

LENT

Fast from judging others, feast on God's image in them ...  
Fast from anger, feast on patience ...  
Fast from worry, feast on trust in God ...  
Fast from complaining, feast on being thankful ...  
Fast from talking back, feast on kindness ...  
Fast from looking for a fight, feast on peace ...  
Fast from getting even, feast on forgiveness ...  
Fast from late homework, feast on having all work done ...  
Fast from thinking about yourself, feast on thinking of others ...

HOT LUNCH

Wednesday, February 24th

Sit down lunch

NACHO BAR



Over the top — over the moon .... What an Italian Dinner that was!!!!!!!!!!!!!! Congratulations to chefs Theresa White and Mary DeFilippo ... AND ... to all the volunteers who worked in any capacity to make this wonderful evening happen. After the chefs get back on their feet I'm sure we'll get some kind of report ... just how many meatballs do you think were made?



Friday, February 19th is the deadline to have all paperwork into the school office for the Fulcrum Foundation Tuition Assistance Grants for the 2010-2011 school year.

ANY family needing tuition assistance must have completed the Fulcrum Grant

**Math Club—Tomorrow**  
**3:00 - 4:00**

The Girls' Basketball team has a game at Clallam Bay tomorrow ... **but** next Tuesday, February 23rd the Eagles will host Quilcene in our own Q of A Gym.  
Tip-Off time is 3:30pm.  
Come, support the Eagles!



Pre-3 will visit the dental office of Dr. Scott van Dyken tomorrow, Thursday, February 18th.



**Sunday, February 21st**  
**6th Grade will host Coffee Hour after morning Masses.**

Dear Parents,

Did your parents have pet phrases that drove you nuts as a kid? My pop had many. "For crying -out loud!" was his second most favorite. "When I was a kid ..." came in a close third.

Believe it or not, neither of these had a profound impact on my life, although I do use them from time to time to annoy my own kids. My father's first most favorite pet phrase was different. It's served me well my entire adulthood:

Well, Charlie, what's really worthwhile in life is rarely easy.

Many of today's children grow-up in homes where they rarely get this powerful message about struggle. As a result, they live their lives going from one easy thing to the next, desperately trying to find fulfillment. Do you know anyone who does this—and never finds joy and meaning?

Give your kids the gift of hearing you talk about the satisfaction that comes from hard work. In my new book, *Parenting Kids to Become the People employers Really Want and ... America Desperately Needs*, I discuss how those who get this message become the people who employers want and America desperately needs. I also remind readers that the best way to permanently ingrain this belief in your kids is to have them *overhear* you talking about your own struggles and the satisfaction that delayed gratification, hard work, and achievement bring. What our kids overhear is far more powerful than what we tell them.

Thanks for loving your kids enough to annoy them with things that will help them as adults!

Dr. Charles Fay  
Love and Logic Institute, Inc.  
loveandlogicnews.com