

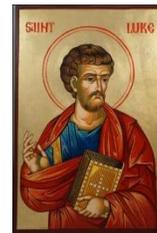


# St. Luke Light

April 22, 2020

*"I sought the LORD, and he and he answered me and delivered me from all my fears."*

PSALM 34:4



## Counselor's Corner...

### TELE-COUNSELING SERVICES FOR STUDENTS

St. Luke school counselors will now provide tele-counseling services for students via video conferencing. If you feel your child could benefit from emotional support through tele-counseling, please contact Mrs. Hinojosa (pre-K – 4<sup>th</sup>) at [laurie.hinojosa@stlukecatholic.org](mailto:laurie.hinojosa@stlukecatholic.org) or Mrs. Clark (5<sup>th</sup> – 8<sup>th</sup>) [heather.clark@stlukecatholic.org](mailto:heather.clark@stlukecatholic.org)

As per Archdiocesan protocol, all tele-counseling at this time will occur with two counselors; an informed consent form must be signed by a parent prior to the session. Counselors will take reasonable steps to ensure your child's privacy. At the same time, it is also important for you to protect the privacy of your child's session.

Please contact Mrs. Hinojosa or Mrs. Clark for additional information.



### MINDFULNESS DURING COVID-19

Making time for mindfulness can help calm anxiety and build healthy coping skills. Mindfulness involves taking time to focus on the present in a nonjudgmental manner. It means being in the moment, without regrets of the past or worries about the future. Here are some simple mindfulness activities:

**Squeeze Muscles:** Starting at your toes, squeeze muscles tightly. Count to five. Release, and notice how the muscles feel when relaxed. Repeat exercise moving up your body (calves, thighs, stomach, etc.)

**Belly Breathing:** Put one hand on your stomach. Slowly and deeply breathe in through your nose and expand your stomach like a balloon. Slowly breathe out through your mouth and deflate. Repeat several times.

**Listening to Music:** When listening to music, focus on the whole song, or listen specifically to the voice or instrument.

**Coloring** – While coloring something, focus on the colors and designs.

**Blowing bubbles** – Blow bubbles and pay attention to their shapes, textures, and colors.

## Volunteers Needed for Virtual Career Day!

St. Luke will be hosting a virtual career day to begin on May 8th. We are excited to be offering this experience to our 4th - 8th grade students, our future leaders. We are extending an invitation to parents and community members who would like to make this day as fulfilling as possible. Volunteers are needed to video themselves talking about career choices and the kind of steps that must be taken in order to gain access into chosen careers. Approved videos will be posted on-line with a link for students and parents to access and enjoy the videos at their leisure!

This will be a wonderful opportunity for our students to be introduced to the variety of careers that are available in our job market, and it will help them to begin to develop a plan for future endorsement studies in high school. Endorsements consist of a related series of courses that are grouped together by interest or skill set: STEM (Science, Technology, Engineering, Mathematics), Business and Industry, Public Service, Arts and Humanities, and Multidisciplinary Studies.

If you are interested in being a video presenter, please email Mrs. Clark at [heather.clark@stlukecatholic.org](mailto:heather.clark@stlukecatholic.org) and provide details about your career so that we can determine into which endorsement your career falls. Each speaker will give a 10-15-minute video presentation. Mrs. Clark will provide speakers with an outline to follow in preparing their presentations. Videos will need to be created at the presenter's home and emailed to Mrs. Clark to be uploaded to our *Virtual Career Day* folder.

Thank you for your support of the counseling department's efforts to teach and guide students toward successful career choices.





## St. Luke Catholic School SCHOOL COUNCIL

April 22, 2020

Dear St. Luke Families and Friends,

Greetings from the St. Luke School Council. We are so honored to serve and represent you on the Council this year. Please know that we are here to be the voice for the community and to represent the best interests of students. The rich traditions of St. Luke's have always been a strong foundation to guide us as advisors to the school. We would like to address a few concerns that many of you have voiced recently. Please know that we are here for you, and we are here to help you through these difficult times.

We would first like to address the financial health of our school. We would like to ease your minds and let you know that St. Luke is financially stable. Please have confidence that your investment in your child's Catholic education is a notable investment, and St. Luke will continue to be a thriving community for all. Our school and highly qualified staff are already planning for next year and have a healthy outlook for the future. We understand that there is still a great deal of uncertainty about this year. We as parents of St. Luke children understand your concerns and are working with the administration and Father Eric on contingency dates for 8th Grade Graduation, Kinder Graduation and First Communion. Also, we are currently in discussions with administration about how the school can support the families next year.

We would also like you to know that the Council is committed to the heart of St. Luke, which is our children. We are parents representing all of the members of our community who have made the choice to pursue and support a Catholic School education for their children. The traditions of excellence that St. Luke has been known for is at the forefront of our minds, as we plan and discuss our future with administration and Father Eric Ritter.

On behalf of all of the members of the St. Luke School Council, we would like to thank you for your faith in us as representatives for you and your children. We are invested in the continued success of our St. Luke community. We are also proud of our alumni who return to give service to others.

In the coming weeks we will send out a survey and ask that everyone take a few minutes to participate. **YOUR OPINION MATTERS!** We are asking for a quick turnaround so that your School Council may have an opportunity to review and discuss all responses before making recommendations to the administration and Father Eric Ritter.

Again, we thank you for your support and dedication to St Luke and your continued commitment to choosing a Catholic School education.

Your St. Luke Catholic School Council,

Naiomi Salcedo, Candice Gallegos, Luis Acosta, Jennifer Gonzalez, Tony Puente, Rosetta Martinez, Donnie Britt, Rick Galindo

*educate.inspire*

## Open Door with Administration

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

Mrs. Cover [maryhelen.cover@stlukecatholic.org](mailto:maryhelen.cover@stlukecatholic.org)

Mrs. Buhrman [nadine.buhrman@stlukecatholic.org](mailto:nadine.buhrman@stlukecatholic.org)

## Tuition Assistance-Hope for the Future

Families can apply for tuition assistance during the second round of applications which is now open. Applications must be processed through FACTS. [Click to learn more on how to apply](#). Contact the FACTS Parent Hotline with questions at 1-866-412-4637.

## Online Re-registration 2020-2021 School Year

Many thanks to all of our families who have completed their online registration and paid their registration fee in RenWeb. We are most grateful for your continued support. Completed registrations help us with budgeting and planning (books and supplies ordering, etc.) for the 2020-2021 school year.

In response to requests from families who have been impacted by Covid-19, we have extended the re-registration deadline to 9:00 pm, April 30. Please email [laura.garza@stlukecatholic.org](mailto:laura.garza@stlukecatholic.org) or [debbie.rodriquez@stlukecatholic.org](mailto:debbie.rodriquez@stlukecatholic.org) if you have questions or concerns on completing the online re-registration process by April 30. We are here for you for the duration of this crisis and beyond.

## Remembering John Vara Teacher-Coach Vara:

Today we remembered our beloved Teacher Coach-- we wore our Rebel Shirts- and GREEN - we see all the beauty in our Wonderful Green Earth-just like we saw John the beauty in our children!

Plant- We see the beautiful creations that spring when we plant -just like John planted the seed in a lot of our children to do good and give it your all,...

Pray - We see what a difference Prayer makes in our life --- just as John did - all his years -he loved Catholic School and now can Pray in the presence of our Lord Jesus Christ.

Blessings,  
Mrs. Cover



Dear St. Luke Family,

We hope everyone is well and happy!

As a school community, we would like to honor John Vara, and let his family know just what he meant to our school. Normally, we might make a scrapbook or a banner to present to his family. But, these are NOT normal times, so we're taking a different approach.

We are putting together a video memory book for Mr. Vara's family. It's important to let them know how great an impact he had on all of us at St. Luke. So, we're inviting everyone to send in a single page item that could be included in our video. That could be anything from a photograph (maybe a football player with Coach Vara), a poem, a note, a hand-drawn picture, or even an image or saying that reminds you of Mr. Vara. These items will be compiled into a video, and our intent is that it remains with Mr. Vara's family. It won't be posted on Facebook or any other social media platform. Our hope is to create a visual presentation depicting Mr. Vara's huge heart and love for us.

Please email your contribution to [elizabeth.gonzalez@stlukecatholic.org](mailto:elizabeth.gonzalez@stlukecatholic.org) by this Friday, April 24. Items are welcome from everyone, and kid-created things are great!

Thank you very much!

Mrs. Dannhardt  
[julie.dannhardt@stlukecatholic.org](mailto:julie.dannhardt@stlukecatholic.org)

## Rebel Spotlight On:

**Coach Sandra Morales is this week's Rebel Bright Spot.**

*"Coach Mo" paints rocks and leaves them in parks when she goes for walks hoping to brighten the day of those who find them.*



INTERESTED IN BECOMING A  
ST. LUKE CHEERLEADER?



# REBEL CHEER



A VIRTUAL TRYOUT WILL BE HELD  
FOR INCOMING 6TH - 8TH GRADE  
STUDENTS WHO ARE INTERESTED  
PLEASE CONTACT MS. RIOS BY  
**MAY 1ST** FOR MORE INFORMATION  
**TONI.RIOS@STLUKECATHOLIC.ORG**