

**Volume 24 Issue 4  
November 2023**

# St. Thomas Aquinas School Newsletter

JMJL

Dear families,

It is my hope that you have seen our posts on the Living Rosary we held. It was a beautiful demonstration to Our Lady of the Holy Rosary. Our children were so well behaved and recited the rosary with devotion and love. I am sure Our Blessed Lady was very pleased with them.

I am so grateful to you for your cooperation in celebrating All Hallows Eve. The children looked lovely in their saints costumes. Now, they need to practice the virtues of the saints they represented. Your cooperation and giving of yourselves for the trunk and treat was truly appreciated. The trunks were artistically decorated and we had so many goodies! Thank you for being so generous and giving of yourselves, in so many ways.

Our parent ministry truly outdid themselves. We appreciate their efforts for our children. The children enjoyed it!

It is my wish for you that you enjoy a beautiful Thanksgiving with your family and that you are filled with gratitude.

May our Heavenly Father shower us with many graces and bring peace into our hearts for our families and our friends.

May you have a beautiful Thanksgiving filled with many blessings.

Sincerely in Christ,

Sr. Anne Louise Abascal, MPF



# *November 2023*

1	No School—Holy Day of Obligation All Saints Day
2	All Souls' Day
5	Daylight Savings Time Ends
10	No school– Veteran's Day
16	4th and 5th grade Science Fair
17	1/2 Day Early dismissal– NO CHILD CARE
20	Conferences– No School
21	Conferences-No School
22	Thanksgiving Break
27	Classes Resume

Remember, if you are going to volunteer at the school during class times or special events, please take your Virtus Training class. Don't forget to send it in to the office so that it may be logged. Your Virtus certificate is good for 5 years. Thank you!



**Daylight savings time ends  
November 5th!**



St. Thomas  
Aquinas School  
EST. AD 2000

## Get Virtus Training Certified Then Volunteer.

### HERE'S HOW



Take the Virtus Online Abuse Awareness Training by going to the following website:  
<https://www.virtusonline.org/virtus/>



On the left hand sidebar, select **First-Time Registrant**. Then select **Begin the Registration Process**. In the drop down menu, select **Santa Fe (Archdiocese)**.



There are questions that you will need to answer based on the topic sections. You will be able to print a certificate of attendance upon successful completion of the course. **The school requires a copy of the certificate in order for adults to volunteer at the school.** Email the certificate to [receptionist@stasnm.net](mailto:receptionist@stasnm.net), bring a copy to the front office, or send it in with your student.



If you attended the workshop more than 5 years ago, you are required to take the course again.

**QUESTIONS?  
CONTACT US.**



**TRAINING IS  
APPROXIMATELY  
1.5 HOURS LONG**



**A BACKGROUND  
CHECK IS INCLUDED AS  
PART OF THE PROGRAM**



**CERTIFICATION  
LASTS 5 YEARS**



[www.stasnm.org](http://www.stasnm.org)



505-892-3221



1100 Hood Rd. SE  
Rio Rancho, NM 87124





1st place Barbie Trunk  
Lujan Family and the Sandoval Family

2nd place Star Wars Trunk  
The Esterly Family



3rd place Jurassic Park Trunk  
The Alonzo Family



Congratulations to Mr. M's  
7th grade class for winning  
the class participation pizza  
party!!!







### **PARENT MINISTRY UPDATES:**

We want to thank all the STAS families that volunteered, donated candy, and decorated vehicles for the Trunk or Treat! The kids always enjoy this event, and we are so appreciative of your generosity.

As we head into November, we are especially thankful for the families and staff of St Thomas Aquinas School. These events could not be successful without our amazing STAS community.

**Save the date** for Cookies with Santa on December 22nd! The children will be provided a holiday treat with a special visitor. If you are interested in helping decorate or volunteering at this event, please email us.

STAS Parent Ministry

[parentministry@stasnm.net](mailto:parentministry@stasnm.net)







# Art



STAS is gearing up for Fall with the 8th graders leaf project in Art using Quick Sticks!- Ms. Miller Art Teacher







Sun, Oct 8, 2023 – Sat, Oct 14, 2023

Our students were treated to hands on training with the Rio Rancho Fire Department. They learned fire safety skills, what can start a fire, what to do if a fire starts, and important information on who to contact if something like this should occur. Great job Pelicans! You did a wonderful job listening and asking questions! Thank you Rio Rancho Fire Department for taking the time to come out and teach our students fire safety.





The season for illnesses is upon us. The school's community health is important to us. We follow NM Department of Health guidelines for schools. Please review the list below of some common illnesses this time of year, and what the NMDH guidelines are for a safe return to school. Remember to call the attendance line when you keep your student home. Attendance line: (505) 892-3221 ext.55. Feel free to also contact me. -**Nurse Lenna Martin**



**Flu Type A & B:** Students/staff should remain home until they have been fever free without fever reducing medication for 24 hours. They should also be well enough to last the whole day at school.

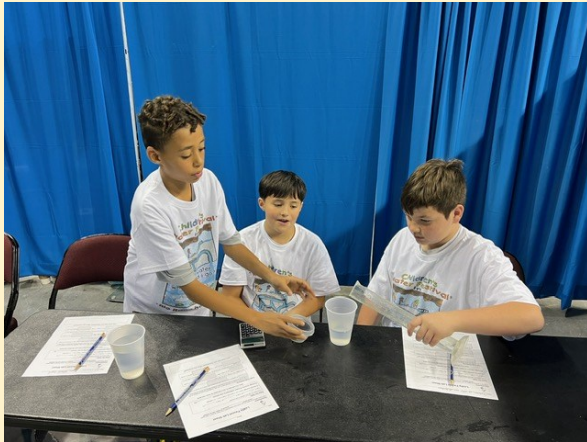
**Stomach Viruses with vomiting or diarrhea:** Students/staff should remain home until 24 hours without these symptoms. Also, until they have been fever free without fever reducing medication for 24 hours, and are well enough to last the whole day at school.

**Streptococcal Infections (Strep Throat):** Students/staff must remain home until it has been 24 hours since the start of antibiotics.

**Covid 19:** It is recommended that students/staff remain home for 5 days. Day 0 is the day symptoms started. If symptoms do not develop, day 0 will be the day of the positive result. It is also recommended to wear a mask for an additional 5 days. The school has home Covid tests available upon request, that won't expire until February.



The 5th grade attended the Rio Rancho Children's Water Festival. They learned about water conservation, treatment, and how not to contaminate water. The students also had fun while participating in educational experiments! Thank you Rio Rancho Water Authority for hosting our Pelicans!







1 Canfield had a wonderful field trip at the Galloping Goats Pumpkin Patch! We played, ventured through a corn maze and picked our very own pumpkins!





## A Blessed All Saints Day & Thanksgiving Season from the Music Room

**Pre-K & Kindergarten:** Students are singing very well on pitch and taking turns creating, leading and echoing high, medium, low sounds, short and long tones. They will sing simple Thanksgiving songs.

**1<sup>st</sup>-2<sup>nd</sup> Grade:** Students are exploring tempo and will begin singing Thankful songs including ***"Thanks A Lot"***, (in swing style) and songs of peace. They enjoyed tossing bean bags to the beat while singing. (See Picture below).

**3rd -4th Grade:** Students are reading notes on the treble clef staff. They will learn how to create rhythm rondos to perform on body percussion and drums.

**5th- Grade:** Students are reading notes on the treble clef staff, 16th notes and syncopated rhythms. They did a great job singing and performing a Central American work song improvising on xylophones, drums, maracas, and claves. The video is on our STAS Facebook Feed. (See pictures below.) **Several talented students from 2nd, 5th, 6th, 7th Grade will be caroling, singing and performing handbells at the First Annual STAS Gala on Friday, December 1st at 7:10. More details for those involved will come soon.**

Many fun, educational music activities, games, songs and videos, are available at-

Mrs. Bency's Music Blog. Click on the website below.

<https://sites.google.com/stasnm.net/music>

Please feel free to contact me with any questions or concerns.

Blessings!

Mrs. Bency-Music Teacher





# Happy Birthday!!

Ann Balmer  
JoAnne Rickard  
Debora Carrillo  
Teresa Bency  
Elisia Mascareñas

Wishing you a day filled  
with happiness and a year  
filled with joy!

## NOVEMBER 2023 ST. THOMAS AQUINAS



Your cafeteria is managed by  
Canteen of Central New Mexico

### Monday

**DAILY BREAKFAST SERVED WITH 1 CUP OF FRESH FRUIT**

Lunch meals are served with a salad bar and your choice of low-fat flavored or white milk.

POP TART

6

CORN DOG  
MIXED VEGETABLES  
MANDARIN ORANGES

COLD CEREAL

13

FAMOUS BOWL  
PEACHES  
DINNER ROLL

20

COLD CEREAL

27

CHICKEN NUGGETS  
GREEN BEANS  
PEACHES  
DINNER ROLL

### Tuesday

CHOCOLATE DONUT

7

CHICKEN ENCHILADA  
CASSEPOLE  
PINTO BEANS  
APPLESAUCE

MUFFINS ASSORTED

14

TOSTADA  
MIXED VEGETABLES  
PEARS  
FRESH SALSA

MUFFINS ASSORTED

28

BEAN & CHEESE BURRITO  
CARROTS  
PEARS  
FRESH SALSA

### Wednesday

1

NUTRIGRAIN BAR  
YOGURT

8

SALISBURY STEAK  
POTATOES AU GRATIN  
PINEAPPLE CHUNKS  
DINNER ROLL

CINNI MINIS

15

GRILLED CHEESE SANDWICH  
BROCCOLI  
APRICOTS

CINNI MINIS

29

FRENCH TOAST STICKS  
SAUSAGE PATTIE  
HASH BROWNS  
FRUIT SALAD

### Thursday

COLD CEREAL

2

FRITO PIE  
MIXED VEGETABLES  
FRESH FRUIT  
DINNER ROLL

WAFFLE MINI EGGO BITES

9

CHEF'S SALAD  
CARROT STICKS  
JELL-O WITH FRUIT CUP  
BREADSTICKS

APPLE FRUDEL

16

BEEF STEW  
CARROT STICKS  
FRESH FRUIT  
DINNER ROLL  
COOKIE

BAGEL-FULS

30

FRITO PIE  
MIXED VEGETABLES  
FRESH FRUIT  
DINNER ROLL

### Friday

MUFFINS ASSORTED

3

PIZZA  
BROCCOLI  
PEACHES

YOGURT  
NUTRIGRAIN BAR

10

1/2 DAY

1/2 DAY

24

THANKSGIVING  
DAY

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**DUE TO SHORTAGES, WE MAY HAVE MENU CHANGES**



1ST ANNUAL ST. THOMAS AQUINAS SCHOOL

*Holiday Gala*

**SOLD OUT**

*- Thank You -*