

ST. MARY'S PARISH SCHOOL NEWSLETTER

for week of November 17, 2019

The Mission of St. Mary's School is:

To Grow Disciples of Christ



This week our second graders were prayer leaders for our Wednesday prayer service. For those of you who had the opportunity to hear and watch them, don't you think they did an amazing job of greeting, reading, singing, and bringing up the gifts? Comments were made about how happy and pleasant the students were as greeters and how poised they were at the lectern. They were amazed that 2nd graders could look up when they read and that they read with purpose and confidence. Afterwards the second-grade students were asked what they really liked about being prayers leaders? And what was important about each of the roles they did in the service? Every hand shot up and with enthusiasm. Some of their comments:

- “*I felt like a teacher up there. When asked why they felt this way, the response was: “I was telling them something like a story that was important.”* When the child was told “That’s what Jesus did – He told stories, so you were sharing His stories that are important”, the child’s response? “*That is really Cool.*”
- “*I liked greeting everyone because I helped people come into the church!*” The adult said: “You were just like a St. Andre of Montreal. main job was to be the greeter at the monastery; he invited people in and helped them feel welcomed. Greeting and welcoming is one of the most important jobs.... Just like Mrs. Johnson in our main office.
- “*The whole church looked different from up front when I was standing there.*” And when the child was asked why, the response was: “*The windows looked different because I could see all of them. I could see everyone. I noticed some people had their eyes closed I guess they were praying.*”
- “*I really like singing because It really makes me feel good and happy!*”

It always so heartwarming for me to sit with your children, listen to them share some of their experiences, especially relative to their time in prayer services and Mass. Perhaps after Mass or your time after family prayer, ask your children some questions about what they see, what they feel, and what it may mean to them? You may be pleasantly surprised at what they see, hear, and feel about the God moments in their lives as they *Grow as Disciples of Christ!*

Congratulations to Nikki Crathorne who won the football challenge at the U of I Game on Saturday, Nov. 16 and earned \$5000 for trip to Disneyland!!!!!!

Several upper grade parents have asked when will the parent portal on Rediker, our *student information system*, be opened so that they have access to their child's grades and assignments. We, teachers and administration, have found the process of entering grades into the system on a daily basis, extremely time consuming (multiple keystrokes to set up one just one assignment, entered grades, etc. Thus, at this point, we have decided not to open; because we need a more simplified system. Please know, teachers are more than willing to share information with you about your child's progress at any time. For the present, we will continue our normal process of communication through daily planners and personal contact. If you have any questions, please talk with one of the administrative staff.



REMINDER: A huge thank you to the 8 who have signed to help on Tuesday, November 26 to unload Christmas trees at the school lot (facing Lincoln Street). We could use more hands at the 7:00 a.m. unloading.

LINK is: The link for the **Christmas Tree Shift** Sign up is:
https://docs.google.com/spreadsheets/d/1mv7_AHmbEa-VjPOiWvK1s4hW2G1K3ZJgXdU6nDbg58/edit?usp=sharing

AUCTION

Looking for an idea for family donation? One could purchase some Joann's gift cards since there is a parishioner who wants to do some items. For more information about this, contact, Dianna Spellman, chair, at diannaespellman@gmail.com

Attached is an updated form for family donations. **EXTENDED: family donations deadline for a drawing for a free night at the University Inn on the Auction night has been extended till Friday, November 22.**

NOTE: the school's website: www.stmarysmoscow.org one can find out more information about the auction as well as buying auction tickets. Information is available too on St. Mary's FACEBOOK (formerly Ursuline Academy) site.

FAMILY PICTURE

We would like to update and include our new families on the "family wall" in the lower hall. If you would send a picture to the school of your family, we will update our wall.

DATES to note:

This Week

Wednesday, November 20: Mass at 9:00 a.m. with First Graders at prayer leaders

Friday, November 22: At 8:15 a.m. **Thanksgiving Prayer Service** led by Student Council at morning assembly
NO Math Circle today at 2:30 p.m.



Monday, November 18	Mac n cheese + ham
Tuesday, November 19	Taco Breakfast Casserole
Wednesday, Nov. 20	Fried rice with ham
Thursday, November 21	Grades 6/7 Choice: Baked potato bar
Friday, November 22	Hot dogs in a bun with chips



Student Council Campaign and Elections will be starting in December.

November 22: applications for student council positions due

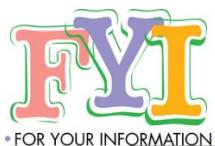
Week of December 2 is Campaign Week and on **December 11:** speeches will be given at the Church after Mass. Then voting will take place in the classrooms upon returning to school. Students from Grades K through 8th will be voting for the candidates.

Safety Environment Workshop Saturday December 7 at 11:00 a.m. at the Parish Center. Anyone who works with young people are required by the Diocese to be trained. For more information call Sister Margaret at the school.

December 8: Catholic Women's League breakfast at 9:15 a.m. in the Parish Center. All women are invited to come and have breakfast with other women. Bring a Christmas ornament (wrapped worth \$5) to share with others. Great time to join in a fun time with other women.

December 17: Christmas Concert. This year the students will be doing the wonderful play *Frozen*.

December 18 will be the **Pizza/Bingo Party** for all grades who have earned 100% of their monies for the Jog-a-thon. Next week we'll print what each class has earned.



The **Foundation for the School** is a separate 501 C3 corporation. It was established over 30 years ago for the express purpose of raising monies (from the interest earned) on the endowment (that is, the corpus).

This year, the Foundation was able to provide to the school almost \$97,000. (This amount is equal to **\$907 per student** this year!)

Parents, won't you consider donating to the Foundation? The money you give is never touched. Up to 5% of the monies earned yearly is given to the school.

The GOAL of the Foundation is to have a corpus of \$10,000,000. We are 20% there. With ten million dollars, the school's tuition will be about \$500 per year! Why? Interest on ten million would pay for 80% of the school per year. 80% of the budget is salaries and benefits.

Won't you help by donating, preferably monthly, to the Foundation? Every amount helps build towards the goal. No donation is too small! Thank you. *Attached is the information that has been sent to parishioners.* For more information, call the school.

IPO's Dinner in a U.S. Home Program provides an opportunity for international students at the University of Idaho to connect with the Moscow community by attending a meal in a local home. This program is designed to foster new friendships that promote cultural exchange and appreciation for both hosts and students. *Interested in learning more?*** Join the Dinner in a U.S. Home* [Facebook Group](#) *or sign up for dinner* [now!](#)

"Let us have all the delights of which we are capable." - Charles Williams



***For more information connect with Ashleigh Bright, one of the parents in St. Mary's School. Her phone number is: 208.885.5508

DINNER IN A U.S. HOME

food cultural exchange friendship.

NEEDED

Following items are needed for families that are "homeless" and are on their way of finding housing and jobs. Sister Margaret serves on the Family Promise of the Palouse Board and she has been asked to see if families have any of the following items they no longer need and are clean:

- Luggage and boys or girls socks and underpants (size 2 T through sizes 14/16 large)

If you have either item, would you please drop them at the school and Sister Margaret will bring them to the Family Promise center. Thank you.



Some tips for boosting emotional resilience in your child (these were shared with the faculty at their faculty meeting recently) and in us as adults:

1. **Self-care:** if our buckets are empty, we are pretty much worthless. Taking care of yourself is making a comeback---and it's critical to teach kids not to overbook themselves; play every day, laugh every day, take time to be quiet at least once a day (10-minute meditations are perfect) and be mindful of listening to others.
2. **Socialization:** children learn through face-to-face interaction with other children (and adults). Give them opportunities after school and on the weekends to just be with others (without a computer or device) so they can learn about themselves and others.
3. **Giving back:** kids learn so much by seeing and helping others in need. It feels good to give to those who need it---it feeds the soul and teaches them so much about life.
4. **Sleep and eating properly:** none of us can function well on lots of sugar and lack of sleep. Eating a healthy diet filled with protein, veggies and fruit will fuel their brains and their resilience. Sleeping at least 8 to 9 hours (more for younger ones) will give them clear minds and the ability to think and move.
5. **Talk about feelings:** we as a society often don't like to talk about how we feel; yet processing challenges in life out loud or on paper is imperative to building resilience. Talking or writing about the experience not only helps us understand what we've been through, but it gives us a better look at how we've already coped (good or bad) and thoughts about what else we might do when facing difficult situations.
6. **Positivity:** there is so much research on positivity. People who live long are often positive by nature. Teaching kids that there is always something positive in any situation is so important to keeping their brains and bodies healthy and a smile on their face.
7. **Imagining new possibilities:** teach a child to imagine and define their goals, supporting them in achieving their goals, then joining in when they are proud of themselves will build any child's resilience. Some kids need smaller goals, some bigger, but every child needs to imagine new possibilities in their lives, hope is everything in keeping us resilient.

**From the Imagine Project
American Psychological Association**



Congratulations to Reid Johnson, *Class of 2018* for competing in State Swim meet. He came in 10th in the butterfly competition; 5th in the 500 free competition; 3rd in the 200 medley and his team took Third overall. Congratulation!

The two Odom brothers' careers: computer engineer and medical doctor.

Kelly Scott is a physical therapist in Alaska.



Just a thought for the prayer at Thanksgiving Day dinner. Mr. Billings did this project with the younger grades---it makes a great center piece, and it is a great way for all at the dinner to share what they are grateful for in their life. *May your Thanksgiving be filled with joy.*