

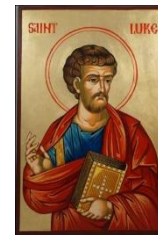


St. Luke Light

April 1, 2020

"Let your gentleness be evident to all. The Lord is near."

PHILIPPIANS 4:5



From the CAAC Faculty Team Mentors

Dear CAAC students,

We realize that you studied and trained for a competition that did not happen this past weekend. Please know that your health is of the utmost importance to all of us and the decisions made about all types of competitions are made in consideration for your safety first.

We want to acknowledge all of the time and effort that you put into preparing for the different levels and variety of subjects. Those of us who worked and practiced with you want you to know how proud we are of you and appreciate all that you did. We know that you gave up time during recess, after school and time at home to prepare for the competition.

Thank you, thank you, thank you for all of your efforts and willingness to represent St. Luke Catholic School.

GUIDANCE LESSONS

Counselors will be holding short weekly, or biweekly, guidance lessons through the classroom teacher's zoom classes. Homeroom teachers will host the lessons for grades pre-K through 5th grades. Mrs. Thompson (religion) will host for sixth through eighth grades.

May your families be blessed with peace and strength! We are thinking about and praying for each of you! Please don't hesitate to reach out to us by email if you need support or guidance.

Mrs. Laurie Hinojosa
School Counselor, PK – 4th
laurie.hinojosa@stlukecatholic.org

Mrs. Heather Clark
School Counselor, 5th – 8th
heather.clark@stlukecatholic.org

Counselor's Corner Self Care for St. Luke Families



Is your family taking time to practice self-care? It is best to start small and set a goal to carve out just a few minutes each day. In last week's Counselor's Corner, suggestions were provided to help your family focus on spiritual well-being. This week, we offer ideas for strengthening your **emotional** well-being.

- Verbalize and talk about feelings (no judgment!)
- Write each other positive notes (and post them around the house)
- Say "I love you" often
- Have a sing-a-long
- Spend time journaling
- Practice a mindfulness activity (ex. try a simple breathing activity, muscle relaxation exercise, or color a mandala)
- Do a new craft activity together

CRAFT IDEA: Decorate a Cardboard Kid to bring awareness to child abuse. April is **Child Abuse Awareness Month** and tomorrow, April 2nd, is "Reveal Day" for Cardboard Kids. If you don't have a Cardboard Kid to decorate, then you might want to make one or more **blue pinwheels** to display in a visible spot. The pinwheel symbolizes a happy childhood and hope; the blue color represents child abuse awareness. You can do a search for one of several YouTube videos that demonstrates how to make a pinwheel. Have fun!

Dear St Luke Families - April 1, 2020-The Shining Light!

As we enter Palm Sunday and Holy Week, the holiest of weeks, let us pray for the whole world.

Scripture tells us that nothing can separate us from the love of God (Rm 8:38-39)

We want you to know we aspire that: The state of our Students-that they have what they need -that they have all the support they need to include well-being-Faith-resources -curriculum.

The state of our Teachers -that they have what they need -our administrative and front office support as well as Father Eric's support and your support in all of their endeavors -with Distance Learning and Religion -Holy Week activities via technology.

The State of the School—that we have the resources that we need – reviewing enrollment, budget, organizational structure and making sure families get the help that they need.

The State of our Families -that they have what is needed both emotional support and resources needed to continue.

What if I need assistance with Tuition? As Mart West, Superintendent of Catholic Schools, stated, we ask that you please let administration and front office know of your needs and we will check resources and Hope for the Future for assistance. Every day we are receiving updates on what resources we have to help families. Thank you to those that have reached out to us already. Mrs. Laura Garza and Mrs. Debbie Rodriguez are here to assist you in any way -all of us are.

Why should I continue to pay for Tuition? Tuition information has been a big topic of discussion at all Catholic schools. With work hours reduced, jobs reduced or eliminated --families are making difficult decisions. As a parent stated-please remember that our Catholic schools are dependent upon tuition for maintaining general operations, and supports teacher/staff salaries and quality academic programming; Zoom Meetings and also Google Classroom just to name a few; including specialists and counselor lessons. Please remember to let us know if the challenges of today become too much-we are here for you.

How is Distance Learning helping our children? We have created Distance Learning plans to ensure education continues with different platforms including Google Classroom, Zoom, Seesaw, Renweb,... please note: Thank you to our 3rd, 4th, and 5th grade teachers who worked with our technology teachers, MS Teachers, Specialists and our Computer Instruction Technologist on helping with Google Classroom set up where needed and taking charge -Rebels working together to have all ready for students!

If you have a question about the classroom work or assessments please check with your child's teacher.

Please Note: These distance learning days are being counted as instructional learning days and it will count for the child and for the school year; attendance is important -through virtual learning, emails, etc. Thank you!

What about After School Care tuition? For families that use ASC on a regular basis (every month) charges were not entered for April. Any March monies that were left over will be credited to future After-school Care use when we return.

What about our special occasions? Please know once we have more information, we will get back to you about K Promotion, 8th Grade Graduation and 1st Communion (2nd and 3rd),... and other school events.

What about Athletics? Unfortunately, the spring sports season has been cancelled. Families in 5th through 8th grade received a letter from Coach Loza. [Coach Loza's letter](#) can be found on our Covid-19 Updates page under Communications to Families.

What about CAAC? Please refer to Ms. Chavez and Mr. Meyer's letter to CAAC team members-Thank you Ms. Chavez and Mr. Meyer!

What about the Holy Week Mass Schedule? Thank you, Fr. Eric, Fr. Alejandro, and Michael Coronado. Please check the Parish Facebook page for Holy Week Mass schedules. Mrs. Buhrman and volunteers will hand out palms (drive through outside church) on Saturday, April 4, from 4:00 to 8:00 pm. Palm Sunday Mass will be celebrated at 5:00 pm, English service, Spanish Mass at 6:00 pm on Facebook live.

Thank you to Mrs. Buhrman for Monday through Thursday nightly readings. I will be with you for some Math Lessons and Fun Math Readings--Thank you Counselors for our Tips!

We Thank all of our parents and our Private Tutoring Parents (see pg.4)-The Abejuela Family for their support in all that we do.

Thank you, Fr. Eric and Fr. Alejandro for the Masses and Seminarian Michael Coronado and "Boo" for your support of our school and church -bridging us together!

Peace Hope Love-St Luke Pray for Us!
Mrs. Cover

From Nurse Alana

A reminder to follow all Centers for Disease Control recommendations to stay healthy and safe!



- Wash your hands often with soap and water for at least 20 seconds especially if you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover coughs and sneezes.
- Follow social distancing guidelines.
- The best way to prevent Covid-19 is prevention; avoid exposure to the virus.

Visit www.cdc.gov to learn more.

Open Door with Administration

Please contact us with any questions, concerns, comments or suggestions. On-going communication with our families is *very* important to us. Thank you!

Please reach out to us by email:

Mrs. Cover maryhelen.cover@stlukecatholic.org

Mrs. Buhrman nadine.buhrman@stlukecatholic.org

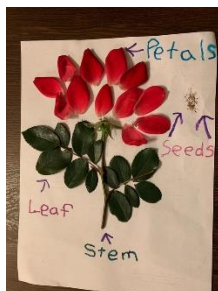


Thank You Class of 2020

Our heartfelt gratitude to our 8th grade class for their generous donation to the *Go Fund Me* account which was set up to help the family of Laurie Ramirez who passed away as a result of Covid-19. Thank you for showing your love and support for the Ramirez family.

Congratulations Moses!

Congratulations to Moses Grenardo, 3rd grade, who competed in the Texas Catholic School UIL held in Laredo on March 6. Moses placed second in religion and first in spelling. Well done!



Visit our [Facebook](#) page for some great photos of our students and some of the work they have been doing during our distance learning period. Online safety tip: when posting photos, please do not include your child's name and grade if your child appears in the photo.

Thank you!

Virtue of the Month for April



Dear Parents:

We hope that you are all doing well during this very difficult time. Given Monday's update that our Distance Learning will continue through May 8, we thought about how we could personally help our school family in our own little way. To make things a little easier during these challenging weeks, we would like to provide an online venue where volunteer 5th to 8th grade students will meet 1st to 8th grade students needing peer support.

- Volunteer will help student navigate through English & Math. It is not meant to replace teacher guidance. It is simply peer support - to try to help with specific difficulties by talking about it with another student from a physical distance.
- This will take place between March 30 to May 7, 2020, (subject to change - will depend on Distance Learning schedule), 4:00-5:00 PM, Mondays & Wednesdays: English, Tuesdays & Thursdays: Math). We will utilize the Zoom app for our virtual meeting rooms. Volunteers & students can pick English or Math or both.
- A volunteer in Math can be a student in English, or vice versa (Requires two separate consents)
- Volunteers will meet online at 4:00 - 5:00 PM on March 27 to discuss details.
- We aim to have 1:1 interactions, but this will depend on the number of volunteers & students. If needed, we may have a few students taking the same class per volunteer. Once a volunteer is done with a session, he may check back in with us to see if there are any more students in the virtual waiting room.
- Since this is online, a supervising adult is needed to randomly check on them.
- Service Hours will be given to volunteers.

Please Note: (1) This Private Peer Support Group is student-led and completely independent from the school and the teachers.

(2) Written Parent's Consent is needed to participate.

If you would like your child to participate, please sign your name at the bottom of this form, date it, and return the form to us @ lovelybalin@hotmail.com. If you have any questions about this Peer Support Initiative or would like to discuss it further, please feel free to call us at 210-2047586. Once we have the permission slip, we will email you the Zoom Meeting ID & Password along with some instructions.

We are a family, and we will all get through this together! Praying for everyone's safety & good health.
Matthew & Andrea Abejuela 8th & 5th Grade Students

Parent Permission for Student for Participation in Peer Support Group:

Yes, I agree to have my child, _____, participate in the
Peer Support Group as a Volunteer/Student (Circle One) in English/Math (Circle One).

Parent's Printed Name

Parent's Signature

Date