

SHEHAN SNAPSHOT!



IMPORTANT DATES:

- Progress Reports Distributed **10/10**
- Coffee Talk with the Principal **10/16 @8:15am**
- Trunk-Or-Treat **10/30 @6-8:30pm**
- Spooky Spirit Day **10/31**
- End of Trimester 1 **11/14**
- Half Day 11/14 (**11:30am Dismissal**)



Take a look at the 'Cardinal Calendar' & upcoming school events!

Greetings Cardinal Shehan Family,

October is **Breast Cancer Awareness Month**. Students will be allowed to dress down in **pink** next Friday, **October 17, 2025**. Students who make a **\$2 donation** can earn an additional out-of-uniform pass for **A FUTURE DATE**. All of the funds collected will go to the Johns Hopkins Kimmel Cancer Center.

Coffee with the Principal is coming up soon! Join me on **October 16 at 8:15 AM in the gym**. We'll chat about what's going on at school and how we can keep making Cardinal Shehan a great place to learn and grow.

T1 Progress reports were sent home today. If you have any questions or concerns, please contact your child's teacher. They're happy to help!

It's time to pay your child's **Club Fee**. Scan the **QR code** or **click the link below** to make your payment. You can either pay the full **\$150** or just **\$50** for this trimester.

Our **Annual Giving Campaign** has started! A big thank you to all the parents who have already donated. If you haven't yet, please visit the Cardinal Shehan website to make your gift. Every donation helps support our school and students.

Our kindergartners made sweet **thank you** and **get well** cards for patients and staff at our new partner, **Good Samaritan Hospital**. These thoughtful cards are sure to bring smiles and joy. Big thanks to **Mrs. Kim** and her amazing students! Let's keep working together to help Cardinal Shehan School shine!

Soaring High Together,

Dr. Barney Wilson
Principal

CLUB PAYMENTS

As a gentle reminder, Club payments are now being collected. Families may either submit the **FULL \$150 payment** or divide it into **three installments of \$50 per trimester**.

Please click here or scan the QR code below to make a payment. Homeroom teachers will collect all cash payments sent in with students.

To help us keep clubs running smoothly, please submit your payment as soon as possible.

For any questions, contact the **Main Office** at **(410) 433-2775**.



PICTURE DAY PHOTOS

School pictures are ready!

To order, log in to your account on mylifetouch.com or create an account using your student's student ID number.

All families can also log on and order a **FREE** Digital SmileSafe card.

More about the Smilesafe program [HERE](#).

Thank you!

Please use the **Picture Day ID: EVTNCQW4X**.

**If there are any questions or concerns, please contact Ms. Boykin



Join us for Mass every
Wednesday at 8am!

We would love for you to join us!

CONGRATULATIONS, MR. VESSELLS!

Please join us in sending warm wishes to **Assistant Principal, Mr. Vessells**, and his family as they prepare to welcome their new bundle of joy! May this special time be filled with love, laughter, and precious moments!

WINTER UNIFORM TRANSITION

The transition from summer to winter uniforms has officially begun. All students are required to be in Formal School Uniform by
MONDAY, OCTOBER 20, 2025.

Please review the attached letter for detailed uniform guidelines and requirements. Thank you for your cooperation in helping our students look their best!

TRUNK-OR-TREAT REGISTRATION



The annual HSA Trunk-or-Treat is quickly approaching! Families who would like to register their car for this fun event please click [HERE](#) or **SCAN THE QR CODE** below to register your vehicle.

Don't miss out on this spook-tacular evening of fun!

Questions?

Email hsa@cardinalshehanschool.org

Or call **(410) 433-2775**



OCTOBER LUNCH MENU

What's for lunch?! Take a look at our October lunch/breakfast menus attached to see the delicious and nutritious meals planned for our students!





5407 Loch Raven Blvd.
Baltimore, MD 21239
(410) 433-2775
www.CardinalShehanSchool.org

October 2, 2025

Dear Parents and Guardians,

As we move into the cooler months, many have asked about the transition from summer uniforms to formal (winter) uniforms. Students may now begin transitioning to the formal uniforms, based on comfort and preference.

All students are expected to be in full formal uniform **by Monday, October 20, 2025.**

We understand that uniform supplier Flynn & O'Hara may experience production delays at times. In such cases, the store manager will contact the school directly to inform us of any issues fulfilling uniform orders.

To support families, we also encourage you to visit the **School Uniform Closet**, where gently used uniforms are available at significantly discounted prices.

Below, please find the formal uniform list based on grade and gender, including information for girls who wish to wear pants.

GIRLS	
GRADES KINDERGARTEN, FIRST, SECOND, THIRD, FOURTH, and FIFTH:	
✓ Red plaid jumper (may not be more than 2 inches above the knee) ✓ White blouse, Peter Pan collar, short or long sleeve ✓ CSS monogrammed red cardigan sweater ✓ Solid White Crew Socks or Knee Socks (not sport anklets) ✓ White tights permitted ✓ Black and White Saddle Shoes ✓ Red CSS sweatpants are the only item that may be worn under the jumper (must be removed in the morning)	
NEW THIS SCHOOL YEAR: Girls in grades K-5 may wear <u>GRAY</u> khaki pants from Flynn & O'hara.	
Girls must wear their red plaid jumper on Wednesdays for Mass and at the request of other school events (prior notice will be sent out).	



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GRADES SIX, SEVEN, and EIGHT:

- ✓ Red plaid box pleat skirt (may not be more than 2 inches above the knee)
- ✓ White oxford cloth, button-down blouse, short or long sleeve
- ✓ CSS monogrammed red, long-sleeved V-neck pullover sweater
- ✓ Solid White Socks or Knee Socks (not sport anklets)
- ✓ White tights permitted
- ✓ Black and White Saddle Shoes
- ✓ Red CSS sweatpants are the only item that may be worn under the skirt (must be removed by the end of homeroom)

NEW THIS SCHOOL YEAR: Girls in grades K-5 may wear **BLACK** khaki pants from Flynn & O'hara.

Girls must wear their red plaid jumper on Wednesdays for Mass and at the request of other school events (prior notice will be sent out).

BOYS

GRADES KINDERGARTEN, FIRST, SECOND, THIRD, FOURTH, and FIFTH:

- ❖ Gray trousers (worn at the waist with a solid black leather belt. No cargo pants or Dickies are permitted)
- ❖ White Oxford dress shirt, short or long sleeve
- ❖ CSS monogrammed long-sleeved red V-neck sweater
- ❖ Red plaid ties (required with Oxford shirt)
- ❖ Solid Gray or Black socks
- ❖ Polished black leather shoes or bucks – no athletic shoes, tennis, or boots (shoes may not be above ankle level)

GRADES SIX, SEVEN, and EIGHT:

- ❖ Black trousers (worn at the waist with a black leather belt. No cargo pants or Dickies are permitted)
- ❖ White Oxford dress shirt, short or long sleeve
- ❖ CSS monogrammed long-sleeved red V-neck sweater
- ❖ Solid Black Socks
- ❖ Red/black/white diagonal striped tie (required with Oxford shirt)
- ❖ Polished black leather shoes or bucks – no athletic shoes, tennis, or boots (shoes may not be above ankle level)

On behalf of the HSA, we would like to say a huge **THANK YOU** to everyone for coming out to the Family Skate Night! We are grateful for all of you and look forward to seeing you at our next event, Trunk or Treat on Thursday, October 30th at 6pm.



PINK FRIDAY



FRIDAY, OCTOBER 17, 2025



**TO EARN AN
OUT OF UNIFORM
PASS**

**ALL STUDENTS WEAR PINK IN
CELEBRATION OF BREAST
CANCER AWARENESS MONTH**

**ALL PROCEEDS WILL BE DONATED TO
THE JOHNS HOPKINS KIMMEL
CANCER CENTER**

Breakfast & Lunch Menu

Pre K

OCTOBER 2025

MENU SUBJECT TO CHANGE
Offer vs. Serve

Archdiocese of Baltimore
Child Nutrition Program

6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%
<u>Lunch</u> Chicken Wrap (2) Oven Roasted Potatoes, 1/2 cup Broccoli Florets w/PC Ranch Peaches Milk, White 1%	<u>Lunch</u> Hot Dogs on a Bun Sunshine Carrots Celery Sticks w/PC Ranch Craisins Milk, White 1%	<u>Lunch</u> Pizza Sticks w/Marinara Sauce Green Beans Cherry Tomatoes w/PC Ranch Pears Milk, White 1%	<u>Lunch</u> Cheesy Quesadilla & PC Salsa Vegetarian Beans Sliced Cucumbers w/PC Ranch Apple Slices Milk, White 1%	<u>Lunch</u> Pizza, Stuffed Crust w/PC Marinara Sauce California Blend Carrot Sticks w/PC Ranch Mixed Fruit Milk, White 1%
13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%
<u>Lunch</u> Chicken Patty on a Bun California Blend Carrot Sticks w/PC Ranch Peaches Milk, White 1%	<u>Lunch</u> Empanada Enchilada Vegetarian Beans Sliced Cucumbers w/PC Ranch Apple Slices Milk, White 1%	<u>Lunch</u> Rotini w/Meatsauce & Garlic Knot Green Beans Cherry Tomatoes w/PC Ranch Pears Milk, White 1%	<u>Lunch</u> Popcorn Chicken w/Vegetable Fried Rice Sunshine Carrots Celery Sticks w/PC Ranch Craisins Milk, White 1%	<u>Lunch</u> Pizza, Round Corn Broccoli Florets w/PC Ranch Mixed Fruit Milk, White 1%
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Loaf WGR Applesauce Milk, White 1%	<u>Breakfast</u> Mini Muffin WGR Applesauce Milk, White 1%
<u>Lunch</u> Chicken Tenders w/Waffle Oven Roasted Potatoes Broccoli Florets w/PC Ranch Peaches Milk, White 1%	<u>Lunch</u> Meatball Sub Romaine Side Salad Sliced Cucumbers w/PC Ranch Apple Slices Milk, White 1%	<u>Lunch</u> Sloppy Joe on a bun Sunshine Carrots Cherry Tomatoes w/PC Ranch Pears Milk, White 1%	<u>Lunch</u> Chicken Quesadilla Vegetarian Beans Celery Sticks w/PC Ranch Craisins Milk, White 1%	<u>Lunch</u> Pizza, 4x6 Green Beans Carrot Sticks w/PC Ranch Mixed Fruit Milk, White 1%

Breakfast & Lunch Menu
Pre K

MENU SUBJECT TO CHANGE
Offer vs. Serve

Archdiocese of Baltimore
Child Nutrition Program

27-Oct		28-Oct		29-Oct		30-Oct		31-Oct	
<u>Breakfast</u>		<u>Breakfast</u>		<u>Breakfast</u>		<u>Breakfast</u>		<u>Breakfast</u>	
Mini Muffin WGR Applesauce Milk, White 1%		Mini Loaf WGR Applesauce Milk, White 1%		Mini Muffin WGR Applesauce Milk, White 1%		Mini Loaf WGR Applesauce Milk, White 1%		Mini Muffin WGR Applesauce Milk, White 1%	
<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>		<u>Lunch</u>	
Teriyaki Potstickers Broccoli Carrot Sticks w/PC Ranch Peaches Milk, White 1%		Taco w/Tortilla, Scoops & PC Salsa Vegetarian Beans Cherry Tomatoes w/PC Ranch Strawberry Cups FRZ Milk, White 1%		Chicken Parmesan w/Garlic Breadstick Sunshine Carrots Sliced Cucumbers w/PC Ranch Pears Milk, White 1%		Teriyaki Chicken w/Vegetable Fried Rice Green Beans Celery Sticks w/PC Ranch Apple Slices Milk, White 1%		Pizza, Round Corn Carrot Sticks w/PC Ranch Mixed Fruit Milk, White 1%	

**Milk, Assorted - Offered in the Milk Cooler every day: Fat-Free Chocolate, Low-Fat White, Low-Fat Lactose Free, offer Soy Milk to Dairy-Free & Vegan Students only.*
**Fruit, Fresh Assorted - Banana, Clementine, or Orange*

This Institution is and Equal Opportunity Provide, Lender and Employer.

Archdiocese of Baltimore
Child Nutrition Program

Breakfast & Lunch Menu
K - 8 Schools
OCTOBER 2025

MENU SUBJECT TO CHANGE
Offer vs. Serve

6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cheese Stick & Mini Loaf Applesauce Mixed Fruit Milk, Assorted*	Mini Pancakes Apple Slices Fruit Juice Milk, Assorted*	Yogurt w/Mini Muffin (K-5) Yogurt w/Muffin (6-8) Applesauce Peaches Milk, Assorted*	Benefit Bar Apple Slices Fruit Juice Milk, Assorted*	Maple Waffle Applesauce Pears Milk, Assorted*
Lunch	Lunch	Lunch	Lunch	Lunch
ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)
Chicken Wrap (2) OR Chicken Tenders Entrée Salad w/Rounds & Salsa	Hot Dogs on a Bun OR Taco Entrée Salad w/Rounds & Salsa	Pizza Sticks w/Marinara Sauce OR Chicken Patty Entrée Salad w/Rounds & Salsa	Cheesy Quesadilla & PC Salsa OR Taco Entrée Salad w/Rounds & Salsa	Pizza, Stuffed Crust w/PC Marinara Sauce OR Fruit Entrée Salad w/Cheese Stick and Yogurt w/Granola
Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)
Mini Corn Muffin (6-8) Oven Roasted Potatoes, 1/2 cup Hummus Broccoli Florets w/PC Ranch Peaches Apple Slices Fruit, Fresh Assorted* Milk, Assorted*	Sunshine Carrots Hummus Celery Sticks w/PC Ranch Grapes Craisins Fruit, Fresh Assorted* Milk, Assorted*	Green Beans Hummus Cherry Tomatoes w/PC Ranch Pears Apple Slices Fruit, Fresh Assorted* Milk, Assorted* <i>Cool Tropics - TBD</i>	Vegetarian Beans Hummus Sliced Cucumbers w/PC Ranch Apple Slices Craisins Fruit, Fresh Assorted* Milk, Assorted*	California Blend Hummus Carrot Sticks w/PC Ranch Mixed Fruit Apple Slices Fruit, Fresh Assorted* Milk, Assorted*

13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Yogurt & Mini Loaf Applesauce Mixed Fruit Milk, Assorted*	Sweet Potato Roll Apple Slices Fruit Juice Milk, Assorted*	Yogurt w/Mini Muffin (K-5) Yogurt w/ Muffin (6-8) Applesauce Peaches Milk, Assorted*	Blueberry Bread Apple Slices Fruit Juice Milk, Assorted*	Cereal, Honey Cheerios Applesauce Pears Milk, Assorted*
Lunch	Lunch	Lunch	Lunch	Lunch
ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)
Chicken Patty on a Bun OR Chicken Tenders Entrée Salad w/Rounds & Salsa	Empanada Enchilada OR Taco Entrée Salad w/Rounds & Salsa	Rotini w/Meatsauce & Garlic Knot OR Chicken Patty Entrée Salad w/Rounds & Salsa	Popcorn Chicken w/Vegetable Fried Rice OR Taco Entrée Salad w/Rounds & Salsa	Pizza, Round OR Fruit Entrée Salad w/Cheese Stick and Yogurt w/Granola
Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)
California Blend Hummus Carrot Sticks w/PC Ranch Peaches Apple Slices Fruit, Fresh Assorted* Milk, Assorted*	Vegetarian Beans Hummus Sliced Cucumbers w/PC Ranch Apple Slices Craisins Fruit, Fresh Assorted* Milk, Assorted*	Mini Corn Muffin (6-8) Green Beans Hummus Cherry Tomatoes w/PC Ranch Pears Apple Slices Fruit, Fresh Assorted* Milk, Assorted*	Sunshine Carrots Hummus Celery Sticks w/PC Ranch Grapes Craisins Fruit, Fresh Assorted* Milk, Assorted*	Corn Hummus Broccoli Florets w/PC Ranch Mixed Fruit Apple Slices Fruit, Fresh Assorted* Milk, Assorted*

*Milk, Assorted - Offered in the Milk Cooler every day: Fat-Free Chocolate, Low-Fat White, Low-Fat Lactose Free, offer Soy Milk to Dairy-Free & Vegan Students only.

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20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cheese Stick & Mini Loaf Applesauce Mixed Fruit Milk, Assorted*	French Toast Apple Slices Fruit Juice Milk, Assorted*	Yogurt w/Mini Muffin (K-5) Yogurt w/ Muffin (6-8) Applesauce Peaches Milk, Assorted*	Cinnamon Crumb Loaf Apple Slices Fruit Juice Milk, Assorted*	Maple Waffle Applesauce Pears Milk, Assorted*

Lunch	Lunch	Lunch	Lunch	Lunch
ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)
Chicken Tenders w/Waffle	Meatball Sub	Sloppy Joe on a bun	Chicken Quesadilla	Pizza, 4x6
OR	OR	OR	OR	OR
Chicken Tenders Entrée Salad w/Rounds & Salsa	Taco Entrée Salad w/Rounds & Salsa	Chicken Patty Entrée Salad w/Rounds & Salsa	Taco Entrée Salad w/Rounds & Salsa	Fruit Entrée Salad w/Cheese Stick and Yogurt
Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)
Mini Corn Muffin (6-8)	Romaine Side Salad	Sunshine Carrots	Vegetarian Beans	Green Beans
Oven Roasted Potatoes	Hummus	Hummus	Hummus	Hummus
Hummus	Sliced Cucumbers w/PC Ranch	Cherry Tomatoes w/PC Ranch	Celery Sticks w/PC Ranch	Carrot Sticks w/PC Ranch
Broccoli Florets w/PC Ranch	Grapes	Pears	Apple Slices	Mixed Fruit
Peaches	Apple Slices	Apple Slices	Craisins	Apple Slices
Apple Slices	Fruit, Fresh Assorted*	Fruit, Fresh Assorted*	Fruit, Fresh Assorted*	Fruit, Fresh Assorted*
Fruit, Fresh Assorted*	Milk, Assorted*	Milk, Assorted*	Milk, Assorted*	Milk, Assorted*
Milk, Assorted*		Cool Tropics - TBD		

27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Yogurt & Mini Loaf	Ultimate Breakfast Round w/Yogurt	Yogurt w/Mini Muffin (K-5)	Banana Bread	Cereal, Honey Cheerios
Applesauce	Apple Slices	Yogurt w/Muffin (6-8)	Apple Slices	Applesauce
Mixed Fruit	Fruit Juice	Applesauce	Fruit Juice	Pears
Milk, Assorted*	Milk, Assorted*	Peaches	Milk, Assorted*	Milk, Assorted*
		Milk, Assorted*		
Lunch	Lunch	Lunch	Lunch	Lunch
ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)	ENTRÉE' (Choose One)
Teriyaki Potstickers	Taco w/Tortilla, Scoops & PC Salsa	Chicken Parmesan w/Garlic Breadstick	Teriyaki Chicken w/Vegetable Fried Rice	Pizza, Round
OR	OR	OR	OR	OR
Chicken Tenders Entrée Salad w/Rounds & Salsa	Taco Entrée Salad w/Rounds & Salsa	Chicken Patty Entrée Salad w/Rounds & Salsa	Taco Entrée Salad w/Rounds & Salsa	Fruit Entrée Salad w/Cheese Stick and Yogurt
Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)	Plus (Choose 3 or more)
Broccoli	Vegetarian Beans	Mini Corn Muffin (6-8)	Green Beans	Corn
Hummus	Hummus	Sunshine Carrots	Hummus	Hummus
Carrot Sticks w/PC Ranch	Cherry Tomatoes w/PC Ranch	Hummus	Celery Sticks w/PC Ranch	Carrot Sticks w/PC Ranch
Peaches	Strawberry Cups FRZ	Sliced Cucumbers w/PC Ranch	Apple Slices	Mixed Fruit
Apple Slices	Craisins	Pears	Grapes	Apple Slices
Fruit, Fresh Assorted*	Fruit, Fresh Assorted*	Apple Slices	Fruit, Fresh Assorted*	Fruit, Fresh Assorted*
Milk, Assorted*	Milk, Assorted*	Fruit, Fresh Assorted*	Milk, Assorted*	Milk, Assorted*
		Milk, Assorted*		

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