



St. Joseph Catholic School

Weekly Newsletter – March 29, 2020

From the Principal's Desk

MISSION STATEMENT

Rooted in Catholic faith, and committed to academic excellence, St. Joseph Catholic School develops personal responsibility, character, service, and leadership.

Online Learning Begins on Tuesday, March 31

We had a very good week last year as our teachers and parents worked together to make sure everyone is ready for online instruction which will begin on Tuesday. Many of the teachers had test lessons last week that were very well attended.

Please do not hesitate to reach out to your child's teacher/s if you have any questions or difficulties. We realize this is a learning experience for all of us.

I am comforted by the thought that struggles in our life typically reveal strength within us and around us that we never knew existed. I have witness this during the past two weeks in the adaptiveness of our educators, the resilience of our students, the kindness of our parents, and the generosity of our benefactors. Family comes together in times of trial and tribulation; I have felt that from our SJCS family now, more than ever.

Our staff is working from home, but all calls to the office are being forwarded. Don't hesitate to contact us by calling the school office from 8:00 am – 3:30 pm, or emailing at any time.

Coronavirus Information and Stress

Be patient with your children during this difficult time. Older children and teens may experience significant boredom or want to disregard social distancing recommendations because they cannot tolerate perceived restrictions on their freedom or a loss of autonomy. The best approach may be one that appeals to the natural empathy and altruism of your child.

Appeal to how your child can help contribute to society's attempt to overcome this pandemic rather than what they are losing. Messages of altruism are often more effective than those of coercion.

Explain how taking precautions through hand washing and social distancing can help protect loved ones, such as grandparents and other at-risk individuals. Your child may be less prone to feel that you are attempting to restrict their freedom and autonomy and more prone to feel that they are contributing to the well-being of friends, family, and society.

Parents should know that as you seek to develop a "new normal," it's okay to acknowledge that the situation is not normal. During a time of many unknowns, it's understandable to feel some stress or anxiety, and this is okay. Model healthy habits for your child by taking time to take care of yourself. Talk to your children and let them know that feeling anxious during these times is normal, and then direct them to healthy ways to manage such anxiety.

Positive thinking is important during this time, and positive thinking stems from positive conversations. Go around the table at breakfast or dinner time and state two things you appreciate about your family that day. These small conversations help foster empathy and patience with one another.

Know that your child's schedule does not have to be perfect nor should you feel pressured to be 100% productive every day. The most important thing is that you are there for your child and encourage open communication as you adjust to this change together.

Calendar Dates – Planning Ahead

Mark Your Calendar

March 31	Online learning begins for all students
April 9	No Online Classes – Holy Thursday
April 10	No Online Classes – Good Friday
April 22	Earth Day
April 24	Elementary Sports Day
April 24	April Birthday Celebrations During Lunch
April 25	6:00 pm Paul Todd Benefit Concert for SJCS & \$10,000 Raffle
April 26	8 th Grade Fundraiser – Painting with a Twist
April 28 & 29	Patterson Foundation Giving Challenge
April 30 – May 1	6:30 pm Spring Musical - <i>Godspell</i>
May 5	Honor Society Induction Ceremony
May 6 – 8	8 th Grade Trip
May 13	Sports Banquet
May 15	May Birthday Celebrations During Lunch
May 21	8 th Grade Graduation Mass & Brunch
May 25	Memorial Day – No School
May 29	8:00 am School Mass – Last Day – 11:30 am Early Dismissal

“In his message, the Holy Father reminds us that this time of the coronavirus is a call to courage, a call to faith. And as he says, faith does not mean simply agreeing with a set of ideas. Faith means making a decision to entrust our lives to Jesus Christ and to follow his path, to embrace his cross.

“The Holy Father tells us today that this pandemic is a time for conversion, a time for us to make choices about what truly matters in our lives, a time for us to change the priorities of our societies. It is a time to turn to God and to recognize that no matter how advanced our civilization and technology, we cannot save ourselves. We need God.

“In this moment saints are being made, the Holy Father tells us, pointing to the quiet heroism of ordinary people carrying out their daily duties in extraordinary times, serving one another with kindness and patience. ‘How many people pray, offer and intercede for the good of all,’ our Holy Father observes. ‘Prayer and silent service: these are our winning weapons.’

“So, let us continue to unite with Pope Francis in asking the Lord, through the intercession of Mary our Blessed Mother, to bless our world and to give us the courage to love and serve our brothers and sisters in this time of trial.”

From: Archbishop José H. Gomez of Los Angeles and president of the U.S. Conference of Catholic Bishops, statement on the Holy Father’s *Urbi et Orbi* message of March 27th.
