



**Holy
Spirit**
CATHOLIC
SCHOOL

**December 17, 2021
School Newsletter**

GREETINGS!

Drive-Thru Christmas Program ~ We hope you enjoyed our Drive-Thru Nativity. A huge, heartfelt **THANK YOU** goes out to our students who reenacted the Nativity Story, 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. 20th, Dec. 27th, and January 17th. 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 2022-23 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. 5th; however, aid will continue to be disbursed until funds are depleted.

8th Grade Can Drive ~ The 8th graders would like to thank all those who brought in cans for their end of the year class trip fundraiser. Your support and generosity are much appreciated!

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 18 – 1st & 2nd Hr. Exams: 11:45 Dismissal Gr. 6-8

Wed., January 19 – 3rd & 4th Hr. Exams: 11:45 Dismissal Gr. 6-8

Thurs., January 20 – 5th & 6th Hr. Exams: 11:45 Dismissal Gr. 6-8

Friday, January 21 – 7th Hr. Exam: 11:45 Dismissal Grades 6-8

Catholic Schools Week – January 30th through February 5th ~

Details will be forthcoming in the January newsletter and email reminders.

Important Dates:

Mon., Jan. 3rd
~ Classes Resume

Wed., Jan., 12th & 19th
~Gr. 2 Reconciliation
6:30 pm

Mon., Jan. 17th
~No School – Martin Luther
King, Jr. Holiday
~ CDC Open

Tues., Jan. 18th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Wed., Jan. 19th
~Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Thurs., Jan 20th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Fri., Jan. 21st
~Gr. 6-8 Exam
Gr. 6-8 only 11:45 dismissal
~End of 2nd Quarter
~Newsletter/Calendar

Tues., Jan. 25th
~ PTA Meeting 7pm

Sun., Jan. 30th – Feb. 5th
~Catholic Schools Week

January Birthdays

Braxton K.
Bryce D.
Alex G.
Grace M.

Matthew V.
Titus S.
Warren D.
Kennedy P.



Malina D.
Charlotte S.
Lucia S.
Mr. Wisniewski

Charlie R.
Jack P.
Samantha K.

Religious Education News

First Reconciliation – The celebrations for First Reconciliation will be on Wednesday, January 12th, and Wednesday, January 19th, at 6:30pm in the church. Be sure to sign up for the date that you prefer. Fr. Mark is asking that one parent accompany the child. That parent will also receive the sacrament that night. Please practice the Act of Contrition and the steps with your child.

First Communion – The Masses for First Communion will be celebrated on Saturday, May 7th, at 10:00 am and 1:00 pm. The parent class will be on January 26th at 6:45 pm in the Multi-Purpose Room in the Church.

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 Tuesday, April 26th at 7:00pm. Candidates and sponsors need to be there by 6:30pm.

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 in January 2022. There are opportunities for various time slots depending on availability. Training for new hires will begin in December 2021 (if available), or the beginning of January 2022. We are willing to work around school schedules. New hires must have some prior experience working with children and be willing to do some simple licensing required online training. This is a great opportunity to gain experience hours for various fields of study including, but not limited to, education, early childhood, social work, child life, child psychology, pediatric nursing, etc. For further information please contact the Holy Spirit Child Development Center director, Melanie Francis: mfrancis@hsparish.org.



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. The students raised **\$5,386.00**; enough for **180** water filters. God bless you for your kindness!



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.

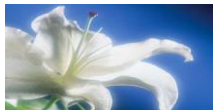
**THE NEXT PTA MEETING IS TUESDAY, JANUARY 25th at 7pm.
WE HOPE YOU CAN JOIN US!**

Awesome Authors Club!

Congratulations to the following HS published authors for November & December!

- KK:** Nola A.
1H: Zavyer H., Louise S., Quinn H., Charlotte K., Callan G.
1S: Mary S., Max M., Cora P., Wyatt S., Cece B., Annabelle P.
2J: Jack L.
2M: Leo H., Charlotte S., Jack R., Blake G., Sami K., Mya R., Wiley Z., Anna G., Grayson N., Michael G.
3K: Jagger S., Christian H., Arianna B., Brooklyn B., Elyse B., Lucia S., Peter A., Paul A., Patrick S., Alex M., Declan B., Henrik S., Jane B.
4D: Evelyn A., Keira G., Vera M.

Congratulations to Jane B., our Featured Author of the Month!
Be sure to read her story featured in this newsletter.



In Sympathy

Please remember in prayer, the **Falk Family** on the loss of their Great-Aunt, **Mrs. Ryan** on the passing of her Nephew, the **Kelly/Kreska Family** on the loss of their Great-Grandfather, **Miss Jones** on the death of her Grandfather, and the **Bastic Family** on the passing of their Great-Grandfather. May their memories live on in their hearts and bring them comfort.



Holy Spirit Preschool 2022-2023 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. Our Early Childhood Information Night will be held on Monday, February 7th. **For additional information, please contact Paula Ryan at 735-6031 or email pryan@hsparish.org. We look forward to welcoming new three and four-year old preschool students!**

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

Congratulations to Wyatt S. and Charlotte T., our newest Birthday Book Club members. They each donated a book to our school library in honor of their birthdays. In return for their generosity, they will receive 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.

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 has 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 www.holyspiritschoolgr.org under “Parent Information” – “Forms”).)
VOMITING/ NAUSEA/DIARRHEA	Please keep the child home for 24 hours after feeling better. Call doctor if it persists.
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>ALL</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.)

Featured Author of the Month

Congratulations to Jane B., in Grade 3, for being the Featured Author of the Month. Jane has won a lunch of her choice, and her story is featured below.

My Favorite Things About Fall

The leaves change color, and they fall off the tree. It is cloudy and frosty.

I like to play with my friends. We have fun being silly and playing at the playground.

Mostly, thank you Jesus for my friends, Mom and Dad, and my teacher. For my classmates, Grandma and Grandpa, and cousins. For the tree and food that grows.

I love you Jesus and God, and the saints in Heaven. I love my brother, Grandma and Grandpa, and my uncle in heaven.

Thank you Jesus and God for everything so much. I love you Jesus, you are the best ever. Thank you for the Eucharist too, the body of Christ and the blood of you, Jesus.

Thank you for dying on the cross, for my family, and for the world you made.

God, you are the best. I am writing a prayer to thank you for the sunset, and all the things in the world, and all that you made.

Thank you for all the animals. You are the best ever. Thank you Jesus and God and all creation that you made.

I love it so much, and my teacher and classmates and friends that I play with.

About the Author

Jane is 8 years old. She has 1 sister and 5 brothers. For fun, she likes to go to her grandma's house and make cinnamon bread with her. She has 2 bunnies, one named Fluffy Chubs and the other named Batman.



Holy Spirit School Calendar, January, 2022

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

						1 Feast of Mary, Mother of God Happy New Year!
2 Feast of the Epiphany Mt 2:1-12	3 Classes Resume	4 Musical Practice 3:30-5:00	5	6 Musical Practice 3:30-5:00	7 Mass 8:30 First Friday Offertory Collection	8
9 Baptism of the Lord Lk 3:15-22	10	11 Musical Practice 3:30-5:00	12 Gr. 2 6:30 Reconciliation	13 Musical Practice 3:30-5:00	14 Mass 8:30	15
16 Gospel Jn 2:1-22	17 Martin Luther King Holiday <u>No School</u> Child Care Open	18 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Musical Practice 11:45-12:30	19 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Gr. 2 6:30 <u>Reconciliation</u> Board Meeting 6:30	20 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Musical Practice 11:45-12:30	21 <u>Mass 8:30</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Little Flowers <u>3:15-4:30</u> End of 2 nd <u>Quarter</u> Newsletter/ Calendar	22
23 Gospel Lk 4:14-21	24	25 Musical Practice <u>3:30-5:00</u> PTA Meeting 7:00	26 Gr. 2 First Eucharist Parent Meeting 6:45	27 Musical Practice 3:30-5:00	28 Mass 8:30	29
30 Catholic Schools <u>Week</u> Gospel Lk 4:21-30	31					

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2021

BEST BITES

Favorite lunches

Read the school lunch menu with your child, and have her circle foods she'd like to eat this week. Each day after school, let her rate her choices on a scale of 1–5 "apples." She can draw apples on the menu to remember her favorites. *Tip:* Encourage her to give 1- and 2-apple items another chance. Sometimes it takes a few tries to like a new food.

Active after school

Suggest that your youngster make a list of six active things to do. *Examples:* 1. Hit tennis balls. 2. Run with the



dog. 3. Play tag. After school each day, he can roll a die and do that numbered item from his list. He'll get his heart pumping, and burning off energy will make it easier for him to focus on homework later.

DID YOU KNOW?

When your child chooses whole fruit over juice, she gets more fiber and nutrients—and less sugar. For example, 1 cup of orange juice has almost no fiber and 24 grams of sugar, while an orange contains about 3 grams of fiber and 14 grams of sugar. Suggest that she try at least one new fruit each month, fresh, frozen, or canned in its own juice.

Just for fun

Q: What ingredient works best when it's broken?

A: An egg.



Eat your ABCs

Your child can explore a variety of healthy foods—and his ABCs—at the same time. Eat your way through the alphabet together with these activities.

Go on an alphabet hunt

"A is for avocado!" Help your youngster find new foods to try by turning grocery shopping into an alphabet adventure. In a small notebook, he can list healthy foods for every letter (nectarine for n, quinoa for q). *Hint:* Explain that fruits, vegetables, whole grains, lean meats, and fat-free or low-fat dairy products are healthier than things like cookies and chips.

Plan alphabet-themed dinners

"It's 'C' Night!" Let your child pick a letter of the alphabet to plan a meal around. He might decide on whole-wheat calzones made with store-bought dough and filled with chicken, cauliflower, and low-fat cheese, and add a side



of cantaloupe. *Idea:* Encourage him to use the first letter of his name. Eli may be inspired to try eggplant parmesan!

"Write" with snacks

Your youngster will look forward to healthy snacks that he can use to form letters. He could arrange jicama or carrot sticks to spell words or write a short message for you ("I love you"). *Idea:* Look for letter-shaped cookie cutters at a dollar store, and let him use them to cut sandwiches, waffles, and pancakes into words. ●

My cooking show

With her very own cooking show, your youngster can teach "viewers" about healthy eating while she practices speaking and presentation skills, too!

1. Ask your child to choose a simple, healthy dish to make, such as tuna salad or fruit skewers.
2. Help her prep ingredients. For instance, you may need to chop celery or open a can of tuna for her.
3. Videotape your youngster while she cooks. She can explain the steps ("I'm stirring nonfat Greek yogurt and celery into the tuna") and sprinkle in nutrition tips ("I'm going to eat this yummy tuna salad on rice crackers").
4. Let her share her show with friends—and then make a new "episode." ●



Better fast-food choices

Fast food can be a not-so-healthy fact of busy lives. Share these tips with your youngster for making better choices and pumping up the nutrition in a fast-food meal.

Design a healthy combo. Celebrities have fast-food combos named after them—why not let your child create a healthy order named after her? For example, “The Charlotte” might include a grilled chicken sandwich



on a whole-wheat bun with mustard and extra lettuce, tomato, and pickles, along with a side of fruit salad. She'll look forward to ordering her special meal each time you're in the drive-thru.

Share portions. Does your youngster beg for french fries or a milkshake when you get fast food? Consider letting her pick one “extra” for everyone to share—you'll teach her to eat foods like that in moderation. (“We'll take a small vanilla shake with two extra cups, please.”) Or if she wants sour cream on her taco, you could request one order on the side so each family member gets a small amount. ●

ACTIVITY CORNER

Take a learning walk

Walking is one of the easiest things you can do to help your child—and your whole family—stay fit. Add learning to your strolls, too, with these themes.

● **Nature.** Count how many types of mammals, birds, or insects you spot. Or see how many flowers of different colors you can find.



● **Storytelling.** Together, make up a story about something interesting you see, such as an antique car, a new hobby shop, or an airplane flying overhead.

● **Shapes.** Let your youngster look for street signs of different shapes. Or he could map out a route in a geometric shape (square, hexagon), using a map or GPS to figure out the path. ●

OUR PURPOSE

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

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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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O&A Bring PE home!

Q: My daughter loves PE at school. How can I use her enthusiasm to encourage her to be more active at home?

A: Your child's PE class is a great source of ideas for games and activities she can do outside of school, too.

First, ask her to tell you all about PE. What did she play today? Did she learn a new game or skill, such as scooter ball or tumbling? Let her demonstrate her moves for you—she can delight you with a forward roll or a cartwheel.

Then, suggest that your daughter share some favorite PE activities with your whole family. She might organize a game of “long-distance tag” using pool noodles or show you how to juggle scarves. Your interest will show her that physical activity is important, and she'll discover that she can bring PE home. ●



IN THE KITCHEN

Oatmeal with a twist

These tasty whole-grain breakfasts are not your typical bowl of oatmeal. Let your child help you whip them up for a comforting meal he's sure to enjoy.

Blended baked oats

In a blender, combine $\frac{1}{2}$ cup rolled oats, 1 medium banana, 1 egg, 1 tbsp. maple syrup, $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. vanilla, and a pinch of salt. Blend on high into a smooth batter, and pour into an 8-oz. baking dish or ramekin greased with cooking spray. Bake at 350°

for 20–25 minutes until a toothpick inserted in the center comes out clean.

Overnight oats

Mix together $\frac{1}{2}$ cup rolled oats, $\frac{1}{2}$ cup plain fat-free Greek yogurt, $\frac{2}{3}$ cup fat-free milk, $\frac{1}{2}$ tsp. vanilla, and 1 tsp. raisins. Stir in $\frac{1}{4}$ cup sliced strawberries, diced peaches, or pineapple tidbits (canned in juice, drained). Pour into a clean jar or similar container with a tight-fitting lid. Cover and refrigerate overnight. The next morning, breakfast is ready! ●

