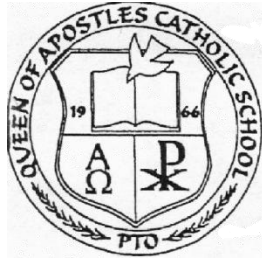


The Q of A Weekly



April 2, 2014



INTERNATIONAL FESTIVAL & 5K RACE/FUN RUN SATURDAY MAY 31ST



Our Annual International Festival and "Soar like an Eagle" 5K Run is our largest Community Outreach event honoring you & your children & celebrating the unique diversity within our school & parish



- 1 Mile Fun Run Starts at 8:00 AM
- 5K Run starts at 8:20 AM
- Online registration deadline - 05/30
<http://www.novaracetiming.com/Race/QueenofApostles5k.html>
- Mail-in deadline - post marked before 05/15/2014. SEE BELOW FOR FORM.
- Early registration by 04/15/14 - \$5 discount.
- Registration Fees:

5K Race	\$25
5K Youth 18 & Under	\$20
1 Mile fun Run	\$10
Family pack limited to 4 entries	\$75

AFTER THE RACE, ENJOY SOME FUN, FOOD & ENTERTAINMENT AT IFEST!!

- Festival starts at 10 AM
- Students performances, including the 5th Grade Living Wax Museum
- Irish Dancers
- FUN ZONE: Carnival games and rides!

Food from Around the World...

- Authentic international & local food from our very own school families & parishioners
- Food Court: \$10/adult; \$5/child under 12
- Food Trucks at 1 PM

Contact: Maria Marvich: mbmarvich@yahoo.com

Contact: Moe Isaac: Imodish66@gmail.com

LENTEN SOUP SUPPERS: Our school will host the last Wednesday night Lenten pot luck soup supper: **April 9th from 5:30 – 7 p.m.** We need donations of 3 soups (meatless is fine) and 1 macaroni & cheese dish to share – each dish enough to feed 10. You can also bring salad, bread or cheese. Sign up at: www.SignUpGenius.com/go/10C0C4DADAB23A2FD0-lenten/1863692

PTO GENERAL MEETING: The PTO General Meeting will be held on **Wed. Apr 9th at 7 p.m.** in the gym. All parents are welcome to attend. Have dinner at the Lenten Soup Supper and then come to the meeting while your children watch a family movie. **A Fairfax County police officer will discuss Cyber Safety.**

FAMILY MOVIE NIGHT: Let the students enjoy a free movie in their pj's and slippers in the multipurpose room while parents attend the general PTO meeting on **Wed. Apr 9th from 6:45 to 8:00 p.m.** Concessions will be for sale. Chaperones are needed. Must be VIRTUS trained/8th grader accompanied by VIRTUS trained adult. Sign up at <http://www.signupgenius.com/go/10C0C4DADAB23A2FD0-family>

MASS COLLECTION: The second collection at Mass next weekend (**Apr 5th/6th**) will for the benefit of our School. The PTO encourages students to wear their uniforms to any Mass this weekend. **ALSO, ANY STUDENT THAT IS IN UNIFORM AND ARRIVES 15 MINUTES EARLY MAY SPEAK WITH THE USHERS ABOUT ASSISTING AT MASS.**

CAR RAFFLE TICKETS: All Q of A school families should have received their car raffle tickets in the mail. Unsold tickets and sold tickets stubs must be returned to the rectory by **Sun April 13th**. They can also be dropped off at the school by April 11th. If you are interested in selling additional tickets contact qofa_pto@yahoo.com. **60% of the proceeds collected by our parish are returned to the parish to support the PTO and youth.**

ST. FRANCIS BOYS' CLUB: Boys in 4th to 8th grade are invited to join Fr. Javier the **first Friday** of each month for sports and chats. Parents need to come a few minutes early to sign in their child.

FIAT GIRLS CLUB: Girls in 4th to 8th grade are invited to join Mother Maria the **first Friday** of each month for FIAT girls club. Please meet at the convent Chapel at 4:00 p.m. The meeting ends at 5:30 p.m. Bring a snack/drinks to share.

Sisters of St. Joseph Lenten retreat this **Sat. April 5th**, from 9-5 at the convent. Theme: "I believe" based on the blind man in Jn. 9:34. There will be adoration, confession with Fr. Javier, and reflections on the Cross, the Bible, and the Blessed Sacrament. Lunch will be provided. All girls grades 4-12 are invited.

SUMMER VACATION BIBLE SCHOOL: Due to extensive renovations scheduled for Q of A this summer there will not be Vacation Bible School here. Three local parishes have been contacted about absorbing our families, including some adult and teen volunteers. The options are below:

- July 14th – 18th at St. James. Contact Sr. Regina: dre@stjameschool.org
- Jun 23th – 27th & July 7th – 11th at Blessed Sacrament. Sign up at www.blessedsacramentcc.org/school
- July 28th – August 1st at St. Charles Borromeo. Contact: carolynlange@verizon.net.

UMS SUMMER CAMP: Are you looking for a fun alternative to day care during the school's Summer Break? UMS Martial Arts is offering a summer camp from June 23rd to Aug. 29th.



SCHOOL CALENDAR: Don't On the website – www.queenofapostlesschool.org

Dates to Remember

Apr 4	St. Francis Boys Club & FIAT Girls Group
Apr 7	12:15 Dismissal – Extended Day Available
Apr 9	PTO General Meeting & Movie Night
Apr 17	12:15 Dismissal – Holy Thursday.
Apr 18-25	No School – Good Friday/Easter Break

May 31, 2014- Queen of Apostles Second Soar like an Eagle 5K Race and 1 Mile Fun Run

Date and Location Saturday May 31 at 4409 Sano St. in Alexandria VA.

Course: Starts and ends at Queen of Apostles School. The course is flat with a sloping hill Midway, tree covered streets. There will be two water stops on the 5K course.

REGISTRATION 2 OPTIONS:

1) <http://www.novaracetiming.com/Race/QueenofApostles5k.html>

2) Paper forms delivered to school office M-F or church mail box on weekends

Checks payable to Queen of Apostles 5K

Adult 5K \$25 (\$30 race day) _____

Under 18 5K \$20 (\$25 race day) _____

Family Pack- 4 entries \$75 (\$80 race day) _____

1 mile \$10 (Race Day \$15) _____

I want to save \$5 on my entry by not ordering a T-shirt _____

TOTAL AMOUNT PAID _____

Packet pick-up Friday May 30 @ 5-9 pm and Saturday May 31 @ 6:30-7:30 am at Queen of Apostles

Awards: top 3 male and female overall, top 2 in each age group, random awards and drawings

Contacts: mbmarvich@yahoo.com or mlenn77@gmail.com

Transponder timing provided by Nova Race Timing will be used to score the 5K race.

TO SPONSOR: email jccrowley@hotmail.com

Last name _____ First Name _____

Email Address _____ Phone number _____

Birth Date _____ Age on Race Day _____ sex: male ___ female ___

T-shirt size adult S/M/L/XL _____ youth S/M _____

Please include for **each** additional registrant if registering as FAMILY PACK (continue on back)

*Name _____ T-shirt size _____

Birth Date _____ Age on Race Day _____ sex: male ___ female ___

*Name _____ T-shirt size _____

Birth Date _____ Age on Race Day _____ sex: male ___ female ___

*Name _____ T-shirt size _____

Birth Date _____ Age on Race Day _____ sex: male ___ female ___

Mandatory Liability Waiver: I know that participating in and volunteering for athletic events is potentially hazardous, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of an event official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates, and roller blades are not allowed in these events and I will abide by the guidelines. Having read this waiver and knowing these facts and in consideration of my participation, I, for myself and anyone entitled to act on my behalf, waive and Kingstowne Striders and Springfield Days, any and all sponsors and affiliated organizations, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For the safety of all participants, no headphones, animals, in-line skates, skateboards, bicycles, or roller blades (in-line skates) are permitted

Signature (parent if under 18)

Date