

SAINT JAMES SCHOOL  
MARCH 22, 2020

- ✓ Online meetings PK-4
- ✓ Online meetings 5-8
- ✓ Counselor's Corner
- ✓ Prayer/Quiet time suggestions
- ✓ Creative activity suggestions
- ✓ Physical activity suggestions
- ✓ Un-plugged & Plugged-in



### Important Dates

3/27: End of MP 3

3/27: Stations of the Cross

Zoom ID: 960-270-7335

1:30 PM: Grades PK-4

2:15 PM: Grades 5-8

3/29: Livestream Mass, 9 AM

# FROM THE PRINCIPAL

Dear Parents & Guardians,

I hope this finds you all safe and healthy. Please know that Monsignor Cronin, Sister Joann Marie, and I continue to pray for all of you, everyday. I know that it has been trying time as you are trying to balance and juggle your responsibilities with the needs of your children. Please know that we are trying very hard to make the transition to virtual learning one that meets all our students' needs.

Please see the next two pages for UPDATED online meeting schedules. As some of you know, I attended many online meetings last week and will continue to do so. I have also debriefed with many of our teachers and would like to offer the following requests/suggestions:

- Ensure that your children keep their device on mute if the teacher has requested it. If you need help, please ask your child's teacher.
- Encourage your children to listen and not interrupt – there are many ways to ask a question – through the chat or “raise hand” features. Your child(ren)'s teacher can help with that, too.
- Continue to encourage your child to pay attention to the lesson rather than talk with their friends.
- While we appreciate your desire to help, please allow teachers to run their meetings without interruption.
- If you have not already, please pick up the physical materials your teacher(s) have left for you

With the latest NJ requirements, I will be working from home from now on. I will always be available via email ([sflorendo@sjsbr.org](mailto:sflorendo@sjsbr.org)). Let's all continue to pray for those who have been infected, who are caring for the sick and those who are working to stop the spread of the virus.

Love and prayers,  
Mrs. Florendo

*Courtesy*

**JOHN 20:2-6**

**ACTS 15:12-14**

**MARK 10:20-21**

**REVELATION 3:20**



### Children crave structure!

We strongly suggest, if you have not already, developing a daily schedule for your children.

Activities to include:

- Regular wake-up, snack, and lunch times
- Online meetings with teachers
- Completing assignments
- Independent or dependent reading
- Physical activity (see suggestions)
- Creative time (see suggestions)
- Prayer/Quiet time (see suggestions)
- Unplugged and plugged-in fun (see suggestions)

## ONLINE MEETING SCHEDULE GRADES PreK3 - 4

	Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
<b>Mrs. Losada</b>	9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM
<b>Mrs. Lewis</b>	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
<b>Mrs. Melcher</b>	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM
<b>Mrs. Bolehala</b>	10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM
	12:30 PM	12:30 PM	12:30 PM	12:30 PM	12:30 PM
<b>Mrs. Quiterio</b>	10:45 AM	10:45 AM	10:45 AM	10:45 AM	10:45 AM
	11:45 AM	11:45 AM	11:45 AM	11:45 AM	11:45 AM
	1:30 PM	1:30 PM	1:30 PM	1:30 PM	1:30 PM
<b>Mrs. Comer</b>	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM
<b>Mrs. Harcourt</b>	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
	10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM
	12:30 PM	12:30 PM	12:30 PM	12:30 PM	12:30 PM
<b>Miss Leyhan</b>	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM
	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM
	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM

## ONLINE MEETING SCHEDULE GRADES 5 - 8

	Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
<b>Miss Donaldson</b>	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM
	1:30 PM	1:30 PM	1:30 PM	1:30 PM	1:30 PM
<b>Mr. Schneider</b>					
<b>Grade 5</b>		9:00 AM		9:00 AM	
<b>Grade 6</b>		11:00 AM		11:00 AM	
<b>Grade 7</b>		12:30 PM		12:30 PM	
<b>Grade 8</b>		1:30 PM		1:30 PM	
<b>Mr. Welsh</b>					
<b>Grade 5</b>	9:00 AM		9:00 AM		9:00 AM
<b>Grade 6</b>	11:00 AM		11:00 AM		11:00 AM
<b>Grade 7</b>	12:30 PM		12:30 PM		12:30 PM
<b>Grade 8</b>	1:30 PM		1:30 PM		1:30 PM
<b>Miss McDonald</b>					
<b>Grade 6</b>	9:00 AM		9:00 AM		9:00 AM
<b>Grade 7</b>	11:00 AM		11:00 AM		11:00 AM
<b>Grade 8</b>	1:00 PM		1:00 PM		1:00 PM
<b>Miss Duffy</b>					
<b>Grade 6</b>		9:00 AM		9:00 AM	
<b>Grade 7</b>		11:00 AM		11:00 AM	
<b>Grade 8</b>		12:30 PM		12:30 PM	
<b>Mrs. Kearney/Mrs. Hess</b>					
<b>Grade 6</b>	1:00 PM		1:00 PM		1:00 PM
<b>Grade 7</b>	9:00 AM		9:00 AM		9:00 AM
<b>Grade 8</b>	11:00 AM		11:00 AM		11:00 AM
<b>Mr. Githens</b>					
<b>Grade 6</b>		10:00 AM		10:00 AM	
<b>Grade 7</b>		1:30 PM		1:30 PM	
<b>Grade 8</b>		9:00 AM		9:00 AM	
<b>Maestra Dulce (Spanish)</b>					
<b>Grade 6</b>				12:00 PM	
<b>Grade 7</b>				10:00 AM	
<b>Grade 8</b>				2:30 PM	

# Counselor's Corner

BACK

Dear Parents and Guardians,

I hope you and your family are doing well, and that the impact on your personal lives has been manageable as we begin our second week of distance learning.

My goal is to provide students with counseling services outside of the traditional school environment. I am available via email at [kmcinerney@sjsbr.org](mailto:kmcinerney@sjsbr.org) or via Zoom.

This parenting information sheet [COVID-19](#), provides guidelines for continued family discussion and answering children's questions. Children can become more distressed if they see repeated images or hear repeated reports of the outbreak in the media. It is recommended that children not be exposed to continuous coverage and instead, continue their normal media exposure. It is normal for children to have questions for you at this time and it is important to share honest and developmentally appropriate answers.

Everyone acts differently in stressful situations and it would not be unusual for children to worry about their health or the health of loved ones. Physical activity, creative arts, maintaining virtual contact with friends, being productive and keeping up with school work, and showing responsibility helping around the house can add to a child's resilience in this challenging time. It can also benefit children to maintain normalcy and establish an at home distant learning routine. Children thrive on structure.

If you have concerns about your child's emotional or mental health, I recommend these resources:

- your primary care physician/ pediatrician
- mental health practitioners/ therapists accessible through your health insurance provider
- [Crisis Intervention Atlantic Health, Morristown Medical Center](#)
- In a true immediate emergency, always call 911.

Again, I encourage you to reach out to to me should you have any questions or concerns during this time. I am here to support you and your children.

Stay safe and healthy.

Sincerely,  
Kristin McInerney  
School Guidance Counselor  
St. James School

Try this app for  
meditation, mindfulness,  
and resources for  
children

[FAMILY PRAYER TIME](#)

[Lent Activities](#)

[Rosary Tutorial for Children](#)

[PRAY WITH THE HELP OF A SAINT](#)

## Creative Activity Suggestions

MANY THANKS TO MRS. VIVIANO FOR PUTTING TOGETHER A [GAZILLION SUGGESTIONS FOR CREATIVE ACTIVITIES!](#)

IF YOU LOSE THE LINK, GO TO THE CORONAVIRUS AND VIRTUAL LEARNING PAGE, WE'VE CREATED A SUB-PAGE CALLED CREATIVE ACTIVITIES.

# Physical Activity Suggestions

Hello SJS Families!

I hope everyone is doing well with both being home and staying up to date with your online learning. These next few weeks are sure to be stressful, so it's always good to have some time to de-stress. Physical activity not only gets your blood pumping and heart rate up, but it can also boost your mood, and relieve some anxiety.

Below are some ideas to use to de-stress or use as a "brain break" from your online learning. And with the weather cooperating, being outside is a good option!

Personally, I have been going for power walks, riding my Peloton, and even playing Kan Jam and Ladder Toss with Mr. Schmidt. (I'm not sure what equipment families have, or how many people are home with you, but I did my best!)

- Yard Games – Kan Jam, Ladder Toss, Corn Hole, Hopscotch, Jumping Rope, Soccer, Basketball (Horse, Around the World, Knockout, etc.)
- Go on a [Nature Scavenger Hunt](#) with an adult
- [Minute to Win It games](#)
- [Inflatable Beach Ball Games](#)
- Spell Your Name Fitness
  - (Assign an exercise or movement to every letter and spell out first, middle and last names. For example, A = 5 jumping jacks, B = 3 burpees. Can be made age appropriate for all levels)
- How Many Can You Do? See below. Challenge your entire family!
- Create an obstacle course in your yard or house. Pretend the floor is hot lava or a radio active river!
- Keep It Up with balloons or inflatable beach volleyballs. How many hits can you get before it touches the floor?
- Yoga
- Relay Races
- Have a Dance Party!!
- Create your own game and teach it to your family! I would love to hear what you come up with!
- [Indoor ball games](#)
- [Rock, Paper, Scissor War](#) with hula hoops or without
- Recreate your favorite game we play at school
  - Pin Knock Down, Secret Agent Tag, Radio Active River, Don't Wake the Monster (the preschoolers LOVE this game!), Clean Your Room, etc.
- Create your own mini golf course

## **HOW MANY CAN YOU DO IN 60 SECONDS??**

How long can you hold a plank for? \_\_\_\_\_



Jumping Jacks	
Push-ups	
Squats	
Calf Raises	
Burpees	
Sit-ups/Crunches	
Toe Touches	
Lunges	

Good luck, have fun and stay active!!

I can't wait to see you in class!

-Mrs. Schmidt

## 20 Virtual Field Trips

## 28 STEM ACTIVITIES

12 Virtual Museum Tours

Storytime from Space

CAPE MAY COUNTY ZOO - DAILY TOURS

10 active indoor suggestions