



# The Oberle Update

## Shamrock Stories

In written English, the first reference to the Shamrock dates from 1571, and in written Irish, from 1707. As a badge to be worn on the lapel on the Saint's feast day, it is referred to for the first time as late as 1681. The Shamrock was used as an emblem by the Irish Volunteers in the era of Grattan's Parliament in the 1770s. So rebellious did the wearing of the Shamrock eventually appear, that in Queen Victoria's time, Irish regiments were forbidden to display it. At that time it became the custom for civilians to wear a little paper cross colored red and green.

Three is Ireland's magic number. Hence the Shamrock. Love, Valour, and Wit. Faith, Hope, and Charity. Father, Son and Holy Spirit. Numbers played an important role in Celtic symbolism. Three was the most sacred and magical number. It multiplies to nine, which is sacred to Brigit. Three may have signified totality: past, present, and future OR behind, before, and here OR sky, earth, and underworld. Everything good in Ireland comes in threes. The rhythm of story-telling in the Irish tradition is based on threefold repetition. This achieves both intensification and exaggeration. Even today in quality pub talk, a raconteur can rarely resist a third adjective, especially if it means stretching a point. "Three accomplishments well regarded in Ireland: a clever verse, music on the harp, and the art of shaving faces."



## Counseling Column

This semester a number of counseling groups are being offered to support and improve socialization and grievance. The socialization groups will focus on topics such as healthy relationships, self-confidence, effective communication, conflict resolution, coping strategies, and teamwork. The grievance group, comprised of senior students will focus on the fears of moving on as well as planning for the future. Activities will include presentations from the Armed Forces, Germanna Community College, and various community agencies.

The events posted below are for adults with disabilities and their friends. Activities are sponsored by and located at the disability Resource Center and made possible with support from the Anne Felder Fund of The Community Foundation.

- March 4th - National Pancake Day, Cook the Healthy Way
- March 11th - Plant a Seed Day
- March 25th - Creative Housing, Speakers TBD
- April 1st - Address Your Stress, Stress Relieving Techniques
- April 8th - Pep Rally! Get Ready for Walk 'n Roll
- April 15th - Mind is Yours, Practice Positive Thinking
- April 22nd - Plant a Community Garden
- April 29th - Popcorn, Picture, & Powwow

PLEASE RSVP FOR ALL EVENTS

To register and request accommodations or for information, email or call:

Claudia, [cdepollo@cildrc.org](mailto:cdepollo@cildrc.org) or Tennie, [tgratz@cildrc.org](mailto:tgratz@cildrc.org), 540-373-2559

The drc is hosting its first INDEPENDENT LIVING EXPO at the Fredericksburg Expo Center on May 7, 2016! Come experience the Technology of Tomorrow for the Needs of Today! Vendors and sponsors needed. Call 540-373-2559 or email [drc@cildrc.org](mailto:drc@cildrc.org).

# Word of the Month: PERSEVERANCE

## March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chix Fries Grn Beans Focaccia	2 Fried Rice Manchow Soup Egg Rolls	3 Salad Broccoli Quiche	4 Pizza Congo Bars Carrots
7 Burrito Chips Salsa	8 Chix Gyros Tzatziki Sauce	9 Hot Dogs Cole Slaw French Fries Celery	10 Grilled Cheese Popcorn Pickles	11 Pizza Celery Oatmeal Cookie
14 Irish Stew Leprechaun Dip	15 Grilled Chix Sandwich Kale Popcorn	16 Ploughman Lunch Chse Bread Emerald Isle Salad	17 Cornd Beef Cabbage Mash Potato Shamrock Cupcakes	18 Pizza Cucumbers Green Jello
21 Roast Beef Sub Oven Fries	22 Chix Salad Sandwich Pretzels Marinated Vegetable Salad	23 Corn Dogs Pasta Salad Sliced Tomatoes	24 Holiday Lunch Glazed Pork Roast Asparagus Potatoes	25 Pizza Chocolate Pudding  EARLY DISMISSAL
28  S	29  P R I	30  N G	31  B R E	  A K

### Important Dates:

March 1: Reward Day  
 March: 2: Interims/Dr. Suess Day/Clubs  
 March 3: Open House 3-5pm  
 March 5: Make-Up Snow Day  
 March 12: Make-Up Snow Day  
 March 14: Pi Day  
 March 15: Reward Day  
 March 16: Clubs  
 March 18: Army Recruiters  
 March 19: Make-Up Snow Day  
 March 25: Early Dismissal/Adopt-A-Trail  
 March 28-April 1: No School- Spring Break  
 April 6: Clubs  
 April 14: Report Cards  
 April 20: Clubs  
 April 29: Adopt-A-Trail/Early Dismissal/Staff  
 Inservice - Paper Tigers Community Forum

### Reminders to Students:

1. Yoga is practiced on Thursday mornings. Interested students should see Ms. St. Clair.
2. Students in English 8 and English 11 will take the writing SOL for those courses during the month of March.
3. Students must consistently earn 4s and 5s with good attendance to be eligible for Reward Day. Receiving a referral results in an automatic disqualification.

### Reminders to Parents:

1. Be sure to stop by our Open House on Thursday, March 3 from 3-5pm to meet your child's new teachers and discuss their progress. Light refreshments will be served!
2. During inclement weather students follow their home school schedule for delays and cancellations. To inquire about an Oberle School delay or cancellation call 540.372.6710 and listen for the message recording. You can also tune-in to B101.5 or visit their website at [www.b1015.com](http://www.b1015.com). Saturday school days are scheduled on our school calendar and will be applied if the Oberle School closes due to weather.

### \*\*\*Bulldog Barks\*\*\*

\*\*\*Happy Birthday!!!\*\*\*

Chris F. - March 1

Andrew - March 11

Lucas - March 15

Charlie - March 23

\*\*\*The Free Lance Star visited in mid-February to develop a story on our yoga program! Be sure to look for it in the paper!\*\*\*

\*\*\*Congratulations to Jeremy S. for landing a new job at the Sugar Shack! Way to go Ms. Corwin for securing this new site!\*\*\*

\*\*\*Thank you Mr. and Mrs. Perrow for exposing the students to worldly cuisine on a regular basis! \*\*\*

Visit us online: [www.eri-va.com](http://www.eri-va.com)

HOME OF THE BULLDOGS