



GREETINGS!

Christmas Program ~ Our performance of “The Savior of All Nations”, was held on December 17th. The program was livestreamed and is on our website for you and your family to enjoy. A huge, heartfelt THANK YOU goes out to Joe and Kathleen Houdek, the musicians, Diane Schoof for putting costumes together, and especially the students for reminding us of the true meaning of Christmas!

Keep Christ in Christmas ~ The Knights of Columbus sponsored the Keep Christ in Christmas Poster Contest, which 35 of our students participated in. Congratulations to this year’s winners: Bennett H., Keira G., Lucia L., Elyse B., Brenna L., Charlotte K., and to all of our artists!

Breakfast With Santa ~ Thank you to all who volunteered for the breakfast this year. Your hard work showed on the smiling faces of all who attended. Everyone enjoyed the delicious food, Live Nativity, crafts, fellowship, and of course, Santa and Mrs. Claus!

Financial Aid through Blackbaud ~ Families wishing to apply for scholarships for the 2025-26 school year will need to complete the [Blackbaud Financial Aid application](#). You will find the instructions and application on our website or by clicking on the link above. Please use CODE:HSpirtGR for Holy Spirit students. The 2nd round deadline is Jan.19th, 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 14 – 1st & 2nd Hr. Exams: 11:45 Dismissal Gr. 6-8

Wed., January 15 – 3rd & 4th Hr. Exams: 11:45 Dismissal Gr. 6-8

Thurs., January 16 – 5th & 6th Hr. Exams: 11:45 Dismissal Gr. 6-8

Friday, January 17 – 7th Hr. Exam: 11:45 Dismissal Grades 6-8

Titan Toddler Time ~ You and your children (ages 5 and under) are invited to Titan Toddler Time on Thursday, January 23rd, from 10:15-10:45 as we exercise our faith and have fun in the gym. Please RSVP by emailing Paula Ryan at pryan@hsparish.org or by calling the school office at 616-453-2772. Hope to see you there!

Sky Zone Waiver ~ Parents of Y5-Gr. 8 students will need to fill in an online waiver form for the January 27th Catholic Schools Week Field Trip sponsored by the PTA. Please fill this in **online** before January 20th. Click [here](#) for the Sky Zone Waiver.

Important Dates:

Mon., Jan. 6th
~ Classes Resume

Thurs., Jan 9th
~Middle School Band Concert
West Catholic 7:00pm

Tues.-Fri., Jan. 14th – 17th
~ Gr. 6-8 Exams
~Gr. 6-8 only 11:45 dismissal

Fri., Jan. 17th
~Mass 8:30
~End of 2nd Quarter

Mon., Jan. 20th
~No School – Martin Luther
King, Jr. Holiday
~CDC Open

Wed., Jan., 22nd
~Gr. 2 Reconciliation
6:30 pm

Thurs., Jan. 23rd
~ Titan Toddler Time
10:15-10:45 in the Gym
~Spelling Bee 2:00

Fri., Jan. 24th
~Mass w/the Bishop 8:30
~Newsletter/Calendar

Sun., Jan. 26th – 31st
~Catholic Schools Week

Tues., Jan. 28th
~2nd Qtr Report Cards Online
~ PTA Meeting 7pm

Christmas Eve Masses

Tuesday, December 24 | 4:00 pm* & 7:30 pm

**With special Children’s Liturgy of the Word with Fr. Mark (Young
5s through 3rd Grade)*

Christmas Day Mass

Wednesday, December 25 | 10:30 am

January Birthdays

Braxton K.
Burkley J.
Owen M.
Landon D.
Lucia S.
Naomi S.

Maria R.
Bryce D.
Titus S.
Jack P.
Samantha K.
Mr. Wisniewski



Allistair S.
Sean R.
Quinn W.
Hope P.
Grace M.
Malina D.
Avery N.
Harlow S.
Warren D.
Kennedy P.

Religious Education News

First Reconciliation - The celebration for First Reconciliation will be on Wednesday, January 22nd 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. Please practice the Act of Contrition and the steps with your child.

First Communion - The Mass for First Communion will be celebrated on Sunday, May 4th at 1:00 pm. The parent class will be on Wednesday, February 5th at 6:45 pm in the Multi-Purpose Room in the Church.

Don't Wait! Do it Now! - Class parties are coming on Valentine's Day, field trips are coming in the spring, the musical is coming, and sports are all year round. Avoid the rush and sign up now to complete the diocesan volunteer requirements so you will be ready to participate with your child. Help to keep all of our children safer by doing your part. At this time, it only has to be done once. Employees are required to take an in-person or virtual (Zoom) class, but volunteers only may complete the online version. [Click Here](#) for detailed information, or go to www.virtusonline.org to sign up, and then follow the prompts.

Scrip News

The next local order will be placed on Monday, January 6th. Just a reminder that these are the only businesses that you can choose Ship to Coordinator for. Not a member yet? Sign up at raiseright.com/. If you have any questions, please contact April Alt at scrip@hsparish.org. Our **only** local establishments are as follows: Amway Grand Plaza, Nawara Brothers, Arsulowicz Eye Care, Beaches and Braces, Grand City Dentistry, Mansfield Family Dentistry, Dr. Joel Carroll, Dr. Laura Fogle, Enjoy Orthodontics, and Standale Dental.

Link Box

[Camp Sancta Maria Summer Camp](#)

[WC Future Falcons](#)

[GVSU STEPS Summer Camp](#)



Steepletown Preschool Advent Project

Thank you for your generosity in helping our friends at the Steepletown Preschool. God bless you for your kindness!



PTA | HOLY SPIRIT
CATHOLIC SCHOOL

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 was 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 28th at 7pm.
WE HOPE YOU CAN JOIN US!**

Awesome Authors Club!

Congratulations to the following HS Published Authors for December!

- 1H:** Miles B., Ayla D., Henry G.
1M: Jameson R., Lucy H., Sutton D.
2J: Emma W., Mary G., Todd R., Alivia M., Shai D., Piper M.
2M: Finley D., Hailey Y., Hazel B., Mia L., Vinson A., Finley M., Addy W., Sutton B.
3D: Kane B., Russell J., Theo B., Jack P.
3K: Natalie G., Mya G., Abby P., Danica G., Amelia B., Josiah J., Tucker J.
5H: Leo H., Sophie J., Sami K., Elin M., Grayson N., Lucy L., Mya R., Jack R., Will R., Savannah R., Lincoln S., Ethan L.
5W: Sam B., Emme D., Bryce D., Anna G., Nick J., Jack L., Emilio M., Felix P., Charlotte S., Kinsley V., Wiley Z., Emma L.



Holy Spirit Preschool 2025-2026 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, for new families, will be held on Monday, February 10th. **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!



In Sympathy

Please remember in prayer, the **Jermstad Family** on the passing of their Great-Grandmother. May their memories live on in their hearts and bring them comfort.



Please pay your Sports Fee for Basketball - Boys and Girls, Grades 3rd-8th. Check is to be made out to Holy Spirit Athletics.

Boys Basketball–Please make sure you turn in your basketball jersey and practice jersey to the school office ASAP, if you have not already done so.

Girls Basketball practice will begin the week of January 6th.
Registration is now closed.

5th,6th,7th, and 8th grade teams will have their first game the week of January 18th.
3rd and 4th will have first game January 25th.
Season championship is scheduled for March 8th.

3rd Grade Girls Basketball (Coaches: Megan Pittman and Krissy Brechting)

Mondays and Wednesdays 5:00 to 6:30pm

4th Grade Girls Basketball (Coaches are: Jeremy Bouwhuis and Mark Radlinski)

Tuesday only on 1/7, and 1/14
Thursdays 6:30 to 8:00pm

5th Grade Girls Basketball (M. Johnson, J. Beadling, A. Beadling)

Mondays and Wednesdays from 6:30 to 8:00pm

6th Grade Girls Basketball (Coaches: Kevin Simon and Michaela Debski)

Mondays and Wednesdays from 3:15 to 4:45pm

7th Grade Girls Basketball (St. Anthony Coaches)

TBD-merged with St. Anthony

8th Grade Girls Basketball (Chris Abid)

Tuesdays TBD
Thursdays 8:00 to 9:30pm
Fridays 3:15 to 4:45pm

West Catholic Dunneback Wrestling Tournament Needs Your Help

West Catholic hosts the Annual Dunneback Memorial Tournament with the Westside Falcons WC coordinating to run the tournament. This year, the tournament is January 4th. Volunteers are needed for the full day to cover concessions, admissions, score tables and to be towel tappers. Our participation allows the high school parents to watch their wrestlers. We also encourage you to bring anyone you think might be interested in learning more about wrestling or our youth program. Our three head coaches will be at the tournament and they're happy to answer any questions. We understand this time of year is busy, and we are thankful for any help you can provide.

The link to the signup genius is below. Please reach out with questions.

Shannon Del Raso (sdelraso1215@gmail.com)

<https://www.signupgenius.com/go/805054AAAFAB23A2FA7-54086884-dunneback>

Amazon Library Books Wish List

Our librarians and teachers have an Amazon Library Books Wish List which you are welcome to use for purchasing books for our library. Click [here](#) for the list. Thank you for helping inspire our students with a great love of reading!



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.

ILLNESS

The current Health Department Guidelines are below. Please refer to this if in doubt as to whether your student should stay home.

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.
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.)

Holy Spirit Mission Statement

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

Spanish Class News at Holy Spirit- December 2024

Here is what has been happening in Spanish classes!

KDG- We continue to work on color identification in Spanish. Students are starting to recognize and respond to “Como estas?” The children also learned about El Dia de las Velitas in Colombia (Day of the little Candles) in which candles are lit in and outside homes and streets to start the Christmas season!

1st-3rd grades- We started the next unit which focuses on the terms, tengo miedo (I’m scared), valiente (brave), corre (runs), camina (walks) and va (goes). See if your child knows what these phrases mean and/or the motions we’ve been learning! We are using these phrases in stories told in Spanish. We also watched a video of Los tres chivos y el monstruo (The 3 goats and the monster) and are working through a mini book retelling the story in Spanish.

4th grade- The students caroled around the school last week singing 3 songs we learned in Spanish; El Burrito de Belen, Noche de Paz and Feliz Navidad. They did awesome! Maybe they will sing these over the holiday break with any of your celebrations!

5th-6th grades- We are at the end of Unit 2. Students will take their first quiz when we return from break. They may practice their Spanish on their Google Classroom Spanish page over the break.

7th grade Second hour- We are at the end of Unit 2 and will be taking a quiz on reading comprehension when we come back from break. Students may practice their Spanish on their Google Classroom Spanish page over the holidays to keep up on their learning and to be ready for the quiz. I’ll announce it when we return in January. Students made cards for staff with a greeting in Spanish as well.

7th grade Third hour- Students finished Unit 3 and will start Unit 4 upon returning from Christmas break. Students made cards for the staff and practiced writing some holiday greetings in Spanish. We also learned about New Year’s Traditions in the Spanish speaking world.

8th grade- We will start Unit 3 when we return from break. Students recently made holiday cards for the HS staff by writing a holiday phrase or more in Spanish and a personal note in English. The staff loved receiving these!

¡Feliz Navidad Y Prospero Año Nuevo 2025!

Loreal Long

lorealong@dogrschools.org

Featured Author of the Month

Congratulations to Hailey Y. in Grade 2, for being the Featured Author of the Month. She has won a special treat, and her story is featured below.

The Rocket Ship

Chapter 1

There were two little kids. Their names were Sally and Jack. Jack said, "I wish I could fly in a rocket ship." "Me, too," said Sally. "Then I could go to space," Jack said. Then Sally ran to the craft room. Sally grabbed ribbon, tape, and a box. Sally said, "I can make a rocket ship!" Sally wrapped the box with ribbon. Jack grabbed a pink crayon. Jack colored the box. Sally made a steering wheel. Their mom said, "Come inside for dinner." "Ok," Sally and Jack said. They go to bed.

Chapter 2

"Get up Jack!" Sally said. "Rocket time!" Jack said. They ran outside. They got in the rocket ship...3, 2, 1, blastoff! ZOOM! "Wow," Jack said. "So cool!" Sally said. "Oh no!" Sally said. "It's running out of gas," Jack said. Sally said, "We're not in Michigan!" "We're in Florida," Jack said. BOOM! "We hit the ground!" Sally said. "Wait," Jack said, "everyone has a parent with them." "We don't have a parent with us!" Sally said. "Did you bring money for a hotel?" asked Sally. "Yes," Jack said.

Chapter 3

"Look, a hotel," Sally said. They ran to the hotel. At the desk they saw a woman with black and blue hair. She had a pink dress on. She said, "How can I help you?" "You could get us a room," Jack said. "Ok," said the woman. She took them to a room. "Thank you," Sally said. "We're safe here," Jack said. "What about our rocket ship?" asked Sally. "I forgot about that," Jack said. "We can make a new one, Jack." "No!" Sally said.

The end for now...

About the Author

Hailey likes to make songs up on her recorder. Her favorite movie is Descendants! Her best vacation was going to Florida.



Holy Spirit School Calendar, January, 2025

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

			1 Feast of Mary, Mother of God Happy New Year!	2 No School Child Care Open	3 No School Child Care Open	4
5 Epiphany Gospel Mt 2:1-12	6 Classes <u>Resume</u> Musical Practice 3:15-4:45	7 Choir 3:15-4:15	8	9 Musical Practice <u>3:15-4:45</u> 7:00 Middle School Band Concert at WC	10 Mass 8:30	11
12 Gospel Lk 3:15-22	13 Musical Practice 3:15-4:45	14 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Choir 3:15-4:15	15 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Board Meeting 6:30	16 Gr. 6-8 only 11:45 Dismissal Exams	17 <u>Mass 8:30</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> End of 2 nd Quarter	18
19 Gospel Jn 2:1-11	20 Martin Luther King <u>Holiday</u> <u>No School</u> Child Care Open	21 Choir 3:15-4:15	22 Gr. 2 6:30 Reconciliation	23 Titan Toddler Time <u>10:15-10:45</u> Spelling Bee <u>2:00</u> Musical Practice 3:15-4:45	24 Mass 8:30 with the Bishop Newsletter/ Calendar	25 Catholic Schools <u>Week</u> Wear Holy Spirit apparel or uniform to Mass this weekend.
26 Student Choir <u>10:30 Mass</u> Gospel Lk 4:14-21	27 Walking With The Spirit Shirt <u>Color Day</u> Y5-Gr 8 Field Trip to <u>Sky Zone</u> Musical Practice <u>3:15-4:45</u> Spanish Club 3:15-4:15	28 USA <u>Color Day</u> Student Government 10:00 Mass St. Andrew's <u>Cathedral</u> PTA Meeting <u>7:00</u> Report Cards Online	29	30 Favorite Religious Holiday <u>Color Day</u> Musical Practice 3:15-4:45	31 <u>Mass 8:30</u> <u>Love Like</u> <u>Jesus Shirt</u> Color Day with Uniform Bottoms	



pkalahar@hsparish.org
pryan@hsparish.org
(616)-453-2772

2025 Catholic Schools Week

Friday, January 24
Celebrating Our Faith

School Mass at 8:30 with the Bishop

Saturday & Sunday, Jan. 25-26
Celebrating Our Parish

Families wear Holy Spirit apparel or uniforms. Students participate in Weekend Masses as lectors and commentators.

Monday, January 27
Let's Jump Into
Catholic Schools Week

Y5-Gr. 8 Field Trip to Sky Zone
Walking With The Spirit T-Shirt with athletic bottoms Color Day
Parents, please fill in the online Sky Zone Waiver Form before January 20th:

<https://waiver2.haveablast.roller.app/skyzonegrandrapids/?ubid=DZL9vE6eFUdddBY1zRMiTQ>

Tuesday, January 28
Celebrating Our Nation

Student Government attends Mass at St. Andrew's Cathedral
The livestream will be available on the
[Diocese of Grand Rapids website](#)

USA Color Day – No pajamas
Classroom Tournament Games
Mix it Up at Lunch and Make New Friends
Sit by someone different at lunch

Wednesday, January 29
Celebrating Our World

Making Mission Rosaries with Super Friends
Student Government vs. Teachers Volleyball Game
Mix it Up at Lunch – Sit by anyone in any grade

Thursday, January 30
Celebrate Us Day

Favorite Religious Holiday Color Day
Easter, Christmas, Pentecost, St. Patrick's Day, etc.
Mix it Up at Lunch – Sit by anyone in any grade

Friday, January 31
Love Like Jesus Day

School Mass at 8:30
Student Government will highlight names on crosses
Classroom Championship Games
Mix it Up at Lunch – Sit by anyone in any grade

Thank you for choosing Holy Spirit School!

Diocese of Grand Rapids - Office of Catholic Schools

COMMON CALENDAR 2025 - 2026 School Year

August 2025					September 2025					October 2025				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
				1	1	2	3	4	5			1	2	3
4	5	7	8	9	8	9	10	11	12	6	7	8	9	10
11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
18	19	20	21	22	22	23	24	25	26	20	21	22	23	24
25	26	27	28	29	29	30				27	28	29	30	31

November 2025					December 2025					January 2026				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
3	4	5	6	7	1	2	3	4	5				1	2
10	11	12	13	14	8	9	10	11	12	5	6	7	8	9
17	18	19	20	21	15	16	17	18	19	12	13	14	15	16
24	25	26	27	28	22	23	24	25	26	19	20	21	22	23
					29	30	31			26	27	28	29	30

February 2026					March 2026					April 2026				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
2	3	4	5	6	2	3	4	5	6			1	2	3
9	10	11	12	13	9	10	11	12	13	6	7	8	9	10
16	17	18 [^]	19	20	16	17	18	19	20	13	14	15	16	17
23	24	25	26	27	23	24	25	26	27	20	21	22	23	24
					30	31				27	28	29	30	

[^] Ash Wednesday

May 2026					June 2026				
M	T	W	Th	F	M	T	W	Th	F
				1	1	2	3	4	5
4	5	6	7	8					
11	12	13	14	15					
18	19	20	21	22					
25	26	27	28	29					

No School Days
 TOTAL:
 180 student days
 8 possible PD days

Half Days	First Quarter	Aug 20 - Oct 24	45 days
Second Quarter	Oct 27 - Jan 16	47 days	
Third Quarter	Jan 19 - Mar 27	46 days	
Fourth Quarter	March 30 - Jun 4	42 days	

August 12	Back-to-School Celebration
August 13-19	Local/Regional Inservice & Diocesan potential training days
August 20	First Quarter Begins - Full Day of School
Aug 29 - Sep 1	Labor Day holiday - No School
Sept 15 - Oct 10	Fall NWEA MAP Testing Window
September 27	Annual Diocesan Assembly & Catechetical Conference
October 1	Public School Count Day (Must be in session)
October 3	Diocesan PD Day- No School Details TBD
October 24	First Quarter ends
October 27	Second Quarter begins
Nov 26 - Nov 28	Thanksgiving Vacation - No School
Dec 22 - Jan 2	Christmas Vacation - No School
Jan 12 - Feb 6	Winter NWEA MAP Testing Window
January 16	Second Quarter ends
January 19	Martin Luther King Jr. Holiday - No School
January 20	Third Quarter begins
Jan 25 - 31	Catholic Schools Week (Mass 1/27 at 10:00 am)
February 11	Public School Count Day (Must be in session)
February 18	Ash Wednesday
February 16 - 17	Mid-Winter Break - No School
March TBD	4th Grade Songfest
March 6	Diocesan PD Day - No School. Details TBD.
March 27	Third Quarter ends
March 30	Fourth Quarter begins
April 3	Good Friday - No School
April 6 - April 10	Spring Break - No School
April 20 - May 15	Spring NWEA MAP Testing Window
May TBD	Catholic Schools Art Show
May 25	Memorial Day holiday - No School
June 4	Half Day - Last Day of School
Principal Meetings	Aug, Sept, Jan, April Retreat TBD
DSAA Meetings	TBD



ANCHOR

MICHIGAN CATHOLIC
MIDDLE SCHOOL CONFERENCE

This one-day event aims to engage middle school youth in their Catholic faith through dynamic speakers, interactive sessions, and meaningful shared sacramental experiences. The goal is to inspire and deepen their understanding of faith while fostering connections with peers.

Hosted by: The Diocese of Grand Rapids in partnership with the Archdiocese of Detroit and the dioceses of Gaylord, Kalamazoo, Lansing and Saginaw.

Keynote Speakers: Brian Greenfield and Emily Wilson Hussem

Who: Middle School Youth Grades 6-8

When: Saturday, March 15, 2025, 9 a.m. – 5:30 p.m. (Includes Mass obligation)

Where: Grand Rapids Catholic Central High School, 319 Sheldon Blvd. SE, Grand Rapids, MI 49503

Cost: \$40.00 per ticket (Optional \$10 lunch and/or \$10 T-shirt may be ordered separately. See your registrant acknowledgement email.)

Participation information:

All registrations must go through a group leader (e.g. a parish, school or family) Individual registrations are not allowed. The individual registering a group becomes the group leader (e.g. youth minister, teacher or parent). Creating a group will allow the group leader to manage multiple attendees, including the purchase of general admission tickets as well as lunches and t-shirts as desired.

To be added to a previously registered group, please contact your parish or school.

Youth may **NOT** attend on their own without an adult. Groups must maintain a ratio of two adults for every 10 youth. Please ensure your registration includes the appropriate number of adult chaperones for the number of youths you have registered.

Schedule:

9 a.m. - Doors open (For Registration)

10 a.m. - Programing begins

12 p.m. - Lunch

12:50 p.m. - Programming resumes

2 p.m. - Snack

4 p.m. - Holy Sacrifice of the Mass

5:30 p.m. - Programming Concludes

Consent Forms and Liability Waivers:

Group leaders must follow their diocesan safe environment policies including training, background checks and the obtainment of both adult and minor consent forms. Additionally, the "Anchor attendee document" must be completed for each group and presented at registration the day of the event. Find form here or in acknowledgement email.

Photo/Video Release Notification:

All attendees will need to sign a media relations/promotions release form for the Anchor event. The form can be found at this link.

Refunds and Cancellations:

All ticket, lunch and T-shirt sales are final.

Parking:

Free parking for personal vehicles is available in the diocesan parking ramp and on Goodrich Street SE. Bus parking will be at an off-site location for the day.

Hotel Block:

Group leaders are invited to reserve a room(s) for this event through Fairfield Inn & Suites in Grand Rapids. See link in acknowledgement email.

Fairfield Inn & Suites-Grand Rapids North
620 Center Drive NW
Walker, MI. 49544

Lunch: Participants can bring their own lunch or box lunches (sandwich, chips and water) are available for purchase in advance for \$10 per person. Lunch will NOT be available for purchase the day of the event. Deadline for pre-ordered lunches is noon on February 21, 2025. See link in acknowledgement email.

Bags and Coolers:

Group leaders may carry a backpack, but it will be searched upon entering the building. No minors should bring a bag into the building.

Group leaders are asked to put all lunches brought from home in a cooler with the group name on it to be stored in a designated place until the lunch break. Coolers will be searched upon entry.

T-Shirt Information:

Anchor T-shirts: \$10 each. Adult, unisex sizes, small-XXL available.

T-shirt sales must be purchased under group leader's name and email for distribution purposes. All T-shirt sales are final and due by noon on February 21, 2025. See link in acknowledgement email.

T-shirts will NOT be available for purchase the day of the event.

For more information, please contact: Christine McCarty – cmccarty@grdiocese.org

Nutrition Nuggets™

Food and Fitness for a Healthy Child



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.
Resources for Educators,
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128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfcustomer@wolterskluwer.com
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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, $\frac{1}{2}$ cup fat-free milk, $\frac{1}{2}$ tsp. vanilla, and 1 tsp. raisins. Stir in $\frac{1}{2}$ 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! ●