



ST. JOSEPH CATHOLIC SCHOOL

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October 11, 2018

Dear St. Joseph School Family,

Ketchup, mustard, barbeque sauce, ranch, salsa, hot sauce. That was the debate I witnessed at a table of first graders at lunch today. They were able to tell me what they liked and disliked about each of the options. It was great! When I eat chicken strips again I'll be sure to think of the many dipping options that I could choose from.

There are many ways that we can choose to respond when things happen in our lives. We can respond in fear, anger, sadness or joy. The options actually are limitless – and they are all dependent upon each person as individuals, yet the response is our own. We need to own it.

I've been reading about social-emotional learning, specifically focusing on "grit". Grit really depends upon passion – when we're passionate about something we tend to dig in and become persistent in learning more about that topic.

What stood out to me was the insistence that being a "good" person is so important. Our character is so crucial when working with students who need "grit" to succeed. Our character is composed of the strengths of the heart – the things that help us get along with others. Things such as gratitude, empathy, honesty, and social & emotional intelligence are all important skills that we want our students to have and to practice with regularity.

We also want our students to have strength of will: academic self-control, delay of gratification, optimism, growth mindset. These things are very important so students will get work done or work toward their own personal goals. We want our students to have high standards and to work toward personal achievements. Those things are important to us.

Another set of tools are the intellectual character strengths: curiosity, open-mindedness, intellectual humility, imagination, creativity. These are harder to foster in school unless we have a sense of wonder. Bishop Conley has expressed a great desire for our schools to be places to foster wonder in the lives of the students. As we grow in our understanding and desire for wonder in our lives and the lives of the students we, too, grow in our relationship with the Lord, which is at the heart of all that we do.

God bless you.

In Christ,
Sister Mary Cecilia

UPCOMING EVENTS

OCTOBER

12 Fri KDG Field Trip, 1st Quarter ends



15 Mon Student Confessions

17 Wed Mission Club Mass

18 Thu 4B Class Mass, Health Screening, Report Cards

19 Fri Student Council Mass
NOON DISMISSAL; EDC available

SFA MEETING
Oct 23, 7:00pm

VOLUNTEER OPPORTUNITIES

CLICK LUNCHROOM DUTY

LUNCHROOM DUTY VOLUNTEERS help the kitchen staff and Lunchroom Monitors.

CLICK K-1-2 RECESS

K-1-2 RECESS Duty: aid teachers and paras in supervising students during recess.

CLICK 3-6 RECESS DUTY

3-6 RECESS DUTY: aid teachers and paras in supervising students during recess

Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being.

HAITI:

New or gently used Tennis Shoes for school children in Haiti. All sizes.



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REMINDER: Students complete your service log for 1st quarter. Through service, our students learn a sense of compassion for others leading to a desire to contribute to the greater good of the community and carry out the work of Christ. [click Service Log](#)

COATS FOR KIDS St Joseph Knights of Columbus is having a coat drive the weekends of October 6/7 and Oct 20/21. We will be accepting new and gently used children's coats and jackets. Please donate generously for the less fortunate children of our community. A donation box will be in the Narthax for your donated items.

PIUS STUDENTS will be coming to St. Joseph's to have lunch with the 8th graders on Friday, October 12. I believe they'll be with them for the recess & lunch times. Pius will bring pizza for them. We'll provide water to drink. They will meet in Resurrection Hall.

K OF C CAMPAIGN FOR PEOPLE WITH INTELLECTUAL DISABILITIES This year the campaign in our parish will support education/life opportunities at Villa Marie School. For the Halloween season, they offer a box of 50 Tootsie rolls with a suggested donation of \$25 per box as your Halloween candy. [click Candy](#)

SACRED HEART CATHOLIC SCHOOL in Lincoln is seeking a third grade teacher to begin immediately, through the end of the school year. Candidates must possess a valid Nebraska Educator Certificate. Please contact Principal Laura Knaus if you are interested in the position by emailing laura-knaus@cdolinc.net or calling 402-476-1783.

CK SISTERS OUTDOOR FALL WORKDAY – SAT., OCT. 13, 1:30-4:30 P.M. Mark your calendars now and contact Sister Mary Angela at sr.mary-angela@cdolinc.net if you would like to come and help. Villa Regina Motherhouse, 4100 SW 56th St., about 2 miles west and south of Pioneers Park. (no rain date) [click Workday](#)

PARENTING FOR PURITY with Jason Evert, Monday October 15, 7pm St Peter Church [click Purity](#)

STATE CAPITOL EUCHARISTIC PROCESSION On November 4th there will be a Eucharistic Procession around the State Capitol. The planning team is looking for 100 3rd graders who received their 1st Communion last spring to dress up in their first communion finery and join the procession. They would need to be at the staging area around 2:30 that day for instructions, to line up, etc. To RSVP for this event, or for more information, contact Mike Davis at: davism72@gmail.com.



HEALTH OFFICE NOTES:

We cannot give OTC medication to students without a Authorization for Administration of Non-Prescription Medication form [Medical Forms](#)

INFLUENZA

We are beginning to see influenza at school. Parents should encourage good hand washing, getting enough sleep, eating well AND getting a flu shot for everyone in the household. They should also keep their children at home if they have a fever (>100) and keep them home until **24 hours** have past without fever reducing medication. They should keep children home for **24 hours** after the last vomit as well.