

Our Lady of Sorrows Academy

THE CAVALIER

May 2024 Volume 2, Issue 8



Cavaliers

Sinite Parvulos Venire Ad Me
(Let the children come to me)

Fourth Quarter
Brings Field Trips
and More.

Dear Friends and Families,

The sunny month of May is upon us. The Palo Verde trees are blooming with their lovely yellow flowers, beautifying our campus, and reminding us of the glory of our risen Lord.

Traditionally, May is dedicated to Our Lady, so we will have the Pilgrim Virgin statue traveling daily to our K-12 classrooms with a little shrine and flowers prepared to receive her. We hope that this will both honor Our Mother, and kindle in the hearts of the children a greater love for her.

We are also happy to announce that the marble Pieta statue has arrived and we are planning to construct a shrine on the grounds.

The end of our academic year approaches and we hope to keep our focus until the end. I wish you all a happy feast of the Ascension.

In Christ,

Fr. Christopher Pedersen, Principal



ABOUT OLOSA

The Boys Weight Room

The weight room was built in 2013 and it is located near the Cavaliers baseball field. It is an essential part of our boys physical education because they have the opportunity to practice and to learn about the importance of strength conditioning. When practiced regularly, conditioning increases overall strength, flexibility, and stamina, while decreasing the risk of injury by supporting bone and joint health. The weight room also helps the growth of our Cavaliers baseball team in order for the boys to run faster, throw further and hit harder.



Field Trip Extravaganza



Kindergarten's field trip to Butterfly Wonderland



3rd/4th Grade's field trip to Musical Instrument Museum



1st Grade's field trip to Shamrock Farms



9th-12th Grade Girls' road trip to California's Bay Area



7th/8th Grade's trip to the Phoenix Zoo with the Sisters



7th-12th Grade Boys' field trip to Rush Fun Park Xtreme



OLOSA INTERVIEW

with Miss Jenn Castañeda, Academy's Secretary

Q: What do you enjoy most about being our Academy's secretary so far? A: It's difficult to choose what I enjoy the most, but working with the priests, sisters, teachers and students here makes such a difference in your everyday life. The happiness that kids bring in everyday and the wisdom from everyone else fills your day with happiness.

Q: How long have you been bilingual with English and Spanish? Describe the journey. A: I have been bilingual for 20 years now. It was a bit difficult as a child moving from another country, starting a new school without knowing the language, but once I was immersed in it, it was much easier to learn it.

Q: Where were you born and raised? A: I was born in the state of Mexico but was raised in a small town in Guerrero. We moved to Phoenix in 2003 and have lived here ever since.

Q: What is your ultimate breakfast order? A: Chilaquiles and a nice hot cup of coffee!

Q: List 3 of your hobbies. A: (1) Reading: It takes you on different adventures within the pages and you get to learn many great things. (2) Traveling: You get to see so many beautiful places and meet great people along the way. (3) Learning New Things: Life is full of changes and it's good to learn a little of everything.

Q: What is your favorite book? A: One of my all-time favorite books to read and reread is The Narnia Chronicles. They have such a wonderful message for every one that reads them.

Q: What life advice would you like to share with our students? A: Always remain in the hands of God.

Archery Program

Brother Benedict teaches archery to 4th-12th Grade students every week. He says, "I believe that one of the most important factors in teaching archery is pointing out the necessity of discipline and details. Our young archers see for themselves, the down range proof, that attention to the little details (*the 11 steps to archery success*) and a strong self-discipline always lend to tighter groupings on the target. Through archery the students learn to ACCEPT INSTRUCTION and RECEIVE CRITICISM to be a more accurate shooter. My hope is that our program teaches the students how to be successful while giving them a wholesome gratification of improving in a difficult and enduring task. My primary goal with the Archery Program here at OLOSA is not just to help our children become the best archers they can be but also to instill in them a lifelong spirit and attitude of "I want to do this. I can do this. I will keep trying." Thank you, Brother Benedict, for sharing your talents with our students. Stay tuned for Br. Benedict's summer archery training schedule.





Pictured above: Our students enjoying their hot lunch! Thank you to Mrs. Meghan Henry and other volunteers for bringing back our hot lunch program. The next hot lunch will be served on **Monday, May 13th** to celebrate the feast of Our Lady of Fatima! Pizza will be served and it will cost \$5 per student.

Teacher Appreciation Day

Teacher Appreciation Day will be on Tuesday, May 7th! On this day, may we all show our appreciation for our exceptional staff at Our Lady of Sorrows Academy. To thank our staff for their time and dedication to educate our children, **we are encouraging all students to bring in a small token of appreciation.** For example, students could give their teachers a thank you card, or flowers, or bake treats, etc.



MAY SCHOOL ANNOUNCEMENTS



Tuesday, May 7th:

National Teacher Appreciation Day

Wednesday, May 8th:

Sung Mass for Rogation Day

Thursday, May 9th:

Ascension Thursday - *No School*

Friday, May 10th - Saturday, May 11th:

Upper Academy's Spring Play at 7pm

Friday, May 24th:

Last Day of School for K - 6th Grades

Monday, May 27th:

Memorial Day - *No School*

Friday, May 24th - Wednesday, May 29th:

Upper Academy's Final Exams - *Then Summer Break!*

STAFF BIRTHDAYS



Miss Jenn Castañeda

Miss Bonnie O'Brien

Mr. James Underwood

Miss Michaela Wantland

SPECIAL FEAST DAYS

Thursday, May 9th:

Ascension of Our Lord

Sunday, May 19th:

Feast of Pentecost

Thursday, May 30th:

Feast of Corpus Christi

Friday, May 31st:

Queenship of the Blessed Virgin Mary

