

GUARDIAN ANGEL

ACADEMY

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HE WILL COMMAND HIS ANGELS CONCERNING YOU TO GUARD YOU IN ALL YOUR WAYS - PSALM 91:11

Friday, November 12, 2021



TEACHER SPOTLIGHTS

Each week we will spotlight one of our outstanding teachers here at Guardian Angel Academy.

MRS. MELISSA BENOVITCH – 3RD GRADE

Hello. My name is Ms. Melissa Benovitch. I have been with the Catholic Schools for my entire career of 23 years. I am excited to be one of the third grade teachers here at Guardian Angel Academy. I attended St. Stephen School as a student and am currently a member of the newly formed St. Thomas the Apostle parish in West Mifflin. I attended Brashear High School before going onto Penn State for my Elementary and Kindergarten Education degree and Duquesne University for my Reading Specialist certificate. I have taught at several schools in the Diocese of Pittsburgh including Assumption School, St. Germaine, St. Agnes, and St. Margaret of Scotland. I have taught kindergarten, first, third, and fourth grades. My family consists of my husband of 26 years and my son, a recent Central Catholic Viking. This fall we were looking forward to becoming Clarion Golden Eagles. I



enjoy teaching, reading, and crafts when I have the time. This summer we adopted a new puppy we named Ladybug. I look forward to a fantastic year!



CLASSROOM CHRONICLES

Each week we will highlight the amazing things that are going on in our classrooms here at Guardian Angel Academy.

MR. JORDAN WIEGAND

(HEALTH - GRADES 3-8 AND PHYSICAL EDUCATION - GRADES K-8

It has been great getting to know each student at Guardian Angel Academy and I appreciate how respectful and welcoming everyone has been! In Physical Education

we have had fun learning new games and covering various activities. From K-4 we have focused on locomotor skills and skills relating to sport. We have worked on topics such as throwing and kicking all the way to skipping and hopping through fun engaging games. Each grade has completed different activities that are developmentally appropriate from tag games such as tunnel tag to battle ship for the older ages. Grades 5-8 have been more focused on sport and modified team activities that engage everyone! Students have completed three units thus far and they are kickball, football, and soccer. Those students have learned new kickball games such as Colony Ball and Mat Ball and for football we have played Ultimate football. In soccer we just finished playing Futsal! Throughout each unit the students have played either small sided games or large-scale games in regards to soccer and football. Looking forward the students will move into our non-traditional games unit where they will learn Hand Ball and Tchouk Ball.

We have modified the traditional health class setting and have now tied it into Physical Education to make it more interactive, fun, and engaging. To begin with every class, the students are learning anatomy for this first unit. Our focus is on larger muscle groups and varies depending on grade level. Some of those muscles we have learned include our Gastrocnemius, Quadriceps, Hamstrings, Gluteus Maximus, Pectorals, Biceps, Triceps, Deltoids, Obliques, and Abdominals. The students have learned many exercises and how we

can make each muscle stronger depending on what exercises we complete. Some of the learned exercises include crunches, elevated crunches, sit ups, planks, side planks, push-ups, diamond push-ups, modified push-ups, forward lunges, squats, wall sits, and calf raises. The students have also learned about cardiovascular fitness and how we can strengthen our hearts! Once we complete this topic we will then move into nutrition. A unit in which the students will learn new games that directly correlate with nutrition. We will heavily focus on MyPlate!



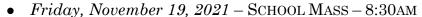




GUARDIAN ANGEL ACADEMY'S THANKSGIVING FOOD DRIVE

• Our students will be collecting nonperishable food items for the St. Elizabeth Ann Seton Food Pantry for our service project for Thanksgiving. We will be collecting items from Monday, November 15th through Friday, November 19th. There will be a box in each classroom to collect the food. On Tuesday, November 23rd our students will be attending Mass for our Thanksgiving School Liturgy at 8:30AM. THE STUDENTS WILL NEED TO BE IN THEIR MASS DAY UNIFORMS. Our Students will process into Church with one of their nonperishable items. Thank you for your generosity, especially during this time when so many people are in need!

UPCOMING EVENTS



- Tuesday, November 23, 2021 SCHOOL MASS 8:30AM
- The students will need to be in their Mass day uniforms.
- Wednesday, November 24, 2021 NO SCHOOL THANKSGIVING VACATION
- Thursday, November 25, 2021 NO SCHOOL THANKSGIVING DAY
- Friday, November 26, 2021 NO SCHOOL THANKSGIVING VACATION
- Monday, November 29, 2021 NO SCHOOL THANKSGIVING VACATION
- Tuesday, November 30, 2021 SCHOOL RESUMES

Many Blessings,

Mr. Munz

SRCES - SOUTH REGIONAL CATHOLIC ELEMENTARY SCHOOLS

GIVING TUESDAY 2021

Giving Tuesday is right around the corner - November 30, 2021, and this day of generosity not only helps financially but also allows us to spread the news and goodness that comes from our schools. (Guardian Angel Academy, Archangel Gabriel School, Ave Maria Academy, John F. Kennedy Catholic, Madonna Catholic,

Mother of Mercy Academy, St. Louise de Marillac).

Last year we had a goal of reaching 500 Donors, which our amazing communities surpassed! Our prayer is that we reach the same donors and reach the financial target of \$32,000 and establish our Regional Angel Fund - RAF.





HOLIC ELEMENTARY

WHAT IS AN ANGEL FUND?

Angel Funds are reserved funds that can only be attributed to those families that wish to experience a Catholic Education but cannot always afford the cost of tuition. Donations to RAF cannot be used for any other purpose than tuition assistance. With the help of our community, our goal is to have an established fund of \$30,000 to assist families for the 2022-23 school year.

HOW CAN I HELP/GET INVOLVED?

Without the dedication of our families, Catholic Education would not be possible. With parent encouragement and community support, we can show the surpassing value of a passionate Catholic Education. Our schools will remain strong with your continued commitment, and our region's image will grow and be a shining light. Consider doing the following to support our region:

- Spread the word about our region by following us on Instagram and Facebook **@SRCESpgh**. By keeping up with us on social media, you will be informed of what is happening in our region and get updates on all the fantastic things our students are doing.
- Participate and encourage others to participate in the region's Giving Tuesday.

www.srcespgh.org/give

- The proceeds directly support our schools and allow the region to continue to promote Catholic Elementary Education.
- If you would like to volunteer for the region in general fundraising, image recognition, and community outreach, please contact us at info@srcespgh.org
- We also ask for your prayers as we build and support our community.

With Prayers, SRCES Administration

