

ST. JOSEPH CATHOLIC SCHOOL

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WEEKLY WATCH

Tips at Conference Time

I appreciated Fr. Froeschl's homily on the Guardian Angels today, especially his point about their role: "to light, to guard, to rule, and to guide" my life!

As parents, those are key roles you play for your children as well. As we prepare for Parent Teacher Conferences next week, I thought this would be a good time to review a few tips. Even if you have been to MANY of these before, it's worth skimming to refresh your thoughts on how to help them be as fruitful as possible for your child. So...read on!



Tips at Conference Time

The purpose of parent-teacher conferences is to provide parents and teachers with an opportunity to communicate with each other in regards to a child's education and to build a partnership that supports the child in achieving success. Here are a few tips on how you can help to make parent-teacher conferences a productive encounter:

Before the Conference

- Inform your child that you are meeting with his or her teacher so that you can work together to help your child succeed. Discuss what the child feels are his/her successes, likes/dislikes and/or concerns about school. Ask if there is anything you should discuss with the teacher.
- Write down questions you want to discuss such as: Does my child act in a Christ-like manner? Is my child prayerful and devout? How is my child doing in class? Is my child performing at his or her grade level? Does my child listen, follow directions, use time well? How are my child's work habits? Does my child need help in any academic area? How much time should I expect my child to spend on homework each night? What aspects of school does he/she seem to enjoy most? What are my child's strengths and weaknesses? How does my child get along with classmates? Does my child show any leadership qualities? What can I do at home to support what you are doing in the classroom?
- Write down important information you wish to share with the teacher. Let the teacher know about key events (separation or divorce, family illness, new baby, death in the family, loss of a beloved pet, etc.) that may affect your child's behavior and/or academic performance.

At the Conference

- Be on time for the conference and stay only for the amount of time scheduled. If more time is needed, ask to schedule another appointment.
- Listen:

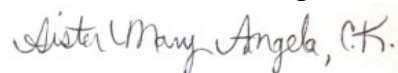
- Be open to suggestions from the teacher. Ask for his/her views on needed improvements. Ask what you can do at home to help your child be more prepared for school. Understand that teacher feedback is critical to your child's academic success.
 - Ask the teacher to explain anything you do not understand.
 - Work with your child's teachers to determine goals and expectations.
 - Take notes about what has been discussed (specific comments or recommendations) to share with your child.
- Share/Ask:
- Begin with gratitude and positive comments.
 - Offer suggestions and insights into your child.
 - Ask the questions that you prepared in advance.
 - Summarize your understanding of your child's progress and your child's teacher's comments to make sure you and the teacher are in agreement on what has been discussed.

After the Conference

- Discuss with your child what was said during the conference. Be sure to emphasize any positive comments the teacher made. Talk about strategies for improvement in academic areas and about other topics such as discipline issues, school activities that might interest your child, work habits, getting along with classmates, etc.
- Follow up on any plan of action agreed to by you and your child's teacher. Stay in touch with the teacher. If you think of additional questions later, send a note, email or leave a message at the school for the teacher to call you.

Feel free to stop in to see Mr. Naumann or me as well if you have anything you'd like to discuss with us. We'd love to see you! May God bless you!

In the Heart of the King,



Sr. Mary Angela, C.K.

BIST Tip: "I can make good choices, even if I am mad (or have an overwhelming emotion)."

This BIST Goal for Life really gets down to the nitty gritty of involving the will over the emotions. Children, and even some adults, think that what they feel makes their reality. However, it can be very freeing to realize that a difficult emotion like anger or sadness does not need to paralyze me or cause me to react in negative ways. Coupled with this goal is giving the child options and tools for dealing with the strong emotion, such as deep breaths, a quiet place to calm down or simply a couple minutes to process what is going on. By teaching children to work with their emotions and still choose what is right, we are empowering them to regulate their behavior and respond to difficulties in life; something that we all need at times!

Family Rosary

You may have heard the saying coined by the late Fr. Patrick Peyton, "The family that prays together, stays together." Fr. Peyton also advocated praying the family rosary. St. Joseph's has the tradition of sending home a glow-in-the-dark rosary to each school family during October, the month of the Holy Rosary. We encourage you to pray it together and then return to school so it can pass along to another family. If you cannot pray the rosary on the day you receive it, please try to do so by the next day and then return it. Mary understands, even if this means praying it in the car on the way to a ball game or recital! We want Mary to wrap her mantle of love and protection around all our school families and intercede for all your intentions during this month. **The school rosaries will be sent home beginning on Monday, Oct. 6, Our Lady of the Rosary.** Look for these to be coming home with youngest and only, beginning in 6th grade. Our Lady of the Rosary, pray for us!

A Note from Our Nurses

We are in need of several updated student immunization records, dental records, and physicals (for new students, Kindergarten students, and seventh grade students) before the annual state report is due. Please send vaccination records to the school office, send an email attachment to JHEL-schoolnurse@cdolinc.net, or fax records to 402-489-3260.

Individual email reminders will be sent out in the coming weeks if your child(ren) have missing records. Thank you for your help in keeping our student health files up-to-date.

Lunch/Recess Volunteers!

If you are up to date on your Safe Environment training, please consider signing up to volunteer for lunchroom and/or recess duty! Links are provided below, and we appreciate any help!

[Lunchroom Helpers](#)

[K, 1, and 2 Playground Helpers](#)

[3rd & 4th Grade Playground Helpers](#)

[5th & 6th Recess Helpers](#)

[7th & 8th Grade Playground Helpers](#)

Free & Reduced Lunch-Does Your Family Qualify?

St. Joseph participates in Nebraska Nutrition Services. With that our school families have the ability to qualify for free and reduced lunch based on income. A regular lunch costs **\$3.50**, but a reduced-price school lunch is **\$0.40**. If you are unsure if your family qualifies please feel free to fill out an application anyway. Applications can be found [HERE](#).

If your child(ren) qualified for free or reduced-price meals at the end of the 2024-25 school year, you must submit a new application by **September 30th in order to avoid an interruption in meal benefits.

Another New Restaurant with SCRIP

New this week: RED ROBIN. \$25/8% back to school. Fill it out and send with you child. We will fill your order the same day and send it home with your child. Simple! Text Kate with any questions: 402-314-1416. [DOWNLOAD THE ORDER FORM!](#)

Charlie and the Chocolate Factory @ Pius X!

Tickets are on sale now for the Pius Players production of 'Charlie and the Chocolate Factory' with four shows **October 16-19**. These family-friendly shows are on Thursday, Friday and Saturday at 7 pm, and Sunday at 1:30 pm. Shows are at Lincoln Southwest High School (due to construction at Pius X). Tickets are \$11 for adults and \$8 for students, and are on sale now at PiusX.net/store.

S.T.A.G.E Auditions

S.T.A.G.E. Theatre will be holding AUDITIONS for their winter musicals October 16-19 for students ages 7 and up. Students will have the opportunity to audition For *Lil Red and The Cowboy Who Saw the Light*, a fun western-themed musical for kids ages 7-11 years, and older students (10 and up) may audition for **The Good, The Bad, and The Fuzzy**, a comedic musical melodrama set in the wild west. Both musicals carry Christian themes and lessons. Weekly rehearsals beginning October 25 with performances taking place the first two weekends of January. Additional information on tuition, scheduling, and audition signups can be found at stage4kids.com under STAGE Theatre.

Parish Family Football Night!

PARISH FAMILY FOOTBALL *Night*

FRIDAY, OCTOBER 10TH

Join us for a night of faith, family, and football
We are celebrating our parish and Catholic School Communities

SPECIAL ADMISSION:

- FREE FOR JR. BOLTS PLAYERS (3RD-8TH) WEARING JERSEY



- FREE FOR JR. HIGH STUDENTS WEARING "WE ARE PIUS X" T-SHIRT
- FAMILY ADMISSION FEE \$10
- FREE FOR PIUS X STUDENTS COURTESY OF WEST GATE BANK



PIUS X VS. STANDING BEAR

KICKOFF 7 PM

ALDRICH STADIUM



GO BOLTS!



CK Sisters Outdoor Fall Workday

Saturday, October 18, 1:30-4:30 pm

We will be mulching, cleaning up our vegetable garden and cutting trees. Helpful items to bring include shovels, work gloves, wheelbarrows, pickups and chainsaws. Children are also welcome – and can use this for service hours! Mark your calendars now and contact Sister Mary Angela at sr.mary-angela@cdolinc.net if you would like to come and help. Please also print and complete a [LIABILITY FORM](#) (one per adult; children added to adult form.) Villa Regina Motherhouse, 4100 SW 56th St., about 2 miles west and south of Pioneers Park. Walk-ins are also welcome.

Outdoor Workday **School Sisters of Christ the King**

Who: Adults and children who like to work outdoors.
(Great for service hours!)

Where: Villa Regina Motherhouse
4100 SW 56th Street
**West of Pioneers Park on Van Dorn,
turn south on Southwest 56th Street**

When: Saturday, Oct. 18, 2025
Time: 1:30-4:30 p.m.

Projects: Mulching, fall clean-up of vegetable garden and flowerbeds, cutting trees, etc.

***Supplies to bring:** shovels, work gloves, wheelbarrows, pickups and chain saws (*Please make sure all tools are marked with your name.)

RSVP via email if you can.
sr.mary-angela@cdolinc.net
"Walk-ins" are also welcome.



Thank you for your generosity and God bless you!

St. Joseph School • 1940 S. 77th St. • Lincoln, NE 68506 • 402-489-0341