

SAINT JAMES SCHOOL
MARCH 29, 2020

- ✓ Online meetings PK-4
- ✓ Online meetings 5-8
- ✓ Night Under the Stars
- ✓ Counselor's Corner
- ✓ Prayer/Quiet time suggestions
- ✓ Un-plugged & Plugged-in



Important Dates

- 4/3: Stations of the Cross
Zoom ID: 960-270-7335
2:00 PM: Grades PK-4
2:30 PM: Grades 5-8
- 4/5: Livestream Mass, 9 AM
(look for link in email and FB)

FROM THE PRINCIPAL

Dear Parents & Guardians,

I want to start by saying how proud I am of our teachers and students as they have fully transitioned to virtual learning. I visited many classrooms this week and was so happy to see how seriously our students are taking this new way of learning and how creative our teachers have become in delivering new content to their students. Please know that we are so appreciative of our parents for helping to keep our students engaged in their learning! Also, many thanks to those who have provided feedback to Sister Joann and me.

Please know that Monsignor Cronin, Sister Joann Marie, and I are keeping all of you in our prayers. If there are any special intentions that you would like to be included in our prayers, please do not hesitate to send them to us via email. (scronin@diometuchen.org; sjmaumand@sjsbr.org; sflorendo@sjsbr.org)

I hope you are all receiving and reading our morning prayers and that you find them helpful. If you are not receiving them via email, please update your [Honeywell](#) profile to include a working email. If you need help with that, please contact me.

As stated last week, I am working from home (my dog is VERY happy about that!) but am always available via email (sflorendo@sjsbr.org). Please reach out if there is anything I can do to help you.

Let's all continue to pray for those who have been infected, who are caring for the sick, those who are working to stop the spread of the virus, and those who are putting themselves at risk to keep us safe and supplied.

Love and prayers,
Mrs. Florendo

A MESSAGE FROM THE SISTERS OF CHRISTIAN CHARITY

We are continuing with the online meeting schedule as implemented last week.

Saint James School is closed through, at least, April 17 as mandated by Governor Phil Murphy.

As directed by the Diocese of Metuchen, SJS will honor Easter Recess – April 8 at 12:45 PM through April 19



Patience

PHILIPPIANS 4:11–13

JAMES 5:7–8

ACTS 15:12–14

1 CORINTHIANS 13:4

ONLINE MEETING SCHEDULE GRADES PreK3 - 4

	Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Mrs. Losada	9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM
Mrs. Lewis	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
Mrs. Melcher	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM
Mrs. Bolehala	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
Mrs. Quiterio	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
Mrs. Comer	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
Mrs. Harcourt	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
Miss Leyhan	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
Miss Donaldson	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
Mr. Schneider					
Grade 5		9:00 AM		9:00 AM	
Grade 6		11:00 AM		11:00 AM	
Grade 7		12:30 PM		12:30 PM	
Grade 8		1:30 PM		1:30 PM	
Mr. Welsh					
Grade 5	9:00 AM		9:00 AM		9:00 AM
Grade 6	11:00 AM		11:00 AM		11:00 AM
Grade 7	12:30 PM		12:30 PM		12:30 PM
Grade 8	1:30 PM		1:30 PM		1:30 PM
Miss McDonald					
Grade 6	9:00 AM		9:00 AM		9:00 AM
Grade 7	11:00 AM		11:00 AM		11:00 AM
Grade 8	1:00 PM		1:00 PM		1:00 PM
Miss Duffy					
Grade 6		9:00 AM		9:00 AM	
Grade 7		11:00 AM		11:00 AM	
Grade 8		12:30 PM		12:30 PM	
Mrs. Kearney/Mrs. Hess					
Grade 6	1:00 PM		1:00 PM		1:00 PM
Grade 7	9:00 AM		9:00 AM		9:00 AM
Grade 8	11:00 AM		11:00 AM		11:00 AM
Mr. Githens					
Grade 6		10:00 AM		10:00 AM	
Grade 7		1:30 PM		1:30 PM	
Grade 8		9:00 AM		9:00 AM	
Maestra Dulce (Spanish)					
Grade 6				12:00 PM	
Grade 7				10:00 AM	
Grade 8				2:30 PM	

Night Under the Stars

BACK



SAINT JAMES SCHOOL *Christ-Centered Academic Excellence*

March 26, 2020

Dear Families and Friends of Saint James School,

We hope that you are all safe during these unprecedented times. After careful consideration and upon the mandates set forth by the governor of New Jersey, we are cancelling the Night Under the Stars Gala event at the Olde Mill Inn scheduled for Friday, April 3, 2020. We have decided to use all the baskets, class projects, and silent and live auction items at the Fall Festival in September 2020. All our advertisers and sponsors will be featured in the program for the Fall Festival as well.


Regarding event tickets already purchased, we are prepared to refund your ticket if you wish. Please send an email requesting such to John Falcone (jfalcone@sjsbr.org). If you wish to turn your ticket purchase into a donation for our school, we would be happy to send you a contribution acknowledgement.


We will still be drawing the Raffle for the \$5,000 American Express Gift Card but, in order to allow time to return all outstanding raffle tickets, we have decided to postpone the date to Friday, April 24. The winning ticket will be pulled by Monsignor Cronin during a Facebook Live event on the school's Facebook page at 3:00 PM. We will send and post a link to the event as we get closer to the date.


In order to proceed with the drawing, we need all the raffle tickets returned. All tickets, both sold and unsold, should be returned to the **St. James Rectory** no later than **Monday, April 20, 2020**. Sold tickets in an envelope with money/checks may be left in the box at the front door of the rectory. Please ring the doorbell and leave the envelope. Monsignor Cronin, Father Leo, or Monsignor Bill Fadrowski will all be home so will empty the box soon after the bell rings. If you prefer to mail unsold raffle tickets, please mail them to: St. James RC Church Rectory, 184 S. Finley Avenue, Basking Ridge, NJ 07920. Attached is a form should you wish to purchase more tickets.


If you have any questions, please contact John Falcone at jfalcone@sjsbr.org or 908.255.0131.

Sincerely,


Msgr. Sylvester Cronin
Pastor


Sr. Joann Marie Aumand
Director


Mrs. Sue Florendo
Principal


Mr. John Falcone
Dir. of Advancement

Raffle Ticket Information and Contest

As you may know, one of the major raffle prizes of Saint James School's largest fundraiser, *Night Under the Stars*, is a \$5,000 gift card. Due to the Coronavirus, we have cancelled our fundraiser, but we are still going to have the Raffle Ticket pull on April 24th. If you have not purchased a raffle ticket, and would like to support Saint James School during this time, please fill out the form. Upon receipt of your form and check, we will send you a receipt, with your ticket information. Please fill out the form below and return to the Rectory (leave on the front porch, and ring the doorbell, or send via mail) by April 20, 2020.

St. James RC Church Rectory
184 S Finley Ave,
Basking Ridge, NJ 07920

QUANTITY	CONTACT NAME, ADDRESS & PHONE NUMBER	PRICE	TOTAL
		\$5 a ticket	

TOTAL DUE

Make all checks payable to Saint James School.
If you have any questions, please reach out to John Falcone jfalcone@sjsbr.org

Saint James School
200 South Finley Ave
Basking Ridge, NJ 07920

Anxiety and Coping With the Coronavirus

We're all on edge because of the coronavirus. Our daily lives have been disrupted, we aren't sure what tomorrow may bring, and for many of us the nonstop news and social media coverage isn't helping.

Our experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over.

Tolerating uncertainty

"The treatment for anxiety isn't to make the fear go away, it's to manage the fear and tolerate uncertainty," explains Jerry Bubrick, PhD, a clinical psychologist at the Child Mind Institute. "So for the kids who've been in treatment for this, it's almost like they have an immune response or they're vaccinated against uncertainty. They've been training for this and now they're able to put their skills in place and for many of them the coronavirus is not affecting them as much as those of us who aren't used to dealing with uncertainty on a daily level."

Many parents are having a harder time dealing with COVID-19 than their children, and some of the anxiety that kids are experiencing may be inadvertently passed on by worried parents.

As parents, we need to be modeling for our kids how to react to stressful times by coping with anxiety in healthy ways. "I think we have to be mindful of the present and stay focused on what is actually happening and not let ourselves go to worst case scenarios," Dr. Bubrick recommends. "If we're showing our kids catastrophic thinking and head-in-your-hands worry, and crying and fear, then they're going to learn that's the way to handle the times now."

How to stay calm

Be smart about what you're reading. While we should make sure we are informed about how best to keep our families safe, we should also be thoughtful about what we are reading online to make sure it's actually helpful. It is easy to inadvertently get sucked into reading every update as it comes in, or clicking on, in Dr. Bubrick's words, "the doomsday apocalypse kind of stories, which I would consider to be 'mental health fake news.' "

Consider putting a limit on the number of articles you read, or for how long you will read about the coronavirus each day. If you're consuming media that is making you anxious — pictures of lines at stores, people hoarding supplies, celebrities getting diagnosed — take a break. Being informed is one thing; being overexposed is another.

Focus on what you're doing right now. Remind yourself that you are doing your part to minimize the risks by practicing social distancing and keeping your hands and your home clean. While it is sensible to be prepared for the future, Dr. Bubrick recommends "focusing on making sure we're in the moment, and dealing with things in the present."

Stop yourself if notice that you are getting carried away with "what ifs." It will help if you can set aside time to regularly practice mindfulness, which is a tool to help people stay grounded and calm in the present moment — not caught up in the future or the past. Parents can practice mindfulness alone or with children.

Rely on routines. Establishing a routine that involves exercise, regular meals and healthy amounts of sleep are also crucial to regulating our moods and our worries. If your old routine is no longer possible because of COVID-19 precautions, look for ways to be flexible and start a new routine. Remind yourself that life is still continuing, and ground yourself by doing things like making agendas and setting goals.

Checking in with kids

When kids are feeling anxious, it may or may not be clear to parents. "We shouldn't be looking for just one thing," says Dr. Bubrick. "We should be ready to handle a variety of different expressions of anxiety." Anxiety could look like:

- Reassurance-seeking (Are we going to be okay? Is grandpa going to be okay?)
- Reluctance to separate from parents
- Physical symptoms like headaches or stomach aches
- Moodiness and irritability
- Tantrums or meltdowns
- Trouble sleeping

Kids may not always be able to express how they are feeling. For younger children, Dr. Bubrick suggests using a feelings chart instead of saying "Tell me how anxious you are." With a feelings chart, which you can find on the internet, you can ask kids to point to the feeling they are having now. Parents can also use a traffic light chart to help kids share how intense their feeling is — a red light means they feel overwhelmed, a yellow light is medium and a green light is okay.

For kids who are more able to articulate how they are feeling, Dr. Bubrick says it is better to ask what psychologists call "forced choice questions." "If you ask a vague question you're going to get a vague answer," he says. "So instead of asking 'How was your day?' which is pretty vague, maybe ask, 'Did your anxiety get in the way of you having a good day today?'" he suggests.

If you're wondering about a teenager, Dr. Bubrick recommends talking about yourself first. "You can say something like, 'I saw this article today and it made me wonder about this and that. Did you see something like that? What's your reaction to it?'"

Helping anxious kids

Structure their day. As parents we often think that setting boundaries for a child is a way to make our lives easier, but in fact kids thrive on them, too. It is easy for children to get bored or fretful if they are facing a day without structure, and anxiety can thrive under those circumstances.

Make sure that you are structuring their days when they are cooped up at home. Alternate chores or schoolwork with more fun activities and periods of free time. Make sure kids are still getting the chance to exercise and socialize with friends via video chats and social media if they are on it.

Avoid giving too much reassurance. For kids of all ages, Dr. Bubrick recommends avoiding getting into a cycle of providing too much reassurance. Kids can come to rely on the reassurance and want to hear it more and more often — and when a parent isn't able to give them complete reassurance their anxiety can worsen.

Instead, remind kids of the things they are doing to take care of themselves (like washing their hands and staying indoors) and encourage them to focus on being in the moment. They can practice mindfulness activities alone or with you.

Model calm yourself. Don't share your worries with your children, and if you are feeling anxious, find a way to ground yourself. "After this crisis is over, your kids are going to walk away from this having learned things," says Dr. Bubrick. "What will they have learned from you in the way you handled this? Will they look back and say 'Wow, I'm really impressed with how mom and dad held it together?' Or are they going to walk away and think the world is a scary place?"

Look for the positive. Finally, Dr. Bubrick recommends looking for the silver linings. "I spoke to a family this morning on Skype and they said, 'You know, our kids are all together for the first time in months and they're playing games together and they're laughing together and we're spending time together.' So there are silver linings, you just have to look for them."

Source: childmind.org

Prayer/Quiet Time Suggestions

[BACK](#)

[Lent Activities](#)

[Musings and Meditations
by harpist Katy Feeney](#)

[Maintaining a Spiritual Outlook
in Challenging Times - Podcast](#)

[*Magnificat for Adults*](#)

[Magnificat for Kids](#)

PARENTS AND GUARDIANS,

FOR YOUR CHILD(REN)'S SAFETY ALL LINKS SHOULD BE CHECKED BY AN ADULT BEFORE PROVIDED TO CHILDREN. WHILE EVERY EFFORT HAS BEEN MADE TO ENSURE THE TRUSTWORTHINESS OF THESE LINKS, CARE SHOULD STILL BE TAKEN.

25 VIRTUAL FIELD TRIPS

28 VIRTUAL TRIPS / WEBCAMS / ACTIVITIES

Virtual Tours of Famous European Castles