



# PANTHERS' TALES

*A Biweekly Parent Newsletter*



## A Message From Mrs. Flores

Greetings St. Paul Families,

As we enter into this holy season of Lent, I pray that it be a time to reflect upon our faith and open our hearts and minds to what will nourish us in our spiritual journey. Our students are spending time learning about prayer, fasting, and almsgiving during this season. We ask that your family do the same at home and that, together, we can grow our community of believers to prepare for the resurrection of Christ.

May this time of penance and reconciliation encourage believers to think and act in the sign of authentic charity, open to all the human dimensions. This inner attitude will lead them to bear the fruits of the Spirit (cf. Gal 5:22) and to offer with a new heart, material help to those who are in need.

Continued blessings and gratitude,

Mrs. Erma Flores  
Principal, St. Paul School





Open House



Wearing Class Colors



Spirit Rally With Paul Panther!



Catholic Schools  
United in Faith and Community



Dress as An SPS Teacher!



A Minute to Win It!



Faith Families



Pajama Day



Faith Families



## SLE Awards

Student Learning Expectations demonstrate what St. Paul School students should know and be able to do as they are taught, guided, and supported during their time at SPS.

Our recent awards were presented to:

January 19, 2024.....A responsible human being who exhibits healthy habits.

February 9, 2024.....A responsible human being who is environmentally friendly.

.....An effective communicator who uses the basic skills of written and oral expression with ease.

February 23, 2024...An effective communicator who listens to, and respects, the feelings and ideas of others.



January 19, 2024



February 9, 2024



February 23, 2024

## Diocesan Science Fair Results From SPS

On Saturday, February 10, 2024, the Kristina Taylor Science Fair was held at St. Joseph Notre Dame High School in Alameda. This annual event for middle school students in the Diocese of Oakland saw 30 schools represented. Below are our 8th grade winners from SPS:

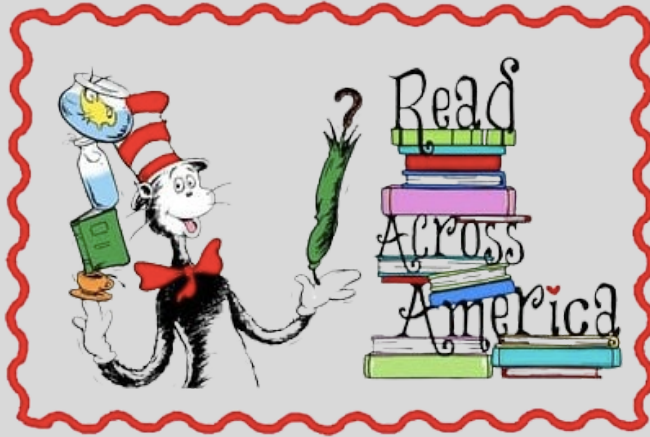


**Physical Science**  
**Category 1:**  
Jesse Villadelgado - 2nd place  
Paul Byrns - 3rd place  
**Category 2:**  
Josiah Kamazima - 3rd place  
Dariana Mallique - Honorable Mention  
**Category 3:**  
Letitia Amaral - 3rd place





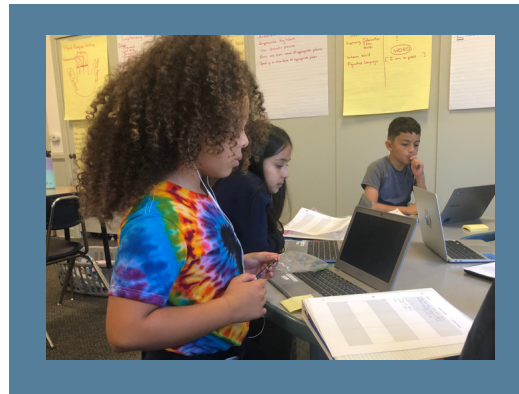
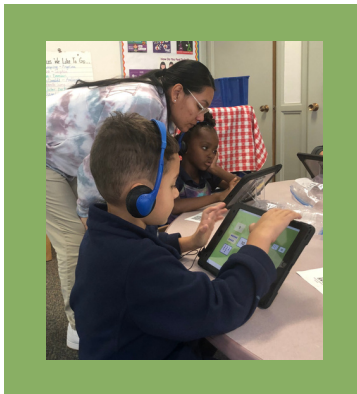
## Celebrate Reading!



The idea to choose a day to celebrate reading was proposed by the National Education Association, and begun in 1998. The annual date of March 2 was chosen because it was the birth date of Theodore Geisel, also known as Dr. Seuss! As we celebrate literacy and its importance in our lives, SPS will recognize this day by having a

**Pajama Day**  
**Friday, March 1**

For safety, students must wear rubber-soled shoes to school. Students choosing to not participate, must be in regular uniform.



## 40 Lenten Activities for Catholic Families

Give up television and Internet for one day.	Genuinely compliment someone who isn't expecting it.	Donate a bag of food to a local church or charity.	Go to a weekday Mass.	Pray for good things for someone who has been unkind to you.	Visit an elderly friend or relative who doesn't get a lot of visitors.	Make homemade pretzels, a traditional Lenten food.	Make an almsgiving box and collect change throughout Lent to donate.
Plan a simple meal and talk as a family about how to help the hungry.	Pray for people in your parish's RCIA program preparing to enter the Church.	Do a craft, piece of art, or creative project that glorifies the Lord.	Send a card or note of encouragement to a priest or a member of a religious community.	Pray for an increase in religious vocations.	Ask for forgiveness from someone that you have wronged.	Not just Friday: Have an additional meatless day one week during Lent.	Pray for someone preparing for First Communion or Confirmation.
Light a candle at church and pray for someone in your life.	Volunteer some of your time to help at church, school, or home.	Clean up a mess that somebody else made (without complaining).	Memorize a prayer that you don't already know by heart.	Surprise someone by doing a task or chore that they normally do.	Donate a bag of things that are still nice, but that you just don't use.	Pray the Rosary (or even just a decade) as a family.	Thank someone who has been a good influence in your life.
Read a religious book individually or as a family.	Listen to religious music while doing a task you have been putting off.	Attend (or read at home) the Stations of the Cross.	Pray for world political and religious leaders.	Make hot cross buns.	Learn more about a saint that your family is unfamiliar with.	Do something healthy to take care of the body God gave you.	Clear your mind of other things and sit quietly with God.
Do something to help the Earth.	Go to Adoration, even if it's just for a little while.	Pray for the Pope.	Watch a religious movie together as a family.	Give up sweets and other snacks for a day.	Read one book of the Bible.	Do a foot washing with your family members.	Attend a Holy Week Mass.