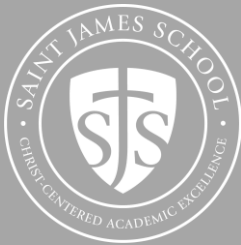


# SAINT JAMES SCHOOL

## SEPTEMBER 23, 2022

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### Important Dates

9/26: Enrichment Session 1 begins  
9/30: 8 AM Mass, Grade 7  
9/26 - 10/13: MAP Testing  
10/7: School Mass, 10:15 AM  
10/7: 12:45 Dismissal

## FROM THE PRINCIPAL



Dear SJS Families,

Thank you to the many families who attended our first, in-person Back to School Night since 2019 on Thursday! It was so nice to see you and hope you enjoyed the presentations. Please make sure that you sign the forms you received and return them before Thursday, September 29. If you were unable to attend, the forms will go home with your children on Monday. *If we do not receive your signed forms, your children will be excluded from school until we do receive them.*

Today, our teachers spent part of their day in a workshop from Defined Learning focused on project-based learning and then the rest of the day planning new projects that are aligned with their curriculum. It was wonderful to see these amazing educators collaborating across subject areas to develop deep, meaningful projects for their students!

Next week we will start our first round of MAP testing. Please make sure your children are well-rested and eat healthy breakfasts on their testing days. Encourage your child(ren) to try their best and take their time so their teachers have the best information to help them to learn and grow this year.

I hope you take some time to read the rest of this weekly News & Notes as it contains important information.

Have a great weekend!

Mrs. Florendo

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

Ryan Luzaj, Catherine Pasmore,  
Ryan Yawger, Catherine Babic,  
Coco Koltunowicz, Piper Kilpatrick,  
Isabelle Russo, Siena D'Albero,  
Hannah McNally, Jack Thiemer,  
Grace Thiemer, Alexa Fox,  
Kaden Pye, Christian Rudis,  
Eddie Collins, Luciano D'Albero,  
Dylan Collins, Everett Hall,  
Caroline Naulty, Shayna Sobol



## Uniform Code Reminders

**Hair:** Boys are to keep their hair neat, cut above their shirt collar, and out of their eyes. Girls' hair should be out of their eyes and neatly styled. Dyed hair or bizarre or fad hairstyles are not permitted for boys or girls. The Principal has the final decision regarding the appropriateness of any hairstyle.

**Jewelry/Makeup:** Girls are to limit their jewelry to a watch, one bracelet, one ring, one necklace, and one pair of simple stud or small hoop earrings (smaller than a dime) worn in/on ears only. Middle School girls may wear natural-looking make-up but no eye make-up is to be worn. Only clear nail polish is permitted. Boys are permitted to wear a watch, one bracelet, and one necklace. Boys are not permitted to wear earrings of any kind. If boys or girls wear a medal or chain, it must be worn inside the uniform. Please do not allow your children to wear expensive jewelry to school. If it is lost, the school will not be responsible for finding or replacing it. **Students should not wear jewelry on gym days.**

## 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). This tradition will begin again on Friday, September 16. The September schedule is as follows:

September 30: 7<sup>th</sup> Grade

Check the school calendar for your class's schedule!

# 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



Click image to register!



## PARENTS NIGHT OUT

**OCTOBER 5TH**  
6PM TO 9PM

BURNT MILLS CIDER COMPANY  
3540 Route 206 Bedminster, NJ 07921



TESTO PIZZA



**TICKET PRICE**  
PER PERSON | \$15

Receive TWO choice Ciders | ONE TESTO Pizza  
*EXTRA Cider & Food will be available for purchase*

### Sponsors



**Bruzzichesi**  
ORTHODONTICS

### 50/50 RAFFLE

ONE Ticket | \$2

FIVE Tickets | \$7

TEN Tickets | \$10

*50/50 CASH only in person*



**Advancement**

[BACK](#)



St. James School

# COMEDY NIGHT

Thursday November 3rd  
**SAVE THE DATE**

**Come & laugh together at  
a night out with friends!**

Details to follow.



## **ILLNESSES IN SCHOOL**

If your child has significant cold symptoms, even with a negative COVID test, it's best to keep them home and rest and reduce the spread of the cold to others. Please remind children the importance of handwashing in and outside of school.

Please treat your child's allergies and asthma with medications prescribed.

Your child must be fever free for 24 hours without fever reducing medication before they can return to school and 24 hours after a last vomit or diarrhea.

If you are unsure if you should send your child to school, please email Beth DiDomenico at [sjsnurse@sjsbr.org](mailto:sjsnurse@sjsbr.org).

## **ATTENDANCE POLICY**

For late and early dismissals, please contact the main office at 908-766-4774 ext. 0 or email [soffice@sjsbr.org](mailto:soffice@sjsbr.org) and email your child's teacher.

To report your child absent from school for any reason, email the nurse at [sjsnurse@sjsbr.org](mailto:sjsnurse@sjsbr.org) or call 908-766-4774 ext. 228 and email your child's teacher.

## **COVID INFORMATION**

We will continue to follow the NJ guidelines for K-12 schools with some added guidance from the health department. Day 0: The first day of symptoms or positive test. Return day 6 and wear a mask through day 10. If your child is a close contact (even in the home), no mask required. Daily testing and close monitoring of symptoms is encouraged.

COVID cases are on the school website under the tabs, Parents, School Nurse.

[https://www.nj.gov/health/cd/documents/topics/NCOV/PH\\_Recommendations\\_K-12\\_Childcare\\_Camp.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/PH_Recommendations_K-12_Childcare_Camp.pdf)

## **RAINBOW FENTANYL**

A concerning new drug form of Fentanyl targeting children has been found in the US. Please see the following links for more information.

<https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>

<https://www.addictionresource.net/blog/rainbow-fentanyl/>

## **Teach Kids How to Be Mentally Tough**

Mentally strong kids are prepared for the challenges of the world. To be clear, mental strength isn't about acting tough or suppressing emotions. It's also not about being unkind or acting defiant.

Instead, mentally strong kids are resilient and they have the courage and confidence to reach their full potential. As a parent, there are things you can do to help instill mental strength in your kids.

## **Tips for Raising Tough Kids**

Kids who are mentally strong are able to tackle problems, bounce back from failure, and cope with hardships. Helping kids develop mental strength requires a three-pronged approach. There are three ways to help kids become mentally strong.

- Help them learn to control their emotions so their emotions don't control them.
- Show them how to take positive action.
- Teach them to replace negative thoughts with more realistic thoughts.
- There are many parenting strategies, discipline techniques, and teaching tools that help kids build mental muscle. Tailor your approach to meet the specific needs of your child.

## **Show Kids How to Be Tough**

One of the best ways to teach kids mental strength is to mirror these qualities in your own life. Kids learn how to respond in different situations by watching their parents. So, try to be cognizant of your own mental toughness and work on areas that need improvement. Here are some ways to show your kids how to be mentally strong.

## **Role Model Mental Strength**

Showing your child how to be mentally strong is the best way to encourage them to develop mental strength. Talk about your personal goals and show your child that you're taking steps to grow stronger. Make self-improvement and mental strength a priority in your own life and avoid the things mentally strong parents don't do.

## **Show Your Child How to Face Fears**

If your child avoids anything scary, they'll never gain the confidence they need to handle feeling uncomfortable. Whether your child is afraid of the dark, or they are terrified to meet new people, help your child face their fears one small step at a time.

Cheer them on, praise their efforts, and reward them for being brave and they'll learn that they're a capable kid who can handle stepping outside their comfort zone.

## **Teach Mental Toughness**

Look for opportunities to empower your kids to be mentally strong. By working with them in different situations you can impart the mental toughness they need to deal with uncomfortable emotions and handle challenging situations. Here are some specific ways you can teach your kids to be mentally strong no matter what life throws at them.

## **Teach Specific Skills**

Discipline should be about teaching your kids to do better next time, not making them suffer for their mistakes. Use consequences that teach specific skills, such as problem-solving skills, impulse control, and self-discipline. These skills will help your child learn to behave productively, even when they're faced with temptation, tough circumstances, and difficult setbacks.

## **Teach Emotion Regulation Skills**

Don't calm your child down when they're angry or cheer them up every time they're sad. Instead, teach them how to deal with uncomfortable emotions on their own, so they don't grow to depend on you to regulate their moods. Kids who understand their feelings and know how to deal with them are better prepared to deal with challenges.

## **Let Your Child Make Mistakes**

Teach your child that mistakes are part of the learning process so they don't feel ashamed or embarrassed about getting something wrong. Allow for natural consequences when it's safe to do so and talk about how to avoid repeating the same mistake next time.

## **Foster Tough Abilities**

Building mental strength in kids requires also paying attention to their confidence levels, independence, and self-esteem. Work with your kids to fine tune these areas of their lives while encouraging healthy habits that build mental strength. Here are some ways to build upon what they are learning about mental toughness.

## **Encourage Healthy Self-Talk**

It's hard for kids to feel mentally strong when they're bombarding themselves with put-downs or when they're predicting catastrophic outcomes. Teach your child to reframe negative thoughts so they can think more realistically. Developing a realistic, yet optimistic, outlook can help kids get through tough times and perform at their peak.

## **Build Character**

Kids need a strong moral compass to help them make healthy decisions. Work hard to instill your values in your child. Create opportunities for life lessons that reinforce your values regularly. For example, emphasize the importance of honesty and compassion, rather than winning at all costs.

Children who understand their values are more likely to make healthy choices—even when others may disagree with their actions.



## **Allow Your Child to Feel Uncomfortable**

Although it can be tempting to help a child whenever they're struggling, rescuing them from distress will reinforce to them that they're helpless. Let your child lose, allow them to feel bored, and insist they are responsible even when they don't want to be. With support and guidance, struggles can help your child build mental strength.

## **Make Gratitude a Priority**

Gratitude is a wonderful remedy for self-pity and other bad habits that can prevent your child from being mentally strong. Help your child affirm all the good in the world, so that even on their worst days, they'll see that they have much to feel thankful for. Gratitude can boost your child's mood and encourage proactive problem-solving.

## **Affirm Personal Responsibility**

Building mental strength involves accepting personal responsibility. Allow for explanations—but not excuses when your child makes a mistake or misbehaves. Correct your child if they try to blame others for how they think, feel, or behave.

When it comes to building your child's mental strength, it takes commitment and consistency. But with regular communication, practicing when tough situations arise, and working to build their confidence and self-esteem on a regular basis, you will be imparting mental strength.

Look for opportunities to start small and build from there. Also, help them grow and learn from their mistakes. In no time, your kids will have a mental strength that will last a lifetime.

*Source: [verywellfamily.com](http://verywellfamily.com)*

## VOLUNTEER



Please join us on *Monday, September 26<sup>th</sup>* immediately after school for the *HSA Volunteer Fair!* This will give parents the opportunity to sign up to volunteer for events such as Trunk or Treat, Advent Wreath, Breakfast with Santa, Catholic Schools Week and many more! Rain date scheduled for Tuesday, September 27<sup>th</sup>.

Hope to see you all there!



## 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  
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## 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://btfe.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://btfe.com)

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APP YET? DOWNLOAD IT NOW:





## Monthly Meeting:

October 11th 8:45am & 7pm in the Parish Center (under the church).

We will be discussing volunteer opportunities and upcoming events. Be sure to spread the word.



Adoration Every Thursday in the Chapel, 9am-3pm.

Confession in the church every Saturday from 4-5pm.

Every third Friday of the month come pray the Divine Mercy Chaplet with your kids, after school in the Chapel.



Challenge group for 5-8th graders meets every Sunday at the church. See the church website for more details.

## Volunteers Needed!

We are looking for someone who can watch little ones during our bible study. You must have completed the virtuous training and fingerprinting.

We are also looking for someone who would be able to set up and maintain Google docs for our group.

## Dinner and Speaker Event

We are currently looking into restaurants to host a speaker event. These events mix social and spiritual growth in our community and are so much fun! If you would like to help plan this event, please email Deirdre at [deirdrevolpe@gmail.com](mailto:deirdrevolpe@gmail.com)

## - Special Thanks -

Thank you to Beth DiDominico for organizing the 2nd grade scapulars and the traveling Fatima statute this year. These are two SJS traditions!





## Walking with Purpose Bible Study:

We kicked off our bible study on Thursday morning in the chapel basement! What an amazing group we have so far. If you are interested in joining us, please reach out to Gaby Daus at [ggomezdaus@gmail.com](mailto:ggomezdaus@gmail.com)



Join us for a mini retreat Saturday Oct. 29th at St. Bernard of Clairvaux church in Bridgewater. Learn about how to connect more deeply to Jesus through the sacrament of the Eucharist. We would like to organize to have lunch afterwards at Tommy's Tavern.



Don't forget to join our facebook group: J.O.Y. SJS Mom's Ministry

### **Pleasant Valley Park / Loantaka Park, New Jersey, September 16/19, 2021**

*Saint James unbeaten in both early season dual meets for the third straight year.*

In what may start to be called a dynasty, Saint James XC is now undefeated for its seventh straight dual meet over the past 3 years. Saint James faced off against two of the league's premiere squads over a four-day span and saw its dual meet record remained unblemished. The Spartans kicked off the season on Friday, September 16 under near perfect conditions at their home course at Pleasant Valley and took down Saint Elizabeth's in the 1924 Split with their largest margin of victory in that rivalry meet with a shocking 235-108 victory - more than doubling the points of their top rival.

On Monday, conditions were quite the opposite for the annual Joust against Assumption, where heavy rain and strong winds cut the meet short, and the 7-8 boys and girls were denied the opportunity to run. Technically the meet will be listed as a "No-Contest," but the Spartans had a sizeable lead before the rains started, and took home the win!

