

WOLF WATCH

— WEEKLY E-NEWS —

News for the Week of February 16

All School

A Note About Reaccreditation

You may see some new faces on our campuses next month as we welcome 20 colleagues from the Southwestern Association of Episcopal Schools (SAES) and Independent Schools Association of the Southwest (ISAS). Their visit, March 1–4, culminates the work we have done all year for our reaccreditation.

The self-study and reaccreditation process happens every 10 years, and provides the opportunity for us to examine all aspects of our school and programming in a thoughtful and deliberate manner. It also allows time to reflect on areas of growth or improvement. In their four days here, visiting committee members will assess the work that's been done since the 2010 reaccreditation as well as our work on the 2020 self-study. They will also make recommendations for us as an institution.

In the end, all of this dovetails nicely with the work we began last year on our strategic plan—*St. Francis 2025*—to bring the very best researched-based best practices and student-centered experiences to St. Francis. Thank you for your support. I hope you'll join me in welcoming our visitors. We can't wait for them to experience this amazing, vibrant community that is St. Francis.

Sincerely,

Stephen M. Lovejoy,
MEd Head of School

Frozen JR. Tickets Now on Sale!



Don't miss the eighth-grade production of *Frozen JR.* on Friday, February 28, and Saturday, February 29, at 7:00 p.m. in the Fine Arts Center. Loaded with magic, adventure, and plenty of humor, *Frozen JR.* is sure to thaw even the coldest heart! [Click here to buy your tickets now.](#)

SFSA Spring Sports Registration Closes Wednesday

Register by this Wednesday, February 19, for the St. Francis Sports Association's 2020 spring season, featuring baseball/softball, T-ball, and fourth- and fifth-grade volleyball. [Click here](#) to register, or [e-mail Ragan Cain](#) with questions.

Parents' Night Out is February 21

For students in Primary II-Grade 5, we will have our monthly Parents' Night Out on Friday, February 21. Students may attend from 6:00 to 10:00 p.m. A pizza dinner is included, and activities will include crafts and games, messy science, NERF wars, dodgeball, a ninja course, and more—ending with popcorn and a movie in the Fine Arts Center. For reservations, [e-mail Margaret Newsom](#).

Summer on the Point Registration Opens February 25

It's almost time to Book Your Journey! Registration for Summer on the Point 2020 opens on Tuesday, February 25, at 10:00 a.m. Register through Program Registration in My BackPack. For current course offerings, [click here](#). (Check this page regularly for updates, as camps will be added, and new sections opened, throughout the spring.)

Woolrich Luncheon Is March 10—Tickets on Sale Now!

Please join us for the 16th Annual Sarah W. Woolrich Fund for Faculty Awards Luncheon on Tuesday, March 10. You should receive your invitation in the mail this week. Purchase your ticket or table by sending in the reply card enclosed with your invitation, or by clicking [here](#). For additional details about the luncheon, click [here](#).

Volunteer for SFES's 50th Festival

On April 19, St. Francis will celebrate 50 years of Festival! Help us prepare for this milestone birthday by donating your time and talent. To volunteer, please [e-mail the Festival chairs](#), Kim Graeter and Jen McDonald.

Calling All PA Volunteers!

If you are interested in serving as a project chair or committee member for the Parents Association in 2020–21, please [e-mail current President Carol Lee Lyons](#) or [e-mail President-Elect Megan Tipton](#). Chair positions are listed online [here](#).

PA Spring Luncheon Tickets Available Online

Invitations for the Parents Association luncheon will be mailed soon. In the meanwhile, current families can purchase tickets online [here](#). Guests of current families are strongly encouraged to attend and can purchase tickets online [here](#).

Virtue of the Month: Dignity

During the month of February, the St. Francis community is focusing on dignity. Our virtue verse is Galatians 3:28: “There is neither Jew nor Greek, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.” Try to memorize it as a family. You can learn more about dignity by watching [this short video](#).

Table Talk: Virtue sightings—where do you see examples of dignity in books, films, and life?

Primary School

A Note About Mindfulness From Annie Ferguson

Mindfulness is the act of paying attention to the present moment in a curious and nonjudgmental way. Bringing awareness to the present moment has been scientifically proven to lower stress, decrease anxiety and depression, and improve your quality of sleep. In addition, mindfulness can help build resilience and compassion.

As a Primary I teacher, mindfulness is an important part of our day. We teach and model mindful bodies, mindful breathing, and mindful listening. According to Taylor, a Primary I student, a mindful body is one that is “sitting nice and tall.” Kollins says that a mindful body is “not wiggling around and getting into other peoples’ spaces.” At the heart of a mindfulness practice is the ability to self-regulate.

This may leave you wondering, “What can I do at home to support mindfulness?” The best thing you can do as a parent is to be more mindful yourself. Children learn through watching how we regulate our own emotions and how we compose ourselves in difficult situations. Modeling compassion and kindness toward yourself and others is the most important thing you can do to create a mindful household.

If you are interested in learning more about mindfulness, I invite you to join Upper School Head Cara Henderson and me for a Koru Mindfulness class, which we will be jointly teaching for St. Francis parents soon. We were trained in Koru Mindfulness at the University of Georgia. During the Koru class, we will teach breathing techniques and ways to strengthen your mindfulness muscle through guided meditations. Stay tuned—we’ll be providing an opportunity to sign up in an upcoming *Wolf Watch*.

Warmly,

Annie Ferguson
Primary I Lead Teacher

Primary School Dining Hall Menu

To view the Primary School Dining Hall menu, please click [here](#).

Mark Your Calendar

Monday, February 17

- *Presidents' Day*: No school
-

Tuesday, February 18

- *Open Library*
 - *Chapel*: 9:30 a.m.
-

Wednesday, February 19

- *Chapel: 9:30 a.m.*
-

Friday, February 21

- *Darla McNay Rodeo Day: PS students may dress in Western wear, but please, no guns or spurs.*
 - *Explore and Extend Parents' Night Out: 5:30 p.m.; PII–grade 5 on the Main Campus*
-

Monday, February 24

- *Admissions Tour: 9:00 a.m.*
-

Tuesday, February 25

- *Open Library*
 - *Summer on the Point Registration Opens Online*
 - *Chapel: 9:30 a.m.*
-

Wednesday, February 26

- *Chapel: 9:30 a.m.*
-

Friday, February 28

- *Go Texan Day: All St. Francis students may dress in Western wear, but please, no guns or spurs.*
-

Tuesday, March 3

- *Chapel: 9:30 a.m.*

Wednesday, March 4

- *Chapel: 9:30 a.m.*
- *Early Dismissal for All Students Due to ISAS/SAES Accreditation Visit: PS dismisses at 11:00 a.m.*

Tuesday, March 10

- *Chapel: 9:30 a.m.*
- *Primary I Sings in Chapel (Capasso and Ferguson)*
- *Woolrich Luncheon: 11:30 a.m. in the Fine Arts Center on the Main Campus*

Wednesday, March 11

- *Chapel: 9:30 a.m.*
- *Primary I Sings in Chapel (Burrow and Scriber)*

Monday, March 16–Friday, March 20

- *Spring Break: School Closed*

Tuesday, March 24

- *Chapel: 9:30 a.m.*

Wednesday, March 25

- *Chapel: 9:30 a.m.*
-

Thursday, March 26

- *Looking Forward to Life in Lower School: 8:20 a.m.*
-

Friday, March 27

- *Explore and Extend Parents' Night Out: 5:30 p.m.; PII–grade 5 on the Main Campus*

Lower School

From the Division Head

As we continue the discussion about community and how we work together to craft a **seamless home/school experience** for your children, I'd like to review a few Lower School basics that really help us keep our well-oiled machine moving in a forward, positive motion! Apologies in advance, as it's a "nuts and bolts" kind of letter!

- **Morning carpool** ends at 7:55 a.m. That is to ensure that your child has a few minutes to get to his or her classroom before 8:00 a.m., when class officially begins. If you arrive after 7:55 a.m., go ahead and park, and walk your child through the main courtyard and double doors to get signed in. Know that if they arrive at their classroom after 8:00 a.m., they will be asked to go to the Lower School Office to get a tardy slip. This saves your child that step.
- **Afternoon carpool** is running really well, with a couple of exceptions. Parents of students in grades 2–4 arriving at the loading doors before 3:15 p.m. will be asked to circle around. This is because the second-, third-, and fourth-grade students have not yet arrived in the Dining Hall. We are unable to allow cars to line up to wait in the fire lane and loading spots; this stops carpool for our younger students and can put a complete halt to the carpool process. The teachers are charged with making sure carpool continues to run quickly, so please be respectful if you are asked to circle around. Once the kindergarteners and first graders are gone, second through fourth grade moves very quickly. Thank you for helping us keep the line moving by arriving at your grade level's designated time!
- **Another note** for afternoon carpool: We have two families who bought "First in Line" privileges for K–1 pickup at the Gala. They have been instructed to pull into the fire lane at or before 3:00 p.m. so that we can load their children when they get to the Dining Hall. They are not in spot No. 1 or No. 2, but in front of those spots per directives from the school.
- A final reminder is that you need to come to the Lower School Office to get a white slip **to check your child out of class**. Please refrain from going directly to class to pick them up. The teacher(s) will ask for the slip. It is a tremendous

safety issue to have students leaving classes without our knowledge. This holds true for the very end of the day, as well. The students are to be in their classes until 3:00 p.m. for grades K–1 and until 3:15 p.m. for grades 2–4. Thank you again for your help in keeping everyone safe and accounted for!

I know this was not the most riveting letter, so thank you for reading it! Working together makes each day that much easier and more enjoyable.

I hope you have a blessed week,

Carol Christ, MEd
Head of Lower School

Join Us in March for Kindergarten Share the Music Days

Parents and friends of kindergarteners, join us in March for Share the Music Days, where you'll attend music class with your child's homeroom to sing, dance, and play. (Due to the nature of the activities and limited classroom space, we ask that only invited adult guest(s) accompany the student. Thank you!) ***Please check Seesaw for information on your child's group and number.***

Each group's event will take place from **9:05 to 9:45 a.m. in the HBR**, according to the following schedule:

- **Monday, March 9—Group 4**
- **Tuesday, March 10—Group 1**
- **Wednesday, March 11—Group 5**
- **Thursday, March 12—Group 3**
- **Friday, March 13—Group 2**

Come experience the process of developing musicianship skills through interactive, collaborative, highly kinesthetic fun! Hope to see you there!

Mark Your Calendar

Monday, February 17

- *Presidents' Day:* No school
-

Wednesday, February 19

- *FAC Chapel:* 8:05 a.m.

Friday, February 21

- *Explore and Extend Parents' Night Out: 5:30 p.m.; PII–grade 5 on the Main Campus*

Monday, February 24

- *Birthday Chapel: Students with a birthday between February 16–29 will receive a birthday pencil in Chapel today*

Tuesday, February 25

- *Summer on the Point Registration Opens Online*

Wednesday, February 26

- *Dress Uniform Day*
- *Ash Wednesday Chapel: 8:05 a.m.*

Friday, February 28

- *Go Texan Day: Children are encouraged to come to school in Western wear. Please leave guns, spurs, and stick horses at home. If wearing boots, bring tennis shoes for PE and/or recess. Yeehaw!*
- *Opening Night of Frozen JR. (MS Spring Musical): 7:00–9:30 p.m. in the FAC*

Saturday, February 29

- *Frozen JR. (MS Spring Musical): 7:00–9:30 p.m. in the FAC*
-

Monday, March 2

- *Birthday Chapel:* Students with a birthday between March 1–7 will receive a birthday pencil in Chapel today
-

Wednesday, March 4

- *Early Dismissal for All Students Due to ISAS/SAES Accreditation Visit:* Kinder and grade 1 dismiss at 11:15 a.m.; grades 2–4 dismiss at 11:30 a.m.
-

Monday, March 9

- *Birthday Chapel:* Students with a birthday between March 8–14 will receive a birthday pencil in Chapel today
 - *Kindergarten Share the Music Days (Group 4):* 9:05–9:45 a.m. in the HBR
-

Tuesday, March 10

- *Kindergarten Share the Music Days (Group 1):* 9:05–9:45 a.m. in the HBR
 - *Woolrich Luncheon:* 11:30 a.m. in the Fine Arts Center on the Main Campus
-

Wednesday, March 11

- *Kindergarten Share the Music Days (Group 5):* 9:05–9:45 a.m. in the HBR
-

Thursday, March 12

- *Kindergarten Share the Music Days (Group 3):* 9:05–9:45 a.m. in the HBR
-

Friday, March 13

- *Kindergarten Share the Music Days (Group 2):* 9:05–9:45 a.m. in the HBR

Middle School

A Note About Canstruction

Congratulations to you and your children for a tremendously successful Canstruction event. This year, we collected a record number of **6,005 cans for donation** to the Fair Haven and East Spring Branch food pantries.

Canstruction is an annual event where students design creative structures in advisory and then build them during a Middle School meeting. This year's designs included an Empire State Building, a replica of the Apollo 11 rocket, and several heart-themed creations. The overall theme of Canstruction was "Have a Heart for Hunger."

We appreciated both the creativity and respect that our students had for this event. The structures were amazing and took true teamwork to accomplish, but the students never lost sight of the real reason for the event—supporting others. Being "people for others" is at the core of the St. Francis community, and events like this put our words and ideas into action.

Thanks for your help and for your support of such a worthy project.

Sincerely,

Debbie Harris, Eighth-Grade Science Faculty, and Chris Bertha, Head of Middle School

Buy Winter Dance Photos Online

To view or purchase photos from the MS Sports/Jersey Winter Dance, please [click here](#).

Mark Your Calendar

Monday, February 17

- *Presidents' Day*: No school
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Tuesday, February 18

- *Regular Uniform*
- *Grades 5–7*: Tuesday schedule
- *Grade 8*: Special schedule/field trip to Holocaust Museum

- *Bible Study for Eighth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
-

Wednesday, February 19

- *Wednesday Schedule/Regular Uniform*
 - *Bible Study for Seventh Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *Chapel: 10:45–11:15 a.m. in the Chapel*
-

Thursday, February 20

- *Thursday Schedule/Regular Uniform*
 - *Bible Study for Fifth and Sixth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *MS/US Brown Bag Dance Series: 1:30–2:00 p.m. in the People Place*
-

Friday, February 21

- *Friday Schedule/Friday Attire: Wolf Wear or SFES spirit gear with blue jeans or uniform bottoms*
 - *Trimester 2 Ends*
 - *NJHS All-School Read Aloud: 7:15–7:45 a.m. in the Crum Library*
 - *Explore and Extend Parents' Night Out: 5:30 p.m.; PII–grade 5 on the Main Campus*
-

Saturday, February 22

- *MS Spring Musical Tech Rehearsal #1: 9:00 a.m.–5:00 p.m. in the FAC*
-

Sunday, February 23

- *MS Spring Musical Tech Rehearsal #2: 1:00–6:00 p.m. in the FAC*
-

Monday, February 24

- *Monday Schedule/Regular Uniform*
 - *Trimester 3 Begins*
 - *Chapel: 10:45–11:15 a.m.*
 - *MS Spring Musical Final Tech Rehearsal: 2:30–6:30 p.m. in the FAC*
-

Tuesday, February 25

- *Tuesday Schedule/Regular Uniform*
 - *Bible Study for Eighth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *Summer on the Point Registration Opens Online*
 - ~~*MS Pathways Assembly for Parents: 1:30 p.m. in the HBR (Canceled)*~~
 - *MS Spring Musical Dress Rehearsal: 2:30–5:00 p.m. in the FAC*
-

Wednesday, February 26

- *Wednesday Schedule/Dress Uniform*
 - *Bible Study for Seventh Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *Ash Wednesday Chapel: 10:45–11:15 a.m. in the Chapel; no Eucharist/ashes only*
 - *MS Spring Musical Dress Rehearsal: 2:30–6:30 p.m. in the FAC*
-

Thursday, February 27

- *Thursday Schedule/Regular Uniform*
 - *MS Trimester 2 Report Cards Go Online*
 - *Bible Study for Fifth and Sixth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *MS Spring Musical Dress Rehearsal: 2:30–6:30 p.m. in the FAC*
-

Friday, February 28

- *Friday Schedule*
- *Western Wear/Wolf Wear*

- *Go Texan Day*
 - *Wolf Wear Sale: 7:45–9:00 a.m.* in the Concessions area near the Main Campus Gym
 - *Opening Night of Frozen JR. (MS Spring Musical): 7:00–9:30 p.m.* in the FAC
-

Saturday, February 29

- *Frozen JR. (MS Spring Musical): 7:00–9:30 p.m.* in the FAC
-

Sunday, March 1–Wednesday, March 4

- *ISAS/SAES Accreditation Visit*
-

Monday, March 2

- *Monday Schedule/Dress Uniform*
 - *Chapel: 10:45–11:15 a.m.*
-

Tuesday, March 3

- *Tuesday Schedule/Regular Uniform*
 - *Bible Study for Eighth Graders: 7:15–7:45 a.m.* in the Christian Education rooms at the end of the Middle School hallway
 - **~~*Eighth-Grade White Shirt Photo: 8:00–10:00 a.m. on the Playground*~~ (Rescheduled)**
-

Wednesday, March 4

- ***Special Schedule/Regular Uniform***
- *Bible Study for Seventh Graders: 7:15–7:45 a.m.* in the Christian Education rooms at the end of the Middle School hallway
- ***No Chapel***
- ***Early Dismissal for All Students Due to ISAS/SAES Accreditation Visit: 12:15 p.m.***

Thursday, March 5

- **Tuesday Schedule/Regular Uniform**
- *Bible Study for Fifth and Sixth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*

Friday, March 6

- *Grades 6 and 8: Friday schedule/Friday attire (Wolf Wear or SFES spirit gear with blue jeans or uniform bottoms)*
- **Grade 5: Special schedule/Colonial Day costumes**
- **Grade 7: Special schedule (Field trip to YES Prep and the Houston Livestock Show and Rodeo)**
- *Colonial Day for Fifth Grade: On the OAC, in classrooms, and on the fields*
- *Wolf Wear Sale: 7:45–9:00 a.m. in the Concessions area near the Main Campus Gym*

Upper School

A Note About Service From Tenth Grader Alex I.

Service education was leading the pack last week, as the Upper School Wolves journeyed to the Houston Food Bank and the Houston Audubon Society in celebration of SFE Service Day.

At the food bank, the students and faculty sorted fresh foods from stale foods and learned that 97 percent of all beneficiaries were children, teens, and adults who don't have access to fresh and healthful foods due to low incomes and living in food deserts (places with limited access to fresh food or grocery stores). This deadly combination has been sweeping across American cities for several decades and has become the leading cause of both sides of the hunger spectrum: malnourishment and obesity. In an interview with Hannah O., a freshman at St. Francis and a founding member of the Community Service Club, she said, "We chose a trip to the food bank because it is one of the largest food banks in Texas and in the country, and it is a way where we can really help those in need." And help they did. The Upper School aided in packaging 5,000 pounds of food for the less fortunate. (Click [here](#) and [here](#) for photos.)

During the second half of the day, the students were treated to a tour of one of Houston Audubon's centers. The mission of these centers is to preserve and maintain the various wildlife around Texas, which has slowly become endangered by pollution and hunting. Houston Audubon rehabilitates wildlife and provides education about the

importance of nature and the impact it has on humans. When asked what she hoped the student body took away from the experience, Dylan W., a sophomore and member of the Service Club, said, "I hope that students got a strong sense of purpose. I truly hope they were enlightened at the great power they have to make the world a better place. Even if it is just something small, such as picking up trash near the bayou, it makes an impact. The little things eventually add up." These strong words reflect the foundation of the St. Francis Upper School's Service Club, with its aim to teach students what their options are as volunteers and what it means to serve.

Hannah O. and Dylan W. planned the field trip, and they are just two of the very determined students working with their faculty sponsor, Mr. Madden, in a grand attempt at establishing a cultural legacy for the Upper School. Hannah said she created the idea for the club so she could talk with other students about helping the community and share her love of helping others. Her bold desires and actions sparked change within the school, as the club has begun to create relationships throughout Houston.

Both girls have committed to maintaining the connections between St. Francis, the Houston Food Bank, and Houston Audubon, and to build on them next school year. Dylan projected that the Service Club would invest in "bigger projects—ones that are associated with a theme, too. For example, one month the theme could be focused around nature and improving its state for our wildlife. With this particular theme, we could surely volunteer with the Audubon Society again with our newfound relationship. All the themes would have some genuine and exciting purpose, and we are going to be fixing the community one step at a time."

These words prove that Service Day was an undoubted success, as St. Francis expanded connections with local organizations and increased student awareness. This volunteering left Upper School students feeling confident and empowered to enact change within their communities. The Service Club now lies in the hands of these hopeful young leaders, as they take bold steps in leading the pack on its journey toward a greater tomorrow for the school and city.

A Note About the Upper School Dress Code

Since the winter break, we have worked with students to be more aware of uniform expectations.

- Up to this point, we have not instituted uniform violations. **Beginning with the third trimester, we will document violations.**
- [Click here](#) for a brief overview of the Upper School's uniform policy. The full uniform policy can be found on pages 39–41 of the 2019–20 *Upper School Handbook*, which is available in the Parent Portal [here](#).
- Please contact [Cara Henderson](#) directly with any questions.

Mark Your Calendar

Monday, February 17

- *Presidents' Day: No school*
-

Tuesday, February 18

- *Day 3 Schedule/Regular Uniform*
 - *Student Assembly: "Staying Ahead of the Game" with Evan Weinberger; 9:50 a.m. in Crum Loft*
 - *Chapel: 10:20 a.m. in Andrews House*
-

Wednesday, February 19

- *Day 4 Schedule/Regular Uniform*
 - *Chapel: 9:50 a.m. in Andrews House*
-

Thursday, February 20

- *Day 5 Schedule/Regular Uniform*
 - *US Parent Coffee and Conversation: Forward in Faith, Phase II capital campaign; 8:00–9:00 a.m. in Andrews House*
 - *Track and Field Meet: Time TBD at St. Thomas High School*
-

Friday, February 21

- *Day 6 Schedule/SFES Spirit Wear*
 - *Trimester 2 Ends*
 - *US Parent Coffee and Book Talk: 8:30 a.m. in Andrews House*
-

Saturday, February 22

- *Student Winter Social/Movie Night*

Monday, February 24

- *Day 1 Schedule/Regular Uniform*
- *Trimester 3 Begins*

Tuesday, February 25

- *Day 2 Schedule/Regular Uniform*
- *Summer on the Point Registration Opens Online*
- *Chapel: 10:20 a.m. in Andrews House*

Wednesday, February 26

- *Day 3 Special Schedule (Ash Wednesday)/Regular Uniform*
- *Chapel: 11:00 a.m. on the Main Campus*
- *Student Assembly: "Healthy Relationships" with the Fontaine Center; 2:45 p.m. in Crum Loft*

Thursday, February 27

- *Day 4 Schedule/Regular Uniform*
- *US Parent Coffee and Conversation: "Healthy Relationships" with the Fontaine Center; 8:00–9:00 a.m. or 12:00–1:00 p.m in Andrews House*
- *Track and Field Meet: Time TBD at Lutheran South Academy*

Friday, February 28

- *Day 5 Schedule*
 - *Go Texan Day: Spirit wear or Go Texan dress*
 - *Opening Night of Frozen JR. (MS Spring Musical): 7:00–9:30 p.m. in the FAC on the Main Campus*
-

Saturday, February 29

- Frozen JR. (*MS Spring Musical*): 7:00–9:30 p.m. in the FAC on the Main Campus
-

Monday, March 2

- *Day 6 Schedule/Regular Uniform*
-

Tuesday, March 3

- *Day 1 Schedule/Regular Uniform*
 - *Chapel: 10:20 a.m. in Andrews House*
-

Wednesday, March 4

- *Special Schedule/Regular Uniform*
 - *Early Dismissal for All Students Due to ISAS/SAES Accreditation Visit: 12:15 p.m.*
 - *PSAT Day*
-

Thursday, March 5

- *Day 2 Schedule/Regular Uniform*
 - *Report Card and Spring Narratives Released*
-

Friday, March 6

- *Day 3 Schedule/SFES Spirit Wear*

Church

St. Francis Scout Leader Wins Spirit Award



Congratulations to Den Leader David Nelson of St. Francis Cub Scout Pack 1703, who recently received a Spirit Award from our local Scouting district. David was recognized for his service to Scouting, including his work with other Pack 1703 leaders to establish one of the first Lion Dens in the district for kindergarten children. Pack 1703, the school, and the church would like to express our thanks to David and to the other Scout leaders for all the effort and enthusiasm they pour into delivering a great Cub Scouting program for our children. Congratulations, David!

Special Prayer Offerings for Lent

Please join us for special prayer offerings for Lent in the St. Clare Chapel.

- **Morning and Evening Prayer:** Monday–Thursday, March 2–April 2, at 7:00 a.m. and 4:30 p.m.
- **Contemplative Prayer:** Monday–Thursday, March 2–April 2, at 7:30 a.m. and 4:00 p.m.

All of these prayer offerings are concise sessions, fitting within a 30-minute time frame.

Shrove Tuesday—Save the Date!

Join us for our **Annual Shrove Tuesday Pancake Supper and Mardi Gras Party on February 25 from 5:00 to 7:30 p.m. in the Wheatcroft Parish Hall**. In addition to pancakes, there will be sausage, gumbo, king cake, and Mardi Gras ice cream—plus special music and lots of family fun! Tickets cost \$15 per adult and per child over age 7, with a maximum cost of \$50 per family. To RSVP and purchase tickets, [click here](#).

Wellness Sunday: A Focus on Recovery

Save the date! Join us **Sunday, March 1**, for a focus on addiction, mental health, and recovery.

- **Stephanie Robert** will be sharing her personal testimony at the **9:00 a.m. service**, and **Amanda Polich** will be sharing her testimony at the **11:00 a.m. service**.
- **At 10:00 a.m., learn about “The Neuroscience of Recovery” from Dr. Crystal Collier** as she speaks to adults about prevention and awareness strategies related to substance abuse. Dr. Collier has worked with individuals suffering from mental, behavioral, and substance-use disorders since 1991. Her areas of expertise include adolescent brain development, parent coaching, family-of-origin therapy, prevention programming, and training new clinicians. Dr. Collier created a comprehensive prevention model to teach the neurodevelopmental effects of risky behavior to children, teens, and parents. Please join us in the Wheatcroft Parish Hall following the 9:00 a.m. service.

SFSA Spring Sports Registration Closes Wednesday

Register by this Wednesday, February 19, for the St. Francis Sports Association's 2020 spring season, featuring baseball/softball, T-ball, and fourth- and fifth-grade volleyball. [Click here](#) to register, or [e-mail Ragan Cain](#) with questions.

Join Us Sunday: Adult and Teen Speaker Series

On Sunday, February 23, **Laura Gallier** will speak to teens and parents on the topic of **“Sexual Integrity.”** Laura is a seasoned speaker and author who is known for providing insightful presentations and resources on the topic of sex-related values and romantic relationships. With wisdom based on a biblical foundation, Laura empowers parents and teens to have meaningful conversations about God's plan for sex, healthy relationships, and the influence of pornography and media. **Please join us at 10:00 a.m. in the Hogan Board Room.** The presentation will last for one hour, and will be followed by a 30-minute Q&A session.

Bible Study for Moms on Wednesdays

Moms, give yourself the gift of studying God's Word with other St. Francis moms!

Seeking God first puts everything in perspective. **Join us Wednesdays at 8:15 a.m. in Andrews House on the South Campus.** Come whenever you can—in workout or work wear! We are studying the book *The Armor of God* by Priscilla Shirer.

Please contact Allison Devlin via [e-mail](#) or at 832.325.2988 with any questions.

Sundays at St. Francis Episcopal Church

- **Service Times:**
 - **8:00 a.m.:** Holy Eucharist, Rite I (casual and contemplative service)
 - **9:00 a.m.:** Family worship with Holy Eucharist (kid-friendly; updated music; all ages welcome)
 - **11:00 a.m.:** Holy Eucharist with organ and choir (traditional worship with beautiful music)
 - **5:00 p.m.:** Holy Eucharist, Rite I (casual and reflective service)
- **Let It Shine! Children's Bible Breakout:** After the children's message during the 9:00 a.m. service, all children in pre-K through middle school are invited to follow the cross to participate in the Let it Shine! Children's Bible Breakout. Children will learn lessons from the Bible, act out Bible stories, memorize key verses from Scripture, and pray together. They will return to the service during the announcements.
- **LightHouse Expressions in Art:** During the 10 o'clock hour, children in pre-K to middle school are invited to meet in the Guild Room to create an art project reinforcing the Bible lesson and key verse discussed during Let it Shine! High school youth are invited to serve as leaders and helpers during this time.
- **God Lights Our Way (GLOW):** Students in grades 5 to 8, join us at 10:00 a.m. in CE 212.
- **Breakfast Bites and Fellowship:** Please join us in the Wheatcroft Parish Hall for coffee, donuts, and light bites after the 9:00 a.m. and 11:00 a.m. services.