

SAINT JAMES SCHOOL  
MAY 24, 2020

- ✓ From the School
- ✓ Spirituality Committee
- ✓ Counselor's Corner
- ✓ Athletics



5/30: 8<sup>th</sup> Grade Awards  
6/5: 8<sup>th</sup> Grade Graduation  
6/9: PreSchool/PreK Closing  
6/10: Kindergarten Closing  
6/12: Last Day of formal classes  
6/15-6/17: Year End Events

All virtual learning schedules remain the same as posted on the school website. Please keep up-to-date with Google Classroom and see assignments from our "specials" teachers!

SAINT JAMES  
LIVESTREAMED LITURGIES ON YOUTUBE

SAINT FRANCIS CATHEDRAL  
DAILY 7 AM MASS LIVESTREAM

Happy Memorial  
Day!

FROM  
THE  
PRINCIPAL

Dear Parents & Guardians,

I hope this finds you and your loved ones safe and healthy. It was wonderful to see Sister Joann crown Mary at the Mass yesterday. If you did not get a chance to view it live, the recording is on the St. James Parish YouTube channel (link to the left). Thank you, Sister, for continuing the May crowning tradition for our community!

This week, please look for an invitation to Coffee & Conversations. Be sure to RSVP should you wish to attend so you will receive the Zoom ID and passwords. I'm looking forward to seeing everyone!

We are working on schedules for parents to come to school to pick up any student-owned property that was left when we closed in March. At the same time, you will be expected to return any school property. The schedules will be in the form of a sign-up genius to ensure that we follow all restrictions set forth by the state of NJ.

As the schedule the left shows, the last day of classes for students in grades 1-7 is Friday, June 12. We have some fun year-end events planned for June 15-17 and we hope your children will all join!

If there is *anything* we can do to help you or if you have prayer intentions that you would like to share with us, please do not hesitate to contact Monsignor Cronin ([scronin@diometuchen.org](mailto:scronin@diometuchen.org)), Sister Joann Marie ([sjmaumand@sjsbr.org](mailto:sjmaumand@sjsbr.org)), or me ([sflorendo@sjsbr.org](mailto:sflorendo@sjsbr.org)).

Love and prayers,  
Mrs. Florendo

*Patriotism*

1 PETER 2:13-17  
PSALM 128:5-6  
EXODUS 12:25-27  
EZRA 3:10-11



### COFFEE & CONVERSATION

I hope you will join me and your fellow parents for some end-of-year conversation! Watch for sign-ups in your email!

RSVPs must be submitted to obtain the Zoom ID & Passwords.

PreSchool and PreKindergarten: Wednesday, May 27, 4:00 PM

Kindergarten, Thursday, May 28, 8:30 AM

Grade 1: Friday, May 29, 8:30 AM

Grade 2 & 3: Monday, June 1, 8:30 AM

Grade 4: Tuesday, June 2, 8:30 AM

Grade 5: Wednesday, June 3, 8:30 AM

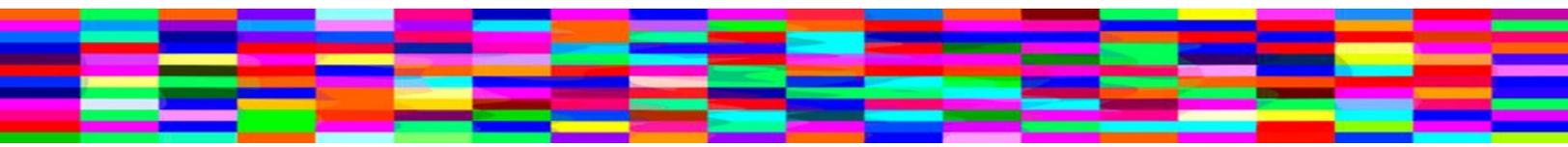
Grade 6: Thursday, June 4, 8:30 AM

Grade 7: Friday, June 5, 8:30 AM

The St. James Chapel is now open for private prayer on Monday – Friday at 9 AM – 7 PM.

Eucharistic Adoration will also be held on Thursdays in the chapel at 12 PM – 2 PM.

No more than 10 people will be allowed in the chapel at a time and all must wear masks and remain 6' apart at all times.



# From the Spirituality Committee

[BACK](#)

During this month dedicated to our Blessed Mother, Michael Pakaluk's recent article in the [Catholic Thing](#) gives you tips for incorporating the devotion of the family rosary into your family life.



The Blue Army apostolate in Washington, NJ is dedicated to helping people learn, live and spread the message of Our Lady of Fatima in communion with the Church and in concert with the New Evangelization. Please join in prayer as a St. James Community as we pray the Prayer for Protection in Time of Pandemic.

## BLESSED SALT & HOLY WATER

You may obtain blessed salt and holy water from the Blue Army Shrine for spiritual protection during this time. Please call David Carollo at (908) 689-1700 ext: 210

## A Prayer for Protection in Time of Pandemic

O Mary, you always brighten our path as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who, at the Cross, took part in Jesus' pain while remaining steadfast in faith.

O loving Mother, you know what we need, And we are confident you will provide for us as at Cana in Galilee.

Intercede for us with your Son Jesus, the Divine Physician, for those who have fallen ill, for those who are vulnerable, and for those who have died.

Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure.

Help us, O Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who took upon himself our sufferings and carried our sorrows, so as to lead us, through the Cross, to the glory of the Resurrection.

Under thy protection we seek refuge, O Holy Mother of God.

### The Subtle Ways Your Kid Is Trying To Show You Their Coronavirus Anxiety

Hiding behind screens? Falling into old behaviors? Here are five signs your child may be struggling with COVID-19 pandemic-related stress.

The coronavirus has changed daily life dramatically for millions of children across the United States. Even if you live in a part of the country that hasn't seen a lot of cases of COVID-19 — and even if you work hard to filter the news your kid sees or hears about the virus — life is different now. It's heavy and stressful in so many ways, and more than one-third of American adults say the pandemic has had a serious impact on their mental health. Even young kids pick up on that.

"This is a very stressful time," Rachel Busman, senior director of the Child Mind Institute's Anxiety Disorders Center. "And it's unlike anything we have ever experienced."

But children don't always express their emotional challenges in the ways adults expect. Here are five potential signs of distress that mental health experts say parents should be on the lookout for.

#### **They're snapping at you.**

"Children, especially younger ones, are very intuitive and perceptive, so if the grown-ups in their lives are upset or feeling anxiety — whether they've lost their job, or feel stressed or anxious due to isolation and working from home — children will pick this up and feel it too," said Denise Daniels, a child development expert and creator of The Moodsters, who recently authored a free workbook to help children cope with COVID-19.

Irritability can be a sign that they're grappling with feelings of fear and anxiety, Daniels added. So if they're snapping at you a lot more often or they're generally kind of testy or angry, that's something to track.

Overall, Busman emphasized that it is important for parents to tune into the frequency of behaviors. Your kid will have tough moments, hours and days — and you can expect them to feel stressed, anxious and bored, which are very normal reactions to this very abnormal situation. But if you notice more sustained changes, that's a sign something could be really off.

If you feel like your kiddo may be struggling a bit, see if they'll spend a few minutes listing some of the changes in their life, Daniels suggests. Or see if they want to jot down (or verbally ask you) any questions they have about what's happening in the world and their lives right now.

#### **They're falling back into old habits or behaviors.**

"We also often see regressive behavior, especially with young children during these times," said Daniels.

A young child who was toilet trained might start having a lot of setbacks if they're under significant emotional distress, Daniels said, or perhaps they're having more tantrums than you've seen in a long time. They might start thumb-sucking again or, in the case of older children, start playing with toys they haven't used in years.

Regression is a fairly common coping mechanism, mental health experts say, and it isn't necessarily a problem — but it is a sign to pay attention. Don't forget to gently ask little kids how they're feeling, and to keep having those conversations and check-ins as this situation continues.

### **Their sleeping or eating patterns have changed.**

“It’s tricky because sleep has probably already shifted a little due to the shifting nature of the schedule,” Busman said. “However, if your child or teen is sleeping way more than usual or way less than usual, dig deeper.”

Are they staying up later than usual because they’re anxious and unable to shut off their thoughts? Are they suddenly sleeping a whole lot more than before? These are changes to be mindful of.

Likewise, pay attention to alterations in their appetite. Are they eating more? Eating less? Suddenly being really picky? If you have any concerns, consider calling your kid’s pediatrician.

### **They’re overdoing the screen time.**

Your kiddo may be getting a lot more screen time these days than they’re accustomed to, and that’s not only OK — it’s a matter of sanity and survival, really.

And yet! If your kid is using screens as a way to emotionally withdraw, that could be a sign that they’re having a tough time coping.

“When a child or teen really removes themselves — isolates — we want to look into that,” Busman said. “Is your child rejecting opportunities to interact within the family? Are they interacting with friends, via Zoom or other hangouts?”

Your job as a parent is to really try to tune into how your kid is using screens. Is it to relax? Have fun? Or simply fill some time during the day? Or is it more because they’re searching for ways to emotionally retreat and check out?

If they make it clear they need a place where they can be alone, Daniels’ suggests maybe creating a “calming corner,” filled with things like squeeze balls, a journal or a pinwheel that kids can use to facilitate long, soothing breaths. And then help them stay connected socially by using technology to connect with peers and loved ones, maybe by asking a grandparent or other family member to read a bedtime story to younger kids.

### **They’re clinging to you a lot — even though you may be spending a lot more time together.**

Clinginess is another common — but often overlooked — sign that your child is grappling with feelings of frustration, stress or sadness, according to Daniels. Do they not want you to leave their side? Even if you guys are spending way more time together than you usually do? They may be looking for some help managing really tricky emotions.

Give them practical ways to release their emotions, like dancing, doing something nice for a loved one or crying when they feel the need.

“This is a great time for parents to not only emotionally connect with their children but also model healthy behavior,” Daniels said. Do you have good coping strategies that you turn to, like meditation or yoga? Maybe consider teaching some of your preferred methods to your kiddo.

Then remember this good news: “Kids, in general, are resilient,” Busman said. “This means that kids often do well even during times of stress with the right kind of support.”

*Source: [childmind.org](http://childmind.org)*

**\*\*As always, please feel free to reach out to me at any time should you have questions or concerns about your child(ren). I can be reached at [kmcinerney@sjsbr.org](mailto:kmcinerney@sjsbr.org) and I am always happy to schedule a phone or zoom conference should you feel one is necessary. Stay safe and well.**

**RUN WITH THE SPARTANS FOR A GREAT CAUSE!**

**STUDENTS, FACULTY, STAFF AND YOUR FAMILIES  
PLEASE JOIN THE ST. JAMES TRACK TEAM IN  
THE 19TH ANNUAL VETERAN'S FLAG DAY VIRTUAL 5K RUN  
AND FUN WALK  
IN SUPPORT OF THE HOPE FOR VETERANS PROGRAM**

**MEMBERS OF THE TEAM WILL BE RUNNING ON  
SATURDAY, JUNE 6<sup>th</sup>**

**(you are able to run on any day up until June 11th)**

**WALK OR RUN ANYTIME and WHEREVER YOU WOULD LIKE,  
EVEN ON A TREADMILL (\* SAFELY AND SOCIAL DISTANCED)  
AND DOWNLOAD YOUR RESULTS TO THE WEBSITE**

**DON'T FORGET TO WEAR YOUR ST. JAMES SPIRIT WEAR AND  
TAKE LOTS OF PICTURES!**

**FOLLOW THIS [LINK TO JOIN THE "ST. JAMES TRACK TEAM"](#)**

**CONTACT BETH DIDOMENICO WITH QUESTIONS  
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