

THURSDAY FLYER

From the Principal's Pen:

Dear St. Gerard Families:

I can't believe that this week kicks off the second half of the school year. The new year brings with it a lot of upcoming activities and events. Please make sure you are reading your Thursday Thoughts each week and checking ClassDojo, Facebook, and class newsletters for updates and details. This month we will be celebrating Catholic Schools Week during the last week of January. During this week there will be many activities and speakers here at school to celebrate the week. We will have an All Schools Mass at St. Gerard on Friday, February 3, with St. Rose, St. Charles, St. Gerard and LCC students and staff. I love the spirit of us all gathering as one Lima Catholic Community! Also during January, students in grades K-5 will be taking their MAP tests to evaluate their growth in reading and math since the beginning of the school year. Please watch classroom newsletters for information about when your child will test so you can assure they have a healthy breakfast and get the rest that they need to help with their testing success.

The upcoming months also bring First Reconciliation and First Eucharist for 2nd grade students, Lent and Easter, the Irish Day Parade, Science Invention Convention, and 8th grade graduation. We have so much to look forward to and so much to be grateful for! I wish all of you a blessed and Happy New Year, and as always please remember to reach out with any questions or concerns.

Many Blessings,

Mrs. Natalie Schoonover, Principal

Breakfast:

Beginning on Monday, January 9th breakfast will be available to those students who are interested. Students wanting to eat breakfast should arrive at 7:30 a.m. School will still begin promptly at 7:30 a.m.

Breakfast is \$1.50 for those who do not qualify for free or reduced lunch. Please make sure that funds are available in your child's lunch account if you would like for them to purchase breakfast.

Breakfast is \$0.30 for those students who are eligible for reduced lunches.

There is no charge for those students who are eligible for free lunches.

2023-2024 School Year Registration:

Can you believe that it is almost time to start registering your students for the 2023-2024 school year? Please remember to be eligible to register your child, all of your school fees for the current year must be paid. If you have questions regarding your fees, please contact the school office.

Altar Servers:

Saturday, January 7th at 5 p.m.: Preston Jeffers, Maddie Jeffers, Jon Chambers

Sunday, January 8th at 8:30 a.m.: Liam Fay, Ethan Snow, Emily Fay

Sunday, January 8th at 11 a.m.: Khloe Kunkleman, Alli Cook, Ava Armstead

End of the 2nd Quarter:

The end of the 2nd academic quarter is quickly approaching on Friday, January 13th. Report cards will be sent home on Friday, January 20th.

After School Bowling at Westgate:

After school bowling at Westgate Lanes will begin on Thursday, January 19th for interested students in grades 1st-8th.

Registration forms are attached and were sent home today with students.

Only a total of 120 forms for all 3 catholic schools will be accepted. Please make sure to turn in your completed forms ASAP to ensure your student doesn't end up on the waiting list.



**ST. GERARDS AFTER SCHOOL BOWLING
GRADES 1- 8**



Westgate Lanes is forming a bowling league for students. Bumper bowling is available for 1st graders. Bus transportation is provided by Westgate Lanes.

This league will bowl on Thursdays starting JANUARY 19th immediately after school
All students must be registered by JANUARY 13th by turning your form in to the office.

**ONLY A TOTAL OF 120 FORMS FOR ALL 3 SCHOOLS WILL BE ACCEPTED.
A WAITING LIST WILL START AFTER THAT. You will be notified by
Westgate Lanes if you are on the waiting list.**

Parents will pick the students up at Westgate at 4:00 pm by signing them out at the checkout table. The fee is \$ 10.00 per week. Any student having more than 2 weeks payments past due may be suspended from participation until payment is made in full.

The cost includes the bus ride, shoes, ball, bowling and snack. We have included the snack cost in the weekly fees. The student will have their choice of 2 snacks each week. Additional snacks can be purchased at \$.75 each. Snack choices are: cookie, pizza square, popcorn or a small soft drink.

The league will meet for 15 weeks. Coaches are available to work with the children. Parents are invited to visit Westgate to observe the learning and fun activities. This program is sponsored by Westgate lanes and is NOT a school sponsored activity. If you have any questions please call Westgate at 419-227-7231 and ask for Andy or Wes Johnston.

After school Lane Monitors are needed! Volunteers are required to pass an online course and complete a mandatory background check. Volunteers will receive free after school bowling fees for their child each week. Only 6 positions open, stop by Westgate lanes and fill out an application. Job duties: riding the bus to the school, helping check students in, monitoring children during bowling & clean up after the completion of bowling.

St. Gerards After school bowling form (PLEASE PRINT)

Child's Name _____ Boy _____ Girl _____

Address _____ City _____

Zip _____ Phone _____

Birth date _____ age _____ grade _____

Email _____

Permission granted by _____

Emergency contact & phone # _____

PLEASE ONLY 1 STUDENT PER FORM

Lego Club

The middle school Lego club (5th -8th grade) will be beginning on January 17th and will be held every Tuesday from 3 to 4 until the end of the school year. The students will be provided a snack and beverage during Lego club. If you would like to donate items for snacks please indicate it on the sign up form. If you have any questions or concerns regarding Lego club please contact Mrs. Huffman at 419-222-0431 or email at khuffman@sgslima.org. I look forward to working with the kids this year.





LEGO CLUB REGISTRATION 2023

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

_____ I would like to donate snacks and drinks for Lego club

_____ I would like to help supervise at Lego club

Father's Name: _____

Address: _____

Street City Zip
Home Phone: _____ Work Phone: _____

Mother's Name: _____

Address: _____

Street City Zip
Home Phone: _____ Work Phone: _____

Child lives with: _____

In case of an emergency, contact:

Name: _____ Phone: _____

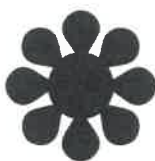
Name: _____ Phone: _____

Persons Authorized to pick up child(ren): (Persons must have identification when picking up child)

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____



Mental Health &
Recovery Services
Board of Allen,
Auglaize, and
Hardin Counties

January 2023 School Newsletter

Mental Wellness Month and the New Year

January is Mental Wellness Month. Mental wellness comes from feeling balanced, having positive connections with others, and having the ability to deal with life's stressors. It does not mean you're always happy. It's also not the absence of mental illness.

Feeling mentally well can help you maintain your mental health, build resilience, and overcome life's challenges. The new year is a time when people make resolutions, often to better themselves in an aspect of life. Now is the perfect time to focus on improving your mental wellness. You can help your children improve their mental wellness too!

Here are tips to enhance your and your child's mental wellness:

Be grateful. Practicing gratitude every day can make you more optimistic and less stressed. It trains your brain to notice the good things in life and unlearn negative thinking patterns.

Practice self-care. Taking care of yourself isn't selfish. Make time every day for your mental health. Do something that is meaningful and brings you joy. Help your child do the same.

Get enough sleep. Your body needs to be healthy to keep your mind healthy. Get the recommended hours of sleep for you and your child. If you have trouble sleeping, see your doctor.

Learn a new skill. Creative hobbies can provide a sense of purpose and achievement, boost confidence, reduce stress, keep your mind sharp, and help avoid burnout by restoring your creative energy. Some creative skills are playing an instrument, painting or coloring, baking, dancing, sculpting, writing, graphic design, and photography.

Exercise regularly. Exercising for 30 minutes a day keeps both your body and mind healthy. It can lessen depression and anxiety. Go for a walk, bike ride, play a sport, or take a fitness class.

Connect with others. Sharing quality time with friends and family can be fulfilling, provide emotional support, and build a sense of belonging.

Eat well. Keeping a balanced diet helps the physical and mental health of you and your child.

Practice mindfulness. Being present in the moment and paying attention to your thoughts and feelings is a part of mindfulness. One practice is a body scan. Move your attention through your body, and notice what you see, feel, hear, taste, and smell. Name them without judgment, then let them go. Here are some [more mindfulness practices](#).

Ask for help when you need it. It is not a weakness to reach out for resources and support. We all need help sometimes. It might be time for professional help if you or your child cannot function or have tried to improve your mental health on your own but are still suffering.



Mental Health &
Recovery Services
Board of Allen,
Auglaize, and
Hardin Counties

If you or your child are in crisis, call the local 24/7 Hopeline at 1-800-567-HOPE (4673) or text 741-741. If you are not in crisis but want to find local resources, call 211.