

**St. Paul's School**  
**San Francisco, California**  
**February 17, 2010**  
**Weekly Newsletter**

**A Glimpse at the Days Ahead:**

Friday,  
February 19    QSP Bowling Party  
                    11:00 a.m. – 2:00 p.m.

Saturday,  
February 20    Walk-a-thon –  
                    Archbishop Riordan  
                    High School

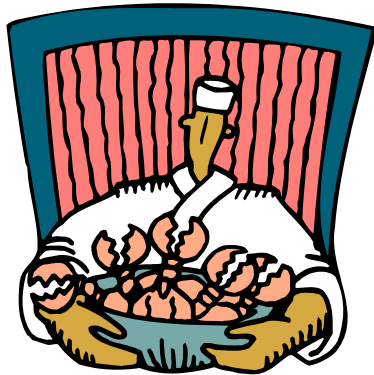
Monday,  
February 22    12:35 p.m. Dismissal

Tuesday,  
February 23    6:30 p.m. First  
                    Reconciliation

Wednesday,  
February 24    8:45 a.m. Grades 3-4-5  
                    AIM Concert at  
                    Synergy School

Progress Reports go  
home. (Grades 3 – 8)

Saturday,  
February 27    Crab Feed



**News Notes:**

**A message from the Principal:**

Dear Parents:

Lent is the most famous of all the Church's seasons. It is an opportunity to think about how much the Gospel means to us and how well we are living up to God's law of love. We choose actions that help us become more prayerful, help us live more simply and teach us to share what we have with those who are in need. That is the purpose of Lenten sacrifices.

Each Friday during Lent, adults and children over the age of fourteen (14) abstain from meat. Children can participate in the spirit of Lenten fasting by not wasting food, by eating healthy foods and by eating fewer sweets.

This morning the school community came together to join in Mass to receive ashes which are still a sign of sorrow for offending God through our selfish acts.

One of the themes of the Lenten season is almsgiving. During March, the children will again participate in our annual food drive. More details will soon be available.

Sincerely,

Arleen Guaraglia  
Principal

### **Lenten Reflection:**

Give up complaining—  
Focus on gratitude.

Give up pessimism—  
Become an optimist.

Give up harsh judgments—  
Think kindly thoughts.

Give up worry—  
Trust Divine Providence.

Give up discouragement—  
Be full of hope.

Give up bitterness—  
Turn to forgiveness.

Give up hatred—  
Return good for evil.

Give up negativism—  
Be positive.

Give up anger—  
Be more patient.

Give up pettiness—  
Become mature.

Give up gloom—  
Enjoy the beauty that is all  
around you.

Give up jealousy—pray for trust.

Give up gossiping--  
Control your tongue.

Give up sin—turn to virtue.

Give up giving up—hang in there!

### **Attention:**

Registration packets for the 2010-2011 school year are going home with this newsletter.

### **Spelling Bee News:**

On Saturday, February 20, our school spelling bee winner, Sandra Marquez (7<sup>th</sup>), will compete in the San Francisco Chronicle Written Spelling Bee. This spelling bee is the semi-final round with the top fifty spellers advancing to the oral bee.

### **Lighting the Way:**

Grade 1	Amaya Bernard (2) Gianna DiGuilio Ariana Martinez Gisselle Orantes Isabella Santana Allegra Torres-Kelly
Grade 3	Camila Arroyo Felix Gutierrez Miranda Mejia Emillie Panganiban Adriana Zamora
Grade 4	Julian Alvarenga Ileana Carillo Joshua Cervantez Cavan Fitzpatrick Jaime Gutierrez Beatrice Ramos Mia Laura Splendore Santino Vattuone
Grade 5	Monique Molina William Schwertscharf
Grade 7	Taylor McFarland
Grade 8	Rebecca Cardenas Danielray Delahoussaye Natalie Helms Molly O'Shea (2) Samantha Panganiban Natalie Powell Juan Valencia

### **Lost and Found Bins:**

Please take a moment to check out our Lost and Found. They are overflowing with clothes and items. Our lost and found bins are located on the first & second floors.