



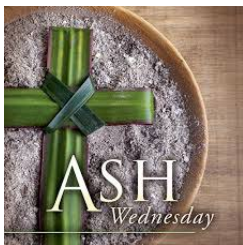
The Royal Review

February 28, 2025



**HUGE SHOUT OUT TO KATIE D.,
CARLIE Y., MEGHAN L. & LORETTA J.
FOR THEIR DEDICATION TO THE
ANNUAL PTO DINNER AUCTION.
WE APPRECIATE YOU!**

Ash Wednesday, the start of Lent, is on March 5, 2025. Lent is a period of prayer, fasting, and giving for Christians. Christians who observe Lent will abstain from eating meat on Ash Wednesday.



Good Luck to all the students participating in Solo & Ensemble Contest this weekend. May God calm their nerves and give them peace as they showcase their talents.

Lenten Retreat

This March 24, 25, & 26 Zip Rzeppa will be speaking for 1 hour each evening. Parents will be given time & talent hours for attendance. Babysitting will be provided for FREE for 3 year olds – 7th graders in the school during the talks. EVERYONE from the community is invited to listen to Zip talk about Discipleship and Hope. Come 1 night or all 3 nights and take time to grow in your faith together with others.

8th grade night for volleyball is this upcoming Thursday! Come out and support our students as they wrap up their St. Elizabeth Royal Volleyball Season!

Congratulations to Finlay M., & Rachel W. who are February's Optimist club winners!



Looking ahead:

- 3/2- Youth Mass
- 3/4 – Golden ticket (auction) out of uniform
- 3/5 – Ash Wednesday
- 3/6 – 8th grade night (volleyball)
- 3/7 – End of 3rd quarter
- 3/14 – 4th & 5th fieldtrip
- 3/7 – Fish fry
- 3/11 – Papa Johns Night
- 3/11 – Junior Olympiad
- 3/12 – Spring Pictures
- 3/13 – PTO meeting
- 3/14 – PTO out of uniform
- 3/14 – Fish fry
- 3/14 – Optimist Poster / Essays due
- 3/17 – Green shirts uniform bottoms
- 3/18 – School board meeting
- 3/19 - Honor Roll Mass
- 3/20 – Golden ticket (auction) out of uniform
- 3/21 – 11 AM dismissal (regional meeting)
- 3/21 – Fish fry
- 3/23 – Penance service @ Holy Family
- 3/24 -3/26 Lenten Retreat
- 3/27 – Spring Concert
- 3/28 – NO school (Kids Klub & Pre K OPEN)
- 3/28 – Fish fry
- 3/31 – Marve Wiedemer Scholarships due
- 3/31 – 8th grade picnic shirt design due
- 4/1 – Social Bingo Night
- 4/4 – Fish fry
- 4/5 – KC family day (12-4)
- 4/6 – Youth Mass
- 4/10 – PTO meeting
- 4/10 – 6th & 7th grade field trip
- 4/11 – STEAM day for 7th grade
- 4/11 – fish fry
- 4/11 – PTO Out of uniform
- 4/13 – Palm Sunday bake sale @ Mass
- 4/14 – 4/21 – NO SCHOOL
- 4/22 – School resumes
- 4/22 – 4/25 – MAP testing

A man with short, light-colored hair, wearing a dark suit jacket over a teal shirt, is speaking into a lapel microphone. He is gesturing with his hands as he speaks. The background is a warm, out-of-focus interior.

LENTEN MISSION

FEATURING

ZIP RZEPPA

*Former KMOV Sportscaster

THEME: Discipleship, Evangelization & Hope

Disciples
&
Stewards

6:30PM, MARCH 24, 25 & 26

Childcare available
Reception in Harmony
Room after Final Evening

YOUR CHILD'S SECOND HOME



**FREE
CHILDCARE**



**WHILE YOU ATTEND THE RETREAT, YOUR KIDS
PLAY IN THE SCHOOL, WITH THEIR FRIENDS.
COME 1 NIGHT OR ALL 3 NIGHTS**

DATES:

MONDAY,
MARCH 24TH

TUESDAY,
MARCH 25TH

WEDNESDAY,
MARCH 26TH

TIME:

6:30 - 7:30PM

6:30 - 7:30PM

6:30 - 8PM

**CHILDCARE IS PROVIDED FOR
CHILDREN 3 YEARS & UP.**

**DROP OFF & PICK UP AT THE FRONT
ENTRANCE OF SCHOOL.**

ENJOY LISTENING TO
ZIP RZEPPA WHILE YOUR
KIDS PLAY.

SITTERS ARE
HIGHSCHOOL ALUMNI &
CURRENT 8TH GRADERS
OF ST. ELIZABETH
SCHOOL.

Changing the Future of Health, Together

The American Heart Association is tackling society's most pressing health challenges. Kids Heart Challenge™ (KHC) plays an essential role in bringing awareness and solutions to schools and communities nationwide. Each year, we unveil a new cast of Heart Hero characters who personify positive characteristics. These Heart Heroes are designed to inspire healthy habits to enhance students' well-being. With your help and support, here's how we're making a difference.



Wynn

ISSUE

HOW WE'RE MAKING A DIFFERENCE

1 in 5 teens vape. E-cigarette use has more than doubled among middle and high school students in recent years.

- Advocate for the elimination of all flavors from products to reduce their appeal to youth
- Educate students that vaping is not healthier than smoking
- Provide districts with tobacco-free policy language, educators and parents with infographics, lesson plans and posters, and students with a text quitting resource



Ace

ISSUE

HOW WE'RE MAKING A DIFFERENCE

90% of people who suffer out-of-hospital cardiac arrest do not survive. When performed immediately, CPR can double or triple a cardiac arrest victim's chance of survival.

- Train more than 2.4 million high school grads annually in CPR in schools
- Advocate for federal grant funding for schools to purchase AEDs
- Provide Cardiac Emergency Response Plans (CERPs) for schools, churches, and community organizations



Dakota

ISSUE

HOW WE'RE MAKING A DIFFERENCE

Many kids don't get enough physical activity. Only 24% of children aged 6-17 getting the recommended 60 minutes of physical activity each day.

- Ensure communities have safe places to play
- Fight for quality physical education in schools
- Reach 2 million students through in-school virtual experiences, at home through the NFL Play 60 app and by supporting community-level initiatives to increase youth physical activity



ISSUE

Nearly two-thirds of youth living in the United States have a sugary drink every day. On average, youth consume approximately 133 calories from sugary drinks daily.

- Advocate for the elimination of marketing sugary drinks to children
- Support robust nutrition standards in schools for meals and snacks that promote healthier offerings
- Have the heart-check mark to denote food and beverage items that align with our recommendations for an overall healthy eating pattern

HOW WE'RE MAKING A DIFFERENCE



Rain



Pepper



ISSUE

Many children are not getting enough sleep. The amount and quality of sleep can influence your eating habits, mood, memory, and more. The American Heart Association has added sleep to its list of key measures to help improve and maintain cardiovascular health.

- Created Life's Essential 8 for Kids, which includes worksheets for educators to use
- Provide tips on how to improve sleep habits
- Created infographics on how to improve sleep

HOW WE'RE MAKING A DIFFERENCE



Riley



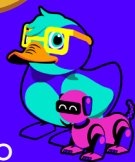
ISSUE

Poor mental well-being can affect heart health. Happy individuals tend to sleep better, exercise more, eat healthier and avoid smoking. Studies suggest that a positive outlook can help you live longer.

- Created activities on kindness
- Provide activities on kindness to schools
- Support educators with social and emotional resources on topics like teamwork, conflict resolution and fairness

HOW WE'RE MAKING A DIFFERENCE

Wylie & Bingo



FINN

Survivor

Nearly 1 in 100 babies are born with a heart defect in the United States each year.

**YES, WE CAN DO MORE.
BUT ONLY WITH YOUR HELP.**

Kids are why. Life is why. You are how.



Annual Family Day

Volleyball & Bocci Ball • Wheelbarrow Races •
•Cornhole & Washers • Facepainting • Petting Zoo •
AND MORE!

Free Admission

ALL ARE WELCOME!

Saturday, April 5th

12pm- 4pm at Columbus Home: 4225 Old Alton Road

**Food provided* (Burgers, Brats, Dogs and more!)*

