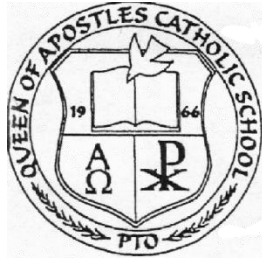


The Q of A Weekly



April 9, 2014



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

5K/I MILE FUN RUN

- Run event starts at 8 a.m.
- Run/walk the 1 mile fun run with your kids.
- There will be:
 - Fun & Exercise!
 - Race awards and
 - Raffle prizes and giveaways!
- Registration has begun! See Order Form below, or register online:
<http://www.novaracetiming.com/Race/QueenofApostles5k.html>

NOT RUNNING? WAYS YOU CAN HELP:

- Registration/Package Pickup
- Race Day Registration
- Water Station Staff
- Direct Runners on the Race Route
- Direct Parking

To help, contact Natalie Coe: padeeya@yahoo.com

INTERNATIONAL FESTIVAL

- This year the race is followed by an International Festival. Enjoy:
 - Performances by each class
 - International Food,
 - Rides and
 - Free Live Entertainment from Ireland, Hawaii, Ghana and more.
- The Festival begins at 10 a.m. See Ticket Order Form below.

WAYS YOU CAN HELP:

- Bring a dish from your culture! Sign up below:
<http://www.signupgenius.com/go/10C0C4DADAB23A2FD0-international>
- Not into cooking? You can still help!
 - set up, decoration, clean up,
 - food court,
 - ticket sales,
 - manning rides/games,

Sign up below:

<http://www.signupgenius.com/go/10C0C4DADAB23A2FD0-international1>

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General info, to volunteer, perform/sponsor contact Moe: imodish66@gmail.com or Kristen Foss: fosskristen@live.com.
Other information: Maria Marvich: mbmarvich@yahoo.com, Mike Lenn: mlenn77@gmail.com, Flavia Sampaio: fsampaio@aol.com or Lourdes Ladesma: llsilodi@aol.com
Race day vendor information: Stephanie Liller: stephanie.liller@verizon.net
Course information: TJ Ward: fourwards4@verizon.net
School running program: Laurie Stio: l.stio@queenofapostlesschool.org

GRANDPARENTS DAY: The school would like to send a personal invitation to the grandparents (or special person-aunt, uncle, cousin if no grandparent is available) of each student to attend this celebration. Please fill out the address form below and return it to the school as soon as possible.

PASSIVE FUNDRAISING REMINDER: Box Tops for Education is a great way to earn money for the school. All you do is buy the products you enjoy from cereal to t-shirts, look for the \$.10 label, clip, and send into school. It adds up fast when we all send in our Box Tops. We collect all year long! Don't forget to save them up over the summer as well.

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>

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 gofa_pto@yahoo.com. **60% of the proceeds collected by our parish are returned to the parish to support the PTO and youth.**

SATURDAY 5K TRAINING RUNS: Not ready to run a 5K? Then join us for Saturday training runs starting April 5th at 9 am. Be in Hannan Hall by 9 am to meet other runners to jog all or part of the 5K course. Then, finish up the run with coffee, fellowship and light refreshments. Contact Maria Marvich: mbmarvich@yahoo.com

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 forget to check out the School Calendar on the website – www.queenofapostlesschool.org

Dates to Remember

Apr 9	PTO General Meeting & Movie Night
Apr 17	12:15 Dismissal – Holy Thursday. No Extended Day.
Apr 18-25	No School – Good Friday/Easter Break
May 3	2 nd Grade First Holy Communion
May 5	Grandparents' Day. 12:15 Dismissal
May 23	Field Day

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

Early Registration deadline: **4/15/2014**. Checks payable to Queen of Apostles 5K

Adult 5K \$25 (\$30 race day; \$20 early reg.) _____

Under 18 5K \$20 (\$25 race day; \$15 early reg.) _____

Family Pack– 4 entries \$75 (\$80 race day; \$70 early reg.) _____

1 mile \$10 (\$15 race day; \$5 early reg.) _____

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 James Crowley 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



MAY 31, 2014 ★ **10:00-3:00**
QUEEN OF APOSTLES CATHOLIC SCHOOL
4409 SANO STREET, ALEXANDRIA, VA

BUY YOUR FOOD COURT TICKETS NOW! **Food Court Opens at 11**

_____ Adult Food Court Tickets @ \$10 each = \$_____

_____ Child (12 and under) Food Court Tickets @ \$5 each = \$_____

_____ *Family (2 adults, 2 or more children) Food Court Tickets @ \$30 = \$_____

*Please indicate number of children's tickets needed in Family package _____

BUY YOUR FUN ZONE TICKETS NOW! **Fun Zone Opens at 11**

_____ Child Fun Zone Tickets @ \$10 each = \$_____

_____ *Family (3 or more children) Fun Zone Tickets @ \$30 = \$_____

*Please indicate number of children's tickets needed in Family package _____

TOTAL: \$_____ Check made out to: "Q of A PTO", send to school office

NAME: _____

EMAIL: _____ PHONE: _____

IT'S NOT TOO LATE!! JOIN CYO TRACK!



1 Spring Meet

May 3rd - 5th - 8th grade

May 4th 3rd - 4th grade

Cost: TBD



Practice Days and Times

Tuesdays/Thursdays at 3:30pm - School Parking Lot/Gym
(inclement weather)

Sundays at 10:30am - Noon Thomas Jefferson HS

Coach: Gerry Llamas

Contact Information: Lia Pendarvis

LIA.PENDARVIS@YAHOO.COM

703-447-7596 - CALL OR TEXT



Exciting plans are underway for our next annual **Grandparents Day at Queen of Apostles School.** We would like to send a personal invitation to every grandparent (or special person-aunt, uncle, cousin if no grandparent is available) of each student to attend this fun and extraordinary celebration.

The date is Monday, May 5th

Please fill in the form below and return it to school as soon as possible. Thank You!

Name of student(s) _____

Grade(s) _____

Names and addresses of grandparents or guests to invite
