



The Light

St. Luke Catholic School

November 4, 2015



*"Do not let your hearts be troubled. You have faith in God; have faith also in me.
In my Father's house there are many dwelling places.
If there were not, would I have told you that I am going to prepare a place for you?"*

JOHN 14:1—2



In Loving Memory of Ms. Mary Turk

Services

Wednesday, November 4, 2015

Visitation: 5:00-7:00 p.m.

Rosary: 7:00 p.m.

St. Luke Catholic Church

Thursday, November 5, 2015

Visitation: 9:30-10:30 a.m.

Mass of the Resurrection: 10:30 a.m.

St. Luke Catholic Church

Ms. Mary Turk passed away on Monday, November 2, 2015.

*Ms. Turk was a graduate of St. Luke Catholic School,
Incarnate Word High School and The University of Dallas.*

*Ms. Turk taught at St. Luke's for 25 years;
3rd grade for 22 years and most recently middle school social studies.
Ms. Turk will be remembered for her love and devotion to her family,
dear friends, and students. She touched everyone she encountered
with her positive spirit and wonderful sense of humor.*



Counselor's Corner... HELPING CHILDREN COPE WITH GRIEF

A parent's role is not to protect children from the pain of loss, but to help children build healthy coping skills so they learn how to work through their grief. Below is information to help parents understand how children grieve and how to be supportive of the grief process.

1. Be honest and answer your child's questions truthfully. Use the word "died" and avoid euphemisms such as "went to sleep" which can be scary and make your child afraid of bedtime.
2. Validate your child's feelings and encourage him to share his thoughts and fears. Let your child know that it is okay if he or she feels like crying; and it is also okay not to feel like crying. Feelings of shock, sadness, guilt, anger, confusion are all normal.
3. Children and adolescents may be reluctant to express their thoughts and feelings verbally. Encourage them to express their grief and preserve their memories in a variety of ways, including art, music, journal writing, story-telling and picture collecting.
4. Let your child know that laughing and playing are still okay, too, and that you respect his need to be a child at this sad and difficult time. Children have a need to take breaks from their grief so they do not become overwhelmed.
5. Don't feel as if you must have all the answers. Often, just listening is enough. Expect that young children will ask and need answers to the same questions over and over again.
6. You are your child's role model. It is important to show your emotions as it reassures your child that feeling sad is okay. However, avoid reacting explosively or uncontrollably as it may be very upsetting to your child.
7. Children find great comfort in routines. Although it is important to grieve over the death of a loved one, it is also important for your child to understand that life does go on.
8. Whether or not to attend the funeral is a personal decision. Funerals can be helpful in providing closure, but some children simply aren't ready for such an intense experience. Never force a child to attend a funeral. If your child wants to go, make sure that you prepare him for what he will see.

**Virtue of the Month for
November: Kindness**



Note: The flu shot clinic that was scheduled for Thursday, November 5, has been postponed. Students who had turned in permission forms and monies for flu shots will have their flu vaccines administered at the new time.

A look ahead...


Nov. 5—Nov. 17, Annual Thanksgiving Food Drive to benefit St. Luke St. Vincent de Paul Society sponsored by the Beta Club and 2nd grade. Please click [here](#) for the flyer.

Fri., Nov. 6—Noon Dismissal, After-school Care available until 6pm

Fri., Nov. 6—PTC "Civvies" Day (coupon required)

Mon., Nov. 9—No School

Wed., Nov. 11—Middle School Honors Ceremony, 8:05am, Parish Hall

 <p>St. Luke Catholic School <i>educate. inspire.</i></p>		4 NO Beginner Strings, Mad Science Chess Club	5 <u>NO SCHOOL</u> MASS Mass of the Resurrection for Ms. Mary Turk, 10:30am NO Advanced Strings Play-Well/Robotics	6 PTC "Civvies" Day (coupon required) NOON DISMISSAL After-school Care available until 6pm	7 The Assembly Archdiocese of San Antonio	
8	9 NO SCHOOL	10 Choir Art Class	11 Middle School Honors Ceremony, 8:05am, PH Beginner Strings Mad Science Chess Club	12 Mass led by 7B, 8:15, Church Room Parents Meeting, 6:30pm Advanced Strings	13 School Council Meeting, 12:30pm	14 Used Uniform Sale 9am to 12pm, Cafeteria Donations of gently used uniforms can be brought to the school office.