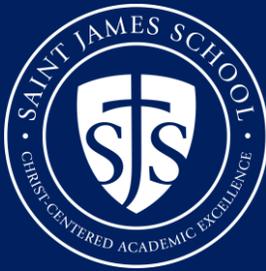


SAINT JAMES SCHOOL
JANUARY 22, 2020

- ✓ [From Sister Joann](#)
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Important Dates

- 1/23: 2nd Grade Retreat
- 1/24: 8 AM Mass, 5th Grade
- 1/26: 9 AM Mass - ATTEND PLEASE!
- 1/26: 10 AM Open House
- 1/27: Parent Breakfast
- 1/27 - 1/31: Catholic Schools Week

FROM THE PRINCIPAL

Dear Parents & Guardians,

Catholic Schools Week is almost here!

We received wonderful news that Bishop Checchio will visit our school on Wednesday afternoon to watch our Geography Bee (hope our participants have been studying!). Parents are most welcome to attend the Geography Bee and have a chance to meet the Bishop!

We will open Catholic Schools Week with 9 AM Mass this Sunday. **All students are expected to attend in their winter uniforms.** Students will sit with their classes. Stop over at the school for the Open House and bring a friend!

Check out the schedule in the following pages. Parents are most welcome to attend our Spirit Games on Thursday (bring your earplugs!) and our closing Mass on Friday as well.

Have a great week,
Mrs. Florendo

**FOLLOW US ON SOCIAL MEDIA
AND SHARE OUR POSTS!**



Perseverance

Dear God,
Help me to wait without complaining,
to see You in my neighbor, and to
let Your grace enter this moment
so that I may not lose my patience.

Amen

Catholic Schools Week

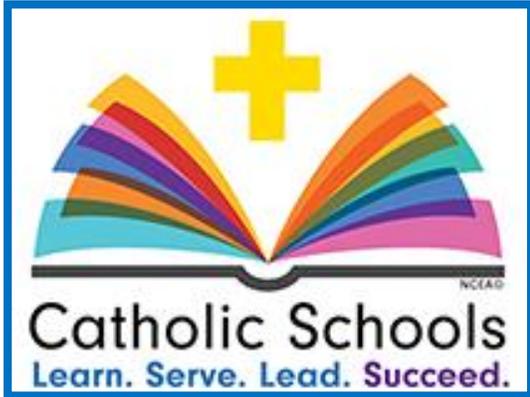
Sunday, January 26 - Friday, January 31

Join us for the Catholic Schools Week opening Mass on Sunday, January 26 at 9 AM. The class with the highest attendance rate will receive a free pizza lunch and ice cream treat!

This is a chance to show our Parish our school spirit! PLEASE plan to attend!

From Sister Joann

BACK



Saint James School

This year's theme is **Catholic Schools: Learn. Serve. Lead. Succeed**

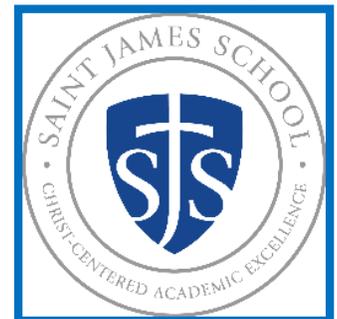
Happy Catholic School Week! Saint James School will be joining Catholic schools across the nation to celebrate the 46th year of celebrating CSW!

Thank you for choosing Saint James School for your child's education. We hope that you will help us promote Saint James School so that we can continue to **GROW** and provide an excellent education, a nurturing, safe, faith-filled environment to many more students here in Basking Ridge and our surrounding areas. You, our parents, are our best advocates and agents so we need your help to spread the word and invite families to become part of our wonderful Parish School! Please invite your friends to take a tour of our school so they can see first-hand what a great school we have. Share with them that our daily intention is to help our students **GROW** in their faith response to God and to become leaders in our society and evangelizers of our Catholic faith.

We partner with you, our parents to cultivate Christian values and form men and women who will be models of integrity, honesty and goodness. Please help us spread the good news and share our website so that others will **KNOW** about us! Invite them to call to schedule a tour and receive more information! Promise them that their child will have a great learning experience.

Thank you for your ongoing support, enthusiasm and confidence in Saint James School!

Sister Joann Marie Aumand, SCC- Director



From the School

BACK

Catholic Schools Week January 26 - January 31

Sunday, January 26

9 AM: Opening Mass

10 AM: Open House

1 PM: Alumni Basketball

Monday, January 27

8:50 AM: Parent Breakfast

10 AM: Vocation Appreciation

Tuesday, January 28

Faculty Luncheon sponsored by

Knights of Columbus

Ice Cream Social sponsored by HSA

1 PM: The Brain Show

Wednesday, January 29

1 PM: Geography Bee (Gr. 4-8)

Scavenger Hunt (Gr. PK-3)

Thursday, January 30

AM: 7th and 3rd grade service trips

1 PM: Spirit Games; Faculty vs. 8th grade
volleyball game

Friday, January 31

10:15 Mass

Faculty Luncheon sponsored by the 8th grade

6:30 PM: Family Movie Night

Just added:

WEDNESDAY, JANUARY 29:

PREK - KINDERGARTEN

PRINCESS/SUPERHERO DAY!

Refer-A-Family Program

Refer-a-Family to

Saint James School

and earn up to \$1,500 in tuition credit!

We want to thank you for being such wonderful ambassadors!

Refer a new family to Saint James School and earn a \$500 tuition credit for each new family you refer, up to \$1,500!

Just ask each new family to state your name as a referral when they register at Saint James School and, as long as they complete the 2020-2021 school year, we will issue a credit to your tuition.

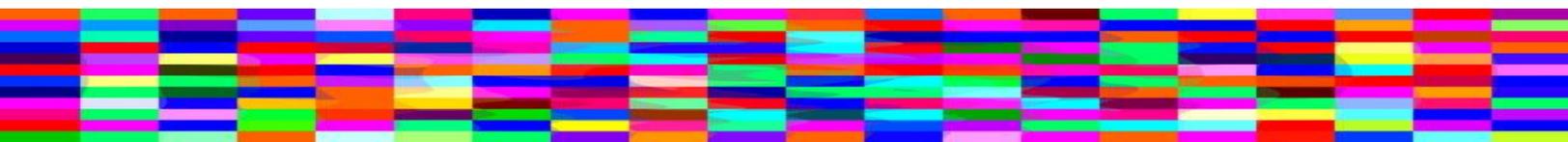
In case you missed it, this episode of the Mel Robbins Show: [Digital Predators – The Boogeyman in Your Child’s Pocket](#) has very important information!

ALSO - SEE OUR [“COUNSELOR’S CORNER”](#)
FOR MORE ABOUT KIDS AND SOCIAL MEDIA

Keep sending in donations for the 7th grade’s service project to benefit the Morristown Soup Kitchen – non-perishable food, gently used or new clothing, and/or toiletries.

=====

The 4th graders have started a “Bucket Challenge” for their service project to benefit the Seeing Eye. Send in your loose change and help your child’s class win a special snack provided by Miss Leyhan!



5 reasons why social media is not smart for middle school kids

1. Should kids start their social media experience lying about their age?

The minimum age to open an account on Facebook, Twitter, Instagram, Pinterest, Tumblr, Kik, and Snapchat is 13. Parents may think it's no big deal to bend the rules and have their kids sign in with a fake birthday —but big data makes it a big deal!

In 2000, The Children's Online Privacy Protection Act (COPPA) was launched. This Federal law protects children under the age of 13 from having personal information gathered about them online. However, if an 11-year-old registers with a false birth date there's nothing to prevent their personal information from being shared with third party advertisers.

This is more than giving out a name and address. It's allowing marketers (people you've never met) to spend hours a week secretly observing your child. They'll record how they play, what they say, where they go and who they hang out with. Sounds kinda creepy, doesn't it?

Ultimately, allowing kids access to social media sites is also a parenting issue. Decide now if you're comfortable with them lying to Facebook, as it may influence how comfortable they are lying to you down the road.

2. Kids' brains are highly vulnerable to apps designed to be addictive

From a neurological perspective, the middle school years are incredible. The brain is going through an intense process of pruning, myelination and remodeling. That means that an adolescent brain is deciding now what it wants to specialize in for years to come.

This is precisely why Sean Parker, ex-Facebook president, is sounding the alarm. He's publicly stated that one of the main objectives for creating Facebook was this: "How do we consume as much of your time and conscious attention as possible?"

All successful social media apps work on the principle of giving users a hit of dopamine in exchange for new and fresh content. How these hits might affect brain specialization hasn't yet been documented.

What we do know is that social media is an entertainment platform. In other words, using it early won't make kids smarter or more creative. A better use of their discretionary time would be to explore a favorite subject, hobby or sport.

3. On social media kids see a distorted view of reality

As kids enter middle school they start to ask new questions. One of the big ones is, “Who am I?” For guys, hair gel and new deodorant scents suddenly become significant. Whereas girls tend to gravitate towards make-up and fashion trends. It’s about forming identity.

Ironically, it’s as important to fit in, as it is to stand out! (Think about that group of middle school kids you spotted at the mall sporting the exact same jacket, the exact same shoes, and the exact same backpack, at the exact same time.)

On social media, kids are not only influenced by the peers in their circle of friends; there is pressure to keep up with trendsetters from all over the globe. For an impressionable mind and a developing self-esteem, it can feel like they will never match up.

And it’s not just looks that matter to kids. Showing off outrageous behavioral trends gets serious clicks too. Every week a new challenge is issued on one platform or another. Some challenges are annoying; others like the Tide Pod Challenge, are downright dangerous.

4. Social media exaggerates a child’s tendency to focus solely on themselves

Middle school is a time when kids feel as if the whole world is looking at them (and judging them). Social media can exaggerate the worst of it. That can lead to depression, severe bullying, and to the worst case scenario—suicide.

Jean M. Twenge has been researching the behavioral patterns of young people for over 25 years. Her recent conclusions about the impact of social media on middle school kids are sobering:

Eighth graders who spend 10 or more hours a week on social media are 56 percent more likely to say they are unhappy than those who spend less time.

Eighth graders who are heavy users of social media increase their risk of depression by 27 percent.

Teens who spend three or more hours a day on electronic devices are 35 percent more likely to have a risk factor for suicide, like making a plan for how to do it.

Girls, especially hard hit, have experienced a 50 percent rise in depressive symptoms.

We’ve all heard stories of online bullying. I questioned a high school sophomore this week about her early social media experience. She explained that bullying related to social media use doesn’t always happen online:

“It’s the whispers behind people’s backs, ‘can you believe so and so’s post’, where the most damage occurs. Even if you’re not involved, it’s really hard not to get caught up in the drama.”

5. Social media pushes kids into risky behavior to seek affirmation

Victoria L. Dunckley, M.D. is adamant the maturity required to use social media appropriately cannot be taught to middle school kids. It's like trying to dress them in clothes that are too big. You just have to wait and let them grow up.

Social media is a predator's playground.

Predators are experts at giving kids the attention they are looking for —You're so beautiful, you're so funny, you're so adventurous. When kids find someone who agrees with everything they say, it can be intoxicating. Police will tell you how easy it is to gain the trust of a middle school kid. Even more shocking is how quickly they can be persuaded to participate in risky behavior.

Prepare middle school kids now to get the best out social media

I will tell you one more secret about myself as a parent —I make lots of mistakes. We all do. It's part of the job description. Plus now we have the impossible task of keeping ahead of the latest tech trends. Just like our middle school kids, we're bound to have some growing pains.

What to do if your kids are on social media now?

If your middle school kid is already on social media stay calm. In fact, it may cause more harm to cut them off completely at this point. Instead, make sure the ground rules for use are explicit. We recommend you go so far as to write up a contract.

It's important to help kids get used to social media in a controlled environment for the first little while. Here are some tips:

Start with a family account

Begin using social media on large devices (not phones)

Set time limits and stick to them

Follow your kids' accounts

Plan face-to-face time with friends

Kids will thrive when they know their parents always have their back.

Source: protectyoungminds.org

1. Middle School Movie Night - 1/24. 5th-8th grades invited. 6:30pm start.
2. Catholic Schools Week 1/26 - 1/31. Exciting, busy and FUN week for all at SJS. Sunday it starts with opening Mass, Alumni basketball game and school Open House. Please stop by our Open House and certainly invite all your friends to come see how wonderful SJS is!!!! Tuesday is the BRAIN SHOW and ice cream social. Thursday is Spirit Day, with fun games and 8th grade/teacher volleyball game.
3. Parent Coffee 1/27 after morning drop off all parents welcome to stop by.
4. Family Movie Night 1/31. All families welcome – see flyer for RSVP details.
5. Father/Daughter Dance 2/7. A very special evening for SJS girls and their Dads. Invitation, RSVP and Sign up Genius have been sent.

Thank you to all of our parents who dedicate so much time, energy and thought to all the events we host at school. Our children truly benefit and we appreciate all the efforts you contribute.

So again, THANK YOU,

Spiritual Date Night



*Living and Loving an Authentic Catholic
Life in a Not-So-Catholic World*



Featuring Speakers John and Lindsay Schlegel

John and Lindsay are Pre Cana presenters and Lindsay is a Catholic author, speaker, and podcast host.

When: Saturday, February 8th at 6:30 pm

Where: St. James Chapel Auditorium

Cost: Free

(Optional BYOB, Appetizer or Dessert)

Hosted by the St. James School Spirituality Committee

Please RSVP to Beth DiDomenico- bethdido@hotmail.com

Take a Halftime Break Feb. 21-22

Dear St. James School Fathers:

Every sporting event has a halftime. But life won't give us those scheduled breaks – unless we make them happen.

As a fellow parent at St. James School, I invite you to take a spiritual break for yourself as a Dad. Join me and other St. James men at our parish's first-ever Cornerstone Retreat:

WHEN: Friday February 21, 2020 at 6 p.m. (overnight stay) until Saturday February 22 at 5:30 Mass

WHERE: St Mary's Abbey at Delbarton (9 miles from St. James)

What will happen at the Cornerstone Retreat?

- Good food and fellowship
- Sharing talks by your peers
- Sacrament of Confession
- Eucharistic Adoration
- Group discussions
- Quiet time
- Shared prayer

Your vocation as a father is vital not only to your family. It's meaningful to our school, parish and community. That is why St. James has put together this Cornerstone Retreat for men like you. It's your "halftime break" to dig deeper into your faith and your relationship with God.

Please register today -- spaces are limited. A \$100 donation is requested. Financial assistance is available.

To REGISTER (or ask a QUESTION), contact Terry Conley (terryconley@me.com / (973) 464-5536 or Tom Szeluga (tjszeluga@gmail.com / (908) 787-4220.



CHILI & CHOWDER



2020

12th Annual Saint James Men of Charity

Chili & Chowder Cook-off for Charity

Saturday, January 25, 2020

Saint James Chapel Auditorium at 6:30 pm

Tickets are \$45 in advance and \$50 at the door

Attendees (adults only) will have a chance to taste many varieties of chili & chowder, and to vote on their favorites. Beer, wine and soft drinks will also be offered. Live music will be performed by Joe Arbadji.

Tickets are only \$45 in advance or \$50 at the door.

Admission price includes all food and drink.

The proceeds of the event will benefit local acts of kindness and service performed by the Men of Charity.

For Tickets: Contact Paul Mattiola: (908) 419-0850
(pmattiola@yahoo.com)

To enter the Cookoff: Contact John Ladyzinski (917) 912-7818
(johnl1957@yahoo.com)