



## stlukecatholic.org is back!



Our School web page is back up and running. We are pleased to announce that we will have this communication tool back at our fingertips.

The school calendar as printed will be available online. Please bear in mind that it was printed in July. Pay attention to the St. Luke Light each week for updates.

The St. Luke Light will be available each week. The document will be posted each week by 1 p.m. On the web, the document is in full color, is loss-proof, and can't be crumpled in the bottom of a backpack.

The web site is by no means complete, and as such, please check back for new pages and features each week.

For navigating the site, click on the words "St. Luke" to return to the home page.

Quick view of school events Week of 28 September and 2 October 2005			28	29	30	1 October
2	3	4	28 VB @ home vs. St. John Bosco B-4:30, A-5:30 A Soccer vs. St. Matthew's, 6:45 p.m.	29	30 AS Mass led by 5A/5B  2:05: dismissal 2:45: fac. mtg.	1 October Golf—10 a.m. to Noon, Alamo Golf Club
2 	3 A Soccer vs. St. Cecilia, 6:45 p.m.	4 VB @ home vs. St. Martin Hall B-4:30, A-5:30	5 VB @ St. Paul B-4:30, A-5:30  A Soccer vs. St. James, 5:30 p.m.	6 Room Parent Mtg.-Halloween GCL, 6:30 pm	7 AS Mass led by 2A/2B  2:05: dismissal 2:45: fac. mtg.	8 Golf—10 a.m. to Noon, Alamo Golf Club



## ATHLETICS CORNER

### Homecoming for girls volleyball!

On Tuesday, Oct. 4, we will have our homecoming games for the A and B girl's volleyball teams. The presentation for the B team will begin at 4:10 pm and the A team immediately following the B game, at about 5:10. Please come share this special event!

**Congratulations to our Cross Country Team! Well done!**



### St. Luke Community Picnic

The second annual Parish Picnic, Day of Thanksgiving will be held on Sunday, October 16, from 11:00 a.m.—4:00 p.m. It will begin with an outdoor liturgy at 11:00 a.m. on the CYO field. Come join us for a community gathering to thank God for our blessings and to celebrate the feast of our patron saint, St. Luke.

### Reminder!

Orders for school pictures are due in the school office by Friday, September 30, 2p.m. After this deadline, a \$10 late fee will be added to the package price. This year, the proof photo is included on the order sheet in the upper right hand corner. This is the only proof that you need to submit for order processing.

## Band Program

As announced in two weeks ago in the St. Luke Light, a band program will be available here on campus after school. Mr. Pierre Poree, a Middle School Band Director from New Orleans, will be giving the lessons and directing those involved. He sent home an information request yesterday in all gym classes for grades 3-8. If you are interested, please give 'Mr. P' a call at 462.9607. Lessons will begin next week, two days per week, on Tuesday and Thursday in the Art Room, the room nearest the glass foyer in the Middle School Building.

## PTC Column

### Pizza Lunch

St. Luke's PTC will be sponsoring a Papa John's Pizza Lunch on Friday, Oct. 7, 2005. If your child wants to order lunch, please complete an order form for each child and return with cash or check by Wednesday, Oct 5, 2005. Payment for multiple orders may be combined in one check. Order forms were sent home today. Extra order forms are available in the school office. Any questions-call Veronica Vidal @ 521-9705.

## Principal's Note

Dear St. Luke Catholic School Community:

We have some sad news to share. Late last week, our Assistant Principal, Miss Susan Bukala suffered a stroke. She was taken to Methodist Hospital, was quickly stabilized, and has been doing well since. On Tuesday, she was moved to the Christus Santa Rosa Rehabilitation Hospital on Babcock, room 1504.

She is in good spirits, and has received many flowers and cards over the last five days that have buoyed her spirits. Some of our students have made cards for her in class. She has said that she most appreciates a card or note.

Above all, please keep Susan in your prayers.

Yours in Christ,  
Andrew Iliff



## Counselor's Corner...

Children depend on the love and support of their parents/guardians to help them do their best in school. There are many ways for parents to be involved in their child's education. Some of these include:

Show you care about their education.  
Ask your child about his or her day and go over schoolwork together.

Help build self-esteem.  
Children learn more when they feel good about themselves. Be specific when you praise your child's efforts, and let your child know you're proud of him or her.

Discipline fairly.  
(1) Establish clear and reasonable expectations and discuss them with your child. (2) Be consistent. Don't allow something today, but not tomorrow. (3) Be positive. For example, say, "Please do this" rather than, "Don't do that." Avoid yelling. (4) Never hit or shake your child.

Encourage.  
Let your child know it's OK to make mistakes. Remind him or her that it's the effort that's most important.

## Update to Cafeteria Menu for Friday, Sept. 30

*The cafeteria will serve:* Chicken nuggets, mashed potatoes, green beans, fruit, bread & milk.



## Go! Kids Challenge

St Luke students in grades 1<sup>st</sup> - 5<sup>th</sup> are participating in a marathon, traveling the 26 miles over the course of the school year. Our efforts are underway, and the kids seem real excited. The official Go! Kids day for San Antonio schools is on Wednesdays. This is the designated day in PE for those students to walk/run a half mile. We are trying to promote the importance of health and fitness.

We have created some ways to keep the kids motivated throughout this marathon, but please note they are *optional*.

Please post this on your refrigerator to remind you what we are doing each Wed. (This will be allowed only during PE time!)

**Wed. Oct. 5<sup>th</sup>** - Crazy sock day! (Bring a pair of crazy socks to walk in.)

**Wed. Oct. 12<sup>th</sup>** - Crazy hat day! (We will be walking outside on the field, so this will be good protection from the sun.)

**Wed. Oct 19<sup>th</sup>** – Popsicle day ! (The kids will get a popsicle after completing a ½ mile.)

**Wed. Oct. 26<sup>th</sup>** - Backwards day! (Walk the ½ mile backwards!)

**Wed. Nov. 2<sup>nd</sup>** - Jump rope day! (Jump rope your ½ mile! Ropes provided by the school.)

**Wed. Nov.9<sup>th</sup>** - Crazy shoe day! (Bring a pair of comfortable, fun, silly shoes to walk in.)

**Wed. Nov.16<sup>th</sup>** - Skip day! (Skip the ½ mile!)

These ideas are just to help make the walking fun. Please do not send the items to the school office if your child forgot them. We do not want this to be disruptive.

Thanks,  
Coaches

# October 2005

## LUNCH MENU

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1

2

3

A HAM/CHEESE SAND FRUIT CUP LETTUCE/ TOMATO MILK POTATO CHIPS

4

A HAMBURGER BURGER SALAD FRESH FRUIT MILK OVEN FRIES

5

BEEF RAVOLLI COLESLAW GREEN BEANS HOT ROLL MILK

6

BEAN CHALUPAS CHILLED FRUIT LETTUCE/ TOMATO MILK SPANISH RICE

7



PTC LUNCH

8

9

10



POTLUCK

11

CHICK FILET FRESH FRUIT LETTUCE/ TOMATO MILK OVEN FRIES

12

BEEF SPAGHETTI COLESLAW CORN HOT ROLL MILK

13

CHIC FAJITA GARDEN SALAD MILK PINTO BEANS SPANISH RICE

14

A GRILLED CHEESE FRUIT MILK OVEN FRIES PICKLE CHIP

15

16

17

CHEESE/ MACARONI GREEN BEANS HOT ROLL MILK PEARS

18

A HAMBURGER BURGER SALAD FRESH FRUIT MILK OVEN FRIES

19

A HOT DOG CHILLED FRUIT MILK POTATO ROUNDS RELISH

20

CHEESE ENCHILDAS MILK PINTO BEANS SALAD/RANCH SLICE APPLE SPANISH RICE

21



PARENT CONFERENCES

22

23

24

CHICKEN OVER RICE ENGLISH PEAS MILK PEACHES SLICED BREAD

25

BEEF SLOPPY JOE GARDEN SALAD MILK MIXED FRUIT OVEN FRIES

26

BEEF LASAGNA BUTTERED VEGGIES COLE SLAW MILK SLICED BREAD

27

CHEESE NACHOS CHILLED FRUIT GARDEN SALAD MILK SPANISH RICE

28

A P/J SANDWICH CHILLED APPLESAUCE ICE CREAM MILK VEGGIE STICKS

29

30

31

BROOMSTICK GOBLIN BEANS SPIDER LEGS/ RANCH VAMPIRE COOKIE WITCH'S BREW

September

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November

S	M	T	W	T	F	S
			1	2	3	4 5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			