



## GREETINGS!

**Drive-Thru Christmas Program** ~ We hope you enjoyed our first ever Drive-Thru Christmas Program. A huge, heartfelt **THANK YOU** goes out to our students who reenacted the Nativity Story standing out in the cold, our parent volunteers who donated materials and helped with set-up and tear-down, and our committee: Lisa Kalahar, Melissa Radlinski, Diane Schoof, and Kathleen and Joe Houdek! Thank you, students, staff, and parents for reminding us of the true meaning of Christmas.

**Scrip News** ~ There will be NO physical gift card ordering or pick up the weeks of Dec. 21<sup>st</sup> and Dec. 28<sup>th</sup>. Scrip will resume Mon. Jan. 4<sup>th</sup>. E-gift cards and reloads are still available anytime.

**Haiti Clean Water Filter Advent Project** ~ Thank you for your generosity in helping our friends in Haiti to have clean water and healthier lives. There was great excitement in the hallways and sounds of clinking coins. God bless you for your kindness!

**Financial Aid through Smart Aid** ~ Families wishing to apply for scholarships for the 2021-22 school year will need to complete the SMART AID application. You will find the instructions on our website and by clicking on the link above. Please use CODE:HSPiritGR for Holy Spirit students. The first deadline was Dec. 1<sup>st</sup>, however, aid will continue to be disbursed until funds are depleted.

**Middle School Semester EXAMS** ~ Exams are fast approaching. The schedule below is for your general information. Child care is open on the half-days, so if you need to arrange child care, please contact the office in advance.

**Tues., January 12 – 1<sup>st</sup> & 2<sup>nd</sup> Hr. Exams:** 11:45 Dismissal Grades 6-8

**Wed., January 13 – 3<sup>rd</sup> & 4<sup>th</sup> Hr. Exams:** 11:45 Dismissal Grades 6-8

**Thurs., January 14 – 5<sup>th</sup> Hr. Exam:** 11:45 Dismissal Grades 6-8

**Friday, January 15 – 6<sup>th</sup> & 7<sup>th</sup> Hr. Exams:** 11:45 Dismissal Grades 6-8

**Student Council** ~ Our next Fun Day will be on Tuesday, Jan. 26<sup>th</sup>. For a \$1.00 donation per family, students will have a color day. Our theme will be bright/neon colors and money raised will go to Kids' Food Basket.

**Educational Foundation Auction** ~ The Holy Spirit Educational Foundation will be hosting its first ever online auction extending from January 26 through January 30, 2021. This event, normally held in person, is the only coordinated fundraising effort for the Foundation. Funds raised from the auction go directly to support tuition assistance and faith formation tuition, in addition to other Holy Spirit ministries. We invite you to join us for the auction and share in the important work of the Foundation. Your participation will help ensure the continued support of families at Holy Spirit, which is important now more than ever. For more information on how you can support the auction, or for details on how to join in the fun in January, please visit:

<https://www.hsparish.org/events/hsauction/>.

**Catholic Schools Week – January 31<sup>st</sup> through February 6<sup>th</sup>** ~ Details will be forthcoming in January email reminders.

## Important Dates:

### Mon., Jan. 4th

~ Classes Resume

### Tues., Jan., 12th

~ Gr. 6-8 1<sup>st</sup> & 2<sup>nd</sup> Hr. Exams

~ Gr. 6-8 11:45 dismissal

### Wed., Jan. 13th

~ Gr. 6-8 3<sup>rd</sup> & 4<sup>th</sup> Hr. Exams

~ Gr. 6-8 11:45 dismissal

### Thurs., Jan. 14th

~ Gr. 6-8 5<sup>th</sup> Hr. Exam

~ Gr. 6-8 11:45 dismissal

### Fri., Jan. 15th

~ End of 2nd Qtr.

~ Gr. 6-8 6<sup>th</sup> & 7<sup>th</sup> Hr. Exams

~ Gr. 6-8 11:45 dismissal

### Mon., Jan. 18th

~No School – Martin Luther King, Jr. Holiday

### Fri., Jan. 22nd

~Newsletter/Calendar

### Tues., Jan. 26th

~2<sup>nd</sup> Qtr Report Cards Online

~Student Council Color Day

\$1/Family

~ PTA Meeting 7pm

### Tues., Jan. 26th – Sat., Jan. 30<sup>th</sup>

~ Educational Foundation

Auction

### Sun., Jan. 31st – Feb. 6th

~Catholic Schools Week

### January Birthdays

Seraphina M.  
Malina D,  
Titus S.  
Kieran R.  
Lucia S.  
Mr. Wisniewski

Braxton K.  
Evelyn W.  
Charlotte S.  
Sadie K.  
Samantha K.



Trace T.  
Lucy W.  
Jack P.  
Alex G.  
Grace M.

Matthew V,  
Bryce D.  
Jack H.  
Warren D.  
Mrs. Hower

### Religious Education News

**First Reconciliation** – The celebration for First Reconciliation will be on Wednesday, January 13 at 6:30pm in the church. Fr. Mark is asking that one parent accompany the child. That parent will also receive the sacrament that night. I will let you know if anything changes with this as far as COVID goes. Please practice the Act of Contrition and the steps with your child.

**First Communion** – Materials for First Communion will be available at First Reconciliation for you to pick up. The parent class for First Communion will be on January 20 in the Multipurpose Room at 6:30pm. Please do not bring little ones with you if possible. If we are not allowed to meet in person by then, I will send a link to a Zoom meeting. I am getting better at Zoom meetings now.

**Confirmation** – Confirmation registrations were due by Thanksgiving. If you have not sent in your child's registration, please do so. Remember, there should be no nicknames and the parents should be the ones listed on the baptismal certificate. Also, if your child was not baptized here at Holy Spirit, or did not receive First Communion here, we will need to see a baptismal certificate since this is a sacrament of initiation. You should send us a letter from the sponsor's parish indicating that he/she is an active practicing Catholic and eligible to be a sponsor. Only one sponsor per candidate, but multiple candidates may share a sponsor. Just let me know so I can seat them near both candidates. If your sponsor is active at Holy Spirit, you do not need to send in a letter. Confirmation is scheduled for the weekend of May 23 here at Holy Spirit. How that will work depends on the COVID guidelines at that time.

### Child Development Center

Come join the fun – the Holy Spirit Child Development Center is now hiring! We are looking for caregivers (18 years of age and older) to begin working on a regular basis in January of 2021. Training for new hires will begin in December of 2020; no training will be done during Christmas break (Dec.23-Jan.1). New hires must have some prior experience working with children and be willing to do some simple licensing required online training. For further information, please contact the Holy Spirit Child Development Director, Melanie Francis: [mfrances@hsparish.org](mailto:mfrances@hsparish.org).

### *Holy Spirit Mission Statement*

*Our mission at Holy Spirit School is to learn, live, and share the message and teachings of Jesus Christ.*

### **BIRTHDAY BOOK CLUB**

Thank you to **Alex M., Helen K., Mrs. Kelly, and Mrs. Russo**, our newest December Birthday Book Club members. Their donation to the school library is greatly appreciated! In return for their generosity, they have each received a color day pass.



### **WINTERY WEATHER**



As our weather turns “wintery” ~ please help your child/ren remember to bring boots to school for outdoor recess. Students who wear boots may play on the blacktop area...otherwise **students without boots will remain on the sidewalk** so that the salt, slush, etc., is not tracked onto the carpet in the classrooms. Students who are fully dressed for winter (i.e. – snow pants, boots, hats, gloves, etc.) may choose to play on the playground equipment, the upper/lower fields, and/or go sledding when offered.

### **2020 UPDATED DAILY SCREENING INFORMATION FOR FAMILIES**

**The current Health Department Guidelines are below.** Please refer to this if in doubt as to whether your student should stay home. Please contact the school if YOU or ANYONE in your household have been a close contact with someone who is positive or pending a Covid test result. All information shared is confidential.

FEVER	If student feels warm to touch, or has temp of 100.4 or higher, please keep home. Do not allow child to return to school until “ <u>unassisted</u> ” fever-free for 24 hours. Or until cleared by your doctor.
COLD, COUGH	“Heavy cough,” hacking cough, new cough, or change in existing cough, please keep home.
SORE THROAT	If experiencing a sore throat, check throat for spots and a fever. If either is present, please keep home.
TASTE/SMELL	If loss of taste or smell, or both, please keep home and call the doctor.
BODY ACHES	If experiencing sore muscles and body aches, please keep home.
CONGESTION/ RUNNY NOSE	If congested or experiencing runny nose, without good reason (allergies/asthma,) please keep home.
EXTREME- FATIGUE	Please keep home to rest and check for additional symptoms.
HEADACHE	Usually need not be kept home. (If you wish your child to take medication for headache, you will need to bring the medication to the office in a labeled container, with a completed Medication Administration Release Form. (see school web-site at <a href="http://www.holyspiritschoolgr.org">www.holyspiritschoolgr.org</a> under “Parent Information” – “Forms”.)
VOMITING/ NAUSEA/DIARRHEA	<b>Please keep the child home for 24 hours after feeling better. Call doctor if it persists.</b>
RASH	Do not send a child with a rash to school until your doctor has said that it is safe to do so.
MEDICATIONS	<u><b>ALL</b></u> medications, including cough drops, lip balm and hand cream, must be kept in the office and dosed by the office staff for the safety of those with allergies. A permission slip must also be on file for all medications.

If a child is ill and remains at home during the school day, the student may not attend extra-curricular activities on that day (Education Commission Policy #6146.2.)



**PTA Christmas Collection:** The Christmas collection has wrapped up and we would like to extend a heartfelt THANK YOU to the families of Holy Spirit for your generous donations! Each teacher will be gifted with an even distribution of this collection. In addition, the PTA provides a gift to the teachers, administrators, and support staff. Thank you for your continued support of the PTA! We wish you many blessings this Christmas season.

**THE NEXT PTA MEETING IS TUESDAY, JANUARY 26 at 7pm.  
HOPE YOU CAN JOIN US!**

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***Holy Spirit Preschool 2021-2022 Registration News!***

Parishioners who may be interested in our preschool programs for next fall should call the school office to be put on a prospective list if you have not yet done so. For additional information, please contact Paula Ryan at 735-6031 or email [pryan@hsparish.org](mailto:pryan@hsparish.org). We look forward to welcoming new three and four-year old preschool students!



## Holy Spirit School Calendar, January, 2021

[Lunch Supervision, Grades 4-5](#) / For updated information go to

[www.holyspiritschoolgr.org](http://www.holyspiritschoolgr.org)

					1 Feast of Mary, Mother of God <u>Lk 2:16-21</u> Happy New Year!	2
3 Feast of the Epiphany Mt 2:1-12	4 Classes Resume	5	6 Mass 8:30 Gr. 3-5	7 Mass 8:30 Gr. 6-8	8 Mass 8:30 Gr. Y5, 1-2	9
10 Baptism of the Lord Mk 1:7-11	11	12 Gr. 6-8 only 11:45 Dismissal Exams	13 Mass 8:30 <u>Gr. 3-5</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Gr. 2 6:30 Reconciliation	14 Mass 8:30 <u>Gr. 6-8</u> Gr. 6-8 only 11:45 Dismissal Exams	15 Mass 8:30 <u>Gr. K, 1-2</u> End of 2 <sup>nd</sup> <u>Quarter</u> Gr. 6-8 only 11:45 Dismissal Exams	16
17 Sunday Gospel Jn 1:35-42	18 Martin Luther King <u>Holiday</u> <u>No School</u> Child Care Open	19 Student Council Meeting Group B 3:30	20 Mass 8:30 <u>Gr. 3-5</u> Board Meeting 6:30	21 Mass 8:30 Gr. 6-8	22 Mass 8:30 <u>Gr. Y5, 1-2</u> Newsletter/ Calendar	23
24 Sunday Gospel Mk 1:14-20	25	26 Bright/Neon Color Day <u>\$1 per family</u> PTA Meeting <u>7:00</u> Report Cards Online	27 Mass 8:30 Gr. 3-5	28 Mass 8:30 Gr. 6-8	29 Mass 8:30 Gr. K, 1-2	30 Educational Foundation Auction
31 Catholic Schools <u>Week</u> Sunday Gospel Mk 1:21-18						



# Nutrition Nuggets

Food and Fitness for a Healthy Child

## BEST BITES

### Taco-in-a-mug

Here's an easy way for your child to make her own "taco-in-a-mug." Let her put cooked shredded chicken in the bottom, then layer taco ingredients. She might add low-fat pepper jack cheese, salsa, and lettuce. She can sprinkle on crumbled baked tortilla chips and eat right out of the cup!



### Playing together

What's one of the best ways to get your youngster moving and having fun? Join him! Suggest that the two of you throw a football together, or ask him to teach you how to skateboard. You'll set a good example, get some exercise, and enjoy time together.

## DID YOU KNOW?

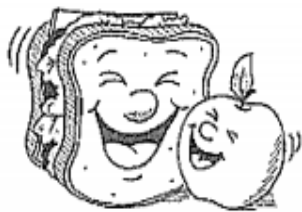
Introduce your child to healthy foods at the grocery store—for free.

Stores often let shoppers sample new items, such as edamame or tri-color quinoa. Say "yes" to anything nutritious that's offered and encourage her to try it. Then, add the products you both like to your shopping cart.

### Just for fun

**Q:** What did the apple say to the sandwich?

**A:** Nothing. Apples can't talk!



## Give peas (and carrots) a chance

Can vegetables be your child's new favorite foods? Yes! Try these ideas, and watch as veggies become something he looks forward to every day.

### Featured vegetable

Think like an advertiser, and "sell" nutritious food choices to your youngster. You could post a menu with a featured vegetable. Give it a name that will make your child laugh. Maybe "Tina Turnip" will be the roasted root vegetable you'll serve with pot roast and brown rice pilaf. Tomorrow, ask him to sell you on the starring vegetable!

### Vary the prep

Does your youngster prefer that vegetables have a certain texture or temperature? You might steam, roast, sauté, puree, or blanch carrots or zucchini—which way does he like best? Or if you



always make cooked peas, offer cold pea salad or raw snap peas instead.

### Add extras

Switch up your veggies with flavors your child likes—or may like once he tries them! Add cinnamon to butternut squash or sliced almonds to string beans. Or before cooking veggies, drizzle them with olive oil, then sprinkle on cayenne pepper or chili powder (for heat) or oregano, rosemary, and basil (for an Italian flair).

## Make an activity spinner

Turn a spinner from an old board game into a fitness tool. Here's how.

1. Your child can cover each wedge of the spinner with a strip of masking tape. On each strip, have her write a fun way to move. Examples: "Hop like a frog," "Twirl like a ballet dancer," "Fly like an airplane."

2. To play, one person spins the spinner, reads the action, and calls out something in the yard to tag (perhaps a bush).

3. Everyone follows the direction (hop, twirl) on the way to the bush and back to the spinner. The first person back spins next.



## Our family cookbook

This keepsake will teach your child about nutritious foods—and help you add more options to your family's meals.

**Collect.** Have your youngster ask relatives for recipes they'd like to share. Look them over together, and pick out the healthier ones. For instance, your child might choose a casserole with tomato sauce rather than one with heavy cream.



**Compile.** Your youngster can glue each recipe onto a piece of notebook paper and illustrate it. Then, let her sort the recipes into categories, such as pasta, casseroles, and soups, and put them in a binder.

**Use.** Ask your child to pick out recipes and help you cook them. She could take a photograph of herself with each dish and mail it in a thank-you card to the relative who gave her the recipe.

*Idea:* Invite your youngster to share her cookbook with relatives at Thanksgiving. 🍂

### ACTIVITY CORNER

### Pumpkin games

Anytime is the perfect time to play outdoors, and November is no exception. Try these games that use a pumpkin instead of a ball!



**Roll it.** Create start and finish lines. Players stand at the start line with a pumpkin at each person's feet. At "Go," racers roll the pumpkin along the ground with their hands. The first person to cross the finish line with his pumpkin wins.

**Pass it.** Everyone stands in a circle, arms length apart, with the "starter" holding a pumpkin. Turn on music, signaling the starter to pass the pumpkin to his left. When the music stops, whoever is holding the pumpkin stands still while everyone else runs around the outside of the circle once and stops in any available spot. Turn the music back on, and play again. 🍂

## Q&A Nutrition for vegetarians

**Q:** My daughter has decided to become a vegetarian. How can I help her get the nutrients she needs?

**A:** Good news: A vegetarian diet can give your daughter all the nutrients her growing body needs. Talk to the school nurse, the cafeteria manager, or her doctor for advice. They may recommend protein sources like tofu, beans, and nuts. For iron, they're likely to mention leafy green vegetables, dried fruits, and whole grains. Dairy products are good for protein and calcium, and eggs also do double-duty—they contain iron and protein.

Of course, your daughter's choice means changes for you, too. Try to show support by how you prepare dinner. On spaghetti night, you might serve meatballs on the side. Or make vegetarian versions of favorite recipes, like spinach and mushroom enchiladas instead of chicken, or black bean burgers rather than beef. 🍂



### IN THE KITCHEN

### Sheet-pan chicken dinners

Cooking an entire dinner for four on one sheet pan means quicker cleanup. Use 1 lb. boneless, skinless chicken breasts for each of these recipes.

#### Cheesy potatoes and broccoli

Drizzle the juice of one lemon on the chicken. In a large bowl, mix  $\frac{1}{2}$  lb. cubed red potatoes and 1 broccoli head cut into florets with 1 tbsp. olive oil and 2–3 crushed garlic cloves.

Add to pan and lightly season with salt, pepper, and Parmesan cheese.



Bake at 400° for 35–40 minutes, until chicken is cooked through.

#### Fruit and veggie fajitas

Cut chicken into 1-inch strips, and place on cooking sheet. Add 1 sliced bell pepper, 1 sliced onion, and 1 16-oz. can pineapple chunks (in their own juice). In a small bowl, stir together 1 tbsp. each olive oil and lime juice, and 1 tsp. each honey, chili powder, and cumin. Drizzle over chicken mixture. Bake at

350° for 20 minutes.

When cooked through, serve in warmed whole-grain tortillas. 🍂

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeonline.com  
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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