

ST. JOSEPH CATHOLIC SCHOOL

1940 S. 77TH ST, LINCOLN, NE 68506

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MONTHLY MESSENGER

September 2025

Knightly News from the Assistant Principal

Dear Parents,

I hoped that my first newsletter article could just be focused on the great start to our school year here at St. Joseph's!

It still can be, but is unfortunately also overshadowed by yesterday's tragedy. Our hearts are heavy, worried, anxious, angry, frustrated...the list



could go on. Will anything I say add to the conversation? I don't know.

But in my heart, I was also pondering the wisdom of Bishop Flavin. For those who may not know, Bishop Glennon Flavin was the bishop of the Lincoln Diocese from 1967-1992. He is the founder of the School Sisters of Christ the King. He is also the one who founded St. Joseph School and Parish! Yesterday was the 30th anniversary of his death. I was reading in his biography about his love for Catholic schools and something he said struck me in a new way in light of yesterday's events. He said,

"A Catholic education contains four R's, and the first is Religion, because it knows that you are made not only for this life but for heaven, and it prepares you for that. It prepares you not only to make a living, but also prepares you to live a life. It prepares you not only for life, it prepares you for eternity."

"It prepares you" jumped out to me.

Like many of you, some of my thoughts have gone to, "How are we prepared? What more do we need to do?" There are very practical things that have come up and we are having those conversations because we want to provide as secure an environment for our students as possible (locked doors, secure entrances during Mass, supervision, law enforcement contacts, reviewing and practicing protocols, etc.) But I know that no matter how much we do, unfortunately it will never "be

enough.” I took consolation in Bishop Flavin’s words because they reminded me that we are also preparing our children for what is eternal. Our ultimate security is in the arms of Jesus. Yes, we need to do our part to be safe on this side of heaven – of course. Yet, at the end of the day, it’s not up to me, to us, or to you as parents, to protect our children from every possible danger. We can’t. Life just isn’t like that.

It’s times like this that I return to the Serenity Prayer. And may Jesus grant strength and serenity to all the hurting families of Annunciation Parish and School.

*“God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to
peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things
right
if I surrender to His Will;
that I may be reasonably happy in this
life
and supremely happy with Him
forever in the next.
Amen.”*

[If you would like resources about how to talk with your children, these are ([Helping Children Cope with Tragedy](#); [Talking to Children About Violence](#)). If

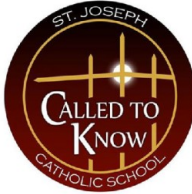
your child needs extra TLC at school or it would be helpful for us to be aware of their sensitivities, please do not hesitate to reach out to your child's teacher.]

In the Heart of the King,

Sister Mary Angela, CK

BIST Tip:
**“I can do
something even if
it’s hard or I don’t
want to.”**




As one of our BIST Goals for Life, this one hits home with children and adults alike! We all have times that we don't want to do things, but we need to do them anyway. At school, when children are facing challenges, this is a helpful reminder that God gave us the power to choose to do what needs to be done. For children who are hesitant, this is a confidence builder. For children who get easily frustrated, this is a helpful reassurance. For children who get angry, this is a calming reminder. We suggest using this same language at home with your children when circumstances warrant. An effective way to do so is to use a calm voice to remind, then give a little space for the child to think about it. They might be surprised to hear it coming from you, but it will be a great tool to show them that, whether at home or in school, God gives us the tools to make good choices.



September 2025

**BACK TO
SCHOOL**
Blessings!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL (Labor Day)	2 New Volunteer Orientation 6:30 pm JH Back to School Night, 6 pm, Gym Day 2	3 7B Class Mass Day 3	4 Day 4	5 Melodic Knights Mass Mission Collection Day 5	6
7	8 7C Class Mass Student Confessions Monthly School Rosary 2:50 pm Day 1	9 Day 2	10 No 2:55 Benediction Parish Adoration 6:30pm Day 3	11 Day 4	12 BIST Consultant Visit Day 5	13
14	15 6A Class Mass Day 1	16 6B Class Mass Day 2	17  Day 3	18 Youth Choir Mass Health Screenings, Preschool & 1st-4th Day 4	19 Melodic Knights Mass 1:00 Dismissal (Faculty Mtg/PD) Day 5	20
21 	22 Walk For Christ Week WFC Loved Ones Mass & Donuts, 8:15 am Day 1	23 8C Class Mass Walk For Christ Week Day 2	24 Walk For Christ Week Day 3	25 Walk For Christ Week Rubik's Cube Club 3:30-4:15 pm Day 4	26 Walk For Christ Day PRAY FOR OUR STUDENTS 	27
28	29 5A Class Mass Day 1	30 7A Class Mass 3rd Gr Omaha Zoo Trip Mission Club Day 2				



PAY FOR MEALS ONLINE
MySchoolBucks.com



LUNCH



SEPTEMBER 2025

St. Joseph Catholic School

*All menu items are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL Labor Day	2 Chicken Nachos Green Beans, Churro Fruit Choice Milk	3 Hot Dog on WG Bun Baked Beans, Chips Fruit Choice Milk	4 Chicken Tenders Mashed Potatoes & Gravy WG Roll, Corn Fruit Choice Milk	5 French Toast Sticks Cheese Omelet, Tri-Tater Fruit Choice Milk
8 Spaghetti w/Meat Sauce Garlic Breadstick Green Beans Fruit Choice Milk	9 Walking Tacos Corn Fruit Choice Milk	10 Orange Chicken Brown Rice Broccoli Fruit Choice Milk	11 Pepperoni Pizza Green Beans Banana Bread Fruit Choice Milk	12 Grilled Cheese Tomato Soup Peas, Fruit Choice Milk
15 Mini Corn Dogs Fries, Goldfish Fruit Choice Milk	16 Chicken Fajitas WG Tortilla Green Beans Fruit Choice Milk	17 Breakfast for Lunch! French Toast Sticks, Sausage Links, Hash Brown Fruit Choice Milk	18 Breaded Chicken Patty WG Bun Baked Beans, Cookie Fruit Choice Milk	19 1:00 DISMISSAL Cheese Pizza Broccoli Fruit Choice Milk
22 Meal in a Bowl Popcorn Chicken, Mashed Potatoes, Gravy, Corn & Roll Fruit Choice Milk	23 BBQ Pork Nachos Mixed Veggie Fruit Choice Milk	24 Chicken Alfredo WG Pasta Breadstick, Peas Fruit Choice Milk	25 Fiestada Pizza Green Beans Pumpkin Bars Fruit Choice Milk	26 Mac & Cheese Broccoli, Scooby Snack Fruit Choice Milk
29 Spaghetti w/Meat Sauce Garlic Breadstick, Peas Fruit Choice Milk	30 Chicken Nuggets Baked Beans, Roll Fruit Choice Milk			

*Student lunch \$3.50
*Adult lunch \$4.60

*Milk \$0.60
*Second entrée or sandwich \$1.75

*Turkey or ham sandwich as a choice Monday through Thursday
*Peanut butter sandwich as a choice Monday through Friday
*Garden veggie bar available daily

USDA is an equal opportunity employer & provider

Liturgy Singing Schedule - Fall Semester 2025

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL Labor Day	2 Weekday 4B	3 St. Gregory the Great (M) 7B Class Mass	4 Weekday Quiet Mass	5 St. Teresa of Calcutta (m) Mission Collection Melodic Knights
8 The Nativity of the Blessed Virgin Mary (F) 7C Class Mass	9 St. Peter Claver (M) 3A	10 Weekday 3B	11 Weekday Quiet Mass	12 The Most Holy Name of Mary (m) 6A
15 Our Lady of Sorrows (M) 6A Class Mass	16 Sts. Cornelius and Cyprian (M) 6B Class Mass	17 Weekday Quiet Mass	18 Weekday Youth Choir	19 St. Januarius (m) Melodic Knights
22 Weekday 6B	23 St. Pius of Pietrelcina (M) 8C Class Mass	24 Weekday 5A	25 Weekday Quiet Mass	26 Sts. Cosmas and Damian (m) 5B
29 Archangels (F) 5A Class Mass	30 St. Jerome (M) 7A Class Mass			

NO SCHOOL Reminder

This is reminder there is no school **Monday, September 1st!**



Important Update: Walk for Christ T-Shirt Pick-Up Process!

Attention St. Joseph School Parents!

The School Family Association (SFA) is delighted to announce a new, streamlined process for picking up t-shirts for your St. Joseph School children. By trying a new shirt pick-up method for families, we will save St. Joseph staff and volunteers hours of labor as we prep for Walk for Christ 2025.

- ☒ **NO PRE-ORDERING NECESSARY!**
- ☒ **ALL SIZES WILL BE AVAILABLE TO CHOOSE FROM!**

Where & When to Pick Up Your Child's T-Shirt:

Look for SFA members available **after ALL Masses** on the following dates to pick-up shirts for your St. Joseph student:

- **Saturday, September 13th & Sunday, September 14th**
- **Saturday, September 20th & Sunday, September 21st**

SFA members will have a list of school families and will mark you off as you pick up t-shirts. If you are unable to pick up shirts for your student after Mass either weekend, an additional pick-up time on a weekday before or after school will be offered.

Not a School Child? Want an Extra T-Shirt?

If you are not a St. Joseph School student and wish to purchase a Walk for Christ t-shirt, or if you'd like to get an extra one for a parent or family member, you can purchase them directly from our **Spirit Wear Store!** Shirts for purchase will be available in early to mid-September.

Click [HERE](#) to visit our Spirit Wear Store!

Or scan the QR code with your smartphone camera!



Thank you for your continued support and participation in the Walk for Christ!

Back to School Night Reminder

Back to School Nights are opportunities for parents to hear from their child(ren)s' teachers regarding classroom norms, curriculum and communication for the year. Below are the dates/times for next week. We hope you all can make it!

Thursday, August 28

1st Grade – 5:30 pm

5th Grade – 7:00 pm

2nd Grade – 6:15 pm

Tuesday, September 2

Jr. High (7th/8th) in the GYM– 6:00 pm

VOLUNTEER INFORMATION

NEW VOLUNTEER ORIENTATION

for volunteers new to St. Joseph School

SEPTEMBER 2

6:30 PM | SCHOOL LIBRARY

CONTACT GLORIA JUNDT:
GLORIA-JUNDT@CDOLINC.NET



BIST Virtual Parenting Series

Dear Parents and Guardians,

As part of ongoing support for families, your child's school is offering a series of classes for parents and guardians through a partnership with the Behavior Intervention Support Team (BIST). These training sessions are designed to provide ways you can support your child's developing academic and behavior skills, as well as increase consistency between home and school.

BIST Virtual Parenting Series

5:45 PM - 6:00 PM **Enter Zoom Waiting Room**

6:00 PM – 6:45 PM **Informational Session**

6:45 PM – 7:00 PM **Questions and Answers**

*****All times are Central Time*****

September 18th: *“Just One Thing at a Time: Taking on tasks that seem overwhelming & addressing “perceived” helplessness*

September 25th: *“Why is the Truth So Hard?: Rebuilding trust when our children lie*

October 2nd: *“We All Live Here; We All Help Here: Teaching ownership, responsibility & pride through “helping out” around the house*

These classes are designed to:

- Create consistency between school and home
- Provide language for adults to use when redirecting children
- Share ways to problem solve to increase your child's success
- Increase generosity and kindness in your children
- Bring a sense of calm to your home

Please join us for any or all three sessions!

How to Register for Free Training

These virtual classes are provided free of charge, however, we do ask that you **please register through our website on or before Friday, September 12th, 2025.** Instructions for registration are on the page below.

We are excited to offer this opportunity to you!

Sincerely,

Marty Huitt, Director

Behavior Intervention Support Team/Cornerstones of Care

8150 Wornall Rd

Kansas City, MO 64114

@MartyHuitt

To register for this class:

1. Go to <http://BIST.org>
2. Click Log In on the home screen.
3. If you already created a username by previously enrolling in a BIST class, just log in on this screen.
4. If you have never registered for a BIST class, enter your information (Name, Email, and a Password). This will register you on the website, but not for the class.
5. At the top of the page, use the dropdown menu called "Classes." Click "Training Calendar."
6. Select the class you wish to attend (Parenting with BIST). Click "Register" under your preferred class.
7. Fill out the required questions and click "Register."
8. On the checkout screen, complete the billing details even though this is a free class.
9. Click "Place Order." The Order Details page is your confirmation of registration.
10. You will receive an email containing the Zoom link for the training sessions on Wednesday, September 17th.
 1. If you have not received an email containing the Zoom link by noon on September 18th, please contact our office at bist@cornerstonesofcar for assistance.

Play Dates with School Pets!

Our school Guinea Pigs, Leroy (brown) and Jasper (black) love to be held! They are available to be taken home Friday after school and brought back Monday morning. If your child(ren) would like to adopt Leroy and Jasper (together) for a weekend send in a letter with your child, email the office staff, or give us a call at 402-489-0341 and we will put you on our list!



School Spirit Wear

Family members can show their school spirit too! Visit [LINK](#) to shop now through the end of school! Purchasers have the option of shipping to their homes for a fee, or selecting a pickup location (i.e. the school) for free. Items delivered to the school with batch weekly.

RUBIK'S CUBE CLUB!
3rd Grade & Up

▶▶▶ If you know how to solve a Rubik's Cube, come to race, learn new cubes, or teach others how to cube!

▶▶▶ If you have never solved a cube before, come learn how!

▶▶▶ Contact Carrie Jensen at cjensen3@yahoo.com to sign up!

3:30-4:15 pm
9/25 and 10/23
in the Library



St. Joseph Student Crochet Club

St. Joseph School's Crochet Club, for students in 4th grade and up, will meet **every Friday from 3:30-4:30 pm** in the

Monthly School Rosary

As a means of praying for the needs of our students and school families, St. Joseph School will be offering a monthly school rosary. Parents are welcome to join us as you are able. The dates and times are listed on the finalized **school calendar** posted on our website, with our first one being **September 8th!** Most of the times will be at 2:50 pm so family members can join us. Classes will participate as they are available, so be aware that some classes may be absent on a given month. May our Blessed Mother intercede for us and lead us closer to her Son, Jesus!

library when school is in session. Beginners to experts welcome. Contact Myra Costello at stjoes.institc or 713-857-7868.

School Pride

Celebrate St. Joseph School by helping your child to be in proper uniform! In these opening days, teachers will be reviewing our dress code with students so they can look their best and be ready to learn. By partnering with you, we can help our students grow in pride for their school uniform and the discipline that goes with following our dress code. Please review the school dress code [HERE](#) on a convenient PowerPoint with visual examples. If you need to visit our used uniform supply for a freewill donation, or need monetary assistance with purchase of new uniforms, please let us know as we have a specific fund to help families with this need.



JOIN GIRLS ON THE RUN!

Hello, MOUNTAIN MOVER!
Girls on the Run features lessons focused on what matters most to your girl. This season, she will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then using these tools to face challenges with her team.

FINANCIAL AID AVAILABLE. APPLY ONLINE.

GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

LINCOLN: ST. JOSEPH

- Tuesday/Thursday 3:30 to 4:45 p.m.
- Season runs Sept. 9 to Oct. 30
- GOTR 5K Oct. 26 in Lincoln
- \$150 Registration Includes:
 - Curriculum-based programming
 - Program T-shirt
 - Souvenir workbook
 - GOTR 5K entry for GOTR Girl
 - 5K entry for her Run Buddy
 - 5K medal, drawstring pack and other goodies for girl at GOTR 5K

SCAN ME!



For more information and to register, visit www.GOTRNebraska.org
Contact
Girls on the Run of Nebraska
acyphers@gotrnebraska.org
402-483-0373

Scratch Paper

We need scratch paper! If you have any paper already printed on one side and looking to get rid of please send it our way! God bless you for your generosity!

AROUND THE DIOCESE



Jr. Cheer Clinic at Pius X

The Pius X Cheer team will host its Jr. Cheer Clinic on **Saturday, September 6 from 2 to 4 pm** in our Main Gym. The camp is for those in Pre-K (at least 3) to 7th Grade. Learn more and register at PiusX.net/cheer.

Pastor:

Fr. Michael G. McCabe

Principal:

Kevin Naumann

Assistant Pastor:

Fr. Loudon Redinger

Assistant Principal:

Sr. Mary Angela, C.K.

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Phone: 402-483-2288

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Sent by Emily Klein



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