

## GALLERY NIGHT VISION:COLLISION

*Save the Date*

**St. Sebastian Gallery Night  
Saturday, April 18**

6:00 to 9:00 p.m. Cafeteria & Art Room

student art • live music  
wine • hors d'oeuvres  
silent auction • crafts for kids



*Donate your Work*

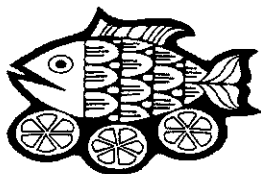
We are looking for talented alumni, parents of current and former students and parishioners from St. Sebastian who will **kindly donate any artwork that you have created** for a Silent Auction to support this free event.

*Please submit your artwork by Sunday, April 5.*

If you have questions, want to volunteer or wish donate art for the silent auction, please contact Patty or Maggie.  
Patty Walsh: walsh\_8100@yahoo.com, 414.258.9124 ✉ Maggie Hardy: scotthardy001@gmail.com, 414.708.7173

**TRY IT:** If you move your eyes across the logo, the center section will appear to move in the opposite direction of its surroundings!

# FISH FRY



Please join us for our Home and School sponsored *Fish Fry*, on Friday March 13, 2015. **Thank you** to all the K4 parents and the regular volunteers who signed up to help. Please review the volunteer list below as a reminder of the shift for which you have volunteered. *Contact Rob Stephenson at 259-5012 with any questions.*

**\*\*\* *DINNER VOLUNTEERS STILL NEEDED* \*\*\***

Friday Set-Up 2:-4:30pm	Friday Dinner 4:00-7:30pm (Need 36)	Friday Clean-Up 7:30-10:00pm (Need 16-18)
<b>Shelly DePalma</b> <b>Lisa Sherer</b> <b>Robin Gorman</b>	<b>6 MORE NEEDED</b> <b>Beth Neumann/ Sue Olson</b> <b>Lisa Weger</b> <b>Tom Struck</b> <b>Jim Lustig</b> <b>Laura Ewig</b> <b>Rob Stephenson</b>  <b>MAUREEN</b> <b>CARRIGAN</b>	<b>Peter Daleiden</b> <b>Tim Bingham-Tyson</b> <b>Joe Desch</b> <b>Dan Gorman</b> <b>Joe Desch</b> <b>Corina Gencuski</b> <b>S. L. Kerry</b>  <b>YOLANDA HORWICH</b> <b>STACEY OR NATE</b> <b>REBHOLZ</b>

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

St Sebastian School  
Nurse/Student Health Coordinator

## BEST BITES

### Math + fitness

Give your child a chance to

combine math practice and exercise with daily



“math breaks.” Give directions

that include a math problem and a fitness activity. For example, say, “Do  $2 + 2$  jumping jacks” or “Do  $11 - 2$  cartwheels.”

### Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

### DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he’s having trouble waking up early enough, move his bedtime back.

### Just for fun

**Q:** What’s the worst thing about being an octopus?

**A:** Washing your hands before meals!



## Snack attack

“I’m starving!” When your child bursts through the door after school or day care, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

### Build your own

Let your child get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ●

## Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

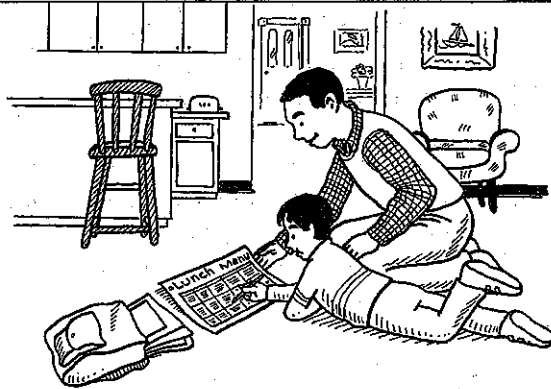
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth (“I love how you tried to get the rebound”). ●



# Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.

**1. Go over the school menu together.** He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.



**2. Discuss what he eats at school.** What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

*Note:* If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. ●

## Q&A How much juice?

**Q:** My children love to drink juice. Should I try to limit how much of it they drink?

**A:** The short answer is “yes.” While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can



have 15 teaspoons of sugar. Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients.

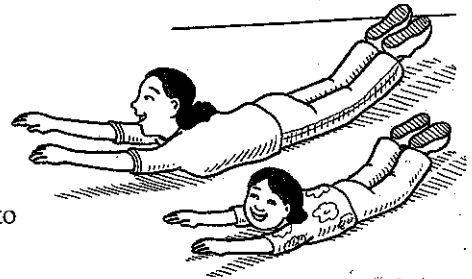
If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●



## ACTIVITY CORNER

### Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.



#### Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

#### Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

#### Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●

## IN THE KITCHEN

### Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings.

**Breakfast:** Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

**Pizza:** Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

**Chicken:** Cubed, cooked chicken (use last night’s

leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

**Taco:** Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, and salsa

*Note:* One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended).

Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. ●



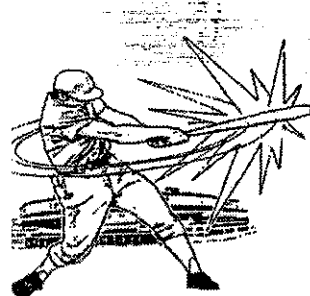
## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

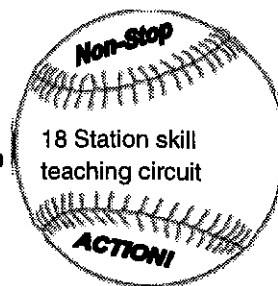
Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630



# CIRCUIT BASEBALL CIRCUIT SOFTBALL



Fast-Paced Teaching Games

Guided Skill Learning helps kids improve

NO RAIN OUTS! → Great indoor facilities! (6 indoor batting cages)

**IMMEDIATE ONLINE REGISTRATION at [CIRCUITBASEBALL.org](http://CIRCUITBASEBALL.org)**

**5 days!**

**MINI CIRCUIT CAMP #1 - \$75**  
June 15M, 16T, 17W, 18H, 19F\*(Parent Day),

Group #11	Rookie	8:30 AM – 10:30 AM	Ages 6-8
12	Advanced	10:15 AM – 12:30 PM	Ages 9-11

**CLASSIC CIRCUIT CAMP #2 - \$115**  
June 22M, 23T, 24W, 25H, 26F, 29M, 30T, July 1W\*(Parent Day)

Group #21	Advanced	8:30 AM – 10:30 AM	Ages 9-11
22	Challenge	8:30 AM – 10:30 AM	Ages 10-12
23	Rookie	10:15 AM – 12:15 PM	Ages 6-8

**MINI CIRCUIT CAMP #3 - \$75**  
July 6M, 7T, 8W, 9H, 10F\*(Parent Day)

Group #31	Rookie	8:30 AM – 10:30 AM	Ages 6-8
32	Advanced	10:15 AM – 12:30 PM	Ages 9-11

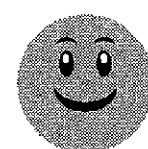
**MINI CIRCUIT CAMP #4 - \$75**  
July 13M, 14T, 15W, 16H, 17F\*(Parent Day)

Group #41	Advanced	8:30 AM – 10:45 AM	Ages 9-11
42	Rookie	10:15 AM – 12:15 PM	Ages 6-8

**ALL DAY 3-Sport Camp #5 - \$300 - 9-12 years old**  
June 22M, 23T, 24W, 25H, 26F, 29M, 30T, July 1W\* (Parent Day)

Baseball 8:30-10:30    Lunch/Rest – 10:30-10:45    Basketball 10:45-12:45    Snack/Rest – 12:45-1:15    Football 1:15-3:15

**Led by Milwaukee Lutheran Varsity Coaches!**



\*\*If you have questions about your child's readiness to participate in their age division or another age division, contact Coach Heinkel at [RHeinkel@milwaukeeelutheranhs.org](mailto:RHeinkel@milwaukeeelutheranhs.org)\*\*

**IMMEDIATE ONLINE REGISTRATION at [CIRCUITBASEBALL.org](http://CIRCUITBASEBALL.org)**

Milwaukee Lutheran High School

Martin Luther High School

Lake Country Lutheran High School

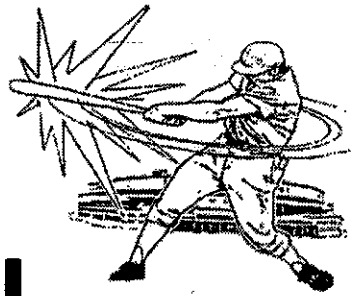
**WeTeachTruth.org**

Jesus makes all the difference.

**2015**



10,000+ kids learn! and grow!  
and  
LOVE!



# CIRCUIT BASEBALL CIRCUIT SOFTBALL

Milwaukee Lutheran High School

Our unmatched facilities are located on the edge of Wauwatosa at 99<sup>th</sup> and Congress

Register by  
March 15<sup>th</sup> -  
\$10 Discount

Register by  
May 30<sup>th</sup> -  
\$5 Discount

- **Proven Excellence! Experienced Expert Teachers**
- **U.S. Baseball Federation singled out this model program for "effectiveness and sensitivity to the needs of each age."**
- **Excellent training of skills, character and self-worth**
- **Christian Character taught and woven into every aspect**
- **Build the skills needed for success in your child's youth league**

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5

**\$75 – One Week Camp**

**\$115 Two Week Camp**

For immediate online registration or more information go to

[www.CIRCUITBASEBALL.org](http://www.CIRCUITBASEBALL.org)

or fill out below and mail in...



### Milwaukee Lutheran High School Summer Programs Registration Form

Make checks payable to "Milwaukee Lutheran High School"...

Mail Registrations to:  
Milwaukee Lutheran High School  
Summer Programs  
9700 W. Grantosa Dr.  
Milwaukee, WI 53222

Camper's Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Group # \_\_\_\_\_ Present Age \_\_\_\_\_ Birth date \_\_\_\_\_

Phone \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ Grade in '15-'16 \_\_\_\_\_

Email \_\_\_\_\_ School \_\_\_\_\_ Church \_\_\_\_\_

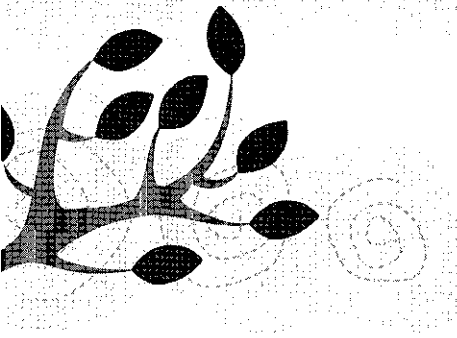
No further confirmation for mail registration; mark your calendars! See you at the MLHS Baseball Field at 99<sup>th</sup> and Congress St. on Day 1!

Release and Affirmation  
We hereby affirm that we are aware of the inherent risks and hazards of the sport of \_\_\_\_\_ and by signing this Release certify that we are cognizant of those risks. We understand and agree that neither the Lutheran High School Association nor any of its employees and agents may be held liable in any way for any occurrence, including rescue operations, in connection with the course/camp which may result in injury, death, or other damages to me or my family, heirs, or assigns, and in consideration of being allowed to participate in this camp, we hereby personally assume all risks in connection with said camp and activities related thereto for any harm, injury, or damage which may befall me and further to save and hold harmless the program, Lutheran High School Association and all persons associated therewith from any claim by us, or our families, estates, heirs, or assigns arising out of enrollment and participation in this course. This is signed by the camp participant and his or her legal guardian and parents with their consent. We understand that the terms herein are contractual and not a mere recital, and that this has been signed freely and voluntarily. It is the intent of the signers hereto to exempt and release the Lutheran High School Association and all of its agents and derivative damage caused by anyone's act, error, omission or negligence. We have fully informed ourselves of the contents of this Release and Affirmation by reading and understanding it before we sign it. By signing we also hereby release MLHS and the ML Red Knight Baseball Club to use our names and likeness in publication for MLHS Circuit Baseball and Milwaukee Lutheran High School.

\_\_\_\_\_  
Camp Participant

\_\_\_\_\_  
Parent/Guardian

# Summer Reading Skills PROGRAMS



## CLASSES OFFERED IN GLENDALE, BROOKFIELD, MILWAUKEE and ON CAMPUS

### Program for 4-Year-Olds and Entering Kindergartners:

Students in this program learn beginning reading skills and develop a love of books. Your child will learn letter recognition, phonics, and sight words, and will learn to read simple words and sentences.

### Program for Entering 1st Graders:

In this program students learn to read independently. Your child will learn phonics and sight words, improve comprehension, and gain the skills and confidence needed for success in first grade.

### Program for Entering 2nd Graders:

In this program students become fluent independent readers. Your child will make significant gains in phonics and word-attack skills, fluency, and comprehension, and will develop confidence and a love of reading.

### Program for Entering 3rd Graders:

Students in this program become strong independent readers. Your child will develop the comprehension, fluency, and long-word decoding skills needed to read longer books with ease, and will build confidence and a love of reading.

### Program for Entering 4th and 5th Graders:

In this program students make substantial gains in comprehension, long-word decoding skills, fluency, and reading speed. Your child will complete homework more quickly and easily, be more successful in school, and become a strong, enthusiastic reader.

### Program for Entering 6th-8th Graders:

Students in this program make substantial gains in comprehension while increasing reading speed. They also learn the best way to read textbooks, take notes, and study for tests. As a result, students complete homework more quickly and easily, get better grades, and enjoy reading more.

### Program for Entering 9th-11th Graders:

Students increase reading speed, make substantial gains in comprehension, and learn study skills. Excellent preparation for the SAT, ACT, and college.

FOR MORE INFORMATION OR TO REGISTER

# Call 1-800-570-8936

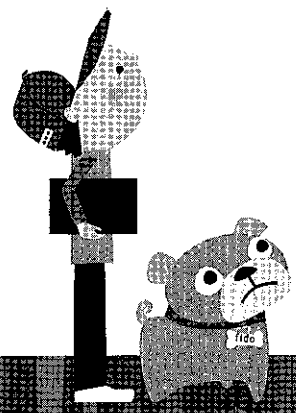
Mon.-Fri. 7am-9pm, Sat. 7am-6pm and Sun. 9am-5pm

PLEASE SEE REVERSE SIDE FOR CLASS SCHEDULE



- Phonics
- Comprehension
- Vocabulary
- Study Skills
- Speed Reading
- Love of Reading

Source Code: MW-S5-7B85



# Teachers

Programs are offered by Marquette University's College of Professional Studies, a non-profit organization. Classes are taught by professional instructors from the Institute of Reading Development.

"I would like to thank you for such a positive outcome with my son James. He learned skills that have translated into wonderful grades, and more importantly, have given him more confidence in his reading abilities. He has actually asked to go to the library to pick out a book!"

- Parent of 4th grader

## Class Schedule

Tuition varies by program level. Please ask about our family discount.

Program R - For 4-year-olds and entering kindergartners (must be 4 or older when class begins)

Program 1 - For entering 1st graders

Program 2 - For entering 2nd graders

Program 3 - For entering 3rd graders

Program 4 - For entering 4th and 5th graders

Program 5 - For entering 6th-8th graders

Program 6 - For entering 9th-11th graders

Program 7 - For adults, college students, and entering 12th graders

### ALL PROGRAMS MEET ONCE EACH WEEK

**ON CAMPUS:** The following programs meet on campus at Marquette University.

Program R - Sat., June 13-July 18, 8:30am-9:45am

Program 1 - Sat., June 13-July 18, 10:15am-12:15pm

Program 2 - Sun., June 14-July 19, 10:00am-12:00pm

Program 3 - Sat., June 13-July 18, 1:00pm-3:00pm

Program 4 - Sun., June 14-July 19, 12:45pm-3:00pm

Program 5 - Thu., June 18-July 16, 12:30pm-3:00pm

Program 6 - Thu., June 18-July 16, 3:45pm-6:15pm

Program 7 - Thu., June 18-July 16, 7:00pm-9:30pm

**GLENDALE:** The following programs meet at

Nicolet High School, 6701 North Jean Nicolet Road.

Program R - Sat., June 13-July 18, 8:30am-9:45am

Program 1 - Sat., June 13-July 18, 10:15am-12:15pm

Program 2 - Sun., June 14-July 19, 10:00am-12:00pm

Program 3 - Sat., June 13-July 18, 1:00pm-3:00pm

Program 4 - Sun., June 14-July 19, 12:45pm-3:00pm

Program 5 - Mon., June 15-July 13, 12:30pm-3:00pm

Program 6 - Mon., June 15-July 13, 3:45pm-6:15pm

Program 7 - Mon., June 15-July 13, 7:00pm-9:30pm

**MILWAUKEE (WEST):** The following programs meet at Mount Mary University,

2900 North Menomonee River Parkway.

Program R - Sat., July 25-Aug. 22, 8:30am-9:45am

Program 1 - Sat., July 25-Aug. 22, 10:15am-12:15pm

Program 2 - Sat., July 25-Aug. 22, 1:00pm-3:00pm

Program 3 - Sun., July 26-Aug. 23, 10:00am-12:00pm

Program 4 - Sun., July 26-Aug. 23, 12:45pm-3:00pm

Program 5 - Tue., July 21-Aug. 18, 12:30pm-3:00pm

Program 6 - Tue., July 21-Aug. 18, 3:45pm-6:15pm

Program 7 - Tue., July 21-Aug. 18, 7:00pm-9:30pm

**BROOKFIELD:** The following programs meet

at St. Luke Catholic Church and School,

18000 West Greenfield Avenue.

Program R - Sun., July 26-Aug. 23, 10:00am-11:15am

Program 1 - Sun., July 26-Aug. 23, 12:00pm-2:00pm

Program 2 - Fri., July 24-Aug. 21, 9:00am-11:00am

Program 3 - Sun., July 26-Aug. 23, 2:45pm-4:45pm

Program 4 - Fri., July 24-Aug. 21, 3:00pm-5:15pm

Program 5 - Fri., July 24-Aug. 21, 11:45am-2:15pm

Program 6 - Wed., July 22-Aug. 19, 3:45pm-6:15pm

Program 7 - Wed., July 22-Aug. 19, 7:00pm-9:30pm

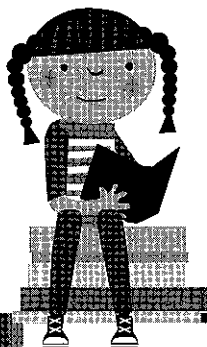
More reading classes are scheduled at nearby locations.

FOR MORE INFORMATION OR TO REGISTER

**Call 1-800-570-8936**

Mon.-Fri. 7am-9pm, Sat. 7am-6pm and Sun. 9am-5pm

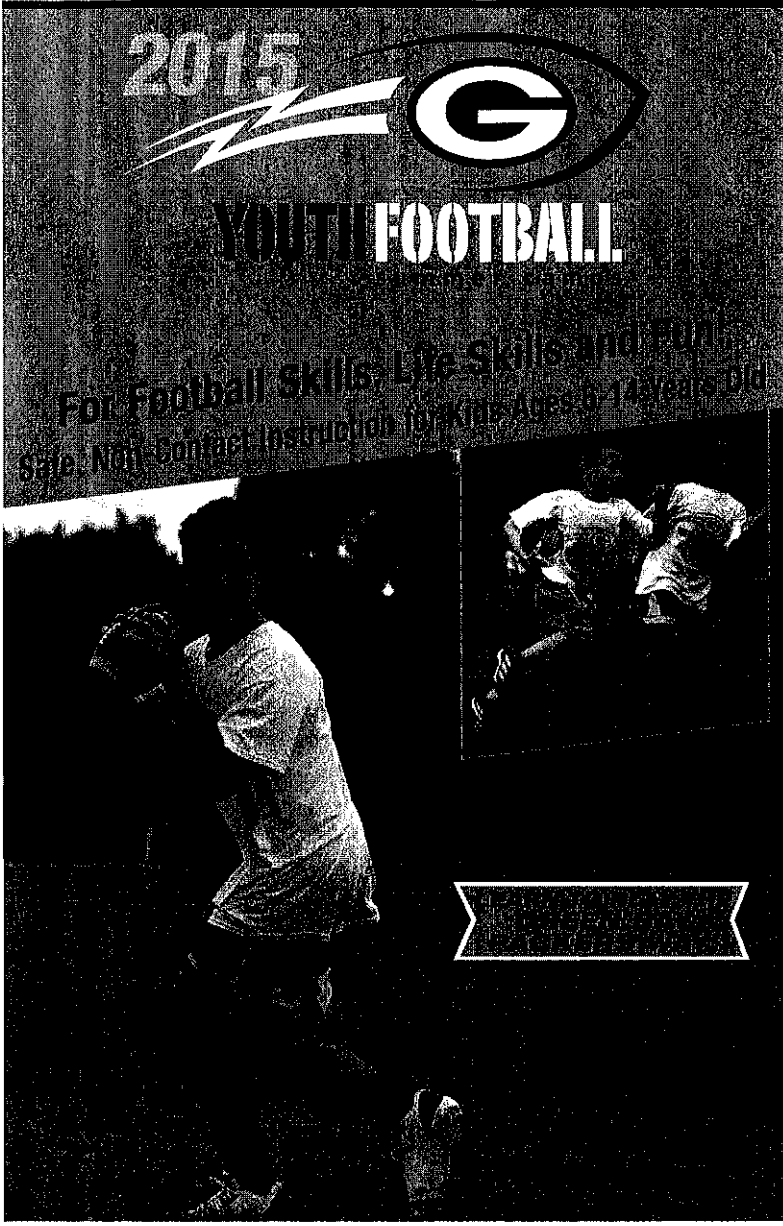
These programs are offered by Marquette University's College of Professional Studies and taught by professional instructors from the Institute of Reading Development. The program is not affiliated with the School of Education.



**INQUIRE EARLY! CLASS SIZE IS LIMITED.**



# GREEN BAY PACKERS YOUTH FOOTBALL CAMPS



## GREAT PROGRAM FEATURES

- Professional, USA Football Certified Coaches
- Green Bay Packers Alumni Heroes
- Non-Contact Football Instruction
- Skill Contests and Tournament Action
- Heads Up Football Instruction
- Comprehensive Skills Section for newcomers
- Accelerated Skills Section for experienced players
- 5-Day, Half Day Camps: 8:30 am to 11:30 am
- 5-Day, Full Day Camps: 9:00 am to 3:00 pm



Check [www.PackersCamps.com](http://www.PackersCamps.com) for Pricing and/or Great Discounts

OFFICIAL LICENSED PARTNER



Camp curriculum includes USA Football's Heads Up Tackling<sup>SM</sup> instruction

## 2015 GREEN BAY PACKERS YOUTH CAMP SCHEDULE

### FULL DAY CAMPS:

Monday-Friday, 9:00 am to 3:00 pm

June 15-19

Mequon

July 13-17

Green Bay

### HALF DAY CAMPS:

Monday-Friday, 8:30 am to 11:30 am

June 15-19

Madison

June 22-26

Franklin

June 22-26

Sheboygan

June 22-26

Waukesha

July 6-10

July 6-10

July 6-10

July 13-17

July 20-24

July 20-24

Kenosha

Oconomowoc

Oshkosh

Glendale

Elm Grove

Middleton

OFFICIAL YOUTH CAMPS OF THE GREEN BAY PACKERS

**REGISTER TODAY**  
**PACKERSCAMPS.COM**

**or call 866-246-9800**

Green Bay Packers Heroes  
Professional Coaches  
Athletic Development  
Skill Challenges  
Team Contests  
Tournament Action  
Championship Friday  
Awards and Prizes



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