



# St. Agnes School Council News

January 2017

## St. Agnes Feast Day

Join the St. Agnes Community on January 20th to celebrate St. Agnes.

Mass will be celebrated at 10:45 at St. Agnes Church followed by a school-wide Feast in the church basement. Order forms will be coming home this week.

If you are available to help set up, prepare, serve, or clean up after the feast day lunch please email Melissa at [mom.has.mail81@gmail.com](mailto:mom.has.mail81@gmail.com) or send a note to the school office.



## Do you have a great lunch idea?

By this time of year we are tired of making lunches and tired of our children complaining about their lunches.

If you have a great idea that works for your family, please share it with other parents.

Send your lunch ideas to the newsletter committee. ([angel3susan3@gmail.com](mailto:angel3susan3@gmail.com)) We will publish the ideas in the newsletter to inspire other parents to create healthy lunches their children will enjoy.



This year's Christmas Social following the St. Agnes Christmas Concert was a huge success!

Thank you to everyone who helped out. Your efforts, both great and small came together resulting in a beautiful evening.

All the left over cookies were taken to a shelter in downtown Kitchener.

All proceeds went towards supporting the St. Vincent de Paul Society at St. Agnes Church.

Please support our **SUBWAY** Lunches. The next lunch is planned for:

Wednesday January 25th.



## Mark your Calendar

January 20	Feast of St. Agnes
January 25	Subway Lunch
February 28	School Wide Pancake Day
February 17	Subway Lunch

## Volunteers Needed!

We are currently in desperate need of volunteers for our **Breakfast Program—Daily in the gymnasium 8:30—10:00 am**. Please consider coming in and helping to serve or clean up breakfast. Even one day a month would help. Please email Denise Porter at [d-h-porter@rogers.com](mailto:d-h-porter@rogers.com) or send a note to the school office.

## Canadian Tire Money



Please continue to send in your spare Canadian Tire Money to help support our programs at the school. There is a collection can in the front office.



## Yearbook Pictures

If you took any pictures of:

- The Christmas Concert, Angel Day
  - Girls Volleyball, Boys Basketball
  - any class trips
- Please share them with us for consideration for the 2016-2017 St. Agnes Yearbook.
- Please send them to the office on a USB stick that will be returned to you or email them to Kelly at [kellydenomme06@gmail.com](mailto:kellydenomme06@gmail.com)

## Shrove Tuesday

We will be celebrating Shrove Tuesday with a school-wide pancake breakfast on Tuesday February 28th.

Volunteers are needed for this event between 8:45 -10:45 a.m.

Even if you are available for just part of the time, please contact Melissa at [mom.has.mail81@gmail.com](mailto:mom.has.mail81@gmail.com).



### Butternut Squash Soup

2 Tbsp butter	1 large onion
3 cloves garlic, minced	2 tsp minced gingerroot
½ tsp curry powder	½ tsp each salt & pepper
5 cups cubed and peeled butternut squash	
1 large potato, peeled and diced	
4 cups chicken stock	2 Tbsp lemon juice
2 Tbsp tomato paste	1/3 cup milk or 10% cream



In large saucepan, melt butter over medium. Add first 6 ingredients and fry until softened. Stir in the squash and potato. Add the stock, lemon juice and tomato paste and bring to a boil. Reduce heat, cover and simmer until very tender – about 20 minutes. Puree in batches. Return to pan and heat soup with milk until hot but not boiling.

Nutritional information – 6 servings—158 calories, 5 g fat, 28 g carb. 4 g fibre, 8% calcium, 11% iron, 109% vit. A, 142% vit C, 17% folate

## Thank you!

to Starbucks in Waterloo for continuing to donate all of the milk to our breakfast program.



And to Egg Farmers of Canada for donating eggs to our Breakfast Program.

