

Dear Parents:

Growing. What a great word for the springtime. The flowers are growing, saplings are growing, the weather is growing warmer (except when we get snow in April), and our enrollment is growing. As we merge with St. Mary's after next year, we hope to grow exponentially. It is truly an exciting time of the year as we get closer to the end of the school calendar.

We have a lot of events coming up and we are looking forward to getting back to normal. We are currently in the midst of our state ILEARN testing and everything has been going smoothly. Please make sure you check our calendar to stay current with all of the activities that are scheduled.

Speaking of growing, it is amazing to see how much our students have grown since the beginning of the year. With that thought in mind, please make sure that you are checking the lengths of your daughters' skirts, shorts, and jumpers. Many of them have grown so much since the fall that those clothing items are a little short for them. We do have some of those items in our uniform exchange inventory if you need them.

God Bless!

Mr. Detzel

Athletic Banquet – Just a reminder that our athletic banquet is next Thursday. Please make sure you turn in your money for the banquet by Monday.

Congratulations Academic Team – Congratulations to our 5th and 6th Grade Academic Team who won both the Religion and Language Arts competitions. Thanks to all of our team members, their parents, and our coach, Mr. Block!

TAG Day for SCAD Update – Thank you to everyone who donated to our TAG Day to support SCAD. We were able to raise \$415.72!

Important Dates

4/28/21 – Middle School Movie Day

4/29/21 – Athletic Banquet

5/2/21 – First Communion @ 1:00

5/3/21 – Start of 8th Grade Theme Week

5/6/21 – May Crowning

5/12/21 – Art Show

5/13/21 – Talent Show

5/14/21 – Close ILEARN Window

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Academic Corner –

STUDY TIPS

EXERCISE FIRST

The benefits of exercise on the brain have been well established in the fields of health, fitness, and psychology. Studies show our brainpower gets a boost following even a short workout, as our bodies are pumping oxygen and nutrients to the brain. According to Dr. Douglas B. McKeag, breaking a sweat shortly before cracking the books can make you more alert, open, and able to learn new information during your post-workout study session.

RELAX

Stress hinders learning. UC Irvine researchers find that stress lasting as briefly as a couple of hours can engage corticotropin-releasing hormones that disrupt the process of creating and storing memories. Taking study breaks to exercise or drawing a few deep breaths will help your studying if they lower your stress level.

CHANGE YOUR SCENERY

A change of scenery impacts learning and concentration abilities. Psychologist Robert Bjork suggests that simply moving to a different room to study (or going a step further and learning amongst the great outdoors) could increase both your concentration and retention levels.

