunday, Feb. 14, 7:30am-12:45pm, McBrady Center/ CJB school entrance. Questions call Darlene Raila, 708-403-0101, x107.

Please mark the boxes above with the number (#_____) of each flavor Paczki ordered.

Last Name _____ First Name _____

Phone _____ Total Paczki X \$2.50 = _____



CJB ADVISORY BOARD
2020-2021

Below please find the updated roster of ADVISORY BOARD 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
Mary Beth Hilbert	mary.e.hilbert@gmail.com

St. Francis of Assisi

Scott Chester	scott.chester@gmail.com
Sharon Slawinski	mykalona69@gmail.com
Greg Winjum	gregwinjum@yahoo.com

St. Julie Billiart

Chris Conneely	chrisconneely17@yahoo.com
Rhonda Salgado	rsalg24@aol.com

St. Stephen, Deacon & Martyr

Hidali Alejo	hidali@me.com
Dawn Allbee	dawn_allbee@hotmail.com
Mark Kmiecik	markski44@aol.com