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Saint Teresa School

*We are a faith-filled Catholic community called by God
to teach, nurture and guide our children
to achieve their God-given potential on life's journey to heaven.*

Faith Community Academic Excellence



September 6, 2017

Dear Parents,

September 5th celebrated the 20th anniversary of the death of Mother Teresa of Calcutta. It is hard to believe that it has been that long. For me, it seems like it was only yesterday! Father had a beautiful homily about her on Tuesday. How her life was one of great love and a great example for us to follow God's will in little ways, love God with our whole heart, and to share that love with others. St. Teresa School and Mother Teresa share the same patron saint, St. Therese of the Child Jesus and the Holy Face. Mother Teresa followed St. Therese's example of doing little things with great love. May these two saints' examples help us to get to Heaven!

In the Heart of the King, I am,

Sister Anne Joelle, CK

DATES for:

- | | | |
|-----------|---------------|--|
| September | 6 Wed | Buddy Lunch; Leadership Board Meeting, 4:00 p.m.; Grades 4 & 6 Confessions |
| | 7 | Grade 3 Confessions; Freeze Pop Sales (last day!) |
| | 8 Fri | 5 th grade class Mass for the Nativity of the Blessed Virgin Mary; PK-A Day; 12:30 p.m. Dismissal for Strategic Planning Meeting |
| | 10 | Happy Birthday, Mrs. Mary Murphy (resource teacher) |
| | 11 Mon | 7:00 p.m. Sacramental meeting for parents in Kaczmarek Hall |
| | 13 | Happy Birthday, Father Hottovy; Annual Marian Mass, 7:00 p.m.; Grades 5 & JH Group B Confessions |
| | 14 | JH Group A Confessions |
| | 15 Fri | 4B Class Mass for Our Lady of Sorrows; PK-B Day |
| | 15 | 12:30 p.m. Dismissal for faculty meeting |
| | 21 Th | Happy Birthday, Mrs. Guzman de Cruz (secretary) |
| | 21 | 12:30 Dismissal , Parent/Teacher Conferences: 1-5, 6-8 p.m. (midterms issued at conferences) |
| | 22 Fri | NO SCHOOL , Parent/Teacher Conferences: 9 a.m.-1 p.m., (midterms issued at conferences) |
| | 27 Wed | 7 th - 8 th grades field trip to Omaha Zoo; remaining midterms sent home |
| | 28 | PK-B Picture Day & Picture Retakes for K-8; JH Group C Confessions |
| | 29 Fri | 5 th -6 th field trip to Plum Creek Literacy Festival at Concordia; PK-A Day |
| | 29 | 2A Class Mass for Feast of the Archangels |
| | 30 Sat | Happy Birthday, Mrs. Theresa Schafers (PK teacher)
CK Outdoor Work Day, 1:30-4:00 p.m. |
| October | 2 Mon | Celebrate the Feast of St. Therese; Walk the Little Way |

THINGS BEING SENT HOME: Grades 7 & 8 Field Trip form; Fees/Forms Due notices; Lunch notices; Scrip Upcoming Promotions flyer

ATTACHMENTS: Dillon Application; Mathcounts Registration form; Oratorical Contest; Punt, Pass, & Kick Contest poster; Punt, Pass, & Kick flyer; Scrip Upcoming Promotions flyer

THINGS DUE: (please contact the school office if you have misplaced any forms)

+Parent Contact Sheet - Includes: Communication Envelope Carrier, Emergency Contact Info

+Tuition and fees forms (includes tuition, School Family fee, and bus fee), and School Handbook & Technology Use Policy Agreement form

DILLON SCHOLARSHIP ELIGIBILITY:

1. Meet Free or Reduced Meal requirements 2. Maintain C+ GPA 3. Maintain a satisfactory attendance and discipline record 4. Pay at least 20% of tuition/fees.

The application is attached and will be sent home to those receiving free & reduced meals. If you do not participate in this program and meet the criteria you may print the application or request one from the office.

Deadline: September 20, 2017 to Sister Mary Faustina. Any questions contact Sr. Mary Faustina or Sr. Anne Joelle.

COMMUNICATION ENVELOPE Please remove items from the Communication Envelope (CE) when your child brings it home on Wednesdays, and return the CE to school **by Friday**. The CEs are the safest way to send items to school. Please label your smaller envelopes with student name, grade, what is contained in the envelope, and how much money is enclosed. Information for the newsletter is due to the office **by 9:00 a.m. on Tuesdays**. If this deadline is not met, we will put the information in the following week.

SPANISH CLASS: The Language Project is offering a full immersion after school Spanish class this year. Through the TLP play based methodology Pre-K, Elementary, and Middle schoolers at St. Teresa can have the opportunity to learn a new language by reading stories, playing games, and writing in activity books. Claim your spot before it's too late. Join now! Visit: www.languageprojectkids.com. First class is this Thursday.

MATHCOUNTS: Mathcounts for 6th-8th graders will begin meeting, Thursday, Oct. 5 from 6:30 pm-8:00 pm. Mathcounts is a fantastic math-enrichment program and competition series that promotes middle school mathematic achievement. St. Teresa has a long tradition of success in the program and is excited to get this season underway. Please see the attachment for more information. Contact Ann Kotopka with any questions: mkotopka@gmail.com

PIUS STUDENTS AS MATHCOUNTS MENTORS: Parents, if you had a past Mathcounts student, please encourage them to come back and act as Mathcounts mentors during our Thursday evening meetings. It'll continue to benefit them and is an excellent service opportunity. If they are able to help, have them send me an email and I'll communicate with them regarding time, place, and problem sets. Ann Kotopka - mkotopka@gmail.com

ORATORICAL CONTEST: Sponsored by the American Legion here in Lincoln. Jr. level (6th-8th grade) and Senior level (9th-12th grade) See attachment for more details.

WAYS TO SERVE

RECESS VOLUNTEER: If you can help take recess duty on **Thursdays** you can alternate weeks with another parent. Any of the three recesses: 11:40-12:05, 12:10-12:35, and/or 12:40-1:00. Please call the office if you are able to assist.

GUITARS & UKELELES: The 7th and 8th graders are learning to play the guitar and ukulele in music class. If any parishioners have guitars or ukuleles that are no longer being used, we would gratefully accept donations of gently-used instruments! Thank you!

ST. TERESA SCHOOL MAGAZINE SUBSCRIPTIONS: Remember, you can order magazines and renew your subscriptions online at my.fundraising.com/stteresascatholicschool. 40% of your purchase is returned to the school. For magazines, click on the magazine link under "shop now for our cause". Please share the website with family and friends. There is also other merchandise available to purchase. This site is open to us for the entire year!

SCRIP AND PROPLR NEWS August Profit: \$1,072.00. **Year-to-date profit:** \$12,022.00.

Remember to use **SCRIP** for supplies, entertainment and groceries. Go to www.shopwithscrip.com to see all available **SCRIPNow!** and reload options that [prestopay](http://www.prestopay.com) has to offer. **Thank you for using SCRIP!**

Check out all of the great upcoming Scrip promotions listed on the enclosed and attached Scrip flyer. Email your questions about how you can use Scrip and Propelr to support St. Teresa's School to jeandreasen@allophone.com.

POP CANS: Thanks for saving pop cans & placing in the fenced area by the rectory. Funds purchase new library books.

THANK YOU:

+ Thank you to Juanita Stell and Voni Wesolowski for helping with picture day: keeping the process moving smoothing and helping with grooming.

UPCOMING EVENTS / REMINDERS

MEALS FOR THE SISTERS: Perform a work of mercy and provide a meal for the Sisters at St. Teresa Convent. Please see the attachment for details and sign up at <http://bit.ly/ckmeals2017>.

FATHER/DAUGHTER DAY RETREAT: For girls ages 7-11 and their dads and grandpas. Saturday, **Sept. 9**, from 8:30 a.m.-4:00 p.m. A flyer was sent home last week.

SACRAMENTAL PARENT MEETING Parents whose children are making First Penance, Communion, and or Confirmation please plan on attending a required meeting on Monday, **September 11**, 7 – 8:30 p.m. in Kaczmarek Hall. Father Sean Kilcawley of the Director of the Family Life Office will be speaking.

CK SISTERS OUTDOOR FALL WORKDAY – Sat., **Sept. 30**, 1:30-4:30 p.m. We will be cleaning up our vegetable garden, transplanting young trees, as well as cutting down trees and brush. Helpful items to bring include gloves, wheelbarrows, shovels, pickups, chain saws and energy! Children are also welcome! Mark your calendars now and contact Sister Mary Angela at sr.mary-angela@cdolinc.net if you would like to come and help. Villa Regina Motherhouse, 4100 SW 56th St., about 2 miles west and south of Pioneers Park.

SAVE THE DATE FOR VALUABLE SCIP PRESENTATIONS IN THE COMMUNITY:

September 26, 2017 - Promoting Student Mental Health, Lux Middle School, 6:30 PM

November 16, 2017 - Digital Citizenship, Lincoln Southeast High School, 6:30 PM

February 27, 2018 - Healthy Relationships, Lincoln Southwest High School, 6:30 PM

April 26, 2018 - Promoting Healthy Choices, Lincoln North Star High School, 6:30 pm

Contact Abbe Edgecombe if you have questions about the content, 402-327-6841.

LIBRARY: The Library catalog is online and your children can access it from home. This will allow them to find books they would like to check out before they even come to school. The link for the catalog is <https://destiny.cdolinc.net/quest/servlet/presentquestform.do?site=507&viewMode=0>

THEOLOGY OF THE BODY (TOB) PARENT REQUIREMENT: To assist you, we are asking all parents to view *A Safe Haven Starts at Home*, an 18-minute program at <http://cmgparent.org/>. Click "Start Learning", then Signup for Free, and on the main page choose "A Safe Haven Starts at Home". Following the video, please take the 2-minute quiz and submit your certificate either on paper or email it to Wendy-GuzmandeCruz@cdolinc.net. I would like each of you, or at least one parent from each family, to watch the video, take the quiz and provide us with the documentation noted above. In order for us to serve your children well, your support is essential in this critical matter.

WALK THE LITTLE WAY

- Is on Monday, **Oct. 2**, 2017. More details will be sent home in the future.
- T-Shirts: If parents would like to order a shirt, you may add it to your child's order form that was sent home last week. These will cost \$5 per shirt (2XL is \$6.50 per shirt). Shirts are free for students. If you have already returned your child's form, email your shirt size and name to Mary Koenig at dougmarykoenig@inebraska.com. You may send the money to school in a labeled envelope. **Please make checks out to Mary Koenig.** Orders are due Oct. 31st.

FLEECE JACKETS/SWEATSHIRTS: Grey (new logo) Sweatshirt YL - \$18; Men's XL Fleece - \$30; Jayhawks Sweatshirts (\$10): Green – Adult M & XXL, Navy – Adult L & XL These are available in the school office.

School Community Intervention and Prevention Newsletter

Let's Talk About Suicide

There is been growing interest in the influence of social media and the internet on suicide-related behavior. Pro suicide websites, chat rooms and YouTube uploads have the potential to be more influential on already vulnerable youth. With today's digitally savvy kids, parents and educators need to be even more mindful of online behavior as it relates to mental health and the overall wellbeing of our youth. In recent months, "The Blue Whale Challenge" has made its appearance in headlines, on the web and on social media sites. For many the question lingers, "What is the Blue Whale Challenge and is it real or a hoax?"

[Read More](#)

Transitioning to a New School

Parents generally do their best to construct their child's life in a way that removes and/or limits instability, provides predictable routines, and minimizes emotionally difficult changes. However, change does occur and sometimes it is impactful. One of these changes that happens in almost every child's life is moving to a new school. Whether your family is experiencing a job change that requires relocating to a new school district or your child is making the leap from pre-school to elementary school or elementary to middle school, it's almost certain at some point your child will change schools. The first days and weeks of a new school can be exciting, but they can also be filled with uncertainty and anxiety.

[Read More](#)

Prescription Drug Misuse in Adolescents

On August 16, 2017, federal Centers for Disease Control and Prevention released alarming figures on teen drug overdoses. Drug overdose deaths for adolescents ages 15-19 doubled from 1999 to 2015. Dr. Christopher Ruhm of the University of Virginia explained that the research points to opioid analgesics, heroin and fentanyl as being the main culprits. CDC also reports that the majority of the overdoses were unintentional. Researchers like Dr. Ruhm believe the figures will be much higher in 2016 and 2017.

[Read More](#)



1 IN 6 TEENAGERS
ADMIT TO TAKING PRESCRIPTION DRUGS TO
GET HIGH OR CHANGE THEIR MOOD

(drugfree.org)

SCIP Spotlight

Whats All the YAPP About?

The Nebraska Youth Alcohol Prevention Profile (YAPP) is a web-based intervention resource aimed to reduce underage drinking and other risky behaviors among Nebraska youth. [Click here to learn more.](#)

Bryan Independence Center welcomes new community outreach liaison, Brenda Moes

Community outreach liaison will help:

- Increase awareness of behavioral health services and be a resource for families, providers, educators and community organizations.
- connect youth and families with behavioral health and post-treatment services.

Please contact Brenda at:

402-481-4895 or brenda.moes@bryanhealth.org

FREE Family Support Group at Bryan Independence Center

For friends or family with loved ones struggling with substance abuse.

Every Thursday, 6-7 PM

- Open to the public
- No registration required
- Meet with a professional counselor

For additional information and resources visit the SCIP website

[**Visit our website**](#)