



February is the shortest month of the year, but it provides many opportunities to celebrate, boost school spirit, and educate your student body. Here are a few of the themes that might inspire the activities of your student council...

**Black History Month**  
**Potato Lover's Month**  
**National Cherry Month**  
**Canned Food Month**

### Black History Month....

- **Bulletin Board Exhibit**....post pictures and short biographies of famous black men and women on a school bulletin board or wall that the entire school community can enjoy.
- **School Assembly**...invite students from the middle and junior high to plan and present an assembly honoring famous black men and women. Each presenter can research their character, dress like them or show slides of their character while they tell the assembly of their importance and accomplishments.
- **Honor Assembly**...invite one or more prominent black citizens from your community to speak to the student body. Ask them to share information about their history, their family and their career along with any words of wisdom or encouragement they might like to share. Frame and present a special certificate to each speaker that makes them an honorary alumnae of your school or commends the example and inspiration they are to your community.

### Potato Lovers Month...



- **Pommes Frites**...commonly known as French fries or just fries in North America or chips in the United Kingdom, Republic of Ireland and Commonwealth. Work with your cafeteria staff to serve and honor the "French Fry" one day during the month.
- **Baked and Stuffed Potatoes**...pick a day of the month and sell baked potatoes at lunchtime. Be sure and have a variety of things that can be put in or on the potatoes. For example: sour cream, chives, bacon bits, broccoli and melted cheese.
- **Potato Chips**...contact your local potato chip distributors. See if they will help you honor the mighty potato by donating enough small bags of chips to give to each member of the student body.

### National Cherry Month...

- **Pie and Ice Cream Social**....Advertise that you need people to bake cherry pies and deliver them on a given day of the month. Contact your students and ask them to contact the members of their family and their friends that love to bake. Purchase vanilla ice cream and invite the bakers to join your student body for dessert one afternoon just before dismissal.
- **Donut Sale**...sell donuts filled with cherry jelly one morning before school or during the morning break along with juice or hot chocolate.
- **Parent Envelope**...research the health benefits, create a flyer, and insert it in the envelope that goes home weekly to the parents.
- **PA Announcement**...honor the cherry with a clever PA announcement that informs the school community of the ways we can encounter a cherry and the benefits of eating cherries and drinking cherry juice. Play The Cherry Tree Carol. You can download it to a MP3 player at <http://www.thanksmuch.com/christmas/cherry-tree-carol-mp3.html>
- **Sponsor An Ice Cream Soda Sale**...don't forget the maraschino cherries to put on top of the ice cream or whipped cream.



### Canned Good Collection.....

- Collect canned goods that can be opened with a flip top for the homeless.
- Collect staples like peanut butter, crackers, spaghetti sauce and pasta, canned fruits, etc. for your local food pantry. Sponsor a contest between classes to see which class can bring in the most pounds of canned goods. Give each class of the things your food pantry needs. At the end be sure to let the school and parish community know just how many pounds of food you were able to





collect. Go for it!

**February 16... Shrove Tuesday...  
International Pancake Day...**

Nobody knows just how long people have been making and eating pancakes but you could almost call the flat bread made by primitive families twelve thousand years ago, a pancake. Pancakes were made by grinding grains and nuts and adding water or milk. This mixture was then shaped into flattened cakes and baked on the hot stones surrounding the fire.

I suspect that the making and eating of pancakes has always been much the same..... a noisy, stimulating, exhilarating, greedy, happy time. Pancakes just seem to affect people that way. So it's not too surprising that two happy events for people..... pancakes and

festivals are often linked together.

Perhaps the best known one is Shrove Tuesday or Pancake Day, which heralds the beginning of fasting in Lent. On this day (so the historians say) there were feasts of pancakes to use up the supplies of fat, butter and eggs... foods that were forbidden during austere Lent.

In England there are several celebrations on this day but perhaps the best known one is the Pancake Day Race at Olney in Buckinghamshire which has been held since 1445. The race came about when a woman cooking pancakes heard the shriving bell summoning her to confession. She ran to church wearing her apron and still holding her frying pan, and thus without knowing it, started a tradition that has lasted for over five hundred years.

According to the current rules, only women wearing a dress, no slacks or jeans, an apron and a hat or scarf, may take part in the race. Each contestant has a frying pan containing a hot, cooking pancake. She must toss it three times during the race that starts at the market square at 11.55 am. The first woman to complete the winding 375 metre course (the record is 63 seconds set in 1967) and arrive at the church, serve her pancake to the bellringer and be kissed by him, is the winner.

She also receives a prayer book from the vicar

On the same day at 11 am at Westminster School in London, a verger from the Abbey leads a procession of eager boys into the playground of the school for the Annual Pancake Grease.

The school cook, who must be something of an athlete to manage it, tosses a huge pancake over a five metre high bar and the boys frantically scramble for a piece. The scholar who emerges from the scrum with the largest piece receives a cash bonus from the Dean. The cook also gets a reward.

Across the Channel in France the main ceremonial day, for pancake eating is Candlemas on the 2nd of February. This holy day is six weeks after Christmas and is the day that Christ was presented at the temple by his mother. During this festival, French children wear masks and demand pancakes and fritters.

In various parts of the country, there are different customs. In Province, if you hold a coin in your left hand while you toss a pancake, you'll be rich. And in Brie the first pancake (which is never very good anyway) is always given to the hen that laid the eggs that made the pancake. And it's always regarded as bad luck to let a pancake fall on the floor while tossing it.

Legend has it that Napoleon, who liked to make and eat them with Josephine, blamed the failure of his Russian campaign on one he had dropped years before at Malmaison during Candlemas.

Pancakes are the traditional treat of the Jewish Hanukkah festival. They are fried in oil to commemorate the oil found by the Maccabees when they recaptured Jerusalem from the Syrians, two thousand years ago. The one day's supply of oil for the temple lamps burned miraculously for one week. And, tradition says, the wives of the soldiers hurriedly cooked pancakes behind the lines for their warring husbands.

Large or small, fat or wafer thin and made with a wide range of flours, pancakes are given different names by different peoples. There are Hungarian palacsinta, Chinese egg rolls, Jewish blintzes, Russian blini, Italian cannelloni, Swedish plattar, Mexican tortillas, American hotcakes, German pfannkucken, Norwegian lefser, Austrian nockerin, Welsh crempog and Australian pikelets: but undoubtedly the most famous of them all is the great French crepe.

## Ash Wednesday

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday. Check out these websites to learn more about Ash Wednesday.

<http://www.catholic.org/clife/lent/ashwed.php>

<http://www.kencollins.com/Question-02.htm>

[http://www.cin.org/users/james/files/ash\\_wed.htm](http://www.cin.org/users/james/files/ash_wed.htm)

Find out the reason for ashes on Ash Wednesday as well as the answers to other frequently asked questions. Use your knowledge for small classroom presentations, PA announcements, or an assembly connected with a prayer service or Mass on Ash Wednesday which your student body attends.



## Jeans Day

February 26<sup>th</sup> is the birthday of Levi Strauss. The man who invented blue jeans, a Jewish immigrant who sold the sturdy pants to California miners, is worth studying. Find out more about Levi Strauss for your fellow students and, after getting permission from your principal, invite them to come to school wearing jeans.

Remind them that cut-off jeans or “holy” jeans are not acceptable.

### Student Council In-Service Tip

#### A Reminder....

Does your student council have its own file? The drawers of your file should contain:

- ▶ a folder for each one of your student council projects that includes an activity sheet and an evaluation sheet
- ▶ copies of the Leadership Times to use as resources in the future
- ▶ the agendas and minutes from past meetings
- ▶ your student council constitution and bylaws
- ▶ helpful handouts that cover such things as: time management, parliamentary procedure, possible student activities, future projects, readings for special occasions, prayer services, an Inaugural Ceremony, and campaign rules
- ▶ forms (i.e. agenda planner, activity worksheets, etc.)





To Achieve Your Dreams  
Remember Your ABC's



## "In a Moment"

by Teresa Huggins

**A**void negative sources, people, places, things and habits.

**B**elieve in yourself.

**C**onsider things from every angle.

**D**on't give up and don't give in.

**E**njoy life today, yesterday is gone, tomorrow may never come.

**F**amily and friends are hidden treasures, seek them and enjoy their riches.

**G**ive more than you planned to.

**H**ang on to your dreams.

**I**gnore those who try to discourage you.

**J**ust do it.

**K**eep trying no matter how hard it seems, it will get easier.

**L**ove yourself first and most.

**M**ake it happen.

**N**ever lie, cheat, or steal, always strike a fair deal.

**O**pen your eyes and see things as they really are.

**P**ractice makes perfect.

**Q**uitters never win and winners never quit.

**R**ead, study, and learn about everything important in your life.

**S**top procrastinating.

**T**ake control of your own destiny.

**U**nderstand yourself in order to better understand others.

**V**isualize it.

**W**ant it more than anything.

**X**cellerate your efforts.

**Y**ou are unique of all God's creations, nothing can replace you.

**Z**ero in on your target and go for it!

"In a moment"... a phrase repeated by many, especially during the busy times of our life. "In a moment, I will help you... In a moment, I will answer your question.. In a moment, I will call a friend in need..." It seems like there are so many moments that are wished away, so many moments that are worried away, and so many moments that are wasted away... think of the possibilities in the little moments of life... if collectively people began to cherish the little moments and use them in a positive way, our world would be transformed!

Pay attention to the seemingly insignificant moments in a day and use them to leave an imprint on the heart of another person...

**In a moment, an encouraging word can be shared... a smile can be given... a prayer can be sent...**

**In a moment, a decision to be more positive can be made... a new perspective gained... a solution discovered...**

**In a moment, a new adventure can begin... a door to possibilities opened... a new project begun...**

**In a moment, a child can belong... a child can learn... a child can be loved...**

**In a moment, an invisible student can be asked to join... a troubled student can be helped... a colleague thanked...**

**In a moment, doubt can be diminished... fear can be removed... strength can emerge...**

**In a moment, laughter can radiate throughout a room... warm fuzzy can be shared... a sparkle can be seen...**

**In a moment, a life can be touched... a positive difference can be felt... a school can be transformed...**

Take a moment to find the magic of the day... take risks to touch the lives around you... if we all believe we will become connected with one another... imagine the endless possibilities in one little moment of the day!!

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Consider using this reflection as part of a morning prayer at an assembly or retreat. The following songs might be a nice addition to enhance this special message:



"Right Now" - Van Halen

"My Time on Earth" - Bill Gilman

"Change the World" - Eric Clapton

"Make it Happen" - Mariah Carey

"What One Man Can Do" - John Denver

"Hanging by a Moment" -

Lifehouse

“One Moment in Time” - Whitney Houston