



ABERDEEN CATHOLIC  
SCHOOL SYSTEM

# NEWSLETTER

aberdeenroncalli.org

1400 N. Dakota St.,  
Aberdeen, SD 57401

Central Office:

605.226.2100

High School:

605.225.7440

Elementary School:

605.229.4100

Primary School:

605.225.3460

APRIL 2023

## Featured Article

*Tim Weisz- ACSS President*

I acknowledge we are still in the midst of the 22-23 school year but the task of planning for next year has been in full swing for quite some time. As you know, we are re-configuring our grades so there will be a different combination of students in each building next year.

Roncalli Primary School (next to St. Mary's) will be home to Preschool-1st grade. Roncalli Elementary School (next to Sacred Heart) will house 2nd-5th grade, and the Jr./Sr. High School (located at 1400 N. Dakota St.) will now be Roncalli Middle School/High School and will be home to the 6th-12th grade.

We believe this change is better overall for the educational experience of our students. The staff has embraced the coming changes and have been using some of the Wednesday afternoon professional development time to make sure next year's students will be in a position to grow both spiritually and academically.

A few thoughts on our new middle school concept. Housing the 6-8th grade in one wing of the N. Dakota St. location will allow us to staff teachers who only teach at that level without 'crossing over' into the high school classes.



This gives the middle school staff an opportunity to concentrate on the unique dynamics of this age group and build a community amongst the students during these adolescent years. The transition between childhood to young adult happens during these years. By building this middle school 'community', students are more apt to feel that sense of belonging as they grow into the best version of themselves.

This is but a glimpse into why we are excited about the re-configuration happening next year. We are always looking for ways to improve in delivering a quality education to your children. I like to think our recent growth in enrollment is a result of this. If you know of family or friends who would benefit from a quality Catholic education, please invite them to give us a look. You are our best ambassadors.

Blessings!

- Instilling Catholic values and promoting academic -  
excellence by nurturing mind, body and soul.

# JOIN US FOR A BLOOD DRIVE

*Are you the type to save a life?*

## BE A LIFESAVER

Thursday, April 13, 11am-3pm

What are your plans for April 13th? We've got an idea.

Join us for a blood drive at Roncalli High School! Click the link below to book your appointment. We'd love to see you!

## CONGRATULATIONS

To the State Art participants and winners.  
Abby Lohman placed 1st  
Hannah Chamberlain placed 3rd  
Lillian Jensen (not pictured) placed 3rd



Roncalli High School  
04/13/2023 (11:00 am - 03:00 pm)  
1400 N. Dakota Street  
Gymnasium  
Aberdeen, SD 57401

If you're unable to keep your appointment, please call us at 800-287-4903 to reschedule or cancel.

Thank you for being a lifesaving LifeServer!

- Appointments are encouraged, but not required.

<https://donor.lifeservebloodcenter.org/donor/schedules/zip>

Art competition participants pictured below, left to right: teacher Amy Heinz, Kathleen Luu, Logan Muselum, Anna Mitzel, Abby Lohman, JP Florey, Jude Bent, Darwin Gambler, Eva Madsen, not pictured: Lillian Jensen, Hannah Chamberlain, Kaden Larson, Nick Vipond







## CONGRATULATIONS

SD Middle School All-State Band Members  
from Roncalli: Miah Wipf, Evelyn Martin,  
Olivia Dix, Jayda Siebert, Connor Borchers

Leah Carda, Roncalli sophomore flute  
player - two time SD All-State Band  
member

Region IV Large Group Music Contest  
Results: Both the Roncalli JH/HS Choir and  
the Roncalli HS Band earned superior  
ratings at NSU on March 29.



*Thank you so very much to all who supported the music department at the Music In Our Schools Concert and Supper Fundraiser on March 27, 2023! Special thanks to the parents who took leadership roles in the event: Martin & Shawna Schmidt, Kim & Chad Henrich, Kristen Arunasalam, Brittany Sayler, Melissa Barnett, Michele Titus, Tracie Eschenbaum, Karla Chamberlain, Shannon LeFebvre, and Beth Coats — you are a blessing!! A huge thank you goes to the businesses who donated food and supplies: Jimmy Johns, The Millstone, Mulligan's, GCC, Wendy's, and Culver's. We also thank the many parents and the 5th & 6th grade band members who assisted during the event. To those who attended, thank you for your presence as well as your financial support. Proceeds will be put towards the needs of the Roncalli music department. We sincerely appreciate your generous gifts of time, talent and treasure.*

*Sincerely,  
Music Department Instructors:  
Camille Fischer, Molly Royals & Kimberly Carda*



## into a new book!

Visit the Roncalli Primary Bookfair!!  
April 3rd - April 6th, 2023

Monday - 8:00a-3:30p  
Tuesday - 7:45a-6:00p  
Wednesday - 7:30a-1:00p  
Thursday - 7:30a-12:30p

Not able to visit?  
Order online by using the QR Code below!



Visit the Roncalli Elementary Bookfair!!  
April 3rd - April 6th, 2023

Monday - 7:30a-4:00p  
Tuesday - 7:30a-6:00p  
Wednesday - 7:30a-1:00p  
Thursday - 7:30a-4:00p

Not able to visit?  
Order online by using the QR Code below!



I:55 BOOK FAIRS  
Where Faith Matters





Aberdeen Roncalli Fine Arts  
Department Presents:

# NOTHING BUT THE TRUTH

A play by Ronn Smith, based on the book by Avi

---

**PERFORMANCES**  
**THURSDAY, APRIL 20 7:30 PM**  
**FRIDAY, APRIL 21, 7:30 PM**  
**SATURDAY, APRIL 22, 7:30 PM**

Roncalli High School  
1400 N. Dakota St., Aberdeen

Doors open at 7 PM. Roncalli Activity passes will be honored.  
General admission \$5 students, \$7 adults.



VIEW OUR NEW ART INSTALLATION!

Self Guided Art Tour:  
April 20 & 22 6:30-7:15 PM

Student Guided Art Tour:  
April 21 6:30-7:30 PM

# JOIN OUR TEAM

**2023-2024 OPEN POSITIONS:**

**K-5 Grade SPED TEACHER**

**9-12 SCIENCE TEACHER**

**with or without Business**

**Asst. Track Coach**

**Asst. Cross Country Coach**

**Apply Before**

**28 APRIL, 2023**

**SEND LETTER OF INTEREST, RESUME**

**AND TRANSCRIPT TO:**

**[tim.weisz@aberdeeenroncalli.org](mailto:tim.weisz@aberdeeenroncalli.org)**





Saturday, April 15, 2023  
AT THE DAKOTA EVENT CENTER

44TH ANNUAL  
**RONCALLI  
BALL**  
A GRATITUDE GALA

Cocktails 5:00 pm • Dinner 6:45 pm • Program 7:00 pm • Dancing 9:00 pm

Tickets are \$85 and can be purchased in the  
ACSS Development Office or by calling 226-2100.

**TICKETS STILL AVAILABLE UNTIL APRIL 10, \$85 ea.**

This event brings together St. Mary's and Sacred Heart members, community members and school families and staff. We would love for you to join us. Tickets can be purchased by scanning the Handbid QR code below or at the ACSS Central Office, 1400 N. Dakota St., 605-226-2100. If you can't join us, you can bid on Silent Auction items and contribute in many other ways, also, using the Handbid app. Wondering what to wear? For guys and gals alike find the level of comfort that fits you best. If you are feeling fancy, great. You prefer semi formal, go for it. Sunday best is more your style, sounds good! We hope to see you there.







## Roncalli SonShine Patch is accepting registrations for Fall 2023 Preschool!

We provide a safe, caring, Christian environment for children of all faiths. The Sonshine Patch has different options for your child, dependent upon your needs:

**Full Day Preschool Plus! Childcare** - We offer 3 classrooms of full day preschool/childcare for children ages 3-5. Children enrolled in these rooms can attend from 7:30 a.m. – 6 p.m. All children enrolled must be completely toilet learned.

**Part-time Preschool** - We offer 3 separate sections of part time preschool. All sections will be offered based on enrollment numbers:

- 3 years old - T/Th (8:00 – 10:30 AM)
- 4-5 years old - M/W/F (8:00 – 10:30 AM)
- 4-5 years old - M/T/Th/F (12:00 – 3:00 PM)

Registration forms and more information can be found at:  
<https://www.aberdeenroncalli.org/schools/preschool>

Come and join us this fall!  
Email [pat.buechler@aberdeenroncalli.org](mailto:pat.buechler@aberdeenroncalli.org)  
or call 605-225-3460.

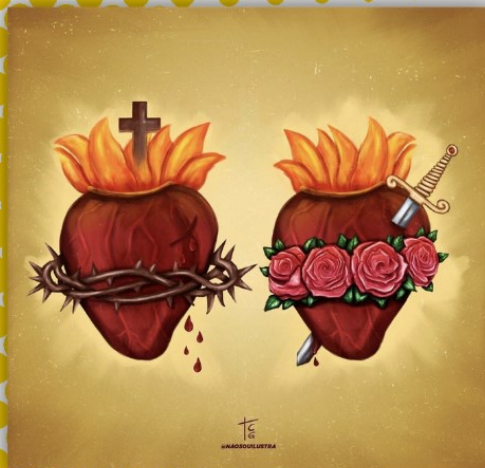
### ACSS 22-23 Help Take A Child to School Days

|              |             |
|--------------|-------------|
| September 23 | January 13  |
| October 21   | February 17 |
| November 18  | March 24    |
| December 16  | April 21    |
| May 12       |             |

On these no uniform days, every student wishing to participate is asked to bring \$1 and is not required to wear a uniform for the day. Money goes into the Help Take a Child to School fund, which provides tuition assistance. Small contributions build into something big!







## **Saint Mary's**

### **First Communion Retreat:**

Saturday, April 1- 9-11am

### **HOLY LAND PRESENTATION:** Fr. Mitchell

Wed. April 5 @ 7pm

### **YOUTH GROUP RUMMAGE SALE:**

Sat. April 15 from 8-2 in the Parish Hall

**First Communion-** Sun, April 23 @ 1:30pm

### SAVE THE DATES:

**St. Mary's Luncheon-** Sat, May 6, TBD

**Baccalaureate Mass-** Sat, May 6 @ 5pm



***St. John XXIII***  
***Pray for us.***

## **PARISH NEWS**

### **Sacred Heart**

#### **HOLY LAND PRESENTATION:** Fr. Mitchell

Sun, April 2nd @ 6pm in the Parish Hall

#### **Catholic Community EASTER EGG HUNT:**

Mon. April 10 @ 3:30pm

#### **FAMILY FAITH FORMATION:**

Wed. April 12th @ 5:30-7:30pm

#### **FIRST COMMUNION RETREAT:**

Sat. April 15 , 9am-1pm

#### **Catholic Community CONFIRMATION:**

Sat. April 29@ 10am

rehearsal on Fri. 4/28@ 7pm

### **HOLY WEEK MASS SCHEDULE**



#### **Sacred Heart**

4/6 Holy Thursday  
7pm

4/7 Good Friday  
3pm

4/8 Easter Vigil  
8:30pm

4/9 Easter Sunday  
8 & 10am

#### **St. Mary's**

4/6 Holy Thursday  
7pm

4/7 Good Friday  
3 & 7pm

4/8 Easter Vigil  
8:30pm

4/9 Easter Sunday  
7:30, 9 & 11:30am



## *TIPS to become a HEALTHIER YOU*

*Adam White, Head Trainer Avera Human Performance Center*

### **Moving Health *Forward.***

- 1.) Fats don't necessarily make you fat. Nutritional fat is used as fuel and energy for aerobic activity and endurance muscles.
- 2.) You can get addicted to sugar and junk food. When you have a constant sugar/junk food intake your body and mood can become dependent on getting said sugar/junk food.
- 3.) Vegetables are your body's best friend. Vegetables are typically low in calories and contain key vitamins and nutrients for the body.
- 4.) Supplements cannot replace real food. Supplements are beneficial for boosting the body's vitamins and nutrients but should not be a person's main source of vitamins and nutrients.
- 5.) Vitamin D helps lower your risk for diabetes, osteoporosis, and cancer. Vitamin D is key for bone health (osteoporosis deals with the bones), it prevents inflammation, which can prevent the body from producing insulin (diabetes), and can help prevent the build up of tumors (cancer).
- 6.) 64 ounces of water a day is necessary for body regulation. We should seek to get around 64 ounces of water consumption through foods and beverages in a day, when inactive. Water should still be your main source though.
- 7.) Breakfast is still the most important meal of your day. Breakfast is the first meal that should break your eight hour fast between dinner and breakfast. It allows the body to have more energy earlier in the day so that the body isn't starving or holding back energy from previous meals.
- 8.) Starting good health habits at a young age can help your health in adulthood. It has been shown that having good health habits as a child can prevent your risk for heart disease, cancer, and diabetes as an adult. The health habits you build as a child can also carry into adulthood.





Moving Health *Forward.*

## *TIPS continued.....*

Adam White, Head Trainer Avera Human Performance Center

9.) Broccoli and Brussels sprouts have more vitamin C than oranges. Broccoli contains 132 mg of vitamin C per serving and brussels sprouts contain about 75 mg, while oranges only contain 51mg of vitamin C per serving!

10.) Milk can lower anxiety and depression and it's great for the bones! Dairy products carry beta-casomorphins that get carried to the brain and act as serotonin receptors!

11.) A pound of spinach has the same amount of calories as two Oreo cookies. A pound of spinach has roughly 106 calories while two oreos have roughly 104 calories.

12.) A medieval peasant consumed more calories than the average person today. Medieval peasant males at around 2,900 calories a day. The average male today consumes 2,000-2,500 calories a day. The difference is the types of foods consumed!

13.) You burn more calories eating celery than what you do when eating celery (still a healthy option). A stick of celery has 7-15 calories. You burn 20-30 calories just chewing and digesting the celery.

14.) Dark Chocolate can be good for the skin. The flavanols can protect against sun damage, improve blood flow to the skin, and increase skin density and hydration.

15.) Daily exercise helps prevent depression and stress. Exercise produces serotonin which is a compound that people with depression tend to lack. It helps alleviate stress by pumping your body's endorphins.

16.) Eating can improve your mood. Have you ever heard of the term "hangry"? Your body needs food to function properly and get energy. Food also allows your gut to signal to your brain which produces serotonin and dopamine which are compounds that regulate your mood!