



# HOLY ROSARY

## NOTES & QUOTES



February 11, 2026

### Mr. Mullis' Letter

One of the most important ways we can support our children, from our two-year-olds through our eighth graders, is by ensuring they get a good night's sleep. Proper rest is essential for healthy growth, strong academic performance, and emotional well-being.

When children consistently get enough sleep, they are better able to focus, retain information, manage their emotions, and make positive choices. They come to school ready to learn, participate, and engage with their peers. Adequate sleep also strengthens the immune system and supports healthy physical development.

On the other hand, lack of sleep can lead to difficulty concentrating, mood swings, irritability, poor decision-making, and lower academic performance. In younger children, over-tiredness may look like hyperactivity. In older students, it may appear as lack of motivation or increased stress.

While every child is different, general sleep guidelines suggest:

- **Ages 2-5:** 10-13 hours (including naps)
- **Ages 6-12:** 9-12 hours
- **Ages 13-14:** 8-10 hours

Consistent bedtimes, calming evening routines, and limiting screen time before bed can make a meaningful difference.

Thank you for partnering with us to help your child develop healthy habits that will benefit them both now and in the years ahead.

Have a great week!

*Darren Mullis*

Darren Mullis  
Principal



### Dates to remember

#### February

- 11 - HRPO Meeting
- 13 - No School
- 14 - Valentine's Day
- 16 - No School
- 17 - Mardi Gras Parade
- 18 - Ash Wednesday
- 19 - Men's Club Meeting

### In today's newsletter...

- February Lunch Menu
- HRPO Meeting
- Tat a Teacher
- Teacher Treats
- Father-Daughter Dance
- Women's Lenten Book Study
- Coffee and Conversations
- Blue & Gold Bash
- Shop the online Spirit Shop



Go  
**RAMS!**





# Wednesday News



Due to our winter weather,  
Grandparents Day  
has been moved to  
Friday, Feb 27.



## NO School

Friday 2/13 & Monday 2/16

## Happy Valentine's Day



Thursday,  
February 12th

is red, pink, & white  
Day

Wear a Valentine shirt  
with jeans or Khakis.



Are you hungry for good  
hand breaded fried fish  
and homemade hushpuppies?

You're in luck.  
Fish Fry starts next  
Friday, 2/20  
5:30 - 7:00pm  
Come join us.

Full details next week.



# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 	4 French Toast Sausage Star Hash Browns	5 Chili Cheese Nachos Corn Apples 	6 Pizza Salad Cookie 
9 Bagel w/ Cream Cheese Sausage Patty Omelet	10 Ravioli Green Beans Salad Garlic Bread 	11 Chicken Sandwich Chips Jello Oranges	12 Hot Dogs Baked Beans Chips Valentine Cookie	13 <b>No School!</b> 
17 <b>No School!</b> 	17 Corn Dog Tater Tots President Cookies	18 <b>Ash Wednesday</b> Grilled Cheese Tomato Soup Fritos Grapes 	19 Chicken Nuggets Mashed Potatoes Peas Roll	20  Cheese Pizza Salad Apples
23 Chicken Sandwich Chips Oranges 	24 Spaghetti Salad Garlic Bread	25 Meatballs w/ Gravy Rice Peas Roll 	26 Taco Stick Nacho Chips & Cheese Dip Corn	27 <b>Half Day</b> 





Please join us for our  
monthly meeting!  
Wednesday, February 11



HRPO  
Meeting

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Topic: Supporting Our  
Children's Emotional Growth

Speakers: HR Counselors  
Emily Lazalde/ Elyse Benton  
and Christine Kays, LPC,  
MHSP

Dinner served at 5:30 PM

Meeting 6 -7 in the Family Room

Please RSVP to [hrpo@holyrosary.org](mailto:hrpo@holyrosary.org) and  
include the number of children for pizza  
and childcare.

# Tat A Teacher!

A new 8th Grade Fundraiser Tradition Begins!

The **8th Grade Class** is excited to give back to our school by launching a fun new tradition!

## Supporting the New Building Campaign.

All money raised will be donated directly to the New Building Campaign.

## How it works

\$1 per tattoo - No purchase limit - All students may participate - Any teacher, staff member, or aide who agrees, may be tattooed.

(20 is the max per teacher. When a teacher reaches the limit, students may choose another teacher.)

## Important Dates

Sales: February 9-13

Application: March 6, Friday

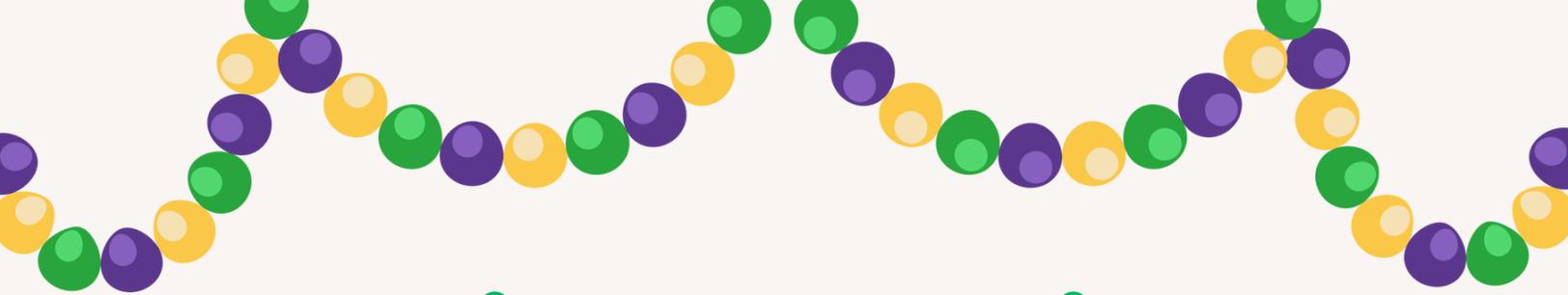
Tattoos may be purchased by sending the order form and payment (cash or check) to the school office. The 8th Grade will also sell tattoos at lunch and tally all sales.

## Order Form

Send with payment

Student name \_\_\_\_\_ H.R. \_\_\_\_\_

Staff Member	# Tattoos	Cost
Example: Mr. Mullis	2	\$2



# teacher TREATS

We're letting the good times roll and celebrating this month's Teacher Treats on Fat Tuesday! Help us support our teachers with lots of goodies before Lent begins! 🍷💚💜🍷

Click the QR code to sign up. Please bring your items on or before the morning of Tuesday, February 17.

Questions? Email [natalieclynes@gmail.com](mailto:natalieclynes@gmail.com)

SIGN UP HERE:





Save the Date!  
*Happily Ever  
After!*

Father Daughter Dance

February  
**21**

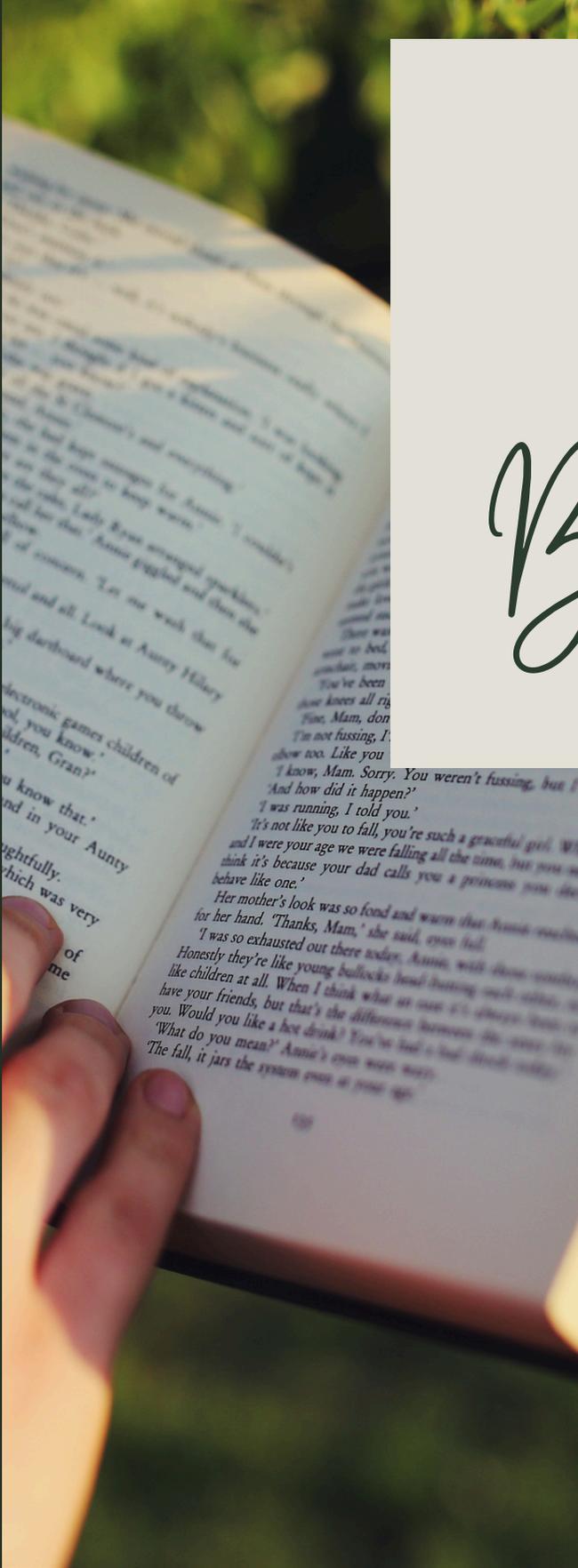
Parish Life Center -  
4851 Park Ave,  
Memphis, TN 38117

**6-8**  
PM



This event is put on by the 8<sup>th</sup> Grade Girl Scouts.

More details to come on Registration!



Women's  
**LENTEN**

Book Study

Join us Sundays in the  
art room from 3-4:30  
to discuss  
*Sincerely Stoneheart*  
by Emily Wilson  
Hussem

Starting February 22

Holy Rosary Catholic School

# Coffee & Conversations

## with Mr. Mullis

All parents are invited to join our Principal, Mr. Darren Mullis, for *coffee and conversations!* These small-group gatherings are a great opportunity to share your thoughts, ask questions, and get to know our administration in a relaxed setting.

Meetings are held on the second Wednesday of each month in the family room from 8:15 AM - 9 AM. Sign up for the date that works best for you!

SCAN HERE TO SIGN UP





**WELCOME**  
 TO THE *Fabulous*  
**BLUE AND GOLD BASH**  
**MARCH 28<sup>th</sup>**  
**2026**

*Go all in for Holy Rosary!*



**MEMPHIS BOTANIC GARDEN** 🎰 **6:30 - 10:30 PM**



**SINGLE TICKET \$65**  
 Includes: 2 drink tickets\*  
 & Heavy hors d'oeuvres



**TABLE TICKET \$800**  
 This ticket guarantees that you and seven of your closest friends have reserved seats together for the entirety of the event.



**COUPLE TICKET \$130**  
 Includes: 4 drink tickets\*  
 & Heavy hors d'oeuvres

Includes: 16 drink tickets\*,  
 Heavy hors d'oeuvres & \$20 worth of casino chips per person.

\* 1 drink ticket - 1 Glass of wine or a beer. 2 drink tickets - Mixed drink.



*Attention*  
**Skip the Line**



**Purchase your Drink Tickets ahead of time.**

Drink Tickets are required for beer, wine, and mixed drinks.

**10 Drink Tickets**  
**\$38.00 (Save \$2)**

**6 Drink Tickets**  
**\$24.00**

**4 Drink Tickets**  
**\$16.00**

**1 ticket = 1 glass of wine or 1 beer**

**2 tickets = 1 liquor mixed drink**

..... **Wine Pull \$30.00** .....

Each ticket will entitle purchaser one bottle of wine from our wine pull table, to be selected during the Blue and Gold Bash.



**Scan the QR code to purchase**



# HRPO Spirit Wear

Orders will be sent to production on the 1st and 15th of each month. Once the order is submitted, please allow approximately 2 weeks for production before items are ready for pickup or delivery.



Rams Headband  
\$25.00



HRS Headband  
\$25.00



Mint Bow Headband  
\$12.00



Knotted Headband  
\$15.00



Light Blue HRS Bow  
\$15.00



Navy HRS Bow  
\$15.00



Blue Rams Bow  
\$15.00



Plaid HRS Bow  
\$15.00



Plaid Scrunchie  
\$10.00



Scan the QR code or Visit the HRPO Website to Order:

<https://holyrosaryparentsorganization.membershiptoolkit.com/store/11452>

## HRPO SWEATSHIRTS



Navy  
Uniform Approved for All Grades



Light Blue  
Uniform Approved for 2K-5th Grades

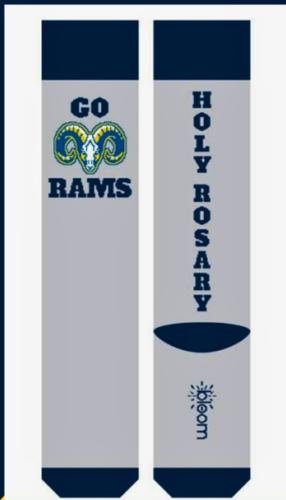


SCAN QR CODE TO SHOP NOW!

- Please visit the HRPO website for pricing details and size availability per style!
- Orders are sent to production on the 1<sup>st</sup> and 15<sup>th</sup> of each month. Allow 2-3 weeks for production and delivery to HRS.
- Email [hrpo@holyrosarymemphis.org](mailto:hrpo@holyrosarymemphis.org) with any questions.



## HRS SPIRIT SOCKS \$13 Each



SCAN QR CODE TO ORDER NOW!



Visit the HRPO website spirit shop to see these items and more.

You can scan the QR code or visit this website to shop now!

<https://holyrosaryparentsorganization.membershiptoolkit.com/store/11452>

**St Benedict**  
AT AUBURNDALE

# GOLF TOURNAMENT

Benefiting  
St. Benedict at Auburndale  
Catholic High School

**Monday,  
April 6,  
2026**

Silent Auction  
Putting Contests  
Gift Bags for all Participants  
Prizes for Winners  
Lunch included  
\$400 per team

Fair Oaks Golf Club  
220 Fair Oaks Drive  
Oakland, TN 38060



[WWW.SBAEAGLES.ORG/  
ATHLETICS/GOLF-TOURNAMENT](http://WWW.SBAEAGLES.ORG/ATHLETICS/GOLF-TOURNAMENT)