

THURSDAY FLYER

From the Principal's Pen:

Dear St. Gerard Families:

This school year is flying by so very quickly! We only have two weeks left of the third grading period. Often this time of the year, we see that it is more difficult for students to focus and stay on task. They are excited for spring and summer weather, sports, and activities, as are most of us! We continue to give students gentle reminders to help them to be successful for the remainder of the school year including: staying committed to working hard, improving behaviors and following rules, uniform policy reminders, and to keep growing in their faith, especially during this season of Lent. Parents of 4th-8th graders, please check your student's grades and encourage them to do their best in everything they do.

Next Saturday is the City of Lima Irish Day Parade. We are looking forward to seeing the students with their families at the parade. The parade starts at noon, so students and families wanting to walk with the St. Gerard float, please arrive between 11:15-11:45 a.m. in front of the school to join in the festivities. It's always a fun day for the kids, staff, and school families.

Have a blessed weekend!

Many Blessings,

Mrs. Schoonover
Principal



St. Gerard School is in need of parade candy to be thrown during the Irish Day Parade. We encourage families to send in a bag of candy to the school office so we have candy to toss on the day of the parade. Thank you for your generosity! We hope to see you there representing St. Gerard School.

Altar Servers:

Saturday, March 4th at 5 p.m.: Kendra Hatcher, Jacob Yahl, Madi Yahl

Sunday, March 5th at 8:30 a.m.: Dallas Martin, Emiley Martin

Sunday, March 5th at 11 a.m.: Khloe Kunkleman, Angelica Collar, Ava Armstead

Extended Day Statements:

Extended day statements were sent home earlier this week with students. Please pay balance by Friday, March 17, 2023.

If you would like to pay by credit card, please contact the school office.



Student registration for the 2023-2024 school year is now open. Current students in KG-7th grade, can register for the 2023-2024 school year by going to

<https://forms.gle/V12mX9WYLCqvt1D96> and completing the online registration. If you prefer paper registration forms, please reach out to the school office



Yearbooks on Sale:

2022-2023 Years are now on sale. If you are interested in purchasing a yearbook, order forms were previously sent home with students or you can order online at www.ybpay.com. Yearbook ID Code is 9530823.

Deadline for ordering is March 24, 2023.

Positive Addiction Race T-Shirt Order Forms:

Students in grades 5th-8th were given order forms for positive addiction t-shirts. These are runner t-shirt order forms for grades 5th-8th. These order forms are due by Wednesday, March 8th. Order forms for t-shirts for students in PK-4th grades and family t-shirts will be sent out in the next couple of weeks.

Edchoice Scholarship Renewal Forms:

The Edchoice Scholarship renewal portal is now open. Please complete the renewal application and return to the school office along with a complete copy of a utility bill at your earliest convenience.

Outstanding Tuition & Fees for the 2022-2023 School year:

Those students with outstanding fees, letters have been sent home with students earlier this week. Please pay these fees as soon as possible, so that you do not delay the processing of registration and Edchoice Scholarships for the 2023-2024 school year. If you would like to pay outstanding fees by credit card, please contact Marta in the school office with your credit card details.

If you have any questions, please contact the school office.

2 LIMA CENTRAL CATHOLIC FRIDAY LENTEN FISH FRIES

March 3 and 10 • 5:00-8:00 PM

Dine-In Or Carry Out

Price: Pre-Sale \$10

At Door: \$12

Kids Price: \$6



**TICKETS NOW AVAILABLE IN
THE ST. GERARD SCHOOL
OFFICE.**

**All proceeds benefit
Lima Catholic
Schools**

Our St. Gerard middle school students are participating in this year's LCC Musical!!

What: Seussical the Musical

Where: Crouse Performance Hall, Veterans Memorial Civic & Convention Center

When: Friday, March 10th at 7:30 p.m. , Saturday, March 11th at 7:30 p.m., &
Sunday Matinee, March 12th at 2 p.m.

Tickets: www.lcchs.edu

Cost: \$15.00

Come support our students at Lima's Catholic Schools!



REMINDER

- WHO: YOUNG MEN IN GRADES 3,4,5,6
- WHAT: W.O.B.L. BASEBALL REGISTRATION
- WHEN: SATURDAY MARCH 4, 2023
TIME..... **9:00am**
- WHERE: LIMA CENTRAL CATHOLIC (GYM)
- WHY: PREPERATION FOR YOUTH
SUMMER BASEBALL LEAGUE
TEAM SELECTIONS.

* PLEASE REMEMBER TO BRING:
THE REGISTRATION FORM and YOUR CHECK
GYM SHOES and GLOVE

****IMPORTANT...**

YOU WILL BE MEASURED FOR YOUR
UNIFORM AT THIS REGISTRATION.

UPDATED INFORMATION

LCC (Lima Catholic Community) Youth Softball

Lima Catholic Community Youth Softball will be having registration, uniform sizing, and a SKILLS CLINIC **Saturday, March 4th from 11:00 am-1:00pm** at Lima Central Catholic High School (in the big gym). **Please bring your glove and wear tennis shoes.**

Girls currently in 1st-6th grade attending St. Rose, St. Gerard, and St. Charles schools are eligible to play. The registration fee is **\$60.00 per player**. Please bring completed registration forms and make checks payable to **St. Charles Athletics**. Payment will be collected at time of registration.

Practices will begin in late March, we will attempt to be outside as much as possible versus gym practice. Games will start mid-May with 2 games per week. U10 will play Mondays and Wednesdays. U12 will play Tuesdays and Thursdays. The 10U & 12U teams will participate in a post-season tournament. U8 will play on various weeknights dependent on field availability. U8 will not have a post-season tournament

If unable to attend registration on Saturday, March 4th, please return registration form and payment to your school office. You will then be responsible to contact Vickie at 419-230-8098 to determine an alternate time to be sized. **Registration deadline is SATURDAY, MARCH 14TH.**

If you have any questions, please feel to contact me.

Vickie Schnieders (419-230-8098)

THIS WEEK ON **FORMED**

Week of March 05, 2023



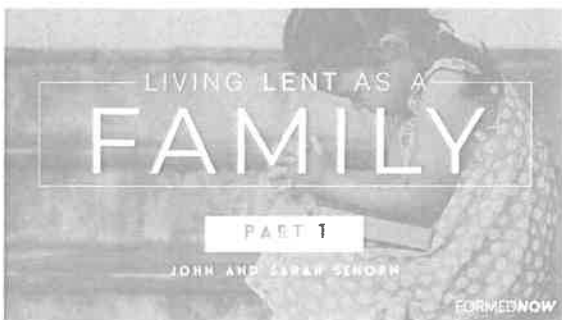
The Story of Saint Perpetua

Watch this inspiring animated movie about the life of Saint Perpetua. Born from a noble Roman family, she converts to Christianity despite a new decree prohibiting new conversions in the Roman Empire. Ultimately, she gives her life for Christ.



The Passion of Saint Perpetua with Mike Aquilina

Join Mike Aquilina, Vice-President of the Saint Paul Biblical Theology Center, in this informing and inspiring documentary that tells the true account of the courageous martyr, Saint Perpetua, and her companions



Living Lent as a Family (Part 1 of 4)

Dr. Ben Akers sits down with Augustine Institute Graduate School Professor Dr. Sehorn and his wife, Sarah Sehorn, to discuss liturgical living during Lent.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.

SECOND Week of Lent

CELEBRATE ST. JOSEPH

March 19

Even during Lent, there are special days that the Church designates for celebration. The Solemnity of St. Joseph is one of those days. This day is particularly important in Sicily, Italy where San Giuseppe (St. Joseph in Italian) is the patron. The traditions continue in the United States with many Italian-Americans.

The spouse of Mary the mother of Jesus and the legal father of Jesus according to Jewish law, Joseph is a model of humility and obedience to God's will. He followed God's instructions, given by angels in his dreams, and took the pregnant Mary into his home as his wife, protected her and Jesus at the child's birth in Bethlehem through the family's sojourn in Egypt, and provided for them as a carpenter in Nazareth. This feast, which was celebrated locally as early as the ninth century, became a universal feast in the fifteenth century, when it was placed on the liturgical calendar. Pope Pius IX named St. Joseph Patron of the Universal Church in 1870; he is also the patron saint of carpenters, the dying, and workers.



Eat together

Traditional food for the day includes Italian pastries called zeppole or sometimes St. Joseph's Pastries. These are cream-filled pastries with a cherry on top. Minestrone soup is another tradition.



One of the favorite things we do is celebrate the saint feast day of our namesakes. For instance,

We celebrate the feast day of St. Ephraim, St. John Paul II, St. Isabella, The Annunciation (St. Gabriel), St. Blaise, and a St. Joseph feast day. These are the

saints our children were named after. We will usually take the day off from most chores, have some kind of dessert, read about the saint, and celebrate in other ways.

The Combs Family from St. Joseph in Fremont



Pray together

Memorare to St. Joseph

Remember, O most pure spouse of the Blessed Virgin Mary, my great protector, Saint Joseph, that no one ever had recourse to your protection, or implored your aid without obtaining relief. Confiding therefore in your goodness, I come before you. Do not turn down my petitions, foster father of the Redeemer, but graciously receive them. Amen.



Celebrate together

One popular tradition originating in Sicily is the St. Joseph's Table. Legends from the Middle Ages attributed the end of a devastating drought to a prayer-devotion that the Sicilian people made to St. Joseph. To show their gratitude, they prepared a table with special foods to honor St. Joseph. This celebration became an annual tradition.

Make a St. Joseph's Table at home! Traditional tables include:

- A white tablecloth
- Three tiers (representing the Trinity)
- A statue of St. Joseph on the top tier
- Flowers, especially lilies
- Candles
- Celebratory food

Learn more about how to create a St. Joseph table in your home:

yearofstjoseph.org/devotions/st-joseph-table



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

March 2023 School Newsletter

Youth Self-Esteem & Peer Pressure on Social Media

Smartphones and social media have transformed childhood. 92% of adolescents are active on the internet daily and are active on at least four social media platforms. It can be hard to help your child navigate this unfamiliar world with your different childhood experiences.

There is a [youth mental health crisis](#). More than 40% of teens struggle with persistent sadness or hopelessness. Many factors have played into this mental health crisis. Rates of depression, anxiety, and suicidal thoughts were on the rise before the pandemic. These issues were intensified by COVID-19. Some factors are mental health stigma, discrimination, and online bullying. Online bullying and social comparison thrive on social media.

PEER PRESSURE

Peer pressure has always been a stress point for teens, but social media has increased its effect and reach. Youth are exposed to risky behaviors like drug and alcohol usage and violence on a more regular basis. Teens are trying to mimic their peers. When they do, they receive positive reinforcement of this behavior through likes and comments. This pressures teens to conform to their peers. Social media also creates anxiety about FOMO or “fear of missing out.”

SELF-ESTEEM

According to a study, social media causes a decrease in self-esteem (how you think about yourself), most affecting girls ages 9-14. Adolescents are just learning who they are and are sensitive to comparisons. Social media leads youth to make irrational opinions of their peers' lives based on brief videos and photos, which creates insecurities and mental health issues.

Additionally, any hate or rejection is permanent. Teens cannot escape bullying when school ends because it now follows them everywhere online. Signs of low self-esteem include self-deprecation, discounting achievements, inability to accept compliments, fear of failure, placing blame on themselves, and feelings of anxiety or shame.

NAVIGATING SOCIAL MEDIA

Smartphones and social media are a key part of children's lives today. Not all social media use is bad. Some youth find healthy connections and validation from peers on social media.

Help your child have a positive experience on social media. Have open and honest conversations with them about their self-esteem and the dangers of social media. Encourage them to protect their privacy, never to share information they wouldn't feel comfortable with the whole world knowing, to remember that tone is hard to convey over text, to remember anything online is permanent even if deleted later on, and to speak to others how they want to be spoken to.

Talk to your kids about substances, suicide, and their strengths to prevent risky and harmful behaviors. **Learn how to have these conversations at [letstalk.care](https://www.letstalk.care).**

**Lima Family YMCA
FALL SOCCER LEAGUE
For Boys and Girls
Ages 4 to 4th Grade
No Tryouts! Just Sign Up!**



PROGRAM SCHEDULE:

Registration Dates: February 18th to April 7th, 2023

Coaches Meeting: March 27th, 2023 6:00 pm (YMCA)

Games Begin: Week of April 10th to May 13th, 2023

Game Times: 4 & 5 yr. olds & K – Wednesdays (5:15 or 6:15) and Saturdays (9:30a or 10:30a)

1st & 2nd Grade – Wednesdays (5:15 or 6:15) and Saturdays (9:30a or 10:30a)

3rd & 4th Grade – Tuesdays & Thursdays 5:15 or 6:15

Program fee: \$28 Member (Must present membership card)

\$52 for non-member

*** All registrations must go to the YMCA**

Includes T-shirt, socks and award

For more information call Aaron Cross at 419-223-6045 Ext 114.

MAIL To:

Attn: Orion Monford

Lima Family YMCA

345 S. Elizabeth Street

Lima, Ohio 45801

On line @ www.limaymca.net

Or Register @ Y's Front Desk

MISSION:

Everybody Plays

Fair Play

Family Involvement

Positive Competition

Safety First

Sport For All

Sport For Fun

YMCA Spring Soccer Registration 2023

PARENTS: You are an important part of our program as well as your children. We need you to help us coach and encourage these youngsters in the development of their skills. Please take an active role with your child by volunteering a couple of hours a week to this program. We will instruct you in all areas in which you might be interested. Please check the box below if you can help us in this program. Coaches may be subjected to a background check. **THANKS.**

Coach _____ Assistant _____ Coach's Shirt Size _____

Player's name _____ Telephone # _____

Parents' name _____ Parents Birth Date _____

Address _____ Zip _____ School _____

Age _____ Grade _____ Date of Birth _____ Sex: Male _____ Female _____

2nd Emergency contact _____ Telephone # _____

YMCA Member _____ Non-Member _____ Shirt size: Youth – S/8 M10/12 L14/16 Adult – S M L XL

E-mail address _____ Last season coach _____

FOR PARENT OR GUARDIAN: I hereby certify that a physician has properly screened the above named child, there are no medical conditions and he/she is capable of participating safely in the YMCA soccer program. I do hereby release and discharge the Lima Family YMCA and volunteers from all claims to damages, demands and actions, whatsoever in any matter arising from this athletic program. I have read and understand the mission of this Youth Soccer program and hereby grant permission for the above named to participate.

Date _____

Signature of Parent/Guardian _____

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Young Ladies Volleyball

For Young Ladies in 5th-8th Grade

Tuesdays 5:30 to 7:00 p.m.

Session Dates: March 7th- April 4th 2023

Session includes Skill Development, Drills and Games.

Fee: \$25 YMCA Members

\$40 Non Members

or register online www.limaymca.net

Contact Orion Monford for more information 419-223-6045 or
sports@limaymca.net

Lima YMCA Young Ladies Volleyball Registration

Name _____ Phone # _____

Parents Names _____

Address _____

2nd Emergency Contact _____ Emergency # _____

Age _____ Grade _____ Date of Birth _____ School _____

E-mail _____ YMCA Member _____ Non Member _____

FOR PARENT OR GUARDIAN: I hereby certify that the above named child has been properly screen by a physician and there are no medical condition and capable of participating safely in the YMCA volleyball program. I do hereby release and discharge the Lima Family YMCA and volunteers from all claims to damages, demands, actions, whatsoever in any matter arising from this athletic program. I have read and understand the goals and objectives of this Youth Volleyball program and hereby grant permission for the above named to participate.

Date

Signature of Parent/Guardian

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Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date