

All Saints

CATHOLIC SCHOOL

WEEKLY NEWSLETTER - BANGOR, ME

Seasons are Simply a Year Broken Into Four Parts

MATTHEW HOUGHTON
PRINCIPAL

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"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."— Mark Twain

God breaks down our years into seasons so that we can manage and thrive.

October is almost over. We are enjoying the changes in the season, and watching the foliage become brilliant with color. As the bright colors emerge, we see our school embrace our children's many talents and together experience the joy of learning and growing.

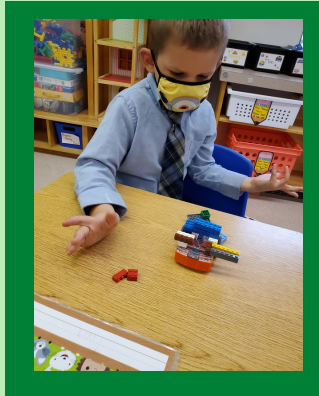
This Fall, it's exciting to see the return of events, such as cross country and innovative activities in the classroom, as they unfold around the school.

At ASCS, we work every day to simplify the unmanageable and appreciate the complex and simple achievements of our children, teachers, staff and families. It's also important in this changing season to recognize "The time for everything, and a season for every activity under the heavens..Ecclesiastes 3" We look forward to the coming months with the anticipation of a slower pace and less complexity in our day-to-day routines.



Ardmore Farm, Maine Photo Courtesy of Sean Kearney UMaine

Benefits of Technology for Our ASCS Kids



Technology allows for independence and empowerment



Technology allows for creativity and freedom of expression



Technology helps instill an entrepreneurial spirit



Technology aids in socialization and relationship building



Technology improves problem solving and perseverance

Technology is more than screen-time! This week our students in PreK were programming Edison Robots for the first time (follow a flashlight), and designing their robots using Legos. Third grade was designing and exploring simple and compound pulleys (part of a larger Simple Machines unit). We could not have these fantastic learning moments without the help of parents. Thank you to parent Katherine Collins for donating over 50 thread spools for this activity

For the full article on the benefits of technology for kids see the idtech blog post at <https://www.idtech.com/blog/benefits-of-technology-for-children>

Childcare/Aftercare Contact Information

Childcare/Extended Day Care Director, Mary Soucy Phone- 207-941-9585 at St. Mary's Campus All Saints Catholic School, St. Mary's campus, Grades- PK-4768 Ohio Street, Bangor, Maine 04421207-947-7063website- allsaintsmaine.org

Saint of the Week--Saint John Paul II

Source: <http://thedialog.org/uncategorized/saint-of-the-week-john-paul-ii>

When this popular pope died in 2005, crowds in St. Peter's Square chanted "santo subito" ("sainthood now").

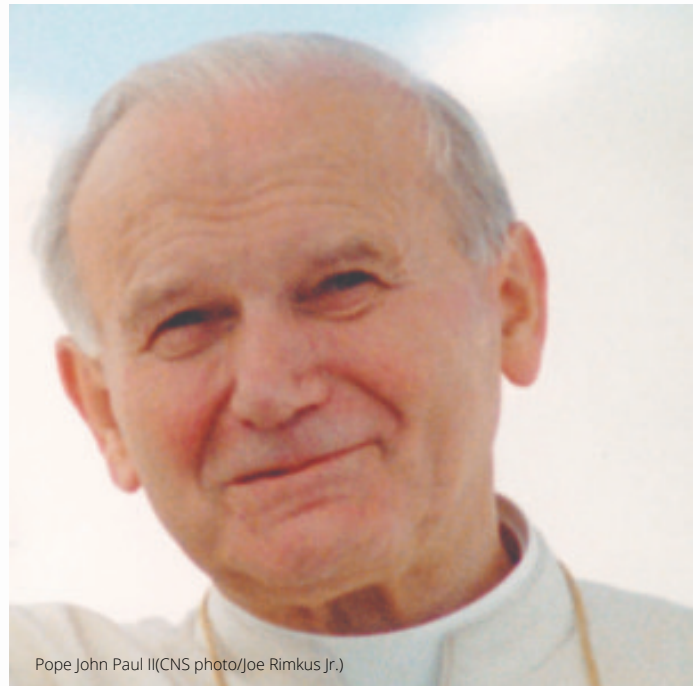
Pope John Paul II (CNS photo/Joe Rimkus Jr.)
The Vatican heard, and the sainthood cause for the jet-setting pontiff who helped bring down European communism was put on the fast track; he was beatified in 2011 and canonized in 2014.

A Pole and former actor shaped by World War II and the Cold War, Cardinal Karol Wojtyla of Krakow was the first non-Italian pope in 455 years.

In his 26-year pontificate, he evangelized on trips to 129 countries, upheld traditional church doctrine against dissent, connected with the world's youth, and named more than 450 new saints.

He also modeled Christian values by forgiving his would-be assassin and living an increasingly frail old age in public.

His feast is celebrated on the anniversary of his papal inauguration, Oct. 22, rather than the traditional date of death which is used for most saints.



Pope John Paul II (CNS photo/Joe Rimkus Jr.)

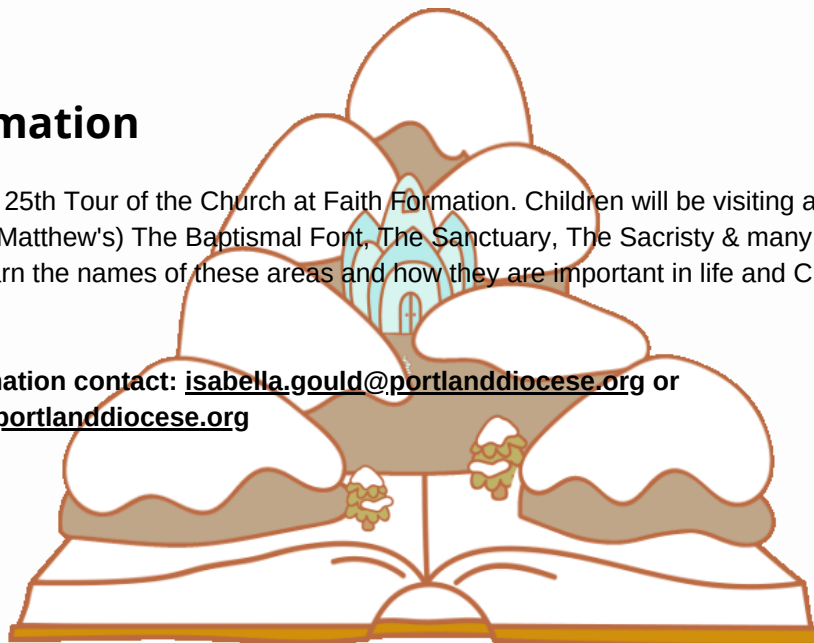
Feast Day: October 22

"The cross means: love knows no limits – begin with those who are closest to you and do not forget those who are the farthest."
(Vespers of Europe, Vienna, 1983)

Faith Formation

Sunday, October 25th Tour of the Church at Faith Formation. Children will be visiting areas in our churches (St. Mary's & St. Matthew's) The Baptismal Font, The Sanctuary, The Sacristy & many more. A great opportunity to learn the names of these areas and how they are important in life and Church.

For more information contact: isabella.gould@portlanddiocese.org or shelley.gould@portlanddiocese.org



All Saints Catholic Schools Cross-Country Team, Running Hard and With Faith!

We have started our Cross-Country fall season and we couldn't be more excited!

There is so much talent this year on our team which consists of 18 students in grades five to eight.

The purpose of middle school cross-country is not to produce Olympic athletes, but to encourage physical activity, make new friends, and develop skills to work as a team. Students are building character, and the love of God, through running. Our home meets are held at Treworgy Orchards in Levant, however, due to COVID-19, parents and spectators often cannot directly watch and cheer for the runners. We know they are with us in spirit.

The middle school courses vary in length, surface, hills, and terrain so each race is a new and exciting challenge. Running in the fall, in Maine, also has its challenges with sun, clouds, wind, rain and even snow. Dressing in layers and proper stretching is essential to training. All Students are setting their own individual pace per mile. This will allow them to set and achieve their personal goals over the course of the season. Some students can run a mile in 6:51, while others, may take 11 minutes or more. I want to personally thank Head Coach Katherine Collins, Assistant Coach Chris Rioux, and Athletic Director, Dan Forbes for sharing their Catholic faith and supporting each student to become better athletes and better teammates.

RESULTS

BOYS Meet 2: 10-15-22 @ Treworgy Orchid Course length: 1.48 miles Course record: Tim Collins, AS, 10:09 (10-08-2020) EL: 1-2-5-6-9 = 23 AS: 3-4-12-14-15 = 48 H: 7-8-16-17-22 = 70 03 Tim Collins AS 09:41 04 Rafa Rentosa AS 09:47 12 Aiden Wicklow AS 10:58 14 Jack Legasse AS 11:08 15 Abe Pendergast AS 11:37 19 Caden Bilotta AS 12:45 20 Luke Derosier AS 13:06 21 Carter Bolster AS 13:06 28 James Ward AS 14:27 31 Sam Smith AS 15:18

GIRLS Meet 2: 10-15-22 @ Treworgy Orchid Course length: 1.48 miles Course record: Adrienne Oliver, Br, 10:47 (10-08-2020) EL: 2-4-5-7-8 = 26 AS: 1-6-13-14-15 = 49 H: 3-10-11-12-19 = 55 01 Quinn Bennett AS 10:40 06 Elise Ouellette AS 11:26 13 Julia Collins AS 13:00 14 Amelia Wicklow AS 13:03 15 Marin Griffin AS 13:26 17 Addison Norman AS 13:33 18 Izzetta Donati AS 13:40 24 Julia Rioux AS 15:05



Bangor Knights of Columbus to Hold Drive-Through Food Collection at Six Parish Churches

To help restock area food cupboards and serve those experiencing food insecurity, members of the Knights of Columbus will be outside St. Paul the Apostle Parish's six churches on Saturday, October 24, from 10 a.m. to 2 p.m. to accept donations of non-perishable food items.

Drop-offs will be accepted in a drive-through format outside each of the churches:

St. Gabriel Church, 435 South Main Street, Winterport

St. John Church, 217 York Street, Bangor

St. Joseph Church, 531 North Main Street, Brewer

St. Matthew Church, 70 Western Avenue, Hampden

St. Mary Church, 768 Ohio Street, Bangor

St. Teresa Church, 425 South Main Street, Brewer

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In early May, a similar food drive at St. Paul the Apostle Parish netted approximately 3,400 pounds of food and household goods, along with \$850 in monetary donations. Food pantries around the state have seen an increase in clients due to the COVID-19 pandemic and the large number of people out of work.

If you can't make it on Saturday, you can still support the pantries by sending monetary donations directly to them. They include:

Brewer Area Food Pantry

OHI

203 Maine Avenue

Bangor, ME 04401

The Ecumenical Food Cupboard

Hammond Street Congregational Church

PO Box 1106

Bangor, ME 04402-1106

Hampden Food Cupboard

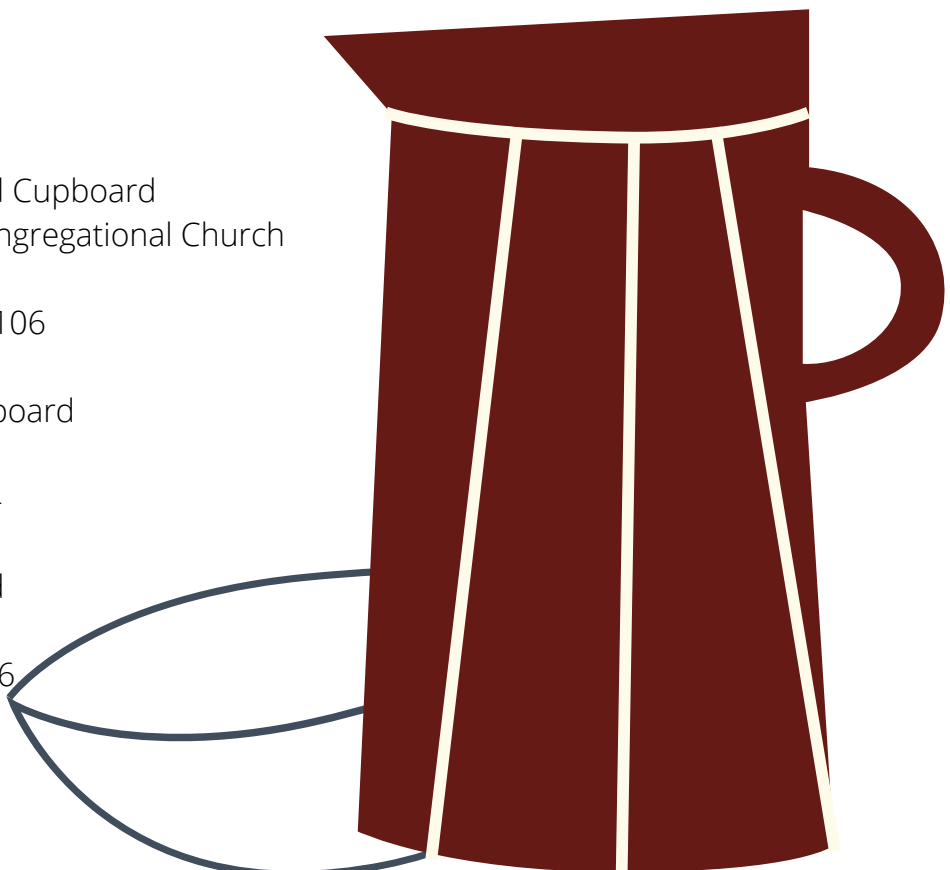
PO Box 9

Hampden, ME 04444

Neighbor's Cupboard

PO Box 742

Winterport, ME 04496



Excerpts from Seven Tips for Managing Your Mental Health (During a Crisis)

The following are some excerpts of an article written for the Covid Crisis period, although they are good tips for anytime! My recommendation is to use the information in these articles that might be helpful to you and your family and to leave the rest. Be cautious on how much information you share with your children as too much information can overwhelm them and increase their anxiety (you are the expert on your child/children and know what is appropriate for them to handle).

During this time of physical distancing and uncertainty, many are feeling isolated, lonely, agitated, and withdrawn. Those with underlying behavioral health conditions, are at particularly high risk for negative outcomes. Relieving stress and anxiety is critically important now.

Here are six of the seven tips that all of us can use as we navigate these uncertain times:

- Stay informed and take practical steps for yourself and loved ones. Get the facts from trusted sources. Do not stay glued to the news as this will only worsen the distress you may be feeling right now.
- Engage in healthy activities: Get 7-9 hours of sleep each night; eat a healthy, well-balanced diet; do not smoke and, finally, exercise your body and mind. Meditation, walking, gardening, and doing exercise routines in your home are all beneficial to your mental health.
- Stick to regular routines as much as possible. You may need to create a new routine to account for working at home, exercising indoors, caring for grandchildren, cleaning, and other daily activities. Integrate old and new enjoyable hobbies into your daily routine.
- Stay connected with your family, friends, and other support networks (faith, hobbies, etc.). Having someone to talk to about your needs and feelings is vital for mental health. Make a commitment to contact at least one person per day for continued social connection through telephone, or e-mail, video conference, and social media, if you have Internet access. Consider asking one person to be your support buddy and have daily check-ins. If you are a member of a peer support group, stay connected through the telephone or a video platform such as Zoom. Many groups, such as Alcoholics Anonymous, are moving meetings to digital platforms.
- Try as much as possible to be positive and relish the simple things in life. So many people across the country are helping their neighbors and communities during this crisis. After this pandemic is over, it is hopeful that we will be stronger, kinder, and more connected with each other.
- Help others, through peer support, neighbor checking, and childcare for medical personnel restricted in hospitals fighting against COVID-19 when safe to do so. Helping others gives us a sense of purpose and feelings of control during these uncertain times.

Full Covid Version of Article Found at: <https://www.ncoa.org/blog/7-tips-for-managing-your-mental-health-during-the-covid-19-pandemic/> By Kathleen A. Cameron, BSPHarm, MPH | 4.3.2020

You can contact me at Karen Tyler, LCSW, School Based Clinician, 207.205-4319, PROMISELINE 800.434.3000, sweetser.org