

SAINT JAMES SCHOOL OCTOBER 21, 2022

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Important Dates

- 10/26: Blue Mass, 10:15 AM
- 10/28: 8 AM Mass, Grade 4
- 10/28: Dress Down Day, Wear orange & black to support the XC team
- 10/29: Trunk or Treat, 1 - 3 PM
- 10/31: Halloween Dress Down Day - see below
- 11/1: Winter Uniforms until Spring
- 11/1: All Saints Day Mass, 10:30 AM
- 11/3: Comedy Night, 7 PM
- 11/4: 12:45 Dismissal
- 11/9: Theology of the Body presentation, 7 PM

The following students most exemplified the virtue of **RESPONSIBILITY** this week:

Taylor Sutherland, Arabella Astle, Theresa Alvites, Ellie Kostrowski, Ruby Pytell-Estevez, Reagan Ligozio, Luke Korondi, Nicholas Colluccio, Charlotte Anderson, Melania Sasko, Mariabella Milelli, Raymond Hayling, Filip Sasko, Andrew Dougherty, Yvette Hayling, Lake Heinze, Emma Dougherty, Anthony Ingrassia, Dylan Pineda, Patrick Linden

FROM THE PRINCIPAL

Dear SJS Families,

We are looking forward to and hope you can join us for the Blue Mass on Wednesday, October 26 at 10:15 AM. This annual Mass is in honor of all law enforcement personnel. Please invite any family members who work in law enforcement!

As announced at Back to School Night, in January our K-8 students will experience a unit of study in religion class called Theology of the Body. Please [follow this link](#) for a parent letter defining Theology of the Body. I invite you all to attend an information session on Wednesday, November 9 at 7 PM that will be led by Father Tim Christy, rector of the Cathedral of St. Francis of Assisi in Metuchen. Father Christy has been instrumental in bringing this curriculum to the schools in the Diocese and has a wealth of knowledge on the topic. We hope to see you all at the presentation!

Now that the weather is turning colder, please note that your child(ren) are not *required* to wear the summer uniform - it is an *option*. Also, please make sure your child(ren) bring a coat to school as we will go outside for recess unless the temperature falls below 32 degrees (F). Should the weather continue to be seasonal, we will officially switch to winter uniforms on November 1.

Please take some time to read the rest of this weekly News & Notes and have a great weekend!

Mrs. Florendo

**Remember SJS
on Amazon
Smile!**



From the School

BACK



SAINT JAMES SCHOOL
Christ-Centered Academic Excellence

6th Grade is currently conducting a collection of toys and children's winter clothing for our Service Project. Please consider donating gently used toys, as well as children's clothes and shoes, sizes infant through 14. We have placed collection bins in the gym for these items. Your donations will be distributed to needy families.

Thank you very much in advance!

You are invited

Saint James School's Blue Mass honoring all police personnel



Wednesday, October 26

10:15 AM Mass (church)

11:00 AM Presentation (outside)

Friday, 8 AM Mass

We encourage our students to attend Mass as often as possible. Each week, on Fridays, one class attends the 8 AM Mass together (grades 4-8). Since this is a weekday Mass, students get to school by 8:30 AM.

The schedule for the year is as follows:

Grade 8: 11/11; 1/13; 2/24; 4/21

Grade 7: 11/18; 1/20; 3/10; 4/28

Grade 6: 12/2; 1/27; 3/17; 5/12

Grade 5: 12/9; 2/10; 3/24; 5/19

Grade 4: 10/28; 12/16; 2/17; 3/31; 5/26

The school calendar contains these dates, too!
Parents, please join the children!

Pre K and K Service Project

Our Pre K and kindergarten students are collecting used blankets and towels for St. Hubert's animal shelter in Madison through October 27. This is a great opportunity to clean out your linen closets. Collection bins/boxes will be located in the kindergarten and pre k classrooms. Thank you for your support!

Halloween Dress Down Day

Students in grades 1 – 8 may wear Halloween themed shirts, and/or black and orange. Students are to be reminded of the dress code for dress-down days in the Parent-Student Handbook.

ONLY students in PreK3, PreK4, and Kindergarten may wear costumes as directed by their teacher.

All classes will have Halloween parties in the afternoon (except PreK who will celebrate in the morning.).



VOLUNTEER



Virtus Training at Saint James Church

Two *Virtus: Protecting God's Children for Adults* training sessions have been scheduled at Saint James Church. They are Thursday, October 27, and Wednesday, November 2. Both will be in the Parish Center at 7:00pm.

To register, go to www.virtusonline.org. On the left side, click on "first-time registrant" and begin the registration process. Search for "Metuchen, Diocese, NJ" and locate the St. James Church Virtus class. Make your selection and proceed with the registration process.

Required "Volunteer Certification"

In order to volunteer for any student-related activities, HSA student events, playground duty, etc., you must be completely volunteer certified which includes:

- Fingerprint Background Check (expires every 3 years; renewal is online process only)
- Attend one *Virtus: Protecting God's Children for Adults* session
- Complete necessary paperwork -
 - Diocese of Metuchen Volunteer Application
 - Read the Code of Pastoral Conduct and sign Acknowledgement Form

Go to our school website at www.sjsbr.org/volunteer and scroll down to "Volunteer Requirements." All necessary instructions, links, and paperwork can be found there. Please contact Carolanne Patetta at cpatetta@sjsbr.org or (908) 766-4774 x223 with any questions or if you need any assistance with the process.

From Monsignor Cronin

[BACK](#)

My dear families:

This is the time of year when activities for the youngsters gear up and many organizations, sports, dance, socials, etc., have major and minor events on Sunday mornings. As Catholics it is our obligation to attend Holy Mass on Sundays and Holydays of Obligation. Since the Vatican Council II, the Church has made it easier for Catholics to fulfill their Sunday obligation by offering a Saturday evening Vigil Mass which 'counts' for our Sunday obligation. The Church of Saint James offers the Saturday Vigil Holy Mass at 5:30 pm.

So, families, remember that offering your children every opportunity to participate in extracurricular activities is admirable, but please keep the obligation of attending Holy Mass as a family a priority on your schedule to receive the Sacramental graces from the Body, Blood, Soul and Divinity of Jesus, which flow abundantly from the Eucharist.

Best,
Msgr. Cronin

Weekend Mass Schedule at St. James:

Saturdays:

4:00 pm Confessions and 5:30 pm Mass

Sunday Masses:

7:30 am, 9:00 am, 10:30 am, and 12:00 Noon



Advancement

[BACK](#)

CLICK THE IMAGE TO PURCHASE TICKETS!

BYOB | DINNER | LAUGHTER | RAFFLES



COMEDY NIGHT



HOST
Mollie Sperduto



Brett Druck
FEATURE



HEADLINER
Joseph Anthony

THURS. NOV 3

7 P M

TICKETS

\$45

PER PERSON

TICKET INCLUDES
SHOW, DINNER & DESERTS

ADDITIONAL OPTION TO ADD A
CHARCUTERIE BOARD FOR YOUR
TABLE

LOTTERY SCRATCH OFF BASKET
GIFT BASKET RAFFLES
50/50



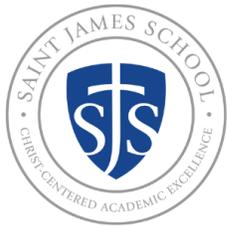
LOCATION: SAINT JAMES SCHOOL
7PM DINNER | 8PM SHOW

QUESTIONS? WANT TO BE A SPONSOR?
AVICTORIACASTRO@SJSBR.ORG

SPONSORS

THE MANGANIELLO FAMILY
THE KALENICH FAMILY





SATURDAY NOVEMBER 12TH



ALMOST WINTER CLASSIC 5K

Start

5K - 10 am
Fun Run & Walk - 10:30 am

Location

Pleasant Valley Park
Tobin Health Field
Basking Ridge, NJ



REGISTER

<https://runsignup.com/Race/NJ/BaskingRidge/StJamesWinterClassic>

TREK VERSA 3
WORTH over \$1,000



SILVER SPONSORS



GOLD SPONSORS



BRONZE SPONSORS



PLATINUM SPONSOR





NURSE'S NOOK

Over the past few weeks we have had the following in the school:

Flu

Stomach Bugs

Pink Eye

Strep Throat

Coxsackievirus (Hand, foot, mouth)

- **Handwashing is the number one way to help prevent these illnesses.**
- Please encourage your children to wash their hands frequently with soap and water: after school, sports, playdates, and especially before eating.
- Teachers will encourage students to wash their hands in school. There is also hand sanitizer in classrooms. **If you do not want your child to use hand sanitizer, please email your child's teacher.
- If your child is truly not feeling well, please do not send them into school. This will help prevent the spread of illnesses.

What to Do (and Not Do) When Children Are Anxious

How to respect feelings without empowering fears

When children are chronically anxious, even the most well-meaning parents can fall into a negative cycle and, not wanting a child to suffer, actually exacerbates the youngster's anxiety. It happens when parents, anticipating a child's fears, try to protect her from them. Here are pointers for helping children escape the cycle of anxiety.

1. **The goal isn't to eliminate anxiety, but to help a child manage it.**

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease or fall away over time.

2. **Don't avoid things just because they make a child anxious.**

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. If a child in an uncomfortable situation gets upset, starts to cry—not to be manipulative, but just because that's how she feels—and her parents whisk her out of there, or remove the thing she's afraid of, she's learned that coping mechanism, and that cycle has the potential to repeat itself.

3. **Express positive—but realistic—expectations.**

You can't promise a child that his fears are unrealistic—that he won't fail a test, that he'll have fun ice skating, or that another child won't laugh at him during show & tell. But you can express confidence that he's going to be okay, he will be able to manage it, and that, as he faces his fears, the anxiety level will drop over time. This gives him confidence that your expectations are realistic, and that you're not going to ask him to do something he can't handle.

4. **Respect her feelings, but don't empower them.**

It's important to understand that validation doesn't always mean agreement. So if a child is terrified about going to the doctor because she's due for a shot, you don't want to belittle her fears, but you also don't want to amplify them. You want to listen and be empathetic, help her understand what she's anxious about, and encourage her to feel that she can face her fears. The message you want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this."

5. **Don't ask leading questions.**

Encourage your child to talk about his feelings, but try not to ask leading questions— "Are you anxious about the big test? Are you worried about the science fair?" To avoid feeding the cycle of anxiety, just ask open-ended questions: "How are you feeling about the science fair?"

6. **Don't reinforce the child's fears.**

What you don't want to do is be saying, with your tone of voice or body language: "Maybe this is something that you should be afraid of." Let's say a child has had a negative experience with a dog. Next time she's around a dog, you might be anxious about how she will respond, and you might unintentionally send a message that she should, indeed, be worried.

7. Encourage the child to tolerate her anxiety.

Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what he wants or needs to do. It's really encouraging him to engage in life and to let the anxiety take its natural curve. We call it the "habituation curve"—it will drop over time as he continues to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.

8. Try to keep the anticipatory period short.

When we're afraid of something, the hardest time is really before we do it. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is nervous about going to a doctor's appointment, you don't want to launch into a discussion about it two hours before you go; that's likely to get your child more keyed up. So just try to shorten that period to a minimum.

9. Think things through with the child.

Sometimes it helps to talk through what would happen if a child's fear came true—how would she handle it? A child who's anxious about separating from her parents might worry about what would happen if they didn't come to pick her up. So we talk about that. If your mom doesn't come at the end of soccer practice, what would you do? "Well I would tell the coach my mom's not here." And what do you think the coach would do? "Well he would call my mom. Or he would wait with me." A child who's afraid that a stranger might be sent to pick her up can have a code word from her parents that anyone they sent would know. For some kids, having a plan can reduce the uncertainty in a healthy, effective way.

10. Try to model healthy ways of handling anxiety.

There are multiple ways you can help kids handle anxiety by letting them see how you cope with anxiety yourself. Kids are perceptive, and they're going to take it in if you keep complaining on the phone to a friend that you can't handle the stress or the anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

Soucre: childmind.org



jessicah0524@aol.com

Welcoming all Saint James families to our annual **Trunk or Treat** on **Saturday, October 29th** from 1–3pm!! Dress up in your favorite costume and come trick or treating!

If you'd like to be creative and decorate your trunk, click the link below to sign up. Please remember all trunk decorators need to be volunteer certified.

[HSA: SJS Trunk or Treat \(signupgenius.com\)](http://signupgenius.com)

Any questions, contact Jen Mucciolo lasassjt@gmail.com or Jessica Harrison



It's time to get ready for our **Trunk or Treat on Saturday, October 29th!** To make this event a success, we are asking each family to donate one bag of peanut free candy or trinkets (stickers, tattoos/ pencils). Below is a list of peanut free candy. A bin will be put at the top of the steps starting **Monday, October 3rd** near the gym entrance. Parents and kids can easily leave the candy during morning drop off.

If you have any questions, please contact Jenn Mucciolo lasassjt@gmail.com or Jessica Harrison jessicah0524@aol.com

Thanks for your support!
The HSA

Peanut free candy suggestions

- Airheads
- Sour Patch Kids/Worms
- Twizlers
- Starbursts
- Tootsie Rolls
- Skittles
- Candy corns
- Bottlecaps
- Dots
- Dum Dums
- Enjoy Life Chocolate Bars
- Frito Lay
- Fun Dip
- Gimbals Jelly Beans
- Hot Tamales
- Hubba Bubba Bubble Gum
- Jolly Ranchers
- Jujubes
- Life Savers
- Mike & Ike
- Necco Wafers
- Nerds
- Nik-L-Lip



Calling **Volunteer Certified** parents to sign up for **recess duty**! You can sign up by clicking the link below. Even just once a month is a huge help!

[Recess Volunteers: November and December Recess Duty \(signupgenius.com\)](https://signupgenius.com)

One of the great things about Saint James School is that we have a strong sense of community. We believe that coming together should happen not only in the classroom, but also as families. With this in mind, we will be creating a school wide family cookbook this fall. Our aim is to have all cookbooks printed and delivered before Christmas so that families may enjoy the many recipes together. We invite all families to participate and have created two ways to do so! You can donate as many recipes as you'd like and/or have your child participate in an artwork contest for the cookbook dividers. Included are the details for the artwork contest as well as a recipe submission form.

Important Dates to Know

Artwork Submissions Due October 14

Recipe Submissions Due October 31

If you have any questions or would like to get more involved, please contact Jess Hess at jess.a.hess@gmail.com



Saint James School Family Cookbook Recipe Form

Please submit recipes to main office % Jess Hess or email to jess.a.hess@gmail.com **no later than October 31, 2022**. You may submit as many recipes as you'd like.

Recipe Name:

Recipe Category:

- | | |
|--|---|
| <input type="checkbox"/> Beverages | <input type="checkbox"/> Breads & Rolls |
| <input type="checkbox"/> Dips & Appetizers | <input type="checkbox"/> Pasta & Casserole Dishes |
| <input type="checkbox"/> Soups, Salads & Sauces | <input type="checkbox"/> Vegetables & Side Dishes |
| <input type="checkbox"/> Breakfast, Brunch & Lunch | <input type="checkbox"/> Desserts |
| <input type="checkbox"/> Mains, Meats & Seafood | |

Family Name(s) to be printed with recipe:

Serves:

Ingredients:

*Please use these abbreviations: c., tsp., Tbsp., pkg., qt., pt., oz., lb.

Recipe:

Saint James Family Cookbook Artwork Contest

As part of this year's Saint James Family Cookbook design, we would like to open a contest to all students to create their own designs for each divider section of the cookbook. This contest will be open to students in grade K-8. Each grade is assigned a section to submit artwork for. All artwork submissions will be **due by October 14, 2022**. Artwork will be judged by the cookbook committee with all student names removed to create fair judging. Winners will be based on whose design best represents the given section of the cookbook. Student's art will be placed into the cookbook with recognition once chosen. Artwork will be printed black & white in the cookbook. All submissions must go to the school office % Jess Hess.

If you have any questions, please reach out to Jess Hess at jess.a.hess@gmail.com.

Beverages	5th Grade
Dips & Appetizers	4th Grade
Soups, Salads & Sauces	7th Grade
Breads & Rolls	3rd Grade
Breakfast, Brunch & Lunch	1st Grade
Pasta & Casserole Dishes	2nd Grade
Mains, Meats & Seafood	8th Grade
Vegetables & Side Dishes	6th Grade
Desserts	Kindergarten

HSA

BACK



EARN CASH FOR YOUR SCHOOL

LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:

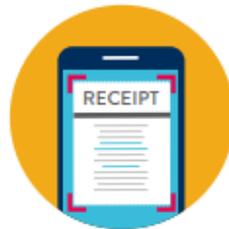


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.

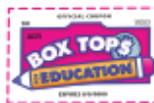


EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!
See how at [BTFE.com/emailgroceryreceipts](https://www.btfec.com/emailgroceryreceipts)



BOX TOPS CLIPS

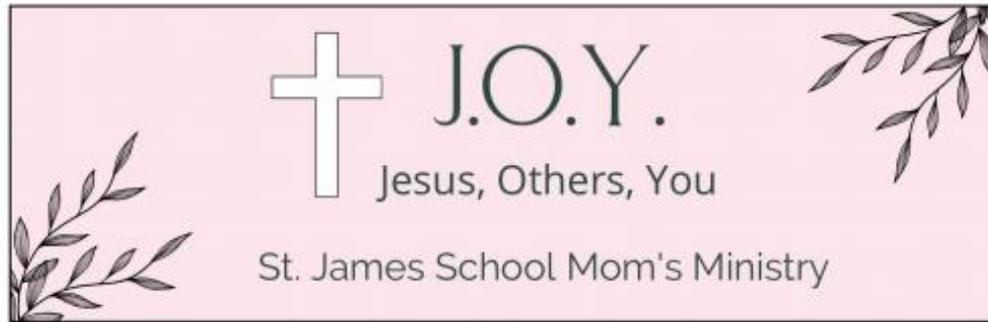
You may occasionally find an old Box Tops clip on packages in stores. You can still clip them and send them to school, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT [BTFE.COM](https://www.btfec.com)

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DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW:





Walking with Purpose is a Bible Study designed for Moms to encounter Jesus personally by making the scriptures and teachings of the Catholic Church relevant and applicable.

Our vision for the future is that as more Catholic women deepen their relationships with Jesus Christ, eternity-changing transformation will take place in their hearts - and, by extension - in their families, in their communities, and ultimately, in our world.

Volunteers Needed!

The SEEDS program at the 9am Mass is coming back. If you would like to volunteer, please contact Kathy Mastriano at kmastriano@verizon.net

We are looking for help hosting the fellowship hour after the 9am Mass once a month. If you are interested in helping please contact Deirdre Volpe at deirdrevolpe@gmail.com

Mark Your Calendars!

- Fall Clothing Drive - October 28th in the Church Multipurpose room.
- "Surge of the Heart" Retreat - Saturday October 29th 9-noon at St. Bernards of Clairvaux.
- Pray the Rosary every 1st Friday of the month in the Chapel at 3pm.
- Confession every Saturday from 4-5pm in the Church.

Monthly Meeting

Our next monthly meeting will be held Tuesday November 8th at 8:45am in the chapel basement. Come get to know fellow SJS moms!



Labyrinth Walk at The Sisters of Christian Charity in Mendham. Wednesday November 2nd at 10:00am

Labyrinth walking is an ancient practice used by many different faiths for spiritual centering, contemplation, and prayer. Entering the serpentine path of a labyrinth, you walk slowly while quieting your mind and focusing on a spiritual question or prayer.

Walking a labyrinth is a form of active meditation which is unique from meditation while standing still, sitting, or lying down. Active meditation provides many benefits, and labyrinth walking is a unique spiritual experience. Learn more about labyrinth walking meditation and its potential benefits.



Join our Facebook group: J.O.Y. SJS Moms Ministry for updates and activities.

Saint James Continues to Roll through League Meets

Full squad has not lost a league invitational or dual meet in two years

Natirar, Far Hills—There were concerns that early morning rains might create substandard conditions for the Saint Elizabeth Invitational but as it turned out, weather conditions were nearly perfect at race time as the North Central Catholic School League held its third invitational of the season. While the damp conditions did force meet organizers to alter the courses some, race conditions were built for fast times and the athletes did not disappoint.

Saint James posted yet another significant win and is now entering rarified air, as the team is experiencing unprecedented success in league competition with its twelfth straight full squad victory—winning its eighth straight invitational, coupled with four straight dual meet wins.

The meet opened with the 3-4 grade girls, and Saint James stand out, Avery Pfistner was once again pushed through the first three quarters of the race, only to pull away with a fairly convincing victory. Pfistner has not lost a race all season. Julia Daus, Bella Milelli and Olivia Kielczewski all had top ten finishes. The Saint James 3-4 boys were once again led by Will Sheehan who took second behind Saint E's Luke Seaman. Sheehan was joined by Tommy Malloy, Brady Kostrowski, Christian Andricopolous and Cash Heinze in the scoring column.

In the 5-6 girls race, Eden Solorzano of St. Cassians, an up and coming superstar, continued her dominance with clearly the largest margin of victory on the day. Solorzano continues to run races that even impress coaches not from her school. Coach Matthew Wizeman of Saint James gave her high praise by stating that “she may be the best runner for her age in the entire league and she will threaten even the older girls when she runs varsity at the Championships. She is something special to watch.” The Spartans however picked most of the remaining points in this race, with Lake Heinze and Claire Johnson joining Solorzano on the podium. Saint James also got points from Karla Pye, Paige Travers, Sophia Battista and Joelle Paolino in this race, where only the top 10 score.

Saint James did not win the boys 5-6 race either as Jack Cross of St. Pat's returned back to the course and defeated a very talented field, where Saint James stand out Kaden Pye took second and Saint E's star Robert Dudley took third. Saint James once again took the majority of the remaining points with Liam Johnson, Eddie Collins, Colin Scott, Bentley Heinze and Adam Kielczewski also scoring.

Saint James did however, take the top spot in the girls 7/8 race as Caroline Naulty returned back to the trails and took first, but was followed closely by Ella Lawlor who took second for the second straight week. Emerson Mania had a career best top 5 finish and Julia Garcia added points by taking sixth.

In the meet finale, Dylan Collins of Saint James returned to the winner's circle with a narrow win over fellow Spartan, Patrick DiDomenico, who took second. Trace Sikorski had his first top 5 performance of the season.

Saint James seeks to keep its streak alive next weekend as it travels to Mountainside for the Holy Trinity Invitational. After that, Saint James enters the Championship portion of the season where they have the League Championships and will also compete in the State Championship race for the first time, where they will match up against much larger public and private schools.



The Spartan Volleyball season kept rolling this past week. Despite having only the minimum six players required, we were able to gain a split of the doubleheader against Saint Patrick's. The team scored a resounding victory 25-11, in the first set, only to lose the second set 25-21. That left and deciding set for game number one. The team rallied to gut out a 25-22 win of the set and the game. The second game was very competitive, however, not as successful. After the thrill of the first game win, we lost the first set of the second game 25-15. Despite that loss, the team was able to play a very competitive final game, but unfortunately lost, by a much closer score of 25-22. All of the games have been very competitive, and the team is finding it's stride. Come out and cheer us today at 4:00 for a doubleheader versus Assumption School at Saint James. Next weeks games are at Saint Elizabeth's on Tuesday 10/25 at 4:30 and on Friday 10/28 at Saint Vincent the Martyr 4:30. Hope to see you there to cheer on our Spartans!!!

