

St. Mary's News



304 E Cloud, Salina, KS 67401 785-827-4200 www.stmarysalina.org

April 2023

Upcoming Events

April Events

April 6 - Holy Thursday

April 7 - Good Friday
No School

April 9 - Easter Sunday

April 10 - Easter Monday
No School

April 13 - BOB Competition

April 17 & 18 - Kind.
Screening

April 20 - 4th, 5th & 6th
Spring Concert 7pm

April 21 - Race for Education

April 23 - 1st Communion for
2nd grade students

April 24-April 28 - Teacher
Appreciation
Week

From The Principal

No one can stand still in the Christian life. We either advance toward God or we slip back.

Happy Easter Everyone. What a wonderful time of year. The weather is warming up, the grass is turning green, we end Lent and celebrate the Risen Lord. It's a time for renewal and hope!

Going back to my world history teaching days, I am reminded of a quote by an ancient Greek philosopher. He said **"The only constant in life is change"**. How appropriate for this time of year and what a great lesson for our children. We love to have plans and we think we have things figured out, but life throws us curve balls all the time. The question is, do we have the fortitude, perseverance, and flexibility to work through the changes. Do we let God guide us or do we try to strong arm our own wills into the situation?

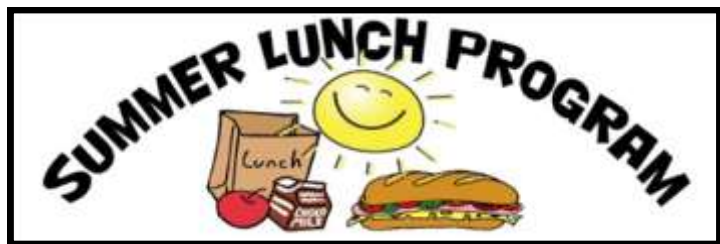
There is no difference with our spiritual journey as well. We are either drawing closer to Christ daily or moving away from Christ daily. There is no standing still. It is my prayer that all of us have been transformed by our Lenten observance and will enter into the Easter season with a renewed commitment to draw closer to Christ daily. After all, by doing this, your families will be transformed.

Vivat Jesus!

Mr. Tym Bonilla
Principal

"Trust in the Lord with all your heart, and do not rely on your own understanding." Proverbs 3:5

Sacred Heart Students visit St. Mary's Students!



Get out and Move

Make good use of nearby playgrounds. They are designed to encourage physical activity in ways kids love. Try out different playgrounds on different days.

St. Mary's Grade School will offer FREE LUNCH to children ages 1 to 18 starting on Monday, May 22nd through Friday, June 30th (Monday-Friday). Lunch will be distributed at the West All Purpose Room doors from 11:30am-12:30pm. Lunch will be a grab n' go, curbside/drive-thru service. No reservations required. No lunch served on Monday, May 29-Memorial Day.

Healthy Tip: Mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack sized bag for a quick trail mix. Blend plain fat-free or low fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

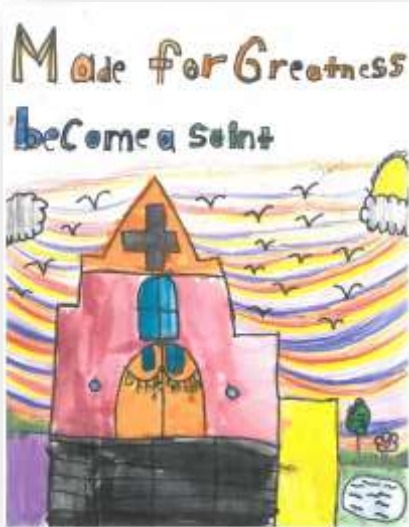
Around the School

Knights of Columbus Council #8196 Vocation Poster Contest

Students in grades 1-6 competed in the Knights of Columbus Vocation Poster Contest. 1st Place winners' posters will represent Council #8196 at the district level. (Pictured are the winners in each age division).

Grades 1-2

Olivia Trow



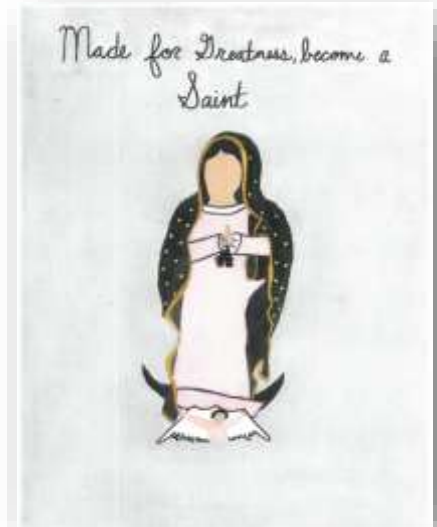
Grade 3-4

Liam Rondan



Grade 5-6

Angie Garcia



Counselor's Corner

5 Ways To Build Lasting SELF-ESTEEM In Kids

1 GIVE CHOICES AND RESPONSIBILITIES



Offer choices (e.g., what shirt to wear). Give age-appropriate responsibilities, like chores around the house (e.g., setting the table, folding clothes, feeding the dog, making the bed).

2 PRAISE SINCERELY

Be sincere and specific with your praise. Instead of, "You're the best artist in the world!" say something like, "You're getting so good at coloring in the lines!" or, "This is a beautiful flower."



3 USE FAILURE AS AN OPPORTUNITY



Let your kids challenge themselves, make mistakes, and occasionally fail. Then make it clear that you still love them just the same. Encourage them to try again.

4 AVOID HARSH CRITICISM AND SARCASM

Avoid giving criticism in front of others and while angry. Criticize thoughtfully and gently. Explain to your kids that although you sometimes dislike their actions, you never dislike them.



5 CREATE OPPORTUNITIES FOR SUCCESS



Teach your kids to successfully do things for themselves from a young age. Focus on their strengths. Notice what they enjoy and do well, and give them opportunities to nurture these abilities.

Greater Salina Community Foundation Match Madness was held on Thursday, March 23rd at the Salina Fieldhouse. Thank you for the **generous support St. Mary's Grade School received!! St. Mary's** School was the fifth highest organization (89 nonprofits participated) to receive funding for the Match Madness and raised over \$22,000 in donations!! THANK YOU!!



Dayna Weltmer, a parent at St. Mary's, represented the school in the annual Bill Grevas Memorial Free Throw Contest. Dayna made 10 out of 10 free throws in one minute to earn the school an extra \$100!! Thank you Dayna for representing St. Mary's Grade School!!



Commitment Forms Due!

Commitment Forms were due back to the school office on April 3rd. Please make sure you have turned in your forms for next school year. Some classes are already full and a waiting list has been started.

During Lent, students come together once a week for Stations of the Cross. It is a time to reflect on Jesus' Passion (suffering and death) through images and words. All students 1st thru 6th grade attend stations.



Partners in FAITH™



Helping our children grow in their Catholic faith.

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St. Marys School



Thoughtful Moments

Prayer habits

Children with good prayer habits become adults who rely on prayer throughout their lives. Refresh your family prayer habits and encourage children to start and end the day in prayer. Together pick a morning and evening offering and say it together. Encourage spontaneous prayer from the heart.

Penance vs. punishment

Penance isn't punishment. In fact, true penance helps us to undergo a change of heart that helps us become better people who positively influence others. Our sin affects others, and our penance and reparation can, too. Help children cultivate penitential habits such as abstaining from meat on Fridays throughout the year, performing extra chores, graciously accepting the menial tasks of life. The purpose of penance is not to diminish life but to enrich it.

A living hope

"Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead" (1 Peter 1:3).



Help children to P.R.A.Y. in Mass

The Mass is the most important gift Catholic parents can share with their children. Help youngsters engage with this timeless treasure of our Faith, by encouraging them to:

P-Prepare. Good preparation leads to a fruitful Mass experience. Lay out Mass outfits the night before. Get up early enough to have breakfast (at least an hour before receiving Communion) and share the Gospel reading. Explain that this time with God deserves special attention.

R-Raise voices in song. We're encouraged to actively participate in Mass by being attentive, praying the responses, and offering our lives, our

intentions, and our praise to God's service. By respectfully raising their voices in song, children also lift their prayers – and their hearts – to God.

A-Adore God. We are made to love God and to receive His love for us.

Encourage older children to receive Communion with the right posture and reverence for Jesus' Body and Blood.

Little ones can use this time to tell God they love Him and to thank Him for His gifts. Y-Say "Yes!"

to His grace. At the end of the Mass, we're sent out to "Go in peace to love and glorify the Lord by your life." Together, take a moment after Mass to say "yes!" to accepting God's grace. That grace in you will bear good fruit all week long.



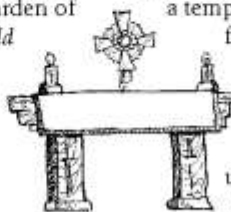
Why Do Catholics Do That?

Why do Catholics pray at an "Altar of Repose" on Holy Thursday?

On Holy Thursday night, Jesus and his disciples prayed in the Garden of Gethsemane. He asked, "Could you not watch with me one hour?" (Matthew 26:40). Instead, they slept while Jesus prayed in agony over His Passion.

On Holy Thursday night,

Catholic parishes traditionally display a temporary altar decorated with flowers and candles where the Eucharist is displayed. People are invited to come before the Eucharist and offer their prayers and love, making up for that "lost hour" in Gethsemane.




April 2023



HE IS RISEN, ALLELUIA!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Holy Thursday Service @ 2:15	7 No School Good Friday	8
9 Easter	10 Easter Monday No School	11	12	13 BOB Competition	14	15
16	17 Kindergarten Screening - No Kindergarten Classes	18	19	20 4,5,6 Spring Program @ 7pm	21 	22
23	24 School Council Meeting 5:30	25	26	27	28 Teacher Appreciation Mass	29
30						

Important Dates

May 5th - **Mother's Day Mass & Kindergarten Mother's Day Tea**

May 8th - Kindergarten Graduation 7pm in the SMGS gym

May 12th - Play Day—Dismiss at 1:30pm

May 15th - 6th Grade Graduation 7pm in the SMGS gym

May 17th - Last day of school - Dismiss at noon



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St. Mary's Messenger

St. Mary's School

304 E Cloud
Salina, KS 67401



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