ST. GERARD
CATHOLIC + SCHOOL

WEEKLY NEWSLETTER

September 24, 2026

From the Principal's Desk:

Dear Golden Eagle Families,

It's hard to believe we are already halfway through the first quarter! It has been so exciting to watch our Saints in Training grow and settle into the school year. Our scholars have adjusted so well to classroom routines and expectations, and there is SO much learning happening throughout our school each day. It's amazing to see the growth and transition from those first days of school until now!

Our scholars have also completed their NWEA MAP assessments, and overall, we are very pleased with how well our Golden Eagles performed. Teachers will be sharing this information with you during our upcoming Parent-Teacher Conferences, giving you a closer look at your child's growth and areas for continued development.

I am also especially proud of how our Saints in Training have been participating in weekly Mass. Their responses and singing have grown stronger each week, and it is beautiful to see our students actively participating in the celebration of our faith. They are truly learning what it means to be a community rooted in faith.

Finally, I want to give a **BIG Golden Eagle shout-out** to our parents and guardians who have stepped up to lead our Family Action Teams! Your willingness to share your time, talents, and energy makes such a difference in our school community. Soon, you'll be hearing from some of our Fall Planning Teams and Teacher Appreciation Teams about ways you can get involved, too!

Thank you for continuing to partner with us as we educate the minds, hearts, and hands of our Saints in Training. Together, we are creating a school community where our scholars can learn, grow, serve, and thrive.

Let's keep soaring, Golden Eagles!

With gratitude,

Mrs. Schoonover
Principal
St. Gerard Catholic School

This Week at St. Gerard

DEAN'S CORNER: A GOOD NIGHT'S SLEEP MATTERS!

AS WE SETTLE INTO THE SCHOOL YEAR, I WANT TO REMIND OUR FAMILIES ABOUT SOMETHING THAT CAN MAKE A **BIG DIFFERENCE IN HOW OUR CHILDREN FEEL, LEARN, AND BEHAVE AT SCHOOL: SLEEP!**

WE ALL KNOW HOW DIFFICULT IT CAN BE TO FUNCTION AFTER A POOR NIGHT'S SLEEP—AND CHILDREN ARE NO DIFFERENT. IN FACT, CHILDREN WHO DO NOT GET ENOUGH SLEEP MAY HAVE A HARDER TIME PAYING ATTENTION, MANAGING THEIR EMOTIONS, FOLLOWING DIRECTIONS, COMPLETING THEIR WORK, AND MAKING GOOD CHOICES THROUGHOUT THE SCHOOL DAY. THE CDC NOTES THAT INSUFFICIENT SLEEP IS ASSOCIATED WITH ATTENTION AND BEHAVIOR PROBLEMS IN CHILDREN AND ADOLESCENTS. SOMETIMES A CHILD WHO IS TIRED MAY NOT SIMPLY LOOK SLEEPY. INSTEAD, THEY MAY BECOME **MORE IRRITABLE, EMOTIONAL, RESTLESS, EASILY FRUSTRATED, OR IMPULSIVE.** THEY MAY HAVE A HARDER TIME HANDLING A SMALL DISAPPOINTMENT OR CONFLICT THAT THEY WOULD NORMALLY MANAGE SUCCESSFULLY.

HOW MUCH SLEEP DOES MY CHILD NEED?

THE AMERICAN ACADEMY OF SLEEP MEDICINE RECOMMENDS:

- **AGES (3–5 YEARS):** 10–13 HOURS, INCLUDING NAPS
- **AGES 6–12**: 9–12 HOURS OF SLEEP EACH NIGHT
- **AGES 13–18**: 8–10 HOURS OF SLEEP EACH NIGHT

THAT MAY SOUND LIKE A LOT, ESPECIALLY WITH HOMEWORK, SPORTS, ACTIVITIES, SCREEN TIME, AND BUSY FAMILY SCHEDULES. BUT SLEEP IS NOT WASTED TIME—IT IS AN IMPORTANT PART OF HELPING CHILDREN GROW, LEARN, REMEMBER INFORMATION, AND REGULATE THEIR EMOTIONS AND BEHAVIOR.

A **FEW SIMPLE SLEEP TIPS**

- KEEPING A CONSISTENT BEDTIME AND WAKE-UP TIME, EVEN ON WEEKENDS WHEN POSSIBLE.
- CREATING A CALMING BEDTIME ROUTINE SUCH AS A BATH, BRUSHING TEETH, READING, AND GETTING READY FOR BED.
- LIMITING SCREENS AND ELECTRONIC DEVICES IN THE EVENING, ESPECIALLY CLOSE TO BEDTIME.
- MAKING SURE CHILDREN HAVE ENOUGH TIME TO WIND DOWN BEFORE THEY ARE EXPECTED TO FALL ASLEEP.
- WATCHING FOR SIGNS THAT YOUR CHILD MAY NOT BE GETTING ENOUGH QUALITY SLEEP, SUCH AS DIFFICULTY WAKING UP, DAYTIME SLEEPINESS, TROUBLE CONCENTRATING, OR INCREASED IRRITABILITY.

SO, AS WE HEAD INTO ANOTHER BUSY SCHOOL YEAR, LET'S REMEMBER: GOOD DAYS AT SCHOOL OFTEN BEGIN WITH A GOOD NIGHT'S SLEEP!

— MRS. ROBERTSON
DEAN OF STUDENTS

Upcoming Events

MARK YOUR CALENDAR

ST. GERARD CATHOLIC SCHOOL

9/24	**Flower Sale Pickup**	All items sold during our Flower Sale will be available for pick up between 1 p.m and 5 p.m. in the Parking Lot.
9/25	**1st Grade Field Trip**	1st grade students will be going on a field trip to Hermon Woodlands
9/30	**Weekly School Mass**	Please join us for our weekly school Mass beginning at 8:30 a.m. in the church.
10/12	**No School for Students**	St. Gerard School will be closed for students as the faculty will be participating in professional development.

THE WEEKS HIGHLIGHTS

Reminders & Announcements

THANK YOU FOR STAYING CONNECTED.

ALTAR SERVERS

SATURDAY, SEPTEMBER 26TH AT 5 PM: TRISTYN PITNEY, ESME BALDWIN, IZAIAH HILLARD

SUNDAY, SEPTEMBER 27TH AT 8:30 AM: SKYLAR MAYS, ABIGAIL MAYS, ANGELICA COLLAR

SUNDAY, SEPTEMBER 27TH AT 11 AM: MARA SARNO, SYDNEY SARNO, CAMERON SARNO

2026-2027 SCHOOL FFES

STUDENTS WHO STILL OWE FEES FOR THE 2026-2027 SCHOOL YEAR SHOULD HAVE RECEIVED A LETTER EARLIER THIS WEEK.

PLEASE TAKE A MOMENT TO PAY YOUR FEE BALANCE OR CONTACT THE SCHOOL OFFICE TO SET UP A PAYMENT PLAN.

THANK YOU FOR YOUR PROMPT ATTENTION TO THESE FEES!

PURSE BINGO VOLUNTEERS

ST. GERARD'S 2ND BIGGEST FUNDRAISER IS OUR ANNUAL PURSE BINGO SCHEDULED FOR SATURDAY, NOVEMBER 7TH BEGINNING AT 7 P.M. WE ARE IN NEED OF VOLUNTEERS TO MAKE THIS EVENT A SUCCESS. PLEASE CONTACT MRS. TRUEX IN THE OFFICE IF YOU ARE AVAILABLE TO VOLUNTEER.

October Menu 2026

Monday	Tueday	Wednesday	Thursday 10/1/26	Friday 10/2/26
			Pasta / Meat Sauce	Pizza
			Green Beans	Romaine Salad
			Garlic Bread	Ranch Dressing
			Fruit	Fruit
			Milk	Milk
Monday 10/5/26	Tuesday 10/6/26	Wednesday 10/7/26	Thursday 10/8/26	Friday 10/9/26
Tacos	Chicken Patty/Bun	Quesidilla	Sloppy Joe / Bun	Pizza
Refried Beans	Tater Tots	Broccoli	French Fries	Cheesy Bread Stick
Fruit	Green Beans	Fruit	Carrots	Romaine Salad/Drsg
Milk	Fruit	Milk	Fruit	Fruit
	Milk		Milk	Milk
Monday 10/12/26	Tuesday 10/13/26	Wednesday 10/14/26	Thursday 10/15/26	Friday 10/16/26
	Chicken Alfredo	Mozzarella Sticks	Corn Dog	Pizza
NO SCHOOL	Corn	Marinara Sauce	Baked Beans	Romaine Salad
	Fruit	Green Beans	Fruit	Ranch Dressing
	Milk	Fruit	Milk	Fruit
		Milk		Milk
Monday 10/19/26	Tuesday 10/20/26	Wednesday 10/21/26	Thursday 10/22/26	Friday 10/23/26
Pancake on a Stick	Chicken Strips	Grilled Cheese	Hot Dog / Bun	Pizza
Potato Triangle	French Fries	Baked Beans	Green Beans	Romaine Salad
Fruit	Carrots	Fruit	Fruit	Ranch Dressing
Milk	Fruit	Milk	Milk	Fruit
	Milk			Milk
Monday 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
Salisbury Steak	Chicken Nuggets	Egg Patty	Hamburger/Bun	Pizza
Mash Potato / Gravy	French Fries	French Toast	Baked Beans	Romaine Salad
Bread Stick	Green Beans	Carrots	Fruit	Ranch Dressing
Fruit	Fruit	Fruit	Milk	Fruit
Milk	Milk	Milk		Milk

News

Menus are Subject to Change

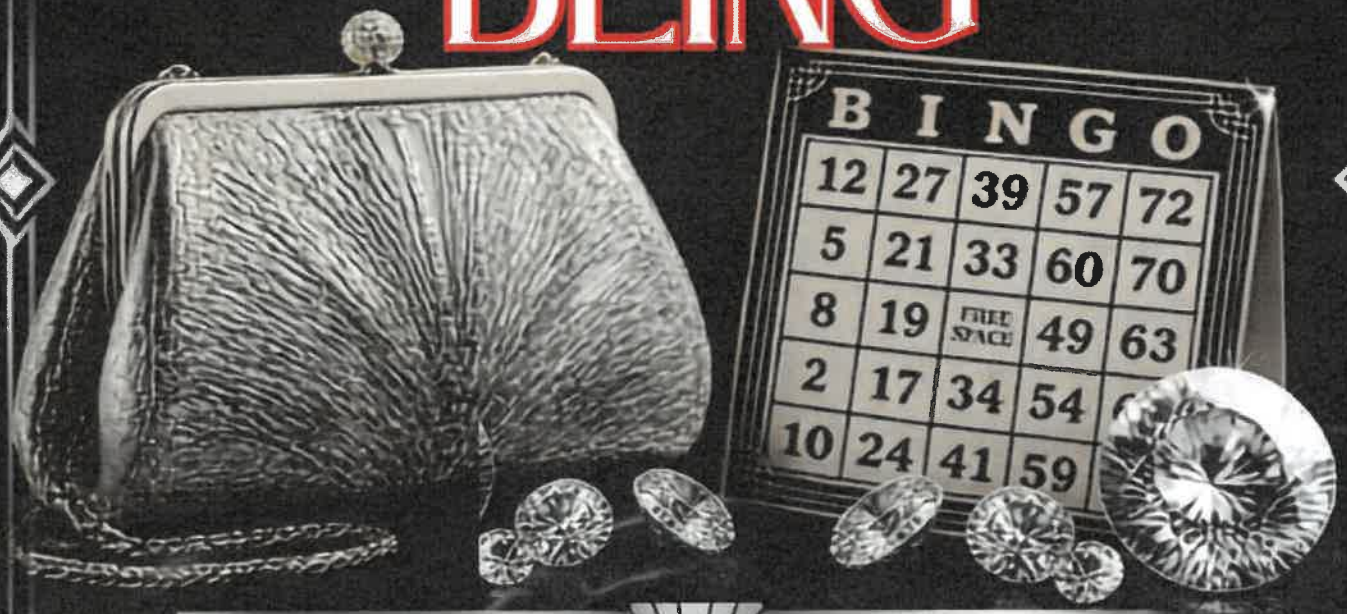
Lunches are Free to all Students at St. Gerard School.

Extras are available to purchase at the cost of $2.00

This Institution is an Equal Opportunity Provider.

ST. GERARD SCHOOL'S LADIES NIGHT OUT

BAGS, BINGO & BLING



SATURDAY, NOVEMBER 7TH

7 P.M. (DOORS OPEN AT 6 P.M.)

$40 PER TICKET

Tickets on Sale at St. Gerard School, 1311 N. Main Street

LIMA CENTRAL CATHOLIC CLASS OF 2031

CURRENT 8TH GRADE PARENT/STUDENT INFORMATION NIGHTS

SEPT. 23RD
OCT. 7TH
OCT. 21ST

WE WILL START AT 6:30PM IN THE GREAT HALL AT LCC.

#DISCOVER THE DIFFERENCE
AT LIMA CENTRAL CATHOLIC HIGH SCHOOL

Contact Colin Stolly with Questions
cstolly@apps.lcchs.edu
(419) 604-0354

LIMA CENTRAL CATHOLIC

GIRLS BASKETBALL OPEN GYMS

BEGINNING OCTOBER 4TH

SUNDAYS 6:30 – 7:30 PM

LIMA CENTRAL CATHOLIC BIG GYM

FOR 7TH & 8TH GRADERS

BUILD SKILLS. | HAVE FUN. | BE A T-BIRD.

St Gerard Presents

DONUT MISS A DAY!

We are having a 2-week attendance challenge!
During this time, the class that has the most days of perfect attendance will earn a donut party! Challenge Dates: October 5th-16th, 2026

Golden Eagles
let's show up for perfect attendance!

Health Partners of Western Ohio

Dental and Vision Care at School.

Dental Services:

- Dental exam.
- Dental cleaning.
- Dental sealants.
- Glass Ionomer
- Fluoride treatment.
- Oral health education.
- Silver Fluoride (SF).

Vision Services:

- Eye Exam.
- Help from a licensed provider to choose glasses.
- Glasses as necessary.
- Glasses will be brought back to school in 2-3 weeks.

Signing up

Sign up by filling out a consent form and turning it in to your school. No insurance? No problem! Services are available for those who are insured or uninsured. No out-of-pocket cost. Insurance is billed if you have it.

Consent Form

Scan the QR code with your phone's camera to complete the consent form.

Questions? Call Dental: **567-825-0226** Call Vision: **419-516-0799**