

ST. MARY'S NEWS



November 2022

www.stmarysalina.org

St. Mary's Grade School 304 E Cloud, Salina, KS 67401

St. Mary's Grade School

Upcoming Events

November Events

November 8 & 11 - No School

November 14 - 18 - ITBS (3rd-6th)

November 23-25 - No School

Thanksgiving Break

November 29 - I Give Catholic

December Events

December 3rd -

1st Reconciliation for 2nd grade

December 8 - Kindergarten

Christmas Program (morning)

December 15 - 1st-3rd grade

Christmas Program in Gym

December 21 - January 3 -

No School - Christmas Break

From the Principal

"Gratitude changes our lives. It changes the way we feel about ourselves, the way we feel about life, and the way we feel about others." - Matthew Kelley

As we approach Thanksgiving I am reminded of my blessings and the gift God has given me. I thank God that I live in this great country of ours and I am blessed beyond measure. Although our society has its challenges and our economy is struggling, we are still living in a time of plenty. I read some **research recently that said the "Average American today is 90 times richer than the average historical human being". That is mind boggling.** The average American has more than the kings and queens of the middle ages!! But are we happier and more fulfilled? I wonder.

With this in mind, I am motivated by the Matthew Kelley quote (see above) and its impact on my life. I am so grateful for the life God has given me and the opportunity I have to work at **St. Mary's Grade School. You see, gratitude is an attitude. It is a choice.** A decision to look at the gifts we have been given in life. Bishop Robert Barron had a wonderful sermon about this. You can check it out on YouTube. The title of his sermon was **"You Have Been Loved into Being". Because God is pure love** itself, everything he does is in love and acts out of love. Therefore, the sheer act of being alive is a purposeful act of kindness and not by accident. This basic fundamental idea is critical in the education of our children and teaching them about their self-worth. It is fundamental to our Catholic faith. A faith that tells each one of us that our presence here on earth is on purpose and there is a plan for each one of us. We are unique and have something to offer our world. Our children **need to hear this...we need to hear it. Remember, in all things** let's be grateful and thank God each day for an opportunity to make a difference to the people around us.

Vivat Jesus!

Mr. Tym Bonilla, Principal

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." Psalm 100:4



School Council Summary

The meeting began with an opening prayer by Fr. Keith Weber. The members present were Mr. Tym Bonilla, Fr. Keith Weber, Fr. Kevin Weber, Kim Fulkerson, Colleen Marrs, Brenda Stoss, Matt Pyle, and Molly Suing. Minutes from last month's meeting were read and approved. The agenda was also read and approved.

The principal's report followed. Mr. Bonilla showed the council the new school logos and is going to present it to the marketing group next week as we continue to work on our school branding and social media outreach. The Extravaganza was a success, raising \$65,000 for the school. All Saints Day is November 1st and Mr. Bonilla is hoping for 90% of the kids dressing up. The staff is working to educate the students on saints – including some modern saints – to prepare for this. After Mass, there will be a parade from the church to Sacred Heart where the SH students will play a song and give a prayer request to the classes. The classes will then take those prayer request back to a prayer service where they will learn about intercession of the saints. That marketing video for the program is underway, capturing video footage and photography to promote both St. Mary's and Sacred Heart.

The financial report was next. The annual budget is projected to have a deficit of about \$200,000. At the beginning of July, the expectation was a deficit of \$240k, so that gap has slightly closed. Fundraising is what will hopefully completely close the gap. The school purchased a new bus, which adds the third to our fleet. It still needs to be repainted.

The pastor's report completed the meeting. The renovation at St. Mary's is almost entirely complete – with just a few minor details to be finished. Sacred Heart Cathedral has a new priest, Fr. Stanley, to take the place of Fr. Ernest who was moved to another parish. Sacred Heart Cathedral is trying to raise money for their air conditioner. Mr. Bonilla added that the Catechesis of the Good Shepherd is going to be piloted at Love n Learn with classes every week. It's a program that is Montessori in nature, aligning with the Catholic catechism.

The next school council meeting will be Monday, Nov. 28th at 5:30 pm.

RaiseRight Scrip/Dillons

Don't forget to get your Holiday Shopping done early!! Purchase gift cards for your holiday needs or for gift giving... Many popular merchant cards will be available to purchase all of November and December. Ask about the new Scrip Card app!! Purchase cards on-the-go. **Pre-orders will be taken, watch your 'Red Folder' for information. Also available will be Scrip Gift Certificates. Don't forget to sign up with Dillons and designate St. Mary's Grade School. A percentage of purchases will come back to the grade school. Just go to Dillons Rewards to sign up! If you would like credit for your Dillons Rewards, please print off a copy of your statement and bring it to the school office. You will only get the credit if we have your family's statement.**

Counselor Corner

Getting Enough Sleep

School-aged children need between 10 and 11 hours of sleep per night. Not getting enough sleep is common in this age group, given increasing school obligations (e.g. homework), evening activities, and later bedtimes.

Signs of sleep deprivation in school-aged children can include:

Mood. Sleep deprivation may cause your child to be moody, irritable, and cranky. This can lead to a difficult time regulating mood, such as getting frustrated or upset more easily.

Behavior. Children who do not get enough sleep are more likely to have behavior problems, such as noncompliance and hyperactivity.

Cognitive ability. Inadequate sleep may result in problems with attention, memory, decision making, reaction time, and creativity, all which are important in school.

How to help your school-aged child sleep well

Develop a regular sleep schedule.

Maintain a consistent bedtime routine.

Set up a soothing sleep environment.

Set clear limits at bedtime.

Turn off televisions, computers, and radios.



Happy Bottoms Diaper Drive

October 24 - November 11

Bring a box of Diapers to the office by November 11. All collections will be donated to Catholics Charities. Preferred sizes are 4,5 & 6.

To learn more about this program you can visit

www.ccnks.org/diaperprogram

ITBS Testing

St. Mary's School, Grades 3-6, take a Norm-referenced test each fall in order to measure students' current performance, as well as progress from

previous years. The results are beneficial to not only parents, but the school as well. Teachers can guide their instruction and the school can develop its curriculum. Tests will be all online again this year.

Please make sure your children get plenty of rest & eat a good breakfast the week of Nov. 14th.



WE DID IT!



**Together, we reached
our goal of raising
\$12,000 towards new
interactive whiteboards!**

**TOTAL AMOUNT RAISED:
\$65,000!**

**We are so blessed to be
surrounded by parents, teachers,
staff, family, and friends who
care for and love our school!**

Thank you!



Announcements

No School

Thanksgiving Break

Wednesday, November 23rd

Thursday, November 24th

Friday, November 25th

Love N Learn will be closed Nov. 24 & 25



Red Wheel Products

Thank you to all the families that participated in the Red Wheel fundraiser!! It was a huge success!!

Thank you to all the volunteers that helped distributed the products to families.



COLD WEATHER

With the cold weather season arriving, it is the parents' responsibility to see that their children are dressed appropriately to play outside, and sometimes wait outside in the morning before school. Please make sure that your child brings a coat as the weather turns colder. Remember that shorts will not be worn during the months of **Dec., Jan. and Feb.**

Please put your child's name on the tags of their sweatshirts and hoodies. Also, please check the tags of your child's items. If you find an item at your house that was picked up accidentally, with someone else's name in it, please return it to the office.

A plain, short sleeved white t-shirt may be worn under a uniform shirt, but no other long sleeved shirt. St. Mary's sweatshirt or hoodies are recommended instead.

WEATHER ALERT— School closings will be posted on our school website (<https://stmarysalina.org>), will be announced on local radio stations, tv stations and will be sent as a text message to families that have signed up for this service at the school office.

Turn TV commercials Into fitness breaks.

Invent silly names for simple exercises like squats, push-ups, and sit-ups, and then do them together till the show comes back on. "Call them princess sit-ups or Bob the Builder muscle builders," You can also play "coach," in which you take turns "ordering" each other to "drop and give me five," or "follow the leader," in which one person leads the others in fun, simple moves like clapping, wiggling, and marching.

Enjoy your food, but eat less:

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize **when to eat and when you've had enough.** For more information on the school's wellness policy, see the school's website.





Congrats to the Thomas Family on winning the free tuition drawing for the 2023-2024 school year!!

Congrats to the Mettlen Family on winning the free lunch drawing!!

Thank you to all the families that attended the Extravaganza Preview Night. It was a huge hit!



Extravaganza Preview Night 2022!!



#iGIVECATHOLIC
#GI⁺IVINGTUESDAY

November 29, 2022

SCAN HERE TO DONATE



ST. MARY GRADE SCHOOL

ADVANCED GIVING BEGINS
NOVEMBER 14, 2022

IF YOU HAVE ANY QUESTIONS,
PLEASE EMAIL HEIDI AT
HEIDI.SPRAGUE@
STAFF.STMARYSALINA.ORG

All Saints Day 2022



Minimize holiday stress

As we emerge from the pandemic, we may feel pressure to return to "normal" during the holidays. Yet, taking on too much can lead to stress and burnout. Try these strategies to savor joyful family moments.

Avoid multi-tasking. A busy pace during Advent will keep us from enjoying precious moments with our children. When involved in a family activity – baking cookies, stringing popcorn, wrapping gifts, singing carols – turn off phones and screens, and focus on the moment.

Make a family holiday calendar. Make or buy



a wall calendar dating from Thanksgiving through the first week of the New Year. Hang it in a high traffic area. List all invitations, announcements, and other events you will attend as a family. Watch for and eliminate overscheduling.

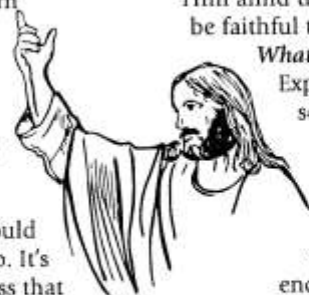
Steal away. Take a few moments to visit with Jesus during the season. Attend extra Masses, steal away to pray before Him in the Blessed Sacrament in church. The peace you receive from being in the Real Presence will keep you going through a busy time.

Scripture LESSON

Luke 21:25-28, 34-36, Do not fear, but prepare!

In this Scripture passage, Jesus tells His listeners that His return at the end of time will be accompanied by catastrophic events. If we are faithful to Him, we have nothing to fear. Still, we should be prepared.

First, when the signs happen, Jesus said we should stand straight and look up. It's when things seem hopeless that God, the source of hope, draws closest to us. We will be strengthened by hope, because "salvation is at hand" (21:28). Second, He tells us to be alert for His coming. Lastly, Jesus tells us to



pray for the grace to be faithful to Him amid the tribulations – to be faithful to Him to the end.

What can a parent do?

Explain to children that sometimes life can be hard and bring challenges. This is when we can lean on God for strength, hope, and encouragement.

Encourage them to ask God for help with whatever is on their mind, even if it's little. God truly does know what is best for us and will always take care of us.

Parent TALK

Mom was tight with money when I was young. When I asked for the latest toys or cool clothes, she usually said, "We don't have money for that." I



knew we weren't poor; I figured she just didn't want to spend money on me. Instead, I have showered my children with gifts – they get things before they know they want them. A few years ago, we were packing for a move and I saw boxes of unopened games and clothing with price tags still on them in Kara's closet. She said, "Mom, I don't want to hurt your feelings but I don't need all this stuff." So rather than move it, we gave it away.

Now I buy three gifts that the kids really want for Christmas and birthdays, and only what they need in between. They value what I give, and I realize my mother really did know best.

Feasts & Celebrations

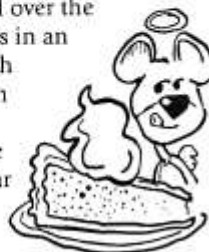
November 14 – St. Lawrence O'Toole (1180). As archbishop of Dublin, he was known for his role as a mediator and peacekeeper in English-Irish relations and for his charity to the poor.

November 15 – St. Albert the Great (1280). Born in Germany, St. Albert joined the Dominican Order against the wishes of his family. He is called the Father of Natural Sciences and mentored St. Thomas Aquinas.

November 17 – St. Elizabeth of Hungary (1231). The daughter of the

King of Hungary, she was only married for just six years. She joined the Secular Franciscan Order after her beloved husband's death and spent the last years of her life caring for the poor. She is the patron of Catholic charities.

November 28 - First Sunday of Advent. During this four-week season, we anticipate the Messiah's birth. Catholics all over the world light candles in an Advent wreath each night of the season to signal the coming of the true light of Christ. Year C begins.



Our Mission


To help parents raise faithful Catholic children.
Success Publishing & Media, LLC
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(540)662-7844 (540)662-7847 fax
<http://www.partnersinfaith.com>

(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

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NOVEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saints Day	2 Mass 8am	3	4 Mass 8am	5
6	7 Red Wheel Delivery 2:30- 5:30pm	8 Election Day No School	9 Mass & Rosary 8am	10	11 No School Diocese In-service	12
13	14	15 ITBS Testing	16 Mass 8am	17 ITBS Testing	18 Mass 8am	19
20	21	22 All School Mass 2pm	23	24	25	26
27	28 School Council @ 5:30	29 I Give Catholic	30 Mass 8am	Thanksgiving Break		
						

Library Lane



Hello again everyone! Welcome back to Library Lane. The fall season is in full swing and over here in the library we have been enjoying all kinds of items from our collection of books. From picture books to paper crafts to penguins, our students have been going to town on checkouts. Since those books have been flowing regularly, and I missed my chance at the start of the year, I wanted to make sure everyone knew about the guidelines I have for student checkouts. Pre-K and Kindergarten get to check out 1 book at a time. 1st - 6th graders may have two books checked out at a time. Each week, students bring their items back or can renew items that they haven't finished yet. I do my best to check their accounts to see if anything is missing and then give students a small printout for any items they haven't brought back so they don't forget where those books have gone. If your student is sure that they brought the item back, please let me know. I make mistakes, so I am more than willing to look again for an item that I might have missed.

In the case that an item is lost, please contact me so we can work out the best way to make things right. The replacement prices that have been listed on some of these items are no longer correct, so I wouldn't want anyone to send money to replace books when they might be found for less or is no longer in print and unable to be replaced. So please, send me an email and let's talk through what we can do.

It is truly a pleasure to be the librarian here. I greatly enjoy hearing the excitement from the students about finishing their latest book or talking about similar items that might pique their interest. Unto the next season at St. Mary's and our next adventure down Library Lane!

Mr. Eric Swenson

eric.swenson@staff.stmarysalina.org

Mission Statement

The mission of St. Mary's Grade School is to form lifelong learners of Faith through spiritual guidance and academics, who serve and lead in Church and community.



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St. Mary's Messenger

St. Mary's School

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