

SAINT JAMES SCHOOL  
DECEMBER 11, 2019

- ✓ From Sister Joann
- ✓ From the School
- ✓ From the School
- ✓ Counselor's Corner
- ✓ Spirituality Committee
- ✓ Home School Association
- ✓ Vineyard Vines - 8<sup>th</sup> Grade
- ✓ Santa Grams! - 8<sup>th</sup> Grade
- ✓ Knights of Columbus



### Important Dates

- 12/12: Consecration Day! 12:30 PM
- 12/13: 4<sup>th</sup> Grade, 8 AM Mass
- 12/13: Christmas Pageant, 6:30 PM
- 12/14: Breakfast with Santa, 9 -11 AM
- 12/17: Advent Confessions, 9:30 AM

FROM  
THE  
PRINCIPAL

Tomorrow is Consecration Day!  
We are all so excited to be consecrated to Jesus Christ through Our Lady of Guadalupe. We hope you can join us for the prayer service at 12:30 PM in the church. Come a little early to see our procession organized by Mrs. Mendez and Mrs. Viviano!

The 7 PM Diocesan Mass will be livestreamed that evening if you are interested in viewing it. Go to the [Diocese's Consecration website](#) for information and to view the livestream.

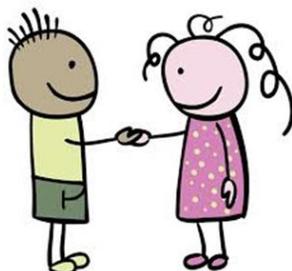
We have completed one full cycle of our Hearts on Fire program and are back to studying Courtesy. Students remain excited about this program and continue to show growth in this aspect of their lives. We are very proud of them!

Have a great week,  
Mrs. Florendo



# Courtesy

Dear Jesus,  
Help me to show respect  
towards others in my  
words, manners,  
and body language.



PLEASE SEND IN  
YOUR  
REENROLLMENT  
FORMS

# From Sister Joann

[BACK](#)

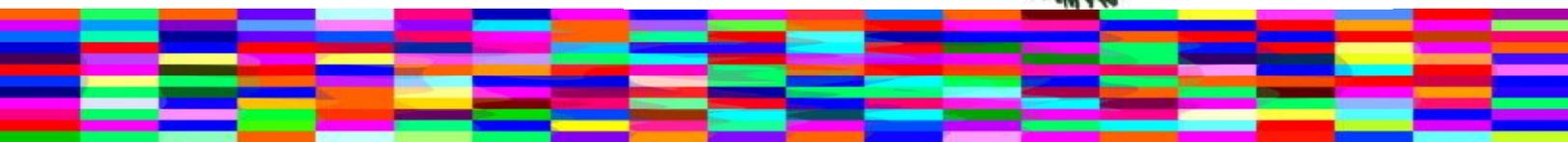


Let's Prepare to Celebrate Christmas!

Let's face it, Christmas has been commercialized to the point that we forget what the real meaning of celebrating Christmas is all about. As Catholics, we can turn this around in our family by praying a nine-day novena to prepare to receive Jesus into our hearts. This novena begins on December 16<sup>th</sup>. Each day gather as a family around the nativity set or Christmas tree and pray this prayer.

*Heavenly Father, your son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together as a family this Advent. As we prepare our hearts for Christmas, bring us closer to each other and to your Son. Give us the grace and strength we need every day. Help us to always trust in you. Come, Lord Jesus, lead all people closer to you. Come and chase away the darkness of our world with the light of your love. Amen.*

Sr. Joann Marie Aumand, SCC



From the  
School

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## RE-ENROLLMENT IS OPEN!

Our goal is to have a 100% response rate by December 20! **PLEASE HELP US REACH OUR GOAL!**  
**(It's all Mrs. Florendo wants for Christmas!)**

Congratulations to the DiDomenico family for  
winning the December 6 Raffle!

Return your forms to be entered into our weekly  
raffles on December 13, and 20!

Classes with the highest response rates by  
December 20 will win:

Highest: dress-down day and movie afternoon  
2<sup>nd</sup> Highest: free pizza lunch  
3<sup>rd</sup> Highest: munchkins breakfast

**Is your enrollment Packet missing?**  
**You're in luck! [Forms are on the website!](#)**

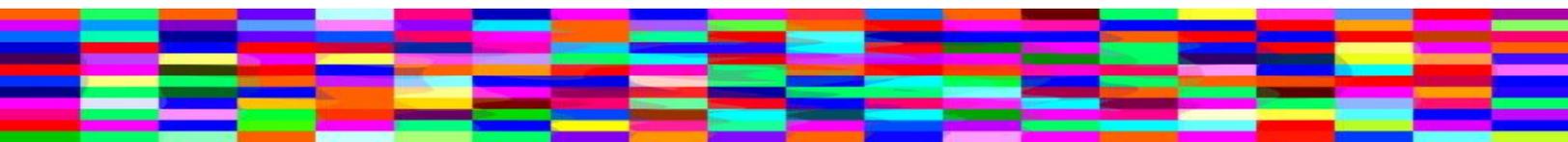


*The Administration, Faculty,  
Staff and Students  
of Saint James School  
invite you to a celebration of*

**Advent and Christmas**

Annual Christmas Pageant  
Friday, December 13, 2019  
6:30 pm

**St. James Church**  
**184 S. Finley Avenue, Basking Ridge**



# Service Projects Underway



## 4<sup>th</sup> Grade Raffle

The 4<sup>th</sup> grade will be raffling a Christmas basket next week to benefit The Seeing Eye. Items included in the basket are:

1. Spiderman Lego Set
2. Remote control Car
3. Kinex Building Set
4. Badminton Game
5. Girls Pedicure Set
6. Girls stuffed animal creator set
7. Lego creator set
8. Amazon Echo Dot
9. 2 Amazon gift cards

Tickets are \$5.00 and will be sold at lunch all next week.

## 7<sup>th</sup> Grade

We are running a food drive to benefit the Morristown Soup Kitchen. They are hoping to collect lots of non-perishable food items to feed the hungry. This soup kitchen provides nutritious meals for anyone who comes in, free of charge. They also encourage and provide outreach programs for those who are struggling. But they also need our help!! You can help by donating the following; low-sugar cereals, canned chicken and tuna, canned soup and stew, canned chili and individual packages of trail-mix and nuts. The class which brings in the most amount of food items will win a dress down day. All of your donations are appreciated.

### **Preventing Holiday Stress and Anxiety in Children**

The holidays are a fun and joyous time but also a very busy one, and holiday stress and anxiety in children can and does happen. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, it's inevitable that kids may feel some degree of holiday stress.

### **Set a Calm Example**

The most important way parents can help ease anxiety in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will definitely pick up on it, and child anxiety is more likely to be a problem in your house. To minimize anxiety in children during the holidays, take steps to handle your own stress and anxiety.

### **Set Up Conditions for Good Behavior**

Avoid taking your child to places such as the mall or holiday gatherings when he is hungry or tired. It's hard even for grown-ups to deal with noise and lots of stimulation when they're not feeling their best; kids get hungry more often and become tired more easily, and may understandably have a tough time being on their best behavior and are more likely to experience holiday stress when they're exhausted or hungry.

### **Remember the Importance of Routines**

The holidays can throw a big wrench into household routines, and that can play a role in anxiety in children. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or a church gathering goes past your child's bedtime, try to stick to quiet, calm activities the next day and get your child to bed on time the next night.

### **Watch What They Are Eating**

Another thing that can fall by the wayside amidst the holiday hubbub is healthy eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be all too easy for kids to eat less healthy foods, which can contribute to holiday stress and anxiety in children. Try packing healthy snacks when you have to go shopping or run other holiday errands and try to minimize the number of sweet treats at home. Whenever possible, offer healthy snacks, such as air-popped popcorn or apple slices with cheese and crackers and limit cookies and candy to after-snack treats.

### **Get Your Child Moving**

Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children. Make sure you schedule some time to get your child outside to run around and play.

### **Avoid Overscheduling**

As tempting as it may be to accept every invitation from friends and family, try to limit your holiday parties and activities so that you and your child are not overwhelmed. A couple of events a week may be fine, but having an obligation every day can lead to holiday stress and anxiety in children.

### **Have Your Grade-Schooler Help You**

Big kids love to help mom and dad, especially if they get lots of praise for being responsible and helpful. If you have to shop, ask your child to help you look for an item at the store (fun stocking stuffers for cousins, for example). Giving your child a task will not only boost her self-esteem, it'll distract her and help prevent any holiday stress and anxiety.

### **Schedule Some Quiet Time**

Having some peace and quiet with your child is more important than ever during the busy holiday season. Find a quiet corner and read a book with your child or create holiday pictures for grandma and grandpa. Take a walk outside in nature, away from noise and crowds and obligations.

### **Remind Your Child and Yourself What the Holidays Are Really All About**

A great antidote for holiday stress and the bloated commercialism of the season is helping others, whether it's by shoveling an elderly neighbor's sidewalk or by wrapping presents for needy kids at your local church. Helping your grade-schooler become a charitable child will help alleviate her holiday stress and anxiety.

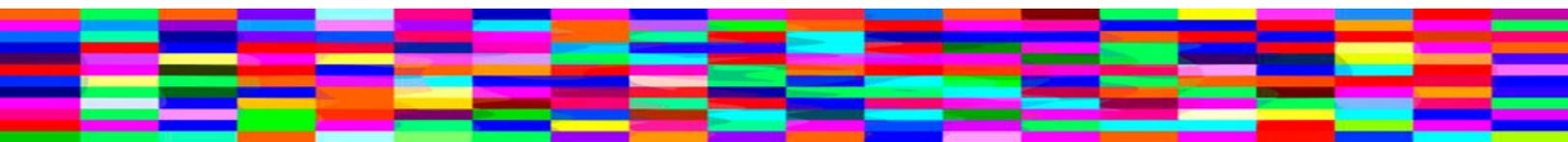
**Remember the reason for the season!**

*Source: [verywellfamily.com](http://verywellfamily.com)*

In the season of Advent, we join with Mary in preparing the manger of our hearts to receive the Christ Child. By cultivating the virtue of patience with our children we seek to adopt the attitude of expectancy that Mary and the Chosen People of Israel had, as they waited in joyful hope for the coming of the Messiah.

### Advent and Christmas Traditions

- To prepare ourselves worthily to celebrate the anniversary of the Lord's coming into the world make a point to go to confession during these Advent weeks as a family if possible.
- To make our souls fitting abodes for the Redeemer coming in Holy Communion encourage your children to make small acts of sacrifice by placing a piece of straw in the stable of your manger scene for each good deed they do thereby softening the baby's bed.
- As an alternative to Elf on the Shelf take the Wise Men from your Nativity Set and move them daily a little closer to the manger emphasizing the waiting, and seeking that is required of us as Advent is a season of waiting.
- Emphasize Jesus is the Reason for the Season by hanging a stocking for the Christ Child and encourage your children to fill it with thank you notes for the gifts they receive on Jesus' birthday.
- Wait to open your Christmas cards each night at dinner and pray together for the families who sent them to you.
- Involve your children in choosing a charity to donate to in lieu of gifts for extended family and friends.
- Check out books and movies from the library that emphasize the true meaning of Christmas.
- Bake a cake for baby Jesus on Christmas Day and sing Happy Birthday to Him. Celebrate!



## UPCOMING **EVENTS!**

Go to the [HSA Events webpage](#) for more details

**Breakfast with Santa**.....Saturday, December 14 – **RSVPs due by Thursday, December 12!**



# 8<sup>th</sup> Grade Fundraising

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## Santa Grams

A fun new way to get into the Christmas spirit! The 8th grade will be selling Santa Grams for \$5 each from this Wednesday, 12/11 through Friday, December 20.

A Santa Gram is a personalized note written by the person buying the Santa Gram with a SJS ornament and a candy cane in a festive bag. These ornaments are amazing and handmade with a picture of the school on one side and the school emblem on the back. The 8th graders will deliver the Santa Grams at the end of the day to the recipient before he/she leaves school. Parents, students, and teachers can purchase/receive a Santa Gram! (Great for alums too if you want one for your child/children that have already graduated.)

Print the form below, write your personalized note and a check made out to SJS HSA. Sales will be limited to 100 ornaments so get your Santa Gram forms in as soon as possible!



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**Merry Christmas!**

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# 8<sup>th</sup> Grade Fundraising

BACK

## Vineyard Vines Shopping Event

The 8th grade is hosting a shopping event at Vineyard Vines on Tuesday December 17. You will receive 10% off your purchase PLUS the 8th grade will receive 10% of ALL sales from 11:00-1:00. A great way to get some Christmas shopping done all while giving back to the school!



vineyard vines®

## SHOP & SUPPORT A CAUSE

Join the St. James HSA and take **10% off\*** your purchase while vineyard vines gives **10% back** to St. James School, as they continue in their mission to work closely with the school administration to organize events and raise funds.



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**Tuesday, December 17 · 11AM-1PM**

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vineyard vines® | SHORT HILLS

\*Discount is valid for purchases made at the vineyard vines store on Tuesday, December 17, 2019 from 11AM-1PM only. 10% of all sales will be donated back to St. James School. Offer excludes gift cards, Yeti coolers, Titleist®, Costa sunglasses, monogramming & personalization, special collections, and all other third-party products. No price adjustments will be made to previous purchases. Purchases made with this offer are not eligible for future price adjustments. Cannot be combined with any other offer. vineyard vines reserves the right to change or cancel this promotion at any time. Use of this promotion constitutes acceptance of these terms and conditions, except where prohibited by law. Discount applies to merchandise only and not shipping & handling, taxes or packaging.



## Did you know:

That the Knights of Columbus offers its members exclusive access to top quality financial products. The Knights of Columbus Insurance Company is a Fortune 1000 company with over \$100 billion of life insurance in force, \$24 billion in assets under management and 42 years consecutive years of superior ratings for financial strength. Membership in The Knights of Columbus is open to Catholic men 18 years of age and older. If you are interested in joining the Knights please call Rich Mazzio at 908 251 0048 or email Rich at richmazzio@yahoo.com.

## **KNIGHTS OF COLUMBUS #2393 ANNUAL BASKETBALL FREE THROW CONTEST**

**Sunday January 19, 2020  
St. James School Gym, Basking Ridge, NJ**

Registration starts at 10:00 AM; Contest starts at 10:45 AM

**Cost is FREE**

Boys and Girls ages 9, 10, 11, 12, 13, 14 (age as of 1/1/20)

Will compete by age and gender. Best score wins.

All participants get recognition.

Winners move on to the District Finals to be held in February.

For Registration Information

Call Glenn Marzoli at 908-512-1119