

THE DUTCHMEN DETAILS

ST. JOHN NEPOMUCENE SCHOOL

UPCOMING EVENTS

December 7
St. Johns Annual Christmas Concert
Dress Rehearsal 1:30 PM
Evening Concert 6:00 PM

December 8
8:00 AM All-School Mass - Gr 8/I Lead
Early Dismissal 11:30 AM
No After School Program

December 15
No School / No All-School Mass

December 22
8:00 AM All-School Mass - Gr 6 Lead
Cookies with Santa 9-11:00 AM

December 23- January 2
Christmas Break / No School
School Office Closed



FROM THE PRINCIPAL

MR. FLOTTMEYER

Greetings SJS Families!

What a special time of year!! Like most people, this time of year is very busy for me with both work and family obligations. Stress, of course, is a side effect of a packed schedule. Knowing this I make a conscious effort to thank God for all these opportunities. An opportunity to be a part of the fantastic Catholic community at St. John's; to help students prepare for a memorable Christmas concert; to spend time with family and friends; and an opportunity to invite the Holy Spirit into my life this Advent season.

Many, many moons ago I worked in both grocery and retail while going to college. The amount of holiday items (aka stuff) that would arrive in September on semi trucks, that we unloaded on hot docks, was somewhat depressing. As a younger person it really dawned on me that if the birth of Jesus is not the focus during Christmas, then everything else is somewhat pointless. That being said I find it interesting that the inverse is true. If Jesus is your focus, then those holiday decorations and gifts bring life, memories, and joy.

This month I am participating in a daily Advent prayer on the Hallow app. It's pretty cool. Each day is a reflection on a writing passage of C.S. Lewis. The goal is to open your heart and mind to truly grasp the magnitude of the birth of Jesus our Lord and Savior. When I told my son Eddie about this prayer challenge, he asked if I have ever read *The Screwtape Letters* by C. S. Lewis (first published in 1942). Eddie explained the book is a defense of our Christian faith and examines the opposing sides in the battle between good and evil. Screwtape, an experienced devil, instructs his young charge, Wormwood, on effective strategies for tempting the human being assigned to him and making sure he continues on a steady path toward damnation. But confounded by church attendance and a faithful Christian woman, their efforts are defeated. Thoroughly intrigued, I am now planning on reading this book over Christmas break. I'll give you my review at a later date!

See you tomorrow at the Christmas Concert and Merry Christmas!!

REMINDERS

- When your child is or will be absent for any reason (not feeling well, doctor or ortho appointments, etc.), email schooloffice@stjn.org or call 920.788.9082.
- If you are planning on taking a family vacation when school is in session, please be sure to submit a vacation request form to the school office well in advance. Request forms are located on the website under [Family Resources](#).

SPECIAL NOTES

2024 Raffle Calendar: You may begin request additional while supplies last. Be sure to visit our [Family Resource](#) page for all the details and to submit your online [calendar order form](#).

Parish Office Open House - The Parish Office will be open on Dec. 10 from 9am - noon for parishioners to take any items left in the building. (The parish office will be closed Dec. 6-8 to move to the new location, 920 Jackson St., which will be open for business on Dec. 11.)

St. John's will be having their Annual Christmas Concert on Thursday, December 7th. The dress rehearsal is at 1:30 PM and the evening concert is at 6:00 PM. For more information, please check the Weekly Communication that will be sent out today.

Christmas Staff Scrip order forms were sent home in the family envelope today. Please contact Joy DesJardins joylucille8@gmail.com with any questions.

SAVE THE DATES

- Thursday, December 7th - Christmas Concert
- Friday, December 8th- Early Dismissal 11:30 AM
- Friday, December 15th- No School
- Friday, December 22nd - Cookies with Santa



UNIFORM POLICY

Just a reminder that it is very important to adhere to the [uniform policy](#). The policy is located on the school's website under Family Resources.

HOME & SCHOOL

The Home and School meeting this month will take place next week Wednesday, December 13 at 7:30pm in the teachers' lounge. We hope to see you there!

Cookies with Santa

The morning of December 22 will be filled with some holiday cheer courtesy of Home and School. Students will enjoy a special visit and cookies with Santa! We hope this gets everyone in the Christmas spirit.

Wishing everyone a very healthy and happy holiday season!

COUNSELOR CORNER

Welcome to Counselor's Corner! November has come and gone and Christmas is around the corner! So many important discussions and topics have started this last month and I've had the privilege of watching all these awesome kids open up and grow between whole group lessons, small groups, and one-on-ones.

Middle School:

The Vocation Fair for the 8th graders was nothing short of a blast! We danced and praised Jesus, played volleyball, met new friends, and dove into possible vocations for their future.

We also started Safe Environment Training with a visit from Jennifer Schunk from the Harbor House on Friday, November 17th. Students who missed the training will receive the missed presentation in their parents' emails to review on their own time.

Elementary:

In the primary levels we've been diving deep into our emotions, dysregulation, and coping skills, as well as respecting each other with personal space and using our social filters. In 5th grade we're starting to think about organization, time management, and all the skills that we'll need to manage new challenges we're starting to face.

Looking ahead:

Between December 4th and January 19th I'll be continuing our Safe Environment Training through lessons regarding safe adults, safe/unsafe touches, boundaries, secrets, and strategies to help all our kids recognize safe and unsafe situations and to use their powerful voices as a tool. Grades K-2 will watch "Safeside Superchick" to teach them about "stranger danger". "Stranger danger" can seem like a very scary topic for all kids, so they'll learn about how to keep themselves safe from "Don't Knows" and how to tell if a "Don't Know" means harm and what to do to get away. These Safeside videos use humor for the littles in a very kid friendly way to teach this tough topic of safety.

Parents, you do have the option to opt your child out of the training. If you would prefer your child not to participate, just come and see me for an opt out form.

Parent Tip:

More and more, our kids seem to experience those tummy aches that occur all too regularly. Sometimes it can be a biological issue, but did you know that worry and anxiety can actually attack your child's stomach to cause actual pain? So when we feel like it may all be in their head....well, that's where it starts, but it does travel and affect other parts of their bodies, even our preteens and teenagers. Here's some tips and resources on anxiety that may be useful to be proactive for our kids at home!

ALL ABOUT ANXIETY

Anxiety is worries or fears that are frequent and overwhelming. The feelings don't have to be caused by something specific. People facing anxiety can also have physical symptoms like sweating, dizziness and difficulty sleeping.

QUICK INFORMATION:

- There are about 4.4 million children in the U.S. between the ages of 3-17 who have been diagnosed with anxiety.
- Anxiety can present itself in many ways. Children may feel stressed or panicked. They may have difficulty focusing or sleeping, and they may also feel physical effects like a stomachache or a headache.

TIPS FOR PARENTS:

- Talk to your child about how they are feeling. Help your child develop ways to cope with their anxious feelings like deep breathing, exercising, and using positive self talk.
- Manage your own anxieties. Different life circumstances can leave us all feeling anxious. Our kids can pick up on this, so it is important to keep your conversations age-appropriate and reassuring.

WHAT TO SAY:

- "I am here for you."
- "Let's work through this together. How can I help you?"
- "I know this is hard."
- "You are safe. I am here."
- "What is your worry telling you?"

RESOURCES FOR PARENTS:

- [Anxious Kids, Anxious Parents](#) by Reid Wilson and Lynn Lyons
- [What To Do When You Worry Too Much](#) by Dawn Huebner
- www.worrywisekids.org
- [Growing Up Brave](#) by Donna Pincus

WHAT NOT TO SAY:

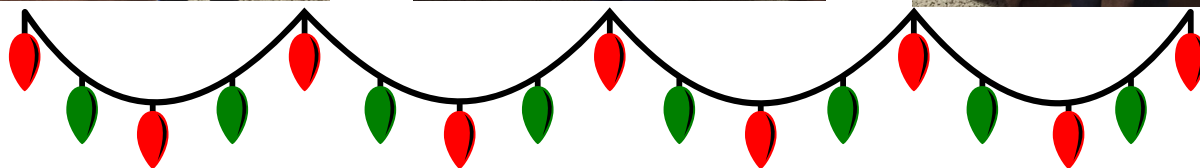
- "Stop worrying."
- "Get over it."
- "This isn't a big deal."
- "I don't understand what you're so worried about."
- "It's fine."

PICTURE BOOKS FOR KIDS:

- [Wemberly Worried](#) by Kevin Henkes
- [Wilma Jean: The Worry Machine](#) by Julia Cook
- [The Huge Bag Of Worries](#) by Virginia Ironside
- [Silly Billy](#) by Anthony Brown

NOVEMBER GOD WINK WINNERS

Students earn God Winks for getting caught doing random acts of kindness. Several students were caught in the month of November and the three winners from the drawing were Mabel Vosters, Caroline Hietpas, and Seth Skinner. Thank you to all November God Winks for being disciples of Jesus.



NOVEMBER DUTCHMEN DOLLAR WINNERS

Students earn Dutchmen Dollars by living out the SJS Mission Statement, helping others. The November Dutchmen Dollar winners are Elizabeth VanDeHey, Raymond Verboomen, Sam Vasquez, Carter Johnson, Anna Lamers, Veda Johnson, Ada Schepp, and Kensley Wenham. Thank you JD's for donating the Oreo shakes!



WHAT'S HAPPENING?



#GODUTCHMEN #HONOR GOD #GREATPLACETOBE

