



## *A message from the Principal*

St. Michael Families,

I don't know about you but I started my Monday with a full heart. If you were able to attend the Saints Alive Fall Festival yesterday, you'll know why. It was such a blessing to be able to have an event in which so many school and church families attended. I was overwhelmed by the amount of people that attended, the fun that was had and the incredible artistic work that went into painting and carving the pumpkins! Thank you to everyone who came out and supported us in any way yesterday, whether it was with time, money or donated food items. We have a very special community here and I continue to be amazed by you all.

This week my newsletter is going to look a little different. Many of my messages have been very spiritual and reflective in nature but I also wanted to share another passion of mine with you. Several years ago I became very passionate about health and wellness. I never really exercised consistently and I wasn't very conscious of things I ate or drank, because who really needs to be in their twenties? Slowly I started to see the need to make changes in order to keep my body healthy and in good shape. These changes became permanent and eventually became part of my lifestyle and a passion of mine.

I am not a doctor and am in no way saying that you should or have to do these things to stay healthy. I'm not even guaranteeing that if you do them you won't get sick. I'm simply sharing with you my experiences in using these products in hopes that maybe one, or several, can help keep you and your family healthy. Not only are we having to protect ourselves from the novel Corona virus, but cold and flu season is upon us soon!

If you attended the fall festival, you may have gotten the chance to sample my favorite beverage; kombucha! I was introduced to kombucha a few years ago and I'll be honest, it is an acquired taste. For those of you who are not familiar with it, kombucha is a bubbly, fermented tea with probiotics that aid in digestion and has countless health benefits. Ever hear the saying "your immune system starts in your gut"? Well it's true! Making sure that our digestive system is working properly is a key way to support a strong immune system! You can get kombucha at almost any grocery store. The store bought ones will taste much more carbonated and will possibly have a more potent "vinegary" taste to it. Many people tend to enjoy the kombucha from tap better, such as the kombucha that was sold at the festival. Buy a few different brands and sample different flavors to find the one you like best. You don't even need to drink a whole bottle a day in order for it to be effective, just a few ounces each day will help maintain a healthy gut!

## Upcoming Dates

- Thursday, October 29th  
Report Cards
- Friday, October 30th  
No School for Students  
Teacher Workday
- Mass on Thursday  
November 5th
- No School on Friday,  
November 6th  
First Quarter Conferences  
Please look for  
communication from your  
child's teacher for more  
information
- NCEA Catholic Schools  
Week is November 9th - 11th
- Scholastic Book Fair comes  
to SMCS! November 9th -  
11th. More information will be  
forthcoming!
- Dress Down Day on  
Tuesday, November 10th  
Jeans for Troops  
\$5.00 to wear jeans and a  
red, white or blue shirt!
- Mass on Thursday,  
November 12th
- Wednesday, November 18th  
School pictures for 1st - 8th  
grade
- Thursday, November 19th  
School pictures for PreK & K
- Mass on Thursday,  
November 19th



## A message from the Principal

My favorite beverage for when I feel like I might be coming down with something is Elderberry syrup. While the name makes it sound like a thick, sticky substance it really tastes more like a sweet fruit juice and has the consistency of it as well. Elderberries are known to have lots of vitamins and antioxidants that can help support the immune system. It is generally made from elderberries, various spices such as cloves, ginger and cinnamon and also honey. I usually only take it when I'm feeling weak or exceptionally tired and I'm afraid I might be coming down with something. Again, you only need a few ounces for it to be effective and you can take it every few hours to help reduce symptoms if you are already sick.

The last beverage is one that I've found in the grocery store, near the kombucha. They are "immunity shots" and are packed with things like ginger, lemon, elderberry, citrus and probiotics. I like these because they are concentrated and in a small dose. Most of the ones I've had are very gingery, so beware! There is a restaurant called Clean Juice that sells an immunity juice that is made with carrot, oranges, pineapple, lemons and turmeric. You can also make your own version of this if you have a juicer! I make so much of this in the winter months and it tastes delicious as well. Just as with all the other beverages, you won't need to drink a lot at once to receive the benefits of it, just a few ounces a day!

The other item isn't a beverage, it is an essential oil and it also comes in pill form. It is called "On Guard" and it is made by Doterra. It is made with a mix of herbs that is supposed to support a healthy immune system. I try to take one each morning and each night and I'll put the On Guard essential oil in my diffuser a few nights a week when I'm sleeping.

Along with these supplements, I also make sure I exercise regularly, eat healthy, pray often, spend time outdoors and get plenty of sleep. I want to reiterate that I am not a doctor, and while I have found things that I believe work for me in helping me to stay healthy and to build up my immune system, these may not be things that work for everyone. I pray daily for God to place a protective hand over all our children and the families at St. Michael. I'm only sharing these things in hopes to keep everyone safe and healthy during these coming months ahead. I'd love for you to share any remedies you and your family take part in as well. In addition to wearing our masks, let's work together to help keep each other safe and healthy this year!

God Bless,

*Michelle Vollman*

## Reminders

- Turn in lunch orders by Thursday, October 29th at 8:30am for next week
- Morning Drop off ends at 8:00AM. If you arrive on campus after 8:00, please park and bring your students in through the office. We will no longer be outside past 8:00AM
- Please try to minimize visits to the front office during the day unless it is to pick up or drop-off your child. If your child forgets their lunch, one will be provided for them. Please no lunch drop-offs during the school day



## Father Rossi's Column

Dear Saint Michael School Family,

Thank you to everyone who came out to the Saints Alive Fall Festival. It was wonderful to see so many school and church families together participating in an event as one St. Michael community. We appreciate all your support and look forward to more events like this in the future. May God bless you and I hope that you have a wonderful and safe week.

In Christ, Fr. Rossi

## Virtue of the Week: Generosity

The virtue of the week last week was generosity. Generosity is giving of oneself in a willing and cheerful manner for the good of others. Generosity is the sharing of your items or your time with others. It can sound like you asking a friend "would you like to have one of my cookies?". It means donating to the poor. It means spending time with those who are lonely instead of playing video games or doing something for yourself. Generosity is the giving of oneself in an act of charity or kindness.

## A message from the CSO: Voting

Our Schools are not to be places of party partisanship. We believe voting is a decision of conscience, and as a Catholic school, we have a responsibility to help our students form their consciences according to the truth and not according to private or interest group priorities. Our students are always encouraged to engage in respectful dialogue regarding political matters, but not partisan activity that may distract from our focus on the common good and the school's educational mission. We believe political campaigning is best conducted after school hours so that all students can work in communion with each other in a school environment that promotes academic excellence, virtue and growth in their faith.

What we do proudly and strongly advocate for, and advance, are those issues which the Catholic Church has deemed important. These issues are: Protection of the weakest in our midst (with ending abortion ranking the highest), supporting family institution and family life, immigration reform, assistance for the vulnerable, providing health care, opposing unjust discrimination, pursuing the common good, ending persecution, and joining with others to pursue peace, protect human rights and religious liberty, advancing economic justice and care for creation.

Not every issue is equal, and since abortion is the "preeminent priority" according to the United State's Bishops and Pope Francis, it is appropriate for the Diocese—and our duty as Christians—to especially advocate for those unborn children who may be future students in our schools.

## Staying Healthy - from Ms. Vollman



Kombucha



Elderberry syrup



Immunity Shot



On Guard