



## February 25, 2022 School Newsletter

### Important Dates:

**~Lenten Outreach** – During Lent, Preschool – Gr. 4 will be collecting baby supplies for the HELP Pregnancy Crisis Aid. Students in Gr. 5-8 will be collecting card and board games for the Wedgewood Christian Autism Center. Please see the supply lists in this newsletter on the back of the March paper calendar. Thank you for your generosity!

### **~Little Mermaid, Jr. The Musical – Coming Soon!**

Our cast and crew members have been working hard to present to you “Little Mermaid Jr.” on Sat., March 12<sup>th</sup> at 2:30pm and 7pm. Ticket prices are \$6 for adults, \$4 for children. Please order your tickets early using the attached order form. You won’t want to miss it! Parents of cast and crew: Be sure to check your inbox for emails with schedules and updates. Any questions, please contact the school office at 616-453-2772.

**~Registration Materials** - Registration materials for the 2022-23 school year were sent home on Feb. 14<sup>th</sup>. In order to help us plan for next year, we ask that *you please return your registration materials to the school office no later than Monday, March 14<sup>th</sup>*. The Catholic Schools in the Diocese of Grand Rapids will be transitioning to SchoolAdmin Billing as a replacement for Smart Tuition starting this July. We will be sending out additional information and your next steps to register with SchoolAdmin Billing in the coming months. If you have any questions about this transition, please contact the school office.

**~2022-23 School Calendar** - We have had a number of requests for the 2022-23 School Calendar. The finalized calendar will be sent out shortly. In the meantime, here are a few of the important dates you may need for next year:

Aug. 23	First day of school	Dec. 19-Jan. 2	Christmas Vacation
Feb. 20-21	Mid-Winter Break	April 3-7	Spring Break
April 10	Easter Monday	June 9	Last day of school

**~ Living Stations of the Cross** - To assist you on your Lenten journey, we would like to invite you to our 7<sup>th</sup> and 8<sup>th</sup> grade students’ **Living Stations of the Cross**. This moving presentation and Lenten reflection will be presented on Friday, March 25<sup>th</sup> at 7:00pm in the church.

**~Uniform Reminders** - As Spring arrives, parents, please be vigilant in checking that your children are following the dress code. A reminder to all girls about the length of shorts, skorts, and skirts: **Length no more than 4 inches above the middle of the kneecap**. Also, leggings may be worn only with skirts or skorts. Please click [Here](#) to visit our website for information on ordering local at RBG Uniforms or online through Land’s End or Tommy Hilfiger.

### **Wed., March 2<sup>nd</sup>**

~Ash Wednesday  
Mass 2:00pm

### **Fri., March 4<sup>th</sup>**

~ Prof. Dev. Day – No School  
CDC Open

### **Sat., March 12<sup>th</sup>**

~Little Mermaid Jr. The Musical  
2:30 and 7:00pm

### **Mon., March 14<sup>th</sup>**

~22-23 School Registration Due

### **Thurs., March 17<sup>th</sup>**

~St. Patrick’s Day Color Day

### **Tues., March 22<sup>nd</sup>**

~PTA Mtg. 7pm

### **Wed., March 23<sup>rd</sup>**

~Evening of Worship 6:30-7:30pm

### **Fri., March 25<sup>th</sup>**

~3<sup>rd</sup> Qtr. Ends  
~Living Stations of the Cross 7pm  
~Newsletter/Calendar

### **Fri., April 1<sup>st</sup>**

~3<sup>rd</sup> Qtr. Report Cards Online



**~Parish Wide Easter Food Drive** – During the weeks of Lent, we are collecting donations to go into the Easter Food distribution baskets. For variety, the children are asked to contribute according to the following categories:

Preschool:	Macaroni & Cheese & Soup	Gr. 4:	Cereal
Y5 & K:	Canned Fruit & Juice	Gr. 5:	Canned Vegetables
Gr. 1:	Spaghetti & Spaghetti Sauce	Gr. 6:	Soup & Tuna Fish
Gr. 2:	Peanut Butter & Jelly	Gr. 7:	Spaghetti & Spaghetti Sauce
Gr. 3:	Rice & Canned Meats	Gr. 8:	Peanut Butter & Jelly

### 2<sup>nd</sup> Quarter Bring Up Grades (BUG) Awards



**Gr. 4:** Kaz R.

**Gr. 5:** Riley A., Lucas A., Lily S.

**Gr. 6:** Dom B., Issac E.

**Gr. 7:** Emily H.

**Gr. 8:** Cam I., Cooper M., Sophia P., Kate S.

### MARCH IS READING MONTH

Lots of fun activities are planned to encourage reading during March is Reading Month! Information will be coming home soon. Remember to read, read, read, especially during this March is Reading Month!

### ***Awesome Authors Club!***

**Congratulations to the following HS published authors for the month of February. As of 2/8/22, our students have published 100 stories and 134 books!!**

KDG: Josiah J., Tucker J., Theo B., Nola A.

1<sup>ST</sup>: Matt M., Wyatt S., Addison B., Cora P., Wesley F., Clara B., Ellory R., Charlotte K., Madison W., Ella W., Edward B., Hunter N.

2<sup>ND</sup>: Elin M., Charlotte S., Mya R., Penelope S., Russell A., Anna G., Ethan B., Jack R., Sam B., Sami K.

3<sup>RD</sup>: Peter A., Paul A., Patrick S., Grace MC, Brooklyn B., Elyse B., Lucia S., Grace M., Isabelle B., Arianna B., David W., Christian H.

4<sup>TH</sup>: Grace M., Nora L.

### **Birthday Book Club**

Thank you to Alivia M. and Max M., our newest February Birthday Book Club members. Their donation to the school library is greatly appreciated!

In return for their generosity, they will receive a color day pass!

### ***In Sympathy***



Please keep in your prayers, the **DelRaso Family** on the passing of their Great-Grandfather, the **H. Kelly Family** on the loss of their Great-Grandmother, the **Brownell Family** on the death of their Grandfather, and the **Beekman Family** on the passing of their Great-Grandmother. May the memories of their loved ones bring them peace.

## LOCAL NEWS

### ~West Catholic Strength Training

Our next session of 7<sup>th</sup> and 8<sup>th</sup> grade strength training begins February 28<sup>th</sup>. Dates, sign ups, and additional information for the three sessions being offered can be found in our Link Box below.

### ~Local Area Spring Sports Information

**Walker Recreation** is now holding open registration for their Co-ed Spring Soccer Program. Also the 2022 Spring Season of the **NW Youth Soccer Association** is signing up players. Please see the links in our Link Box for further information.

### ~Knights of Columbus News

Congratulations to the following winners of the **Keep Christ in Christmas** Poster Contest:  
**Mackenzie C., Maisie M., and Leo H.**

### ~Diocesan Catholic United Sports Programs

The Diocesan Catholic United sports programs for Grades 3-8, have immediate needs for coaching and coordinator positions. Tennis and Track coaches are needed for the upcoming spring season, starting March 14<sup>th</sup> and ending by Memorial Day. Small stipends are available with these positions. Please contact Conrad Cuncannan, GRACEAC Athletic Director for additional information and to apply. [ccuncannan@grcatholicschools.org](mailto:ccuncannan@grcatholicschools.org) or 616.551.4741. Thank you!

## Holy Spirit Child Development Center

Come join the fun---the Holy Spirit Child Development Center is hiring! We are looking for caregivers (18 years of age and older) to begin working on a regular basis from 3:00/3:15pm to 5:00pm Monday through Friday. There may be opportunities for additional hours depending on availability, and potential opportunities to work during the summer as well.

Training for new hires will begin as soon as possible. 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 Center Director, Melanie Francis: [mfrancis@hsparish.org](mailto:mfrancis@hsparish.org)

## LINK BOX

[GR Diocesan SMART AID Financial Aid Application](#)

[Walker Rec Soccer Registration Info](#)

[NW Youth Soccer Assoc.](#)

[West Catholic Strength Training Info](#)

## *Holy Spirit Mission Statement*

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

### March Birthdays!



Hailey Y.  
Declan A.  
Keira G.  
Iris S.  
Greysen W.  
Arianna B.  
Nolan L.  
Max B.  
Mrs. Sweedyk  
Mrs. Perez

Jared B.  
Amalia D.  
Brycen P.  
Henryk K.  
Amelia P.  
Henrik S.  
Ellenor S.  
Avery L.  
Mrs. Kelly  
Mrs. Berndt

Addison B.  
Nolan B.  
Harper K.  
Josiah J.  
Vera M.  
Liam S.  
Jael D.  
Mrs. Stroh  
Mrs. Kalahar  
Mr. Thompson

Elias B.  
Carter B.  
Charlotte K.  
Maxwell V.  
Nicholas J.  
Brady K.  
Emily H.  
Mrs. DiGiovanna  
Mrs. Szotko

### Religious Education News

**Confirmation Retreat** is Sunday, February 27 from 2-5pm. Please be sure to get permission slips turned in to the Religious Ed Office. Candidate drop off should be at the back door of the school as we will start with the written Confirmation test. Pickup should be at the church as we will be finishing the retreat in the chapel.

**First Communion Commemorative Platemaking** will be on March 19 at 9am in the cafeteria. One adult needs to accompany each child. Please return your platemaking envelopes either with the payment to indicate that your child will be participating, or marking it that your child will not be participating. We need to know how many plates to order.

**First Communion Parent Homework** is due March 4.

**Virtus Reminder:** Please remember that each location where you volunteer or work needs to have a background check and documents on file. Every five years, a new background check needs to be completed. Please check the email address on your email account so an email prompt will reach you when you are due for a renewal.

### Boosters' News

**~Spring Sports Registration** – Registration is open for 5<sup>th</sup> – 8<sup>th</sup> graders interested in spring sports. To register online, click [HERE](#) to access the TeamSnap link. GRACEAC is also offering a 3<sup>rd</sup>/4<sup>th</sup> grade boys and girls lacrosse this spring. Lacrosse registration and payment is taken care of directly through TeamSnap. Physicals will need to be handed in to the school office in order to play. Link for lacrosse registration can be found [here](#).

~If anyone is interested in helping prepare the baseball field at Holy Spirit for practices and games, I would love to hear from you. Please email me at: [athletics@hsparish.org](mailto:athletics@hsparish.org). Thank you, Damon Bouwkamp.



## **PARENT TEACHER ASSOCIATION MEETING AGENDA**

### **January 25, 2022**

- CALL TO ORDER
  - Andrea called the meeting to order at 7:03 PM and said the opening prayer.
- BOARD IDENTIFICATION:
  - Andrea Dewicki - PRESIDENT | [andreadewicki@gmail.com](mailto:andreadewicki@gmail.com)
  - Emily Bouma - VICE PRES. | [ebouma125@gmail.com](mailto:ebouma125@gmail.com) (absent)
  - Philip Alt - TREASURER | [Philip.alt@altcc.biz](mailto:Philip.alt@altcc.biz)
  - Kelly Toland - SECRETARY | [toland.kelly@gmail.com](mailto:toland.kelly@gmail.com)
- STAFF RECOGNITION -Pat Kalahar, Paula Ryan, Kelly Clancy, Elizabeth Liebler, Lizzie Duffy, and Erin Gottleber
- READING OF GOALS -Read by Andrea
- PRINCIPAL'S REPORT -Pat Kalahar
  - Catholic Schools Week is next week. Please have your student wear their school uniform to Mass at Holy Spirit this weekend.
  - The drive-thru Nativity was very successful with 250 cars driving through and over 70 students participating.
  - Staff was very appreciative of the Christmas gifts received this year, thank you.
  - Over \$5,000 was raised in the penny wars resulting in 215 water filters for Seguin, Haiti.
  - Early Childhood Parent Information Night will be in-person on February 7th.
  - Parent teacher conferences are scheduled for February 17th and 24th. Conferences will be in-person with a phone option, as well.
  - Positive feedback was received on the Grandparent letter that was sent in December with 345 households participating.
  - iPads have arrived sooner than expected.

- As far as COVID cases in the school, it is a reflection of what we see within the community. As numbers rise and fall in the community, the school numbers naturally rise and fall, as well.
- TREASURER'S REPORT -Phil Alt
  - COVID revenue and COVID expenses (special projects) is expected to be a positive number and should not impact the PTA budget.
  - Walking with the Spirit confirmed \$40,043 in total revenue.
  - Approximately \$6,200 spent this year for teacher needs and gifts.
  - \$2,500 contributed by the PTA for the school's Giving Tuesday fundraiser.
- Committee Reports:
  - Holy Spirit Apparel (Emily Bouma)
    - No report at this time.
  - Birthday Board (Stephanie Kozlowicz & Stephanie Martin)
    - No report at this time.
  - Book Fair (Amanda Koch)
    - No report at this time.
  - Spartan Nash (Mercedes Barnum)
    - February 23rd will be a color day for receipts.
  - Family Outreach (Annie Williams)
    - No report at this time.
  - Hospitality/Staff Conference Meals (Michael Dewicki)
    - Dinner was a success!
  - Paper Gator (Joylynn Kelly)
    - No report at this time.
  - Parent Ambassador (Kelly Clancy)
    - Continues to encourage parent ambassadors to touch base with families quarterly.
  - Publishing Center (Rose Worm & Amanda Sekelsky)
    - This year has had a lot of writers! Mostly grades 1-3.

- In the process of moving to a mostly online format.
- Amanda Sekelsky and April Alt will be co-chairs next year.
- Room Parent Coordinator (Erin Gottleber)
  - No report at this time.
- Social Committee (Stephanie Martin)
  - No report at this time.
- Sunshine Committee (Emily Andersen)
  - No report at this time.
- Teacher Appreciation Week (Erin Gottleber)
  - No report at this time.
- Variety Show (Open)
  - No report at this time.
- Walking with the Spirit (Kelly Clancy)
  - September 16, 2022. Save the date for the 17th annual Walking with the Spirit.
- Topics of Discussion:
  - Wellness Initiative- sleep
    - Infographic attached.
  - Open Chair Positions: Variety Show
- Meeting adjourned at 7:30PM

## **Featured Author of the Month**

Congratulations to Josiah J., in Kindergarten, for being the Featured Author of the Month. He has won a lunch of his choice, and his story is featured below.

### **PLANETS**

By JJ J.

*This book is dedicated to my cousin Jane.*

This little boy named Tucker. Tucker went to the planet Uranus. Tucker ran on the rings of Uranus. He jumped into his rocket and went to another planet. The next planet he went to was Jupiter. He saw it was really big and it was so big.

And then he jumped into his rocket. And then he went into his house and then fell asleep. Then he woke up and hopped into his rocket again. He then went to the moon. He saw it was all white.

He had a bowl of ice cream on the moon. Then he hopped into his rocket.

Then Tucker saw a lot of tacos floating in space.

Another boy came. His name was Theo. Theo and Tucker ate all of the tacos.

Then Theo and Tucker saw an ice cream store on the moon.

**THE END**

### *About the Author*

*JJ is 5 years old. He has an older and younger sister. He has a pet fish at home named Spike. His favorite subject in school is reading. He wants to be a teacher when he gets older. His favorite sports to play are basketball, soccer, and flag football. He also loves to play Mario Uno with his older sister.*





## Holy Spirit School Calendar, March, 2022

Lenten Projects ~ Pre-Gr 4, HELP Pregnancy Crisis Aid Collection

Gr. 5-8, Games for Wedgewood Autism Center

[Lunch Supervision, Grade 3 /](http://www.holyspiritschoolgr.org) For updated information go to [www.holyspiritschoolgr.org](http://www.holyspiritschoolgr.org)

		1 Musical Practice 3:30-5:00	2 Ash Wednesday 2:00 Mass	3 Musical Practice 3:30-5:00	4 <u>No School</u> Professional Development <u>Day</u> Child Care <u>Open</u> Musical Practice 1:00- 4:00	5
6 1 <sup>st</sup> Sunday <u>of Lent</u> Gospel Lk 4:1-13	7 Musical Practice 3:30-5:00	8 Musical Practice 3:30-5:00	9 Musical Practice 3:30-5:00	10 Musical Practice 3:30-5:00	11 Mass 8:30	12 Little Mermaid Musical 2:30 & 7:00
13 2 <sup>nd</sup> Sunday <u>of Lent</u> Gospel Lk 9:28-36	14 22-23 School Registration Due	15 Girls on the Run 3:30-5:00	16 Board Meeting 6:30	17 St. Patrick's <u>Color Day</u> Girls on the Run 3:30-5:00	18 <u>Mass 8:30</u> Little Flowers 3:15-4:30	19 First Communion Plate Making 9:00
20 3 <sup>rd</sup> Sunday <u>of Lent</u> Gospel Lk 13:1-9	21	22 Girls on the Run <u>3:30-5:00</u> PTA Meeting 7:00	23 Evening of Worship 6:30-7:30 in church	24 Girls on the Run 3:30-5:00	25 <u>Mass 8:30</u> Living Stations <u>7:00</u> 3 <sup>rd</sup> Quarter <u>Ends</u> Newsletter/ Calendar	26
27 4 <sup>th</sup> Sunday <u>of Lent</u> Gospel Lk 15:1-32	28	29 Girls on the Run 3:30-5:00	30	31 Girls on the Run 3:30-5:00	April 1 <u>Mass 8:30</u> Report Cards Online	April 2

## **Lenten Projects~ March 2<sup>nd</sup> – April 14<sup>th</sup>**

**Sponsored by our Student Government:**

### **Gr. 5-8, Games for Wedgewood Christian Autism Center**



Wedgewood Christian Autism Center provides behavioral intervention programming for young children diagnosed with autism spectrum disorder. One major focus is on social skills and building peer relationships. By using games to interact with each other, children can learn social skills through play. We are collecting new and gently used games.

- Card games, such as Uno, Spot It, Five Crowns, Playing Cards
- Board games, such as Chinese Checkers, Battleship, Candyland, Scrabble, Checkers



### **Preschool-Gr. 4, Wish List of Donation Items For HELP Pregnancy Crisis Aid, 705 Bridge St. NW**

We are always in need of new and gently used items to support new mothers and their babies, especially the following items:

- **Formula:** All varieties Enfamil & store brand
- **Bottles, pacifiers, sippy cups, bibs, and burp cloths**
- **Diapers:** Sizes newborn, 2, 3, 4 & 5
- **Onesies for boys & girls:** Sizes large & extra large
- **Blankets, baby towels, & washcloths**
- **Clothing, sleepers, socks, & shoes for boys & girls:** Sizes newborn to 4T
- **Baby Equipment:** Pack-n-Plays, bassinets, strollers, gates, swings, & high chairs
- **Toys & Books**



**"Little Mermaid Jr." Ticket Order Form**

When ordering tickets make sure that you order for the dates and times you need.  
Since we are doing two shows we will be printing tickets for each show.

Tickets will be sent home on Friday, March 11 with your student.

Please feel free to order tickets for your family and friends.

**All orders must be turned in by Wednesday, March 9.**

Ticket prices are \$6/adult and \$4/student.

Show Dates are Saturday, March 12 (2:30 & 7:00 PM)



**"Little Mermaid Jr." Ticket Order Form**

Name \_\_\_\_\_

Saturday, March 12 @ 2:30 PM Show: \_\_\_\_\_ Adults \_\_\_\_\_ Students \_\_\_\_\_

Saturday, March 12 @ 7:00 PM Show: \_\_\_\_\_ Adults \_\_\_\_\_ Students \_\_\_\_\_

Total Adults \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Total Students \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Total.....\$ \_\_\_\_\_



Please make checks payable to Holy Spirit School. Thank you.

Turn this form in on or before March 9, 2022

# SLEEP

Quality sleep is imperative to keep your body functioning at 100%.

It's estimated that **25-50%** of children do not receive enough sleep.

How much sleep does my child need each day?

Age 3-6 need 10-12 hours  
Age 7-12 need 10-11 hours  
Teenagers 8-9 hours



## Benefits of sleep result in increased:

Creativity	Memory
Problem solving	Brain health
Learning	Immune response
Heart health	Emotional well-being
Mental health	



## How does sleep deprivation harm your brain?

- Impairs memory
- Increases anxiety
- Worsens focus and concentration
- Worsens emotional control
- Plays a role in mental illness

## Tips

- Go to bed at the same time every day even on weekends.
- Avoid caffeine in the late afternoon/eve
- Do not exercise or watch scary movies
- Turn screens off 1 hour before bed



## Questions to Ponder

- How much sleep does your child get?
- What is your child's bedtime routine?
- Does your child wake up refreshed and ready to start a new day?
- What about you???

## Sources and Recommended Reading

"Why We Sleep" by Matthew Walker  
Helen DeVos Children's Hospital  
[Sleepfoundation.org](http://Sleepfoundation.org)

