



*Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly looking around, they no longer saw anyone but Jesus alone with them.*

*- Mk 9:7-8*

February 26, 2021

Dear St. Helena Friends & Families,

Our Lenten season is in full swing and the students celebrated The Stations of the Cross today led by our 8th graders. Again, there have been so few times we've all been together in one place it feels very special. We have a full month of learning in March! Please see the important dates and news about a possible new lunch program next year.

### **Important Dates to Remember**

February 28 ⇨ Catholic Schools Raffle Ticket Sales ENDS

March 1 ⇨ ALL Raffle tickets (sold or unsold) turned into school office

March 1 ⇨ *Coffee with the Principal* - All parents invited (Zoom link emailed Monday morning)

March 2 & 3 ⇨ Confessions for grades 2 - 8

March 3 ⇨ Midterm

March 8 ⇨ Virtual Volunteer Network Meeting 6:30 p.m.

March 12 ⇨ Stations of the Cross 2:45 p.m.

March 16 ⇨ School Mass 10:00 a.m.

**March 15 - March 19 ⇨ AGRA CULTURE School Lunch Week!**

March 26 - Stations of the Cross 2:45 p.m.

### **NEW - Agra Culture Hot Lunch Program**

After gathering input from the School Advisory Committee, the Volunteer Network, and other various parents, we have decided to give a new lunch caterer a try. Attached you will find a sample menu, and a detailed description of all the lunch offerings.

**We will have a trial the whole week of March 15-19 and we'd like all students to try the new program!** There will be no increase in price (4.05) and the lunches will be more nutritious. See more information about Agra Culture at the end of the newsletter.

**Please make your student's lunch selections on the attached menu and send it back to school on Monday, March 1st.**

## Peace of Mind EN ESPAÑOL

The next Peace of Mind session in Spanish will include two parts: the first at **7 p.m. February 25**, and the second one at 7 p.m. March 11.

To register for the events, **click this link to CSCOE's Facebook event page** and mark that you're "Going." CSCOE's Maricruz Hernandez will host the sessions with Sheila Rojas, licensed clinical counselor.

## Peace of Mind with Dr. Nolan - Helping your Struggling Learner - for Parents

When our children struggle in school, it is hard to know when to be firm and when to be flexible. Should we intervene early and structure the environment for success or should we view learning as developmental and expect all of our children to advance at different speeds? Should we give our kids consequences for poor grades or can we "pay" them to get A's? How do we know when poor school achievement is something more serious than low motivation? In this session you will learn research-based strategies for helping struggling learners no matter the cause of the struggle. You will also learn signs of more serious learning issues and how to help your child thrive in school.

**March 10, 7:00 p.m.**

**March 22, 7:00 p.m.**

<https://calendly.com/drjulesnolan/helping-your-struggling-learner-for-parents>

## Catholic Schools Raffle

The Raffle ends this Sunday, February 28. We are impressed with ticket sales, but are far from our goal. If you still have tickets at home please consider reaching out to friends and family this weekend to help support our school. **All tickets must be returned on Monday, March 1st - sold or unsold.**

All the prizes can be found on Facebook at [www.facebook.com/CatholicSchoolsRaffle](http://www.facebook.com/CatholicSchoolsRaffle).



Ellen Rian, Ed.S  
Principal

## More Information about Agra Culture

Agra Culture Kitchen, founded in Minnesota by the parents of two young kids, prides itself in chef-crafted food as delicious as it is healthy. Their ethos goes beyond just “healthifying” food - their goal is to educate children around benefits of and how to eat healthy.

Agra Culture’s menus align health, taste and value. Always free from the ‘harmful seven’ - trans fats and hydrogenated oils, high fructose corn syrup, hormones and antibiotics, artificial sweeteners, colors and flavors, artificial preservatives and bleached flour - they are committed to using fresh and responsibly sourced foods to create satisfying, crave-worthy meals that kids will enjoy. Their menus offer something for every palette - from stir-fry bowls and sandwiches to quesadillas, taco bowls, pasta dishes and more.

The 2020-2021 school year marks the fourth year Agra Culture has been a school lunch provider. Their partnerships include Carondelet Catholic School, Highland Catholic, Annunciation Catholic School, and a number of local daycare facilities. Every day Agra Culture prepares meals for over 1,000 students daily from their 4,000 square foot catering facility near 50th and France in Edina.

As you can see, St. Helena is not the first school to prioritize rethinking school lunch. Research suggests that diets high in trans and saturated fats can negatively impact learning and memory, nutritional deficiencies early in life can affect the cognitive development of school-aged children, and access to nutrition improves students’ cognition, concentration, and energy levels. In addition, providing a model for healthy lunches at school can help build good eating habits for the future.

You can learn more about Agra Culture’s story and their passion at the following sites:

Agra Culture | [Homepage](#)

Pioneer Press | 20 Feb 2018 | [“Healthier eating inspired him to open Agra Culture,](#)

[SotaRol and Yogurt Lab”](#)