

ST. JOSEPH CATHOLIC SCHOOL

1940 S. 77TH ST, LINCOLN, NE 68506

PHONE: 402.489.0341 | FAX: 402.489.3260 | SCHOOL.STJOSEPHLNK.ORG

WEEKLY WATCH

Demands

“But I want it now!” “Why didn’t I get one?” “How come he got to go?”

Do any of these sound familiar? Children being demanding is not a new occurrence. I did my fair share of demanding what I wanted when I was growing up – or complaining when I didn’t get something. However, I do see a difference in our modern times that I didn’t see earlier. The demands are more frequent. And intense. And longer lasting. And directed to most adults rather than just their parents.

When I didn’t get something I demanded, I would likely pout for a while (when little), or ruminate about it for a while (when older), but usually I would come around to recognizing that not getting what I wanted was just a part of life and I would come to accept the reality. It usually wouldn’t disable me.

Nowadays, I’m seeing a different trend. Not getting what they want can become an emotional trigger for our children. They can display BIG emotions that are bigger than the gravity of what was denied them. Plus, they can latch onto it for longer, sometimes even having meltdowns at an age when you would think they would be past this. Or, for older students, there can be a real sense of belligerence as if they were truly treated with injustice because something is due them. In my day, this would be called entitlement. And most parents in my day would not acquiesce to their child’s demands in these circumstances. Plus, most children would not act this way with just any adult.

I could be wrong, but I believe a big part of this shift is due to the instant gratification that comes from how quickly what we want is at our fingertips. Children don’t have as many opportunities to practice patience that comes naturally from having to wait for what you want. There are also a lot more stories, in books and on media, that model children being the ones who are “in charge” or “knowing better” than the adults. I don’t have any easy answers for the problem. I know that in school we try to teach about the virtue of patience and children get many opportunities to practice waiting in line, raising their hands and waiting to be called on, letting adults be in charge, etc. But I wonder if there are further ways we can partner with you on helping children to grow in this virtue. Sometimes, we adults also must examine how we model (or don’t model) being patient when something doesn’t go our way, or as soon as we like. Children are always listening and watching us for clues on how to act. A few questions for examination may include:

- Do I express impatience around my children when someone doesn’t reply to my text/email right away?
- Do I express frustration around my children when my colleague/spouse isn’t responding as I wish?
- Do I express annoyance with a teacher/parent around my children when I disagree with a decision?

It’s not an easy topic and has many complexities. I would be interested in your further thoughts on this if anyone would care to share. Formation of our children is such a key part of what we desire for our students, and we know that it takes a unified effort. But it helps to remember that God desires this even more than we do. With His grace we are not alone. I encourage you to review the BIST tip below that relates to this as well.

May God bless you!



In the Heart of the King,

Sister Mary Angela, C.K.

Sister Mary Angela, CK

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!



TOMORROW – Walk for Christ Day!

Tomorrow is Walk for Christ Day! Please have students wear their WFC t-shirts, bring a jacket, and warm up their throwing arms to dunk Mr. Naumann!

Please continue to help us reach our goal by **donating here:** [2026 Walk For Christ](#) so the kids can Prank the Principal! We still have \$17,500 to go! Cash or checks can also be dropped off at the office.

Thank you for your ongoing support to help our school!

~St. Joe's SFA

Picture Retakes October 7th

Picture retakes/First takes will take place **Wednesday, October 7th from 9-11:30 am**. Anyone is able to do a retake if you choose. **Only those doing retakes are allowed to be out of uniform that day.** Please remember to return your picture proof folder if you are having a retake. If you forget to bring it, they will still take your picture.

Late Pick-up Policy

We are so blessed by all the activities, events and extra-curricular opportunities offered for our students at St. Joseph's! This can include sports, clubs, Student Council, Youth Choir, etc. While our staff works hard to provide these opportunities, it is also important to recognize that they have a limited time frame. We would be grateful for parents making efforts to pick up the students shortly after an event has ended so that our staff can have their time outside of school as well. Sometimes, students have been left in the church narthex while waiting for a ride, but this is an unsupervised area and thus is not a viable option. Therefore, starting on Oct. 13, if a student is not picked up from any after school event promptly, or you have notified the staff member in charge that you have an emergency, the student will be brought to our after-school program, Beyond the Bell, after 10-15 min., so that they will have adult supervision while waiting for you to come. In this case, you will be charged a \$15 fee per child. We take seriously the security of your children and thank you for partnering with us to keep our students supervised while on church/school property.



A Note from the Nurse

Parents of Kindergarten, 7th, and 8th grade students, please turn in health physicals to the school office as soon as possible if you have not already done so. We also need up-to-date immunization records for all students who are new to St. Joseph's or who are in Pre-K/Preschool, Kindergarten, or 7th grade. Thank you for your help in keeping our records current.

Katie Beck and Mary Ellen Hook, School Nurses

October Family Rosaries

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 School has a 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, October 5**. Look for these to be coming home with youngest and only, beginning in 6th grade. Our Lady of the Rosary, pray for us!

Dine-Out with Don & Millies!

Join us for a SFA hosted **Dine-Out Night at Don & Millies at 8150 O Street on Thursday, October 15th from 4:00-9:00 pm!** Dine-in and drive-thru open. Be sure to mention St. Joseph School when you order! 20% comes back to St. Joseph School.

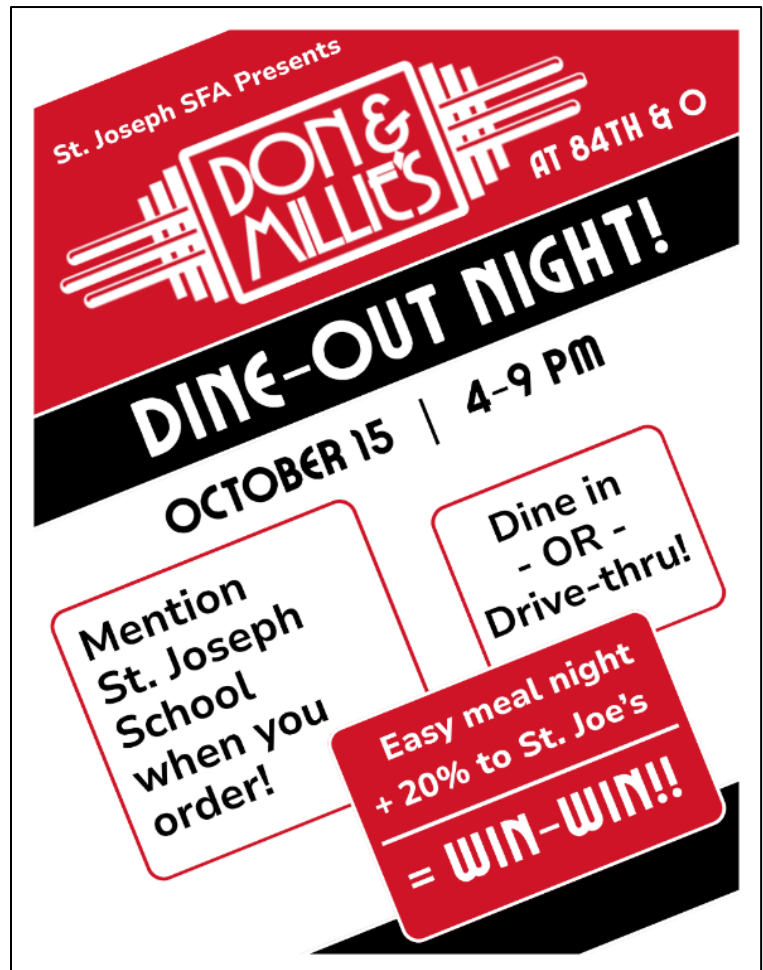
Mark your calendar for future Dine-Out Nights:

- **Thursday, November 12** from 5:00-8:00 at Taco Inn (70th & O)
- **Thursday, December 10** from 5:00-8:00 at Jersey Mike's (5001 O St.)

New with SCRIP!

TOPGOLF. \$50/8% back to our school!

Please review the attached order form and send in with your student today. We have had a lower-than-normal parent usage of SCRIP this year and would love to get more families using it! It costs nothing but benefits our school and church greatly! Fill out a form and send it to school with your 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!**](#)



Trunk or Treat!

Trunk or Treat is on **October 23rd from 6-8 pm!**

- Cost is \$5 per child. We take cash at check-in or you can PREPAY at tinyurl.com/TrunkTreat26-Prepay!
- Host a trunk! It's easy - decide on a theme, decorate your trunk, get dressed up, bring lots of candy, and have a great time! Sign up at tinyurl.com/TrunkTreat26-Host! Set-up begins at 4:00 pm.
- Lend a hand! It takes a lot of people to make this event work smoothly, and we appreciate any time you can offer. Visit tinyurl.com/TrunkTreat26-Help for a list of jobs you can help with!
- Candy donations are also a great way to help if you can't host a trunk or volunteer. Please make sure candy is individually wrapped. Look for a bin near the SCRIP counter and drop off candy by 2:00 pm on October 23rd.



TRUNK or TREAT 10/23 6-8 PM

\$5/bag
Cash at the door or PREPAY!

HOST A TRUNK!
tinyurl.com/TrunkTreat26-Host

LEND A HAND!
tinyurl.com/TrunkTreat26-Help

Scan the QR codes or email sara-racicot@cdolinc.net with questions!

tinyurl.com/TrunkTreat26-Prepay

Contact Sara-Racicot@cdolinc.net with any questions or to sign up. We can't wait to see you all there!



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. 17, 2026

Time: 1:30-4:30 p.m.

Projects: Planting shrubs, 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!

CK Sisters Outdoor Fall Workday

Saturday, October 17, 1:30-4:30 pm

We will be planting shrubs, 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.

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