

SOAR WITH THE SPIRIT!
Our Lady of Victory Catholic School - Weekly Update –April 29, 2010

Last Day of School – Tuesday, June 8 – Noon Dismissal

Spring Photos – By now, you should have received proofs of your child's Spring Photo. The personalized order form with the proofs is all you need to make your selection and process the order. Please return orders or unused form to school no later than Friday, May 7.

Counselor's Corner – See **10 TIPS TO BECOMING YOUR OWN BEST FRIEND** at bottom of Update submitted by Mrs. Plosky.

The Susan Crowe Scholarship was established in May 2006 in her memory. A \$500 tuition scholarship for the Our Lady of Victory Catholic Middle School will be presented to the student for the next academic year. Anyone can nominate a student. Nomination forms can be obtained from the school office and must be submitted no later than May 14, 2010. An eligible student must be currently enrolled in 5th, 6th, or 7th grade at OLVCS, plans to attend OLVCS Middle School, participated in a school sponsored athletic team, and consistently exhibited a high level of sportsmanship while performing as a student athlete. Presentation of the scholarship will made at the End of the Year Awards Assembly at Our Lady of Victory Catholic School.

OLVCS Summer Camp 2010 - Information packets for Summer Camp 2010 are available from the school office. Call 2338-1592 or email engleharta@olvcs.org to request a packet. Downloadable forms will be on the website (www.olvcatholicsschool.org) by end of the week.

Upcoming events:

Friday, April 30 @ 9 am – School Mass sponsored by grade 4
Friday, April 30 – Kindergarten celebrates Grandparents Day
Wednesday, May 5 – Diocesan Spelling Bee
Friday, May 7 @ 9 am – School Mass sponsored by grade 5 and May Crowning

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10 TIPS TO BECOMING YOUR OWN BEST FRIEND

1. Focus on your inner beauty. The outer you is changing every day, but by focusing on your talents, your skills, your character, and your heart, you'll like yourself no matter how bad a hair or face day you're having.
2. Exercise, Exercise, Exercise! You'll not only improve your body, but you'll relieve stress at the same time.
3. Replace negative thoughts with positive ones. Instead of criticizing yourself, give yourself a pat on the back.
4. Be forgiving. If your friends make mistakes, forgive them. Do the same for yourself.

5. Speak up for yourself. Don't be afraid to share your opinions and ideas. And if someone tries to put you down, stand up to them.
6. Once a week, make a list of three things about yourself that make you happy.
7. Don't be a perfectionist. Remember, it's those little imperfections that make us unique and wonderful!
8. Consider helping others, like raising money for a cause you believe in. Once you start thinking about other people, you won't be so focused on your problems.
9. Surround yourself with friends who love you for who you are, not what you wear or how you look.
10. Have fun now.