



HOLY FAMILY CATHOLIC SCHOOL WEDNESDAY WORD

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FEBRUARY 14, 2024 VOLUME: 46 ISSUE: 21

HELLO
I AM...
GRATEFUL

FROM THE DESK OF
Principal Galati

I am grateful. I am grateful for so many things. I am so thankful for the accident God provided me during the ice storm. I am thankful for the pain it brought the time away from work and school. I am thankful because, even in adversity, His blessings are there and this time has reminded me of that.

I am grateful for my friends, more than I knew I had. I am grateful for the assistance in the first moments of shock. I am grateful for the many well wishes, cards, and prayers that encouraged me and brought healing. I am grateful for the phone calls and texts that were a constant reminder that someone was always just a moment away.

I am grateful for those I work with. I am grateful for their willingness to spend extra time, take on great challenges, and provide additional love and care to our families and students while I was away. I am also grateful that they constantly reminded me to take time to heal before I returned and reached out regularly with messages of hope, confidence and faith.

I was truly reminded that they are the family I have chosen for myself. I am grateful for our families and, especially, our students. I am grateful for your well wishes, the endless cards, and all those smiles and fist bumps I received on Monday when I returned. I did not know I could miss a place and its people so very much. This is all to say that blessings are often hidden, masked, and wear the cleverest of disguises. I have spent 3 weeks and lots of painkillers, due to three broken displaced ribs, learning that lesson and I am better because of it. Thank you all so much for your love and support. I am back and blessed to be here!

thankful grateful blessed



Hey Parents, Friends and Scientists!

We're gearing up for the Science Fair on **Thursday, March 21st** and we need your help to make it a hit!

If you've got a knack for Science, Technology, Engineering, or Math (STEM), we'd love to have Your assistance in judging the Science Fair.

Slots kick off at **8:15 AM**, with additional sessions at **9:10 AM** and **10:20 AM**. Each session will take about 75 to 90 minutes and can be used towards Fair Share Hours.



Contact Dr. Y (byarbrough@hollyfamilypdx.net) if you're interested or know someone who might be.

Please make sure you're cleared to volunteer with Melissa in the Office.



FEBRUARY

SLE and Virtue of the Month

*Holy Family Catholic
School students are*

**SELF-AWARE &
ENGAGED LEARNERS**

who model

TEMPERANCE



FRIDAY, FEBRUARY 16TH
with Principal Joe

Cup of Joe has been rescheduled. Join Principal Joe Galati for cup of coffee and an informal chat about school happenings on Friday, February 16th at 8:15-8:45am in Celebration Hall. Bring your questions and comments!

Join us!

In the News with
PTO

Email pto@holyfamilypdx.net

Happy Valentine's Day

from the **LEARNING SUPPORT CENTER**



And boy, do I love our students.

This month, I've been incorporating some silly and serious questions into our 5th Grade lunches, just to build some shared experiences as we eat together. I'm checking in with students about reading skills, social-emotional challenges, and general organization.

My 6th Grade Habits for Success class has been focused on the parts of our brains we use to make decisions, and how to care for our brains. A healthy brain is well-rested, well-fueled, and well-moved!

Recently, I've been reading *Emotionally Resilient Tweens and Teens*, by Kim John Payne and Luis Llosa. I picked it up for my own parenting because my own children are chugging toward "tween-age-hood", but it's so relevant that I wanted to share it here, too.

The bulk of the book is first-hand stories by young adults about specific challenges they faced and overcame in elementary and middle school. It's full of talking points to use with your children and practical tactics for dealing with social challenges.

Today is also Ash Wednesday, the beginning of the season of Lent. This is a time to slow down, reflect on things that we would like to incorporate into our lives, and maybe decide to purge some not-so-healthy habits.

I encourage you to find some time this week to open up a conversation with your children about the importance of preparing our hearts and minds so we keep space for Jesus. Taking intentional time to focus on each season of the year, spiritual or otherwise, can be so good for our mental health.

Cheers, Katie Crews

Learning Support Coordinator



FEBRUARY - MARCH 2024



Thanks to all those who stepped up to be amazing Basketball site monitors last weekend!

We still have a few open spots for this week, please consider signing up [Here](#).

It's a fun and entertaining way to collect Fair Share hours.

****There will be no basketball practice on February 14th due to Ash Wednesday****

We have a critical need for **Track and Field** coaches, please consider volunteering [Here](#).

It's a fun way to engage and support our young athletes!

GO CARDINALS!

Please reach out with any questions:

cyoholyfamily@gmail.com

MON	TUE	WED	THU	FRI
12	13 RED/White/PINK Dress Day 	14 9:15AM 3 rd Grade Leads ASH WEDNESDAY MASS	15	16 8:15AM CUP OF JOE with Joe 2:30PM STUDENT STATIONS OF THE CROSS 8 th Grade Leads
19 NO SCHOOL PRESIDENTS DAY	20 NO SCHOOL In-Service	21 9:15AM 5 th Grade Leads Student Mass 3:15-4:30PM 3 rd -5 th Grade OBOB Meeting	22	23 2:30PM PBIS ASSEMBLY
26	27 7PM PTO Meeting	28 9:15AM 2 nd Grade Leads Student Mass	29	1 8:15AM CUP OF JOE with Joe

Our Mission Statement: Holy Family Catholic School is a community of learners: Students, staff, parents and parish engaged in the life long process of learning. Our commitment, rooted in the Gospel values is to pursue together creativity and excellence in all areas of spiritual, academic, and personal growth.

Accredited by Northwest Association of Accredited Schools

The Catholic schools of the archdiocese of Portland admit students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available at all the schools. They do not discriminate on the basis of race, color, national and ethnic origin in administration of their policies, admission policies, scholarship and loan programs, and athletic and other school administered programs.

State of Oregon Registered Private School

Send newsletter submissions to wedsword@holyfamilypdx.net Submissions due by NOON ON MONDAY prior to publication

Fair share hours. Collecting information.
Organizing for efficiency.
Hanging with fun people. Brainstorming.
Improving communication.

LET'S GET DIGITAL!

Are you familiar with The Cloud?

Do you enjoy organizing computer files?

Have a background in anything tech?

Please consider joining our newest committee!

Event Digitization Committee

Contact Kate Nolan ASAP for more information -

katherinemarienolan@gmail.com

First Meeting will be in early March.

PARISH NEWS

BACKPACKS FOR KIDS

Turn in food to the parish
center or back of church by
Tuesday, February 13th

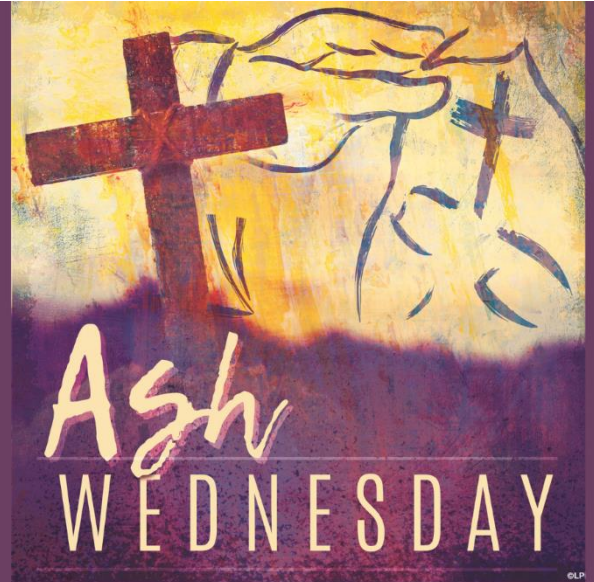
**DONATE
FOOD,
CHANGE
LIVES**

Menu Switch-Up.. new
items requested!



Helping the SE Portland
Community through
Woodmere Elementary

Click or scan code
to sign up



Ash Wednesday is February 14th
Mass with HFCS @ 9:15am
Mass with parish @ 7pm

**Stations of the Cross begin Friday,
February 16th and continue every
Friday in Lent**

**Soup Supper @ 6:15pm
followed by Stations @ 7pm
Hosted on 2/16 by Parish Staff**



Click or scan to
sign up

LIVING STATIONS OF THE CROSS

Actors and
readers needed!

Friday, March 1 @ 7 pm Practices on 2/22 and 2/28 at 3:30

Questions, contact Krisi at pastoralministry@holyfamilyportland.com

— KNIGHT'S — FISH FRY

FRIDAY, FEBRUARY 28TH

4:30 TO 7:00 PM



Meal

Fish, Fries, Coleslaw,
and soft drink

\$15

Beer and Wine

\$5

Dine In and Carry Out
available

NEW DATE!

The Knights of Columbus Holy Family
Council is hosting a free throw event for
boys and girls aged 9-14 (as of 1/1/2024)



Sunday, February 18th

12pm - 2:30pm

The competition is free. We are
partnering with SVDP and asking for
a donation of coffee or jelly/jam

All participants who pre-register will receive
a token for free ice cream from Cloud City

Pre-registration is now open, you can
register by scanning the QR code



For more information, contact Steve Tassinari at
HFKnights_Events@protonmail.com
or 503-515-1432

Summertime Save the Dates!

Steubenville NW
Catholic Youth
Conference
July 10-14

Vacation Bible
School
July 22-26

Summer BBQ &
Auction
July 24

Camp
Holy Family
August 22-25





Top Tier Gifts Needed!

We need both a broad base of support and a few, fairly substantial gifts in order to assure our “Honoring Our Past – Building Our Future” campaign’s success.

Now, not everyone’s in the position to make one of these top tier gifts equal to 1, 5, 10, 15 and 20 percent or more of our goal.

But if you can, please do what others can’t and watch how it inspires similarly generous gifts and will all but assure our campaign’s success!

FAMILY CAMP AT CAMP HOWARD



.....
JUNE 26 - 30 , 2024
CAMP HOWARD
.....

ACTIVITIES:

- Archery
- Arts & Crafts
- Camp Store
- Swimming
- Slip 'N' Slide
- Fishing
- Field sports
- BB Guns



For more details, visit:
www.cyocamphoward.org

*Expand your
horizons this
summer!*

NOW HIRING

SUMMER CAMP STAFF

**PROGRAM STAFF
CABIN COUNSELORS
KITCHEN STAFF**

ages 15 years and up!



CYOCAMPHOWARD.ORG/JOBS