Prayer Corner

Trust in God's Mercy
Gracious Father,
I thank you for the mercy you have
shown in forgiving my sins and for the
peace that comes from being reconciled
with you and with your Church.

O God, you are faithful, and you never
abandon those who hope in you. I
know that my redemption from sin
and death has been purchased at the
cost of your Son's blood. In return for
this priceless gift, I resolve today to
renew my trust in your unfailing
mercy.

In times of doubt, when painful
memories of past sins threaten to
destroy the peace you have given, let
the power of your Holy Spirit cast out
all self-condemnation and give me
greater confidence in your word of
pardon.

Teach me to encourage others so they,
too, may seek your tender compassion
and come to know your peace, which
nothing can take away.

I pray this in the name of Jesus, your
Son, in whom you have restored me to
life. Amen.

Calendar of Events

1/18 All School Mass

1/21 Martin Luther
King Jr. Day-NO
SCHOOL

1/22 Dress Down-
(Bring in loose
change)

1/25 All School Mass

1/26 Bingo Night 6:30
pm

1/27 School Open House
10:30-12:30

1/28-2/1 Catholic School's
Week (Info in to-
day's envelope)

From the Desk of Ms. Miller:

Tomorrow some of our 8th graders are going to be participating in the local March for Life in downtown South Bend. This month marks the 46th anniversary of the 1973 Supreme Court decision in Roe v. Wade that legalized abortion across our nation. Each year on or around that date the March for Life gathers hundreds of thousands of people in Washington, D.C., and around the country to peacefully protest that decision. South Bend holds its own March for Life on January 18, and we as a school have made arrangements to facilitate this experience for all of our eighth grade students. We will gather for prayer and reflection at St. Joseph Grade School in South Bend at 10:45 a.m. before joining other pro-life marchers at the Hall at 553 Washington St. at noon to begin our march to the federal courthouse downtown. In the days leading up to the march, our eighth graders have spent time in Religion class learning about the pro-life stance of the Catholic Church, as well as the great compassion she offers anyone affected by abortion. This included a presentation from Allison Sturm from Project Rachel, the diocese’s healing ministry for women and men wounded by abortion. (http://sites.diocefwsb.org/projectrachel/). We are collecting diapers to donate to St. Margaret’s House, a non-profit in town that that serves low income families, many of whom have honored the gift of life that has made them single mothers despite many hardships. We hope this opportunity will be a formative experience for our students and families as we offer a powerful witness to the dignity of all human life from conception to natural death.

On Tuesday we will be participating in a Dress Down Day to support the Women’s Care Center. This was not a spirit day that was included in the one time payment at the beginning of the year. This one is funded through our Change for Life event. Please see the flier included in today’s communication envelope for more details.

We are gearing up for Catholic Schools Week at the end of this month. Please mark your calendars now for the Open House on Sunday, January 27th. We will have a family Mass during the 9:30am Mass that day with Open House to follow. We ask that students wear their Mass uniforms. We would also like students to help give tours to prospective families. If you are willing to give tours or volunteer to help in any way, please contact me and I will communicate more information to you.

We do not have school on Monday, January 21st in observance of Martin Luther King, Jr. Day.

This Saturday following the 5:30pm Mass, there is a Polish Dinner in the gym as a fundraiser for our Men’s Softball team.

This Sunday is a Family Mass at 9:30am.

The Class of 2019 will have a Bingo Night to benefit their Washington D.C. trip Saturday, January 26, 2019. Doors open at 6:30 PM, and bingo starts at 7:00 PM. Pre-sale boards will be sold in early January.

The Queen of Peace Knights of Columbus Council is sponsoring a Blood Drive on February 9, 2019 from 9am to 1pm details are on the back of the newsletter.

Just a reminder if your student is absent more than 5 days they must have a Doctor’s note when they return.
SAVE THE DATE

The Class of 2019 will have a Bingo Night to benefit their Washington D.C. trip. Saturday, January 26, 2019. Doors open at 6:30pm. Bingo starts at 7pm. Donation forms are in today’s Communication Envelope.

SAVE THE DATE FOR MARDI GRAS
ON
Tuesday, March 5th

Be on the lookout for details in the coming newsletters.

HASA

Winter has finally arrived, it's cold and snowy with more on the way!! I know most of you would not finish that sentence with an exclamation point, but this is HASA and we love winter because it's ice skating season. That's right, mark your calendars for Friday, 2/1 when we have our annual skating party at the Merrifield Park Ice Rink. This event is fun for all ages, we will have pizza, snacks, hot chocolate, and bruised tail-bones!! HASA will be paying your entry, skate rental if required is only $2.

QUEEN OF PEACE BLOOD DRIVE

The Queen of Peace Knights of Columbus Council is sponsoring a Blood Drive on February 9, 2019 from 9am to 1pm in the West parking lot of the Church. This Blood Drive is through the South Bend Medical Foundation so all that is donated stays in our area and each donation has the potential to save three lives. Please consider signing up to donate by going to the South Bend Medical Foundations website and clicking on Give Blood Now, then Locate a Blood Drive, then enter Knights of Columbus #8617 and select the date of 2-9-2019 then click on Schedule for the time you want. If you would rather not do it online you can call 574-234-1157 and tell them you want to donate at our Blood Drive or you can sign up at the table in the Gathering Space at Queen of Peace.

Thank you for considering this,
Queen of Peace Knights of Columbus Council 8617

CHANGE FOR LIFE COLLECTION

Get your loose change ready for Tuesday, January 22nd. We will be doing our annual Change collection for the Women’s Care Center, information is in today’s Communication Envelope.

SCRIP Update

Enclosed in today’s folders are tuition credit statements (or cash rebate) for SCRIP purchases for the period of April 30-December 21st. We had $281,620 sold in SCRIP during this period! This earned our families $5,361 in tuition credits and a matching amount for the school budget. Great job!

Please don’t forget to purchase SCRIP for your grocery, gas, and other purchases. Family and friends can purchase SCRIP and allocate their rebates to your children’s tuition account. This is a great way to start the New Year reducing your tuition costs and helping the school too. Call or email the school or business office with any questions.

Partner with Queen of Peace to advertise our wonderful school! Our annual School Open House is coming up on Sunday, January 27th from 10:30am to 12:30pm. We have openings for half and full day preschool, kindergarten, as well as limited openings in some classes grades 1-8. Here is how you can help:

- If your family already has a school yard sign, please place it in your yard for the next few weeks. If you don’t have one and would like one, please call the school office 255-0392 or email nschleer@queenofpeace.cc to request one to be sent home to you.
- Place a poster or flyers at your workplace or places that you frequent (i.e. gymnastic clubs, daycare) that families with children congregate.
- Contact the school office with names of friends, family, or coworkers that have expressed interest in knowing more about Queen of Peace Catholic School. A staff member will reach out to them personally to invite them to learn more.
- Share our Facebook postings with your friends. Be sure to like our Facebook page!
- Talk to others about how Queen of Peace helps your child grow academically, socially, and spiritually. Word of mouth is a powerful tool!

Thank you for your support of Queen of Peace Catholic School.
2019-2020 School Registration

Dear Parents and Guardians,

We are very excited to introduce online registration this year! This link can be accessed on the school website homepage www.queenofpeace.cc/school or from the online registration instructional email sent to you today. It is our hope that you will find this process quick and easy to complete. Please be sure to register your returning students as well as any children new to our campus. It is very important to complete this process by Wednesday, January 23rd. This will only ensure we hold a seat for children in their classes. Should you need assistance with registering your children, please contact the school office at 574-255-0392 or the business office at 574-255-9674.

Included in the online registration packet is an outline of our tuition rates for the 2019-2020 School Year. Our rates are carefully determined with assistance and feedback from the Diocese, Finance Council, Parish Administrator, Father John Eze, and me. We ask all of our families to fill out FACTS Grant and Aid application each school year. This will help us to assist each family with any financial assistance you may receive as well as future planning for Marian and younger siblings that will be coming our way. You may be pleasantly surprised at what you could receive if you apply. There is no charge to apply for financial aid through FACTS Management. Links to the FACTS tuition assistance application and other reference documents are included in the online packet and on the school website for your easy reference.

I would personally like to thank you in advance for choosing Queen of Peace Catholic School. I remain confident that Queen of Peace will continue to satisfy the many educational and spiritual needs of your children. Should you have any questions, please do not hesitate to contact me directly.

Thank you and God Bless,
Jill M. Miller
Dear Queen of Peace Student and Family,

Winter has arrived, and we must think about the possibility of bad weather, school closings, and lost instructional time.

Queen of Peace has been approved by the Indiana Department of Education to use eLearning lessons on the day of a school closing. eLearning stands for electronic learning that can be completed by students working on their Chromebooks or a computer or device at home through the internet.

Each student will have eLearning lessons for every class. Teachers will maintain up-to-date eLearning assignments that students can access on their Chromebooks or another device. Teachers will have assignments posted at the normal school day start time and be available by email during regularly scheduled school hours on days when school is closed and eLearning takes place.

eLearning lessons are able to be accessed through SeeSaw or Google Classroom. All assignments must be completed and turned in within 48 hours of the eLearning day, unless otherwise specified by the teacher. Please contact me with any questions you may have.

Contingencies: please communicate any unforeseen incident, accident, or act of God to me. Our teachers will make accommodations on a case-by-case basis.

Thank you for partnering with Queen of Peace teachers and staff. Your support is crucial to your student’s success, and it is greatly appreciated.

Jill M. Miller
Principal
Queen of Peace eLearning

The administration and school board of Queen of Peace recognize the necessity to provide students alternative methods of instruction when the normal operation of a school day is disrupted due to inclement weather, an act of God, or any other unforeseen circumstance. eLearning is a recognized instructional option that supplements the normal school day by extending and enhancing the traditional classroom by offering students a digital alternative. A survey of technological connectivity has been completed to assess district-wide needs.

**eLearning Policies**

1. **Duration**
   Five (5) days will be the maximum consecutive eLearning days allowed by Queen of Peace. After the fifth consecutive day, classes shall be in session before another eLearning day will be utilized. A traditional cancellation may also be imposed in the event of extended inclement weather or unforeseen circumstance.

2. **Platforms**
   Teachers must utilize one of the following methods: e-mail, PowerSchool, SeeSaw or Google Classroom. Assignments should be submitted by the teachers preferred method (Google Classroom, paper upon return, etc.). PowerSchool may be used to communicate daily assignments, grades, attendance, etc. Mass e-mailing can be accomplished via Gmail, or Google Classroom.

3. **Assignment Format**
   Each eLearning lesson should be reflective of a standard 30 to 45 minute lesson taught in the classroom. Teachers will use a standardized eLearning format that is modeled after an efficient lesson plan, incorporating the following parts:

   • **Model/Demonstrate** - ie video, podcasts, presentations, reading assignments, web-based modules, primary source material.
   • **Guided Practice** - Ask students to recall what they have learned. This activity will help assess the students participation in the previous step
   • **Independent Practice** - Students should be able to apply what they have learned with a higher level thinking activity (Bloom's 4 - 6). This step can be inquiry based but should involve a problem-solving activity.
   • **Assessment** - Teachers should have brief assessments at the end of each eLearning day that help determine student comprehension of the lesson. These
assessments can include but are not limited to: tests, quizzes, open ended questions, discussions, or other appropriate methods.

- Reflection - Students should be encouraged to reflect on their assignment to help strengthen their metacognitive abilities. (ie did they enjoy the activity - why, how does the lesson relate to the real world, etc?).

4. Distribution
Electronic distribution will occur at or before 9:00 a.m. the morning of a cancellation.

- 3rd through 8th grade: eLearning will be distributed via Google Classroom, PowerSchool, or e-mail unless otherwise requested by a student(s) or their parent(s) or guardian(s).
  Paper copies of eLearning will be sent home in advance with prior notification. **It is the responsibility of the parents or guardians of students to make this request before a cancellation has been called.**

- Elementary School (K-2): eLearning will be distributed to parents electronically the morning of a closure through SeeSaw AND students will be given an eLearning folder to take home with printed lessons to complete prior to a closure. All necessary material to complete the lesson (charts, graphs, organizers, references, etc.) will be included in the folder as well as information for parents (directions, support, contact information).

5. Academic work completion/submission and Attendance:
All work should be completed and submitted to teacher the day after the last eLearning day. If work is not turned in the next day, the student will receive an unexcused absence for the day in which the work is missing.

- Teachers are expected to keep track of each day’s assignments for record keeping purposes.

6. Practice
The Office of eLearning has suggested that we have a practice eLearning day. This does NOT mean that we stay home! Instead, each teacher will walk students through the process for how they will complete their assignments as if it is an eLearning day. The practice lessons must be completed before the first eLearning day is implemented.

7. Extra-curricular activities and after-school practices
If school is cancelled due to inclement weather and eLearning has been implemented there will be no extra-curricular activities or after-school athletic practices for the day. Attendance for athletes/patrons will not be mandatory or expected.
CHANGE FOR LIFE COLLECTION

TUESDAY, JANUARY 22, 2019

**If you bring in loose change (or dollars) you are allowed to Dress Down**

Bring in loose change (or dollars) to support Women’s Care Centers and place in the baby bottles in your classroom!!

What is the Women’s Care Center?

- Women’s Care Center offers many services to pregnant women and new mothers.
- There are currently 32 care centers in eleven states.
- Last year, over 28,000 women visited the centers.
- The Women’s Care Center is now the largest pregnancy resource center in the United States.

Mission: Is to help pregnant women from our community choose life for their babies, have healthier pregnancies, become better parents and take first steps to self-sufficiency.

Services offered:
- Free pregnancy testing and free ultrasounds
- Counselors available 24-hours a day to assist in decision-making for the mothers.
- Parenting classes are offered for free at most locations, and parents can earn money to “shop” for donated baby items.

Please help Queen of Peace’s Elizabeth Ministry members during this Respect Life month assist this wonderful outreach center, which supports and respects all life. The class that brings in the most money will receive a special surprise and have their photo taken for the bulletin!! Thank you in advance for your generosity!!

Note: Women’s Care Centers will gladly accept diapers and gently used infant clothing at any time. Visit www.womenscarecenter.org for center locations and more information
Catholic Schools Week 2019

Monday 1/28: *Celebrate the Community*
Comfy Monday
PK-8: Wear your favorite “Comfy Clothes” (no pajamas)

Tuesday 1/29: *Celebrate the Students*
Choose your Favorite Color to Wear
PK-8: Wear your favorite Color from Head to Toe

Wednesday 1/30: *Celebrate the Nation*
Red, White & Blue Day
PK-8: Wear Our Nations Colors Red, White & Blue

Thursday 1/31: *Celebrate Vocations*
Wacky Tacky Dress Day
PK-8: Dress as wacky, tacky, as you possibly can! Crazy hair, socks, backwards, mix matched, etc.

Friday 2/1: *Celebrate Faculty, Staff and Volunteers*
Dress in your Sunday Best Day
PK-8: Dress in your Sunday best.

Attire must be school appropriate!
2019 Queen of Peace PE Uniform Order Form

DEADLINE: January 25, 2019

ALL ITEMS AVAILABLE IN ADULT OR YOUTH SIZES!

QP-1 Screened
Short Sleeve T-Shirt
Color: Royal Blue
Adult Sizes: Small - 3Xlarge*
Youth Sizes: Small-XLarge

QP-2 Screened
Crew Sweatshirt
Color: Sports Grey
Adult Sizes: Small - 3Xlarge*
Youth Sizes: Small-XLarge

QP-3 Screened
A4 Mesh Shorts
Color: Silver
Adult Sizes: Small - 3Xlarge*
Youth Sizes: Small-XLarge

QP-4 Screened
Open Bottom Sweatpants
Color: Sports Grey
Adult Sizes: Small - 3Xlarge*
Youth Sizes: Small-XLarge

*Please add $2.00 for 2xlarge and $3.00 for 3Xlarge.

QUEEN OF PEACE
PUMAS
PHYSICAL EDUCATION

SPORTS IMAGE APPAREL
OF INDIANA

58300 EXECUTIVE DRIVE
MCCORMICK, IN 46544
PHONE: 1-800-282-5178 or 1-874-256-6571
FAX: 1-874-256-7105
WWW.SPORTSINDIANA.COM
EMAIL: sportsindiana@freeclub.com
# 2019 Queen of Peace PE Uniform Order Form

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<th>M</th>
<th>L</th>
<th>XL</th>
<th>2XL</th>
<th>3XL</th>
<th>Price</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>QP-1</td>
<td>Adult Short Sleeve T-Shirt</td>
<td>ROYAL BLUE</td>
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<tr>
<td>QP-1</td>
<td>Youth Short T-Shirt</td>
<td>ROYAL BLUE</td>
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<td>$5.00</td>
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<td>QP-2</td>
<td>Adult Crew Sweatshirt</td>
<td>SPORTS GREY</td>
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<td>$10.00</td>
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<tr>
<td>QP-2</td>
<td>Youth Crew Sweatshirt</td>
<td>SPORTS GREY</td>
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<td>$10.00</td>
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<td>QP-3</td>
<td>Adult A4 Mesh Shorts</td>
<td>SILVER</td>
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<td>Youth A4 Mesh Shorts</td>
<td>SILVER</td>
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<td>Adult Open Bottom Sweatpants</td>
<td>SPORTS GREY</td>
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<td>$12.00</td>
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<tr>
<td>QP-4</td>
<td>Youth Open Bottom Sweatpants</td>
<td>SPORTS GREY</td>
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<td>$12.00</td>
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No Refunds. No Returns. In case of discontinued or backordered item, a similar substitution will be made.

**Total Due**

Name: ____________________________

Phone: ____________________________

Students Name: ____________________________

Teacher: ____________________________

Payment will be taken from your FACTS account on February 15, 2019

**DEADLINE:** January 25, 2019

**Thank You for your order!**

S & S SPORTS IMAGINE APPAREL
5000 EXECUTIVE DRIVE
MISMOHANA, IN 46544
PHONE: 1-866-252-5176 or 1-874-250-0571
FAX: 1-874-250-7185
WWW.SPORTSIMAGINE.COM
EMAIL: sportsimagine@recedt.com
ATTENTION PARENTS!!!

February 1, 2019, we will begin our YOU CAN LEND A HAND fundraising event.

**Reminder - Please do not send in any money for your coupon books. Keep the money that you’re paid when you sell the books and we will bill your FACTS account on March 15th for any books not turned in by the deadline. Any books not turned in by Friday, February 15th will be charged to your FACTS account.**

Our students will sell coupon books for $3.00. The book contains several coupons with a value of $100.00. The coupons include FREE Papa Vino’s Italian Kitchen®, Burger King® and Chili’s® food items and a special offer from the Compton Family Ice Arena, South Bend Cubs™, Salvation Army Kroec Center, Potawatomi Zoo, St. Joe Fair & Parks, Rum Village and Deep River Water Park. The sale ends on February 28, 2019 or while supplies last.

All area Catholic elementary schools are participating in this fundraising event. It is important that we begin selling right away! Remember, the proceeds from our students’ sales go directly to support our school activities.

Each child at Queen of Peace School is asked to sell 5 books. If you would like additional books to sell, please detach and return the form below. Coupon books will be sold after Masses on the weekends of Feb. 2/3 and Feb. 9/10, your students will be selling their own books and keeping the money from the sale. Please fill out the form below if you would like your student(s) to sell their books after Mass. *If you will not be selling your books, please return to school immediately so we can resell them.*

**Prizes!!!**

The two top selling families will win Scrip of Choice. For every 5 books a student sells, their name will be entered into a drawing for a Fujifilm Instax Camera Bundle. These prizes will be awarded at the “End of the Sale Pep Rally”. The more you sell, the more entries you will have (i.e. 25 books = 5 entries).

Any student who sells their initial 5 books will be eligible for our “Pajama and Movie Day” prize incentive. Look for date in our weekly newsletter. Good Luck Everyone!

Thank you for your cooperation with this important fundraising campaign.

Ms. Jill Miller
Principal

Additional Books / Mass DUE BY 1/25/19

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<th>Student’s Name: ___________________________</th>
<th>Teacher’s Name: ___________________________</th>
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Additional Books Requested _________ ****Books are issued in increments of 5 ONLY

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<tr>
<th>My Student’s Name: ___________________________</th>
<th>will be selling their own books after:</th>
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<tr>
<td>2/2– 5:30 Mass ___________________________</td>
<td>2/9–5:30 Mass ___________________________</td>
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<td>2/3–7:30 Mass ___________________________</td>
<td>2/10–7:30 Mass ___________________________</td>
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<td>2/3–9:30 Mass ___________________________</td>
<td>2/10–9:30 Mass ___________________________</td>
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<tr>
<td>2/3–11:45 Mass ___________________________</td>
<td>2/10–11:45 Mass ___________________________</td>
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</tbody>
</table>
DATE: Saturday 1/26/2019
TIME: 7:00-8:30 iish p.m. (Doors open at 6:30)
PLACE: Queen of Peace Gym

DONATIONS NEEDED:

$10 Scrip of Choice
$10 Cash donation for Pizza

All proceeds from Bingo Night benefit the Class of 2019 Washington D.C. Trip.
If interested in donating, please submit your donation on or before
Wednesday, 1/23/2019

Name: ______________________________ Amount: __________________________

Please Circle: Cash Facts Account Check

DATE: Saturday 1/26/2019
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All area Catholic elementary schools are participating in this fundraising event. It is important that we begin selling right away! Remember, the proceeds from our students’ sales go directly to support our school activities.

If you would like to sell 5 books please fill out form and return to school office by January 25th.

Student’s Name: ___________________________ Class: ___________________

*Books will be sent home with your student on the day they attend school.

ATTENTION PRESCHOOL PARENTS!!!!

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Student’s Name: ___________________________ Class: ___________________

*Books will be sent home with your student on the day they attend school.
Help your family have a Happy New Year

Making your family better, stronger, more harmonious may not require a overhaul, but rather a few strategic tweaks. Try these tips to ensure that 2019 is a happier and healthier New Year for you and your family.

Eat healthier. Medical journals report that nine million children in the United States are obese or overweight. This year, try to avoid serving junk or overly processed foods and sit down together to family meals with average-sized portions of fresh, healthy foods.

Stay calm. Words can heal or hurt. Promise each other that you will avoid yelling and use only kind words.

Monitor input. Children absorb what they see and hear. Restrict what your child watches on TV or plays on screens.

Keep moving. Go on family walks, bike rides, or go roller blading together. Find fun ways to get family exercise and spend more time together.

Read together more. Reading together at any age can increase attention span and provide time for closeness. Combine two great activities and read together from the Bible.

Seek the Sacraments. Our souls need Sacraments the way our bodies need nourishment. Through the Sacraments Jesus instituted, the Holy Spirit dispenses a share of divine life with each encounter. Resolve to receive Confession regularly as a family and let nothing come between you and the Eucharist on Sunday.

Why Do Catholics Do That? Why do Catholics need to share their faith?

Catholicism is about having a relationship with Jesus Christ, who shows God's love to us. God became man, died and rose from the dead, and re-opened Heaven for us. At Mass, he strengthens us with his Body and Blood in the Eucharist. Our faith tells us that the perfect, infinite love we seek has a face and a name. Like the Woman at the Well, once we encounter Christ, we can't keep him to ourselves. We have to share him.
Celebrate your Catholic family

Strong Catholic families strengthen our neighborhoods, communities and the entire Church. “Christian marriage and family build up the Church” (Pope John Paul II, Familiaris Consortio, #15). Celebrate yours.

Catholic parents are instruments of God’s love. Children learn about God’s love from their parents and we help to shape their relationship with God. There are few jobs that are as important.

Catholic families breed respect. Our children know they are valued because we care about their behavior and hold them accountable as followers of Christ.

Catholic parents provide structure and boundaries and enforce family rules. We help our youngsters develop good manners and respectful behavior.

Catholic families practice modesty. Catholics are called to control passions and avoid public and private sin. Christian parents have to make tough choices about how children dress and act, so we encourage children to behave in a manner befitting a temple of the Holy Spirit.

Catholic parents model self-sacrifice. We set aside our personal desires for the good of our family, our parish, and our community.

Jesus proclaims the Good News

In this passage, Jesus returned home to Nazareth to teach in the synagogue. Jesus began by reading the prophecy of Isaiah about the coming of the Messiah, who would come to “bring glad tidings to the poor.” Then, to the surprise of his listeners, he said, “Today this Scripture passage is fulfilled in your hearing.” He announced he was the long-awaited Messiah.

They must have been shocked. They were expecting the Messiah to be a worldly king who would overthrow the Romans. They didn’t expect the Messiah to come from humble Nazareth and be killed by the Romans. And they definitely didn’t expect him to rise from the dead.

What can a parent do? The Good News is that God came to save us, heal us, and set us free from sin. He wants us ready for love and eternal life. There are people who need to hear the Good News of God’s saving love.

Teach children that by helping those in need, praying for them, and doing what’s right even when it’s hard, they are sharing the Good News.

Parent TALK

When I was in college, I enjoyed serving at a soup kitchen. I felt that was what Jesus meant when he said, “Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me” (Matthew 25:40). So when we moved to a new town, I was glad to serve at the parish soup kitchen.

We arrived with our casserole and warm bread and joined in serving. The guests were welcomed and shown to seats, while the rest of us rushed to put hot plates in front of them. Instead of the silence I expected, there was lively conversation and laughter. I found my ten-year old sitting at a table chatting. One man said, “Coming to a soup kitchen can be tough but you folks make us feel like we are in your living room.” Guess we got it right.

Jan. 4 – St. Elizabeth Ann Seton (1821). Wife, then widow, then Catholic convert, St. Elizabeth was rejected by her wealthy Episcopalian family and friends. To support herself and her children, she opened a Catholic school for girls near Baltimore. Eventually, she founded the Sisters of St. Joseph in 1809, who ran schools and orphanages, marking the beginning the U.S. parochial school system.

Jan. 25 – Conversion of St. Paul. In the Acts of the Apostles, we read about how Saul persecuted the Christians until Jesus appeared to him on the road to Damascus. “I am Jesus, whom you are persecuting,” he said (Acts 9:5). After that, Saul became Paul and traveled around the known world, preaching the faith.

Jan. 26 – Sts. Timothy and Titus (1st century). Timothy was a convert of Paul’s and later became his trusted friend joining him in apostolic work. Titus was also a friend of Paul’s who served the early Church as a peacemaker and as administrator to a community on Crete.
Read to succeed

Whether your child is solving a word problem in math or following instructions for a science experiment, strong reading skills play an important role. Here are activities to build his comprehension as he learns in three key subjects.

Math
Suggest that your youngster read a math story problem aloud and then retell it in his own words—leaving out the numbers! This allows him to focus on what the problem is asking him to do before he tries to solve it. Example: “A panda had a lot of bamboo. Then he ate some. Now he has less. How much bamboo does he have left?” He’ll know that he needs to subtract.

Science
Diagrams, charts, tables, and other graphics help your child “see” science concepts. Encourage him to create his own visual aids. If he’s reading about the layers of the Earth, maybe he will draw a diagram and label the crust, mantle, outer core, and inner core.

History
Your youngster will go back in time by reading historical fiction about topics he studies. He’ll feel as if he’s walking the streets of ancient Greece, for instance, while also getting background information on people, places, and events. He might try a series like Magic Tree House (Mary Pope Osborne) or Blast to the Past (Stacia Deutsch and Rhody Cohon).

Stay in touch with teachers

Think of communication with your child’s teacher as an ongoing conversation. Consider these tips.

- Share the good. Let the teacher know that your youngster enjoyed working on a project or that you liked the class play. Email her, or send a note to school with your child.
- Work through problems. If the teacher contacts you with a concern about your youngster, listen to what she has to say. Respond calmly, and ask what you can do at home to help. Then, follow up with the teacher regularly to see how things are going.
What does respect mean?

Showing respect will be easier for your youngster if she knows what respect sounds like and looks like in everyday life. Try these ideas.

**Make a "quote board."** Have your child label a poster board or a bulletin board “The Sounds of Respect.” When a family member hears respectful language, she can write it on a sticky note and add it to the board. For instance, your youngster might overhear a teller at the bank say, “Thank you for your service” to a customer in a military uniform. Or maybe you’ll notice that your child asks her brother respectfully, “Could you please sing more quietly while I finish my homework?”

**Draw a comic strip.** Brainstorm ways people show respect, such as by keeping commitments or respecting others’ wishes. Then, your youngster can create a comic strip that illustrates one of the examples. Perhaps she’ll draw one panel that shows her arranging a get-together with a friend, a second panel where a different friend invites her to a movie she’s anxious to see, and a third with her sticking to her original plans.

**Adventures by mail**

Your child can explore the world without leaving home! This activity turns him into a “flat traveler”—like Flat Stanley in the popular book series.

First, let him mail a photo of himself and a letter to a relative or friend who lives out of town. He could write questions that will help him learn about the place, perhaps about the weather, language, foods, geography, or landmarks.

The person should mail back answers, along with photos and even tourist brochures or postcards. For instance, his aunt may snap a picture of your child’s photo on a snowy mountain or in front of a famous skyscraper.

Suggest that your youngster put everything in a scrapbook that he can read to remind him of the places “he” has been. Then, he can send his photo on another adventure with a different long-distance relative or friend!

**Participating in class**

My son, Sam, has always been a quiet kid. This year, his teacher told me that he rarely speaks up in class and prefers to work alone. So together, she and I came up with strategies to help Sam participate more.

Now as part of Sam’s homework, he decides on one question or comment about the material to share in class the next day. Practicing what he plans to say prepares him to speak up. Also, when the teacher assigns group projects, she tries to put Sam on a team that includes at least one student he knows well.

The teacher reports that Sam is speaking up more often. And the other day, he came home excited about a great idea his partner had for the diorama they’re working on together.

**Sharpen critical thinking**

**Q:** At a recent curriculum night, the principal talked about critical thinking. Are there fun ways to work on this at home?

**A:** Absolutely! And the great thing about building thinking skills is that your child doesn’t need any materials—just her brain.

Try holding a family debate, with a twist. Ask a question like “Which is better, basketball or baseball?” Let each person answer, then argue in favor of the sport she didn’t choose. Your youngster will need to think critically to take a view that’s the opposite of her own. For instance, a baseball fan might say that basketball is more fast-paced and exciting.

Or encourage your daughter to look at familiar situations in new ways. Have her pick a situation or an event (say, a snowstorm). Now take turns looking at it from others’ perspectives. How would a truck driver, a toddler, or a squirrel feel about the snow?
Short Stops

Wait a minute
Twens are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things don’t happen fast. For example, if his computer crashes and won’t reboot, he could take a deep breath or drink a glass of water before tackling the problem.

Eyes up front
How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

Did you know?
When your tween wears earbuds to listen to music, he should be able to hear what’s going on around him. If he can’t, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

Worth quoting
“It isn’t where you came from; it’s where you’re going that counts.” Ella Fitzgerald

Just for fun
Q: Why did the kid wear one boot?
A: Because there was a 50 percent chance of snow!

Everyday math
What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain
Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for $15.99 or two 3-packs for $8.99 each?

Make more space
Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She’ll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in her closet? Will her bed fit against the wall?

Finish the race
Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be (30 minutes ÷ 3.1 miles ÷ 9.67, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week.

Lessons in assertiveness
Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

- Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.
- Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. (“The party sounds fun, but I have a big project due Monday.”)
Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

- **Only interact online with people you know in real life.** Your child shouldn't accept chat invitations or friend requests from strangers. He'll need to use privacy settings on websites and apps to control who sees his posts.
- **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer (say, at the library, in school, or at a friend's house), he shouldn't store passwords, and he should log out of websites and apps after he's finished.
- **Avoid posting identifying information.** This includes your middle grader's full name, school, phone number, home address, and email address.

Also have him opt out of location sharing so strangers don't know where he is.

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**Family meals with tweens**

Did you know that eating together can boost your tween's self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

**Plan ahead**

Have meals ready to go so you're able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

**Keep conversations light**

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween's low test grade or missed curfew for another time. She'll look forward to coming to the table and chatting with you.

**Tip:** Put electronics in another room and silence them so you're not tempted to check messages or answer calls.

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**Managing ADHD in middle school**

**Q & A**

**Q** My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

**A** At this age, children start moving into the driver's seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis.
Baton Twirling Classes
presented by Athletic Sensations

Come join the fun and learn how to twirl a baton!
Baton twirling is making a comeback as the latest and
greatest sensation!
Don't miss out on all the fun!

**Dates:** Wednesdays, beginning February 6, 2019 and ending

**Times:** Ages 4-7, 6:15-7:00 p.m. Ages 8-16, 7:00-7:45 p.m.

**Registration:** On February 6th at the first class. Bring filled-out
registration form below to the first class to register. Don’t turn in
registration form to your school! [In the event class is cancelled the first
week because of bad weather, class will begin the following week. Check
www.athleticsensations.com or call 616-460-1747 for cancellation information.]

**Location:** Community Evangelical Free Church Gymnasium,
120 E. Bertrand Road, Niles, Michigan, 49120 *(Only about one
mile from the Indiana border!)*

**Cost:** $8/week to be paid at each class. $5 registration fee to be
paid at first class.

Batons will be available for purchase at class for $26. Payment
plans for batons available: $11 the first week, then $3 each week
until paid off.

Students can earn **ribbons** in class! **Medals** with neck ribbons
awarded to students with perfect attendance! Weekly make-up
classes available.

Our baton twirling classes not only focus on teaching children how to twirl a baton, our classes encourage
teamwork, poise, hand-eye coordination, as well as help children build their self-esteem. Students learn baton
twirling tricks in class as well as a dance-twirl routine and a parade routine. Students will have an opportunity
to show off their skills at an off-site competition in May! **Trophies** will be awarded to all students who
participate in the competition! Rosette ribbons will also be awarded to the winners of the competition. In
addition, students will have the opportunity to march, as part of our award-winning parade group, in parades
including the Three Rivers Water Festival Parade. This is a great opportunity which can lead to students
becoming a majorette for their school and a scholarship to college! Don't wait to start learning! Questions?
Call (616) 460-1747, e-mail athleticsens@aol.com, or visit us on our website at www.athleticsensations.com

*Classes also offered in Grand Rapids, Three Rivers, Holland, Hastings, Battle Creek, Kalamazoo, Wyoming, Muskegon, and Fremont.*

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**REGISTRATION FORM**

Student's first name ___________________ Student's last name ___________________ Age _______ School attending _______

Street address, city, state, zip code ____________________________

Parent(s) first name(s) ___________________ Parent(s) last name(s) ___________________

Telephone number ___________________ Alternate telephone number ___________________ E-mail address ___________________