



St. Celestine Parish School Board

Dear Parents and Guardians,

We eagerly await the opportunity to connect with new and current families this Sunday as we kick off Catholic Schools Week with 9am mass and our Open House. We look forward to guests visiting classrooms, viewing the Art Show, and enjoying some treats.

Word of Mouth is our best advertising. We appreciate the excellent recommendations that our families share out in the community. If you know anyone who is considering a change for 2018-2019, please encourage them to attend the Open House. School Board members will provide tours to prospective families and other visitors from 10-12.

This month we welcomed **Jamie McGarvey** as our newest member of the School Board. We're always recruiting insightful parents who want to learn more about and provide input on curriculum and operations. During the Open House we will have School Board applications available. For more info about our group, visit the School Board page (<http://stcelestineschool.org/school-board/>) or chat with a Board member on Sunday.

As we emerge from the holiday season, our thoughts turn to ways to reset our goals and improve our wellness. Sometimes we face barriers to weight loss. The following is an excerpt from an article in the November/December 2017 issue of *Health & Fitness* that offers tips for self-regulation.

<i>Barrier</i>	<i>Strategy</i>
Lack of Exercise	find exercise that is enjoyable
	form implementation intentions
	set up text message reminders on when to exercise (http://ohdontforget.com/)
Lack of Willpower	repackage bulk food such as chips into smaller single serving bags
	reduce the size of dinner plates and glasses
	cover tempting foods in tinfoil
	make healthy food convenient and easily accessible

See you Sunday!