



SAINT CECILIA

CATHOLIC SCHOOL

In Christ, we Live, Love, and Learn

Parent/Guardian-Student Handbook

2025-2026

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Policies of the Archdiocesan Catholic School Board are referenced throughout this document. These policies can be found on the Archdiocesan website (dbqarch.org) or [here](#). For assistance with accessing these policies, please contact the school office.

I. Philosophy

Archdiocese of Dubuque Philosophy of Education for Catholic Schools

The Catholic schools within the Archdiocese of Dubuque are committed to partnering with parents for the spiritual and educational formation of students.

Catholic Faith-Based Program	Academic Excellence
● Instills a love and knowledge of the Catholic faith. ● Integrates instruction with Catholic values. ● Leads students and families to active participation in their parish communities. ● Provides opportunities for worship, service and prayer. ● Supports a safe and nurturing environment where students encounter Jesus Christ.	● Promotes life-long learning and advances the development of the whole person to the fullest extent. ● Forms students prepared to become productive, virtuous citizens and church leaders who will fashion a more humane and just world. ● Fosters a culture of academic excellence through critical thinking skills, innovative and rigorous curriculum standards, a global perspective and an emphasis on community and service.

Local Mission/Vision/4 Great Things

Mission Statement of St. Cecilia School

St. Cecilia School, an educational ministry of St. Cecilia Catholic Church in Ames, Iowa, is a Preschool - 6th grade Christ-centered educational environment. We ensure students develop self-discipline, individual academic excellence, self-discipline, cultural awareness, and a commitment to lifelong service.

Vision

The vision of St. Cecilia School is to provide a quality, Catholic Christian education that stimulates lifelong learning, and nurtures responsible, productive citizens. The goal will be attained by developing an academically and spiritually enriching educational plan designed to foster individual needs through curriculum, instructional strategies, and assessment tools.

4 Great Things

- Daily Prayer and learning centered on God.
- High expectations for all and learning with purpose
- A safe, respectful community in which to grow.
- Faith put into action through service, cooperation, and leadership.

II. Catholic Dimension

Catholic Atmosphere

Religious education at St. Cecilia Catholic School occurs in two major areas: the study of the Catholic faith and integrating faith experiences into the life and education of each student.

Besides classroom instruction in religion, liturgical preparation and Mass participation is part of our school program. Celebration of the Sacrament of Reconciliation, all school liturgies, and opportunity to participate in Mass are part of the spiritual life of the school.

Parents/guardians are encouraged to become aware of and encourage their child(ren) in his/her faith life. The school can only support what is taught and experienced at home.

All enrolled students, regardless of faith background or experience, participate in religion class and the other experiences listed above. Non-Catholic students participate at a different level in opportunities related to sacraments and liturgy, but nonetheless are present for these opportunities as part of enrollment in our school. Questions about this can be directed to your child's teacher or a school administrator.

Prayers, Practices, and Beliefs

A list of prayers and other basic beliefs and practices for students has been developed. Prayers may be introduced at one level and students may not be expected to have them memorized until the next year. However, students are expected to have an understanding of these prayers and they will be a part of our prayer at school. We encourage you to also pray with your child at home.

Spiritual Program

The spiritual program of the school recognizes that "to provide a sound academic program which includes emphasis on Catholic teachings within the atmosphere of Christian living" cannot be gained in the formal classroom only. The formal classroom learning is the beginning.

Every Christian has the responsibility to use one's gifts for the good of the community and to minister as Jesus did. This is the core of the Christian life.

Liturgical Celebration — Students and teachers plan and participate in liturgies. Parents/guardians are always welcome to attend. The Sacrament of Reconciliation is provided during Advent and Lent.

III. Admission Policies/Notice of Non-Discrimination

Admission

Children who are five years of age by September 15 are eligible to enroll for entrance into kindergarten. Children who are six years of age by September 15 are eligible to enroll for entrance into the first grade. Exceptions to this policy are not allowed. (ACSB Policy #5112)

St. Cecilia Catholic School will accept students of any religious conviction. However, as a student, everyone is considered a part of the total school community and will be included and expected to participate in all activities scheduled as part of the class day, and all required classes even those of a religious nature.

Parents/guardians are required to complete the annual enrollment process prior to attendance, this includes that the human person has a right to religious freedom. This freedom means that all men are to be immune from coercion on the part of individuals or of social groups and of any human power, in such wise that in matters religious no one is to be forced to act in a manner contrary to his own beliefs... whether privately or publicly, whether alone or in a association with others, within due limits. ... This right of the human person to religious freedom is to be recognized. It is... a civil right.

An annual tuition contract is given that indicates tuition assistance and the family's financial responsibility.

Equal Opportunity

St. Cecilia Catholic School is an equal opportunity employer and school. No student will be discriminated against because of his or her race, creed, color, sex, sexual orientation, gender identity, national origin, religion, socioeconomic status, marital status, or disability. However, students are required to meet the school's academic and financial requirement(s). As a bona fide religious institution, educational programs governed by the Archdiocesan Catholic School Board may consider a student's religion, sexual orientation and/or gender identity a qualification for enrollment when such qualifications are related to a bona fide religious purpose.

IV. Policies/Programs

Acceptable Use Policy

St. Cecilia Catholic School recognizes the value of computer and other electronic resources to improve student learning and enhance the administration and operation of its school. In addition St. Cecilia Catholic school encourages the responsible use of computers; computer networks, including the Internet; and other electronic resources in support of the mission and goals of the St. Cecilia Catholic school.

Failure to adhere to district policies, procedures, and guidelines for the use of district technology resources may result in revocation or restriction of access privileges and/or disciplinary action as defined in the Parent-Student Behavior Handbook below. In addition to the school's standard consequences for misbehavior, any network misuse or illegal activities may result in contact with the student's parent/guardian, or if a violation of law has occurred, contact with law enforcement authorities.

Students will:

- *Follow all school and classroom rules, procedures, and guidelines when using technology.*
- *Use all school technology resources to create files and projects for school related work.*
- *Keep my username and password private.*
- *Treat others with respect and use appropriate language in all of my electronic interactions with others.*
- *Immediately tell a teacher or other adult staff member if they receive an electronic comment or communication that makes me feel uncomfortable, or if they accidentally access inappropriate materials, pictures, video, or websites.*
- *Respect the work of others, and will not intentionally copy, damage, or delete another user's work. They will properly cite their sources when they use someone's information, pictures, media, or other work in my own projects and assignments.*
- *Respect the privacy of others and the work they complete on the device.*
- *They understand that this applies to both St. Cecilia Catholic school technology resources and their personal electronic devices.*

Assessment

Students in grades 3-11 take the Iowa Statewide Assessment of Academic Progress (ISASP). When test results have been returned and analyzed, parents/guardians will receive appropriate information;

the initial student analysis is provided in the spring of the administration year, followed by a more detailed analysis to follow in the upcoming fall.

Students in grades K-8 take the Formative Assessment System for Teachers (FAST) assessment three times throughout the school year; fall, winter, and spring. FAST is administered as a way to screen students, identify skill gaps, and offer proven recommendations for reading and math. Results reported to families upon completion of each testing administration.

Personal conferences are available with parents to go over any of the assessment results in more detail. Parents are encouraged to set up appointments if they wish for more information.

Attendance: Student

Student attendance at school is a key contributor to student success. New state law requires St. Cecilia Catholic School to set a required number of days/hours of attendance. St. Cecilia Catholic school already meets this requirement, as our school policy requires 148 days/888 hours annually, to be met by attendance for at least 37 days/222 hours per quarter, or 50 days/357 hours per trimester, unless excused for medical reasons as verified by a doctor. If you have any questions about attendance, please contact Darcy Spellman at dspellman@stceciliaschoolames.org or at (515)232-5290

Bicycles/Motorized Scooters

Students are permitted to ride bikes/motorized scooters to school. The school accepts no responsibility for bikes/motorized scooters parked on school property.

Cell Phone Usage

ACSB Policy #5160 states that cell phones, smart watches and any other wireless communication tools may not be used during school hours of 8:10 AM - 3:20 PM. Cell phones and other wireless communication devices must be stored in the locker. The use of cell phones or any device capable of capturing images is strictly prohibited in locker rooms or restroom areas anytime at school-related or school-sponsored events. Consequences for infractions of the policy include **name consequences, including what discipline policies/system would be used.**

Copyright

It is the policy of the educational programs governed by the Archdiocesan Catholic School Board (ACSB Policy #2510) that all employees, volunteers, and students will abide by the federal copyright laws. Employees, volunteers, and students may copy print or non-print materials allowed by:

1. copyright law
2. fair use guidelines
3. specific licenses or contractual agreements
4. other types of permission

Employees, volunteers, and students who willfully disregard copyright law are in violation of Archdiocesan policy, and are doing so at their own risk and assuming all liability.

Field Trips/Off-site Educational Experiences

Field trips and other off-site educational experiences aid the instructional program by enabling the children to experience educational resources not found in the classroom. All students are expected to observe school policies when they are on field trips. Students must provide a signed permission slip from their parents/guardians for each field trip or educational experience in order to attend (this is in addition to the initial annual consent waiver electronically signed during e-registration.) Students will leave school, remain, and return together with their assigned group and chaperone unless otherwise approved by the school office.

Guidance

Our counseling program complements the curricular offerings by offering support to students in a number of areas Morgan Amundson can be reached at mamundson@stceciliaschoolames.org or at (515)232-5290 Monday through Thursday 7:45 AM – 3:45 PM.

Homework

Homework is encouraged in order to teach students the importance of practice, review, and application. Teachers will assign homework in accord with the age of students. Parents/guardians should not have to instruct students, but are encouraged to support the process through questions and suggestions when appropriate.

Human Sexuality Program

Human sexuality instruction is integrated into the Religion program and is presented from the Catholic perspective in the context of total growth. Parental/guardian support and involvement is an essential component of this program. Information will be sent to parents/guardians as the time for this program approaches. An option is provided for students whose parents/guardians do not want them to participate in these classes. A request for exemption must be in writing to the principal. Parents are permitted to review the course materials at any time. Please refer to ACSB Policy #6141.11 for specific details.

Media Center/Library

1. Library Check-Out Policies

- a. All library books are due in 2 weeks.
- b. After 2 weeks a renewal may be requested.
 - i. A renewal will not be given if the title is on hold for another patron.
- c. Students may check out 2 books per library session.
 - i. 4 books may be checked out at one time.
 - ii. A student may have 2 books on hold at a time, for a total of 2 weeks.
- d. Teachers do not have a limit to books checked out or check out lengths.

2. Overdue, Lost, and Damaged Book Policies

- a. Fines will not be accrued for overdue books.
 - i. Overdue notices will be sent home (on paper) on a monthly basis.
- b. Lost books will be assessed a charge equivalent to the amount of a replacement copy.
 - i. The students will have until the first week of school the following year to find the book.
- c. Damaged and unredeemable books that have been returned will be assessed a charge equivalent to the amount of a replacement copy.

3. Library Book Content Policies

- a. The librarian reserves the right to deny check outs of books that are deemed inappropriate for different age groups.
 - i. Examples- Scary books to little ones or mature theme books for younger students

Multicultural/Gender Fair/Global Education

Multicultural/Gender Fair/Global Education

St. Cecilia Catholic School offers a global, multicultural, gender fair approach to the educational program. St. Cecilia Catholic School is committed “to a curriculum that fosters respect and

appreciation for cultural and racial diversity and an awareness of the rights, duties, and responsibilities of each individual as a member of a multicultural, gender fair society.” (ACSB Policy #6144.2) The education program is one of permeation and action for the implementation of the global, multicultural, and gender fair elements of the students’ education.

Phones

Students are expected to have the permission of the school office staff to use the school phone before, during or after school.

The principal/teacher may also give permission to use the school telephone before, during or after school.

Cellphones must be turned off and put in backpacks during the school day. (8:10 AM – 3:20 PM)

Physical Education Waiver

A pupil shall not be required to enroll in either physical education or health courses if the pupil’s parents/guardians file a written statement with the school principal that the course conflicts with the pupil’s religious beliefs. (ACSB Policy #6144.3)

School Parties and Invitations

Parties that consume valuable school time are discouraged. However, students may bring birthday treats. If a student should wish to do this, the treats will be passed and shared. After school parties are the responsibility of parents/guardians. Invitations to after school parties should only be passed at school if all members of the class are invited.

School Day

School begins at 8:10 A.M. and dismissal is at 3:20 P.M.

School Dress Code

Shirts: navy, light blue, or red short/long sleeve polo style shirt with collar. Small logo allowed (1 inch or less). Long sleeved white or navy t-shirt may be worn under collared shirts.

Sweatshirts, vests, sweaters & fleece: Solid navy, light blue or red. Collar must be worn underneath. Only these colors are permitted to be worn in the classroom and at Mass. St. Cecilia Logo is permitted. Small emblem (1 inch or less) or small brand name is allowed. Other jackets may be worn at recess.

Pants: Navy or khaki full length traditional uniform pants. No cargo pants.

Shorts: Navy or khaki walking/Bermuda length (should reach fingertips but not past knee). No cargo shorts. Shorts may be worn during warm days from April 15-October 15.

Dresses: Navy blue, light blue, or red polo style (appropriate shorts should be worn underneath for modesty). Romper style jumpers in navy and khaki are permitted. A dress-code collared shirt must be worn underneath. From October 15-April 15 tights or leggings must be worn and must be a solid color. Socks need to be worn with leggings.

Skirts/Skorts: Navy or khaki of appropriate length (should reach fingertips but not past knee). Appropriate shorts should be worn underneath for modesty. From October 15-April 15 tights or leggings must be worn underneath. Socks need to be worn with leggings.

Shoes: All shoes must have backstrap or closed heel. No flip flops. Tennis shoes must be worn on Physical Education days. Boots or alternative shoes must be available for wear during recess time.

Belts: Optional. Must be worn through appropriate pant loops. Cannot be worn over a shirt or sweater.

Hats: No hats of any kind may be worn, including bandanas.

Out of Uniform Days/Field trips: Certain days will be deemed relaxed uniform days. The school will specify the requirements as needed.

Special Services

The service of a psychologist, school nurse, social worker, speech therapist and diagnostic testing for learning disabilities are available through AEA 11/Heartland AEA. Requests for these services are made by parents/guardians, or by teachers in agreement with parents and the school principal through the Child Support Team at school. All parental rights are strictly maintained.

When your child has been referred for special education services, federal and state laws give you certain rights. Some of these are:

1. The right to be contacted and told what the school plans to do about your child's educational program. This must be done before your child is tested or placed in a program.
2. You have the right to consent. This means the school must have your permission prior to placing your child in a special education program.
3. The right to a full evaluation of your child's needs. If you don't agree with the school's findings you may request an outside evaluation.
4. The right to see your child's records kept at school.
5. The right to privacy of information. With a few exceptions, no one may see your child's record without your permission, given in writing. Exceptions are people such as your child's teacher, or other school officials engaged in planning your child's educational program.
6. The right, as much as possible, to have your child in classes with children who are not in special education programs.
7. The right to be involved in the development of your child's IEP (individualized education plan).
8. The right to have someone present to help you in the development of your child's IEP. This could be another parent, a teacher, a lawyer, or an advocate.
9. The right to appeal decisions made by the school regarding your child's diagnosis or placement.

If you desire additional information, please contact your child's principal.

Student Visitors

Students who request to have a visitor attend school with them should:

1. Receive permission from the principal and inform their teachers at least one day in advance.
2. On the day of the visit, a pass must be issued and signed by the school office. This pass must be shown to each teacher before class begins and the visitor is introduced to the teacher.
3. Students having guests are responsible for that person's conduct. Visitors are expected to abide by all school regulations and conduct themselves properly. Visitors must dress appropriately and in good taste.

Substance Abuse Education

A substance education program is one component of the guidance program. It includes basic student education reinforcing activities/events, family education through parent meetings and information sent home, and utilization of appropriate community agencies.

Technology

It is the policy of educational programs governed by the Archdiocesan Catholic School Board to require the ethical use of the internet and related technologies by all employees, volunteers and students. (ACSB Policy #2511, ACSB Policy #5144.3) Access privileges may be revoked, school disciplinary action may be taken, and/or appropriate legal action taken for any violations that are unethical and may constitute a criminal offense.

Visiting Classes

Parents/guardians are welcome to visit school, as we welcome your interest and support. Duration is determined based on need in coordination with the principal. Please contact the school office to request a visit.

Volunteers

Volunteers are an integral part of our school program. Volunteers provide valuable support to classroom teachers, students, and the school as a whole. Regular volunteers must take safe environment training and have a background check. For more information on volunteering, please contact the school office.

V. Communication

Absence

Regular attendance is a key factor in the success of schoolwork. The value of the work missed is difficult to make up through out-of-class work.

Parents/guardians are required to communicate with the school the day a student will be absent, along with the reason for the absence. If a student will be absent for an extended time, parents/guardians should inform the school office as soon as possible.

Appointments are best made for after school hours or on non school days. A student who must, as an exception, be excused for an appointment should follow the local procedure included below. Parents/guardians are required to communicate with the school anytime a student needs to leave school before the usual dismissal time. No child is released unless the school office knows the reason for the release and the person to whom the child is released. The school accepts no responsibility for any child who leaves without the proper permission.

The school office approves the dismissal of students who are ill. Parents/guardians are notified when the illness is detected and must make arrangements for pick up of the child in a reasonable amount of time.

Dual Parent Reporting- Divorced/Separated Parents

According to ACSB Policy #5124, in the case of a student whose parents' marriage has been dissolved or a separation of a parent from the home, the name and address of both parents should be on file.

Information made available to parents of any student in attendance at St. Cecilia Catholic School (i.e. notices of school functions, progress reports, newsletters etc.) will be made available to both parents, unless otherwise decreed by a court order.

Letters of support for use in legal situations are not given. The school seeks to work in partnership with parents and does not take sides in private matters. If there is a need for school employee testimony, a subpoena must be served.

Complaints

The following policies of the Archdiocesan Catholic School Board (ACSB) should be followed when dealing with complaints. Copies can be obtained from the Administrator, school board chairperson, or the Office of Catholic Schools:

- Instructional Materials and Activities, ACSB Policy #1312
- Complaints Against Teacher, ACSB Policy #4119.4g
- Complaints Against Administrator, ACSB Policy #4119.4h
- Complaints Against Board Members, ACSB Policy #8252

Early Dismissals, School Closings, and Late Start Procedures

St. Cecilia Catholic School follows the Ames School District regarding school closings due to inclement weather. However, based on local conditions, St. Cecilia Catholic School may elect to close due to bad weather. Listen to 640 AM, 1040 AM, 1430 AM, and 1590 AM radio stations or TV channels WOI, KCCI, KDMI, KD SM, and WHO for official announcements.

Notifications will also be sent in an email, posted on Facebook, posted on Remind, and on the electronic sign.

Parent/School Communications

Adequate and clear communication between school and home is essential for the success of the children. A partnership is essential for the success of students within our educational environment; two-way communication is necessary to facilitate this collaboration.

Parents/guardians should feel free to call or email teachers about student progress or other situations of concern. Additionally, staff will reach out to families as needed throughout the school year. Staff will operate within local policy regarding response times, typically not to exceed 2 working days.

Parent-Student-Teacher Conferences

Individual conferences are held twice a year. Either parents/guardians or teachers can schedule other conferences as the need is recognized. Students are invited and encouraged to attend these conferences.

Progress Reporting

The purpose of progress reporting is to communicate a student's learning growth. Effective communication is best established through parent-student-teacher conferences, appropriate communication, and quality progress reporting.

Progress reports are sent twice a year, at the end of each semester. Progress reports are based on the priority learning standards from the Iowa Academic Standards.

Student Privacy Act

In conformity with the Student Privacy Act and ACSB Policy #5125, St. Cecilia Catholic School does not send out student/graduate information to outside unauthorized organizations without written authorization of the student/graduate.

Student Records

A permanent record of each student is kept on file at school in accord with ACSB Policy #5125. These records are available to be reviewed by parents/guardians and students by making a request to the

school office. Copies are only given when it is not possible for a parent/guardian to review the records in person due to special circumstances. Records will be shared when lawfully requested by a subpoena.

VI. Diversity

Diversity recognizes the difference between people and includes different factors, such as religion, political orientation, age, race, ethnicity, language, socio-economic status, intellectual ability, sexual orientation, gender identity, and family structure. Our Catholic faith inspires us to respect all people, regardless of their differences. Therefore, we respond by making strong efforts to promote a climate rich in respect, equality, diversity, and inclusion that aligns with Catholic teaching.

Students in our school will be taught about respecting diversity in light of Catholic social teaching and other teachings of the Church. Our school desires a strong partnership with parents/guardians to help teach these lessons to children.

VII. Discipline Code

Discipline is the responsibility of each individual student. It has the twofold purpose of providing for the common good and the individual good. Discipline helps all students contribute to a climate for learning and living. Schools establish rules and regulations in keeping with Catholic principles and values. Students need the consistent support and guidance of administrators and teachers who aid them by setting consistent direction and limits in accord with the established rules and regulations.

Guidelines are prepared and set by teachers in their classrooms in agreement with the whole school policies and procedures. To assure adequate development and concern for each student, frequent two-way communication between teachers and parents/guardians is encouraged. All procedures are based on the premises that parents/guardians and teachers must work together and support each other's efforts.

The knowledge of the rules and expectations are the responsibility and obligation of each St. Cecilia Catholic student. Neither ignorance nor lack of understanding of the rules will release a student or parent/guardian from responsibility to follow them. All Archdiocesan policies, State of Iowa education laws, and school rules as they apply to St. Cecilia Catholic School, are to be respected and followed. Misbehavior or rule breaking of any kind can disrupt the learning environment. Teachers and staff will address misbehavior regularly and consistently. It is expected that children will need reminders and discussion to mold their behavior. When misbehavior is a pattern, parents/guardians will be notified.

Severe misbehavior that seriously disrupts the learning environment, possibly threatens the well being of staff members or other students, demonstrates defiance, or breaks the law must be sent to the office.

Unacceptable student behaviors include, but are not limited to:

1. Use of drugs, alcohol, tobacco
2. Personal injury (bullying, fighting, calling names)
3. Refusal to comply with a direct teacher command
4. Inappropriate bus behavior
5. Possession of a dangerous weapon
6. Truancy
7. Repeated tardiness
8. Repetitive unacceptable classroom behavior
9. Habitual late/incomplete assignments
10. Vandalism

11. Bullying/Harassment

Consequences include, but are not limited to:

- Apology
- Detention
- Discussion with a staff member
- Office visit
- Loss of privileges
- Parent meeting
- Removal from activity/event
- In-school suspension
- Suspension from school for a definite time
- Suspension from school for an indefinite period of time
- Probation

All consequences shall be carried out according to the ACSB Policy #5144.1.

The Catholic School Board of St. Cecilia's Parish is committed to creating and maintaining an atmosphere of respect and dignity for all persons within our educational community. To accomplish this, the Catholic School Board has approved the following guidelines to ensure that our educational environment will meet the needs of our students, staff, and families and function in an atmosphere that affirms our Catholic faith.

For Students:

- Treat everyone with respect and participate in a positive learning environment.
- Attend classes/sessions on a regular basis and abide by the rules of the program.
- Respect everyone's right to a safe environment, personal privacy, and personal property.

For Staff:

- Create a safe, nurturing, positive learning environment for all students.
- Maximize the educational achievement of all students in a positive manner.
- Respect the privacy of all students and their families
- Model and teach appropriate behavior.

For Parents/Guardians:

- Support the educational development of all children.
- Respect the privacy of all students and their families.
- Deal with any educational concerns in a respectful and dignified manner.

Failure to respect and comply with this Code of Conduct will be brought to the attention of the Catholic School Board and disciplinary action may be taken at the discretion of the Board.

Bullying/Harassment

It is the policy of the Archdiocesan Catholic School Board and St. Cecilia Catholic School to maintain a learning environment that is free from any type of bullying/harassment. No student associated with the educational programs governed by the Archdiocesan Catholic School Board shall be subjected to any type of harassment/bullying while on school/parish property, at any school/parish function, or at a school/parish sponsored activity regardless of location. It is a violation of policy for any school employee, volunteer or student to harass/bully a student through conduct or communications as defined below.

“Harassment” and “bullying” shall be construed to mean any electronic, written, verbal, or physical act or conduct toward a student which is based on any actual or perceived trait or characteristic of the student and which creates an objectively hostile school environment that meets one or more of the following conditions:

1. places the student in reasonable fear of harm to the student's person or property,
2. has a substantially detrimental effect on the student's physical or mental health,
3. has the effect of substantially interfering with a student's academic performance,
4. has the effect of substantially interfering with the student's ability to participate in or benefit from the services, activities, or privileges provided by the educational program.

It includes, but is not limited to:

1. epithets, slurs, negative stereotyping, or threatening, intimidating, or hostile acts;
2. written or graphic material that denigrates or shows hostility or aversion toward an individual or group that is circulated within or placed on walls, bulletin boards, or elsewhere on premises where the educational program operates; and
3. name-calling, sarcasm, spreading rumors, excessive teasing and hazing.

“Trait or characteristic of the student” includes, but is not limited to age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status or familial status.

“Electronic” means any communication involving the transmission of information by wire, radio, optical cable, electromagnetic, or other similar means. “Electronic” includes but is not limited to communication via electronic mail, internet-based communications, pager service, cell phones, and electronic text messaging.

The standard for determining whether verbal or physical conduct is sufficiently severe or pervasive to create a hostile or abusive environment is whether a reasonable student in the same or similar circumstances would find the conduct intimidating, hostile or abusive. It is not necessary to show that the victim was psychologically harmed.

Any school employee, volunteer, parent, guardian or student who witnesses or becomes aware of conduct in violation of this policy should file a complaint in writing directly to the administrator or the Archdiocesan Office of Catholic Schools. The complaint shall describe the perceived violation, name the perpetrator and the victim, and identify any potential witnesses to the incident.

Consequences will be given based on the outcome of the investigation. Administrator discretion can be used when determining consequences. Determination of expulsion is handled on a case-by-case basis.

This policy is in compliance with Iowa Code Chapter 216 and 280.12(2)(f) and ACSB Policy #2515.1, #2515.11, #5144.3.

Corporal Punishment, Restraint, and Physical Confinement and Detention

State law forbids school employees from using corporal punishment against any student. Certain actions by school employees are not considered corporal punishment. Additionally, school employees may use “reasonable and necessary force, not designed or intended to cause pain” to do certain things, such as prevent harm to persons or property.

State law also limits school employees’ abilities to restrain or confine and detain any student. The law limits why, how, where, and for how long a school employee may restrain or confine and detain a child. If a child is restrained or confined and detained, the school must maintain documentation and must provide certain types of notice to the child’s parent/guardian.

Fire Security

Any student handling or discharging a fire extinguisher at any time other than in an emergency will be fined \$200.00 and could face further disciplinary action.

Any student handling or engaging a fire alarm will face disciplinary action. If the action results in the need for emergency personnel to arrive at any time other than in an emergency, the student will be fined at the cost of the emergency visit.

Physical Aggression/Assault

Physical aggression is the intentional behavior that causes or threatens physical harm to another. This can include, but is not limited to hitting, pushing, kicking, biting, and the destruction of property. Throughout the investigative process it is important for administration to understand the motive and intent behind the physical aggression/assault, specifically if it was on the basis of religion, political orientation, sexual orientation, gender identity, age, race, ethnicity, language, socio-economic status, and family structure. The use of physical aggression on school property will result in the following consequences being assessed.

In situations where this event occurs and students are of the learning age, the structure of this tier plan is below. Note, this tier plan spans the length of the school year.

1st offense: One-on-one student meeting and parent contact and diversity teaching, if appropriate

2nd offense: Time in the office with loss of privilege and parent meeting

3rd offense: In-school suspension

4th offense: Out-of-school suspension or further interventions determined on a case by case basis

In situations where this event occurs and students are of age of reason, the structure of this tier plan is below. Note, this tier plan spans the length of the school year.

1st offense: In-school suspension and parent meeting and diversity training, if appropriate

2nd+ offense: Out-of-school suspension or further interventions determined on a case by case basis

Administrator discretion can be used when determining consequences. Determination of expulsion is handled on a case-by-case basis.

Racial Slurs

The use of words that can be referred to as racial slurs are not permitted and will result in the following consequences. Specifically defined, this category can be described as any offensive or obscene language or gesture that shows disrespect to staff and/or students on the basis of religion, political orientation, sexual orientation, gender identity, age, race, ethnicity, language, socio-economic status, and family structure. The structure of this tier spans the length of the school year.

In situations where this event occurs and students are of the learning age, the structure of this tier plan is below. Note, this tier plan spans the length of the school year.

1st offense: Warning with corrected behavior and parent notification by the staff member/administration

2nd offense: Student is sent to office for parent phone call and correction of behavior

3rd offense: In-school suspension and parent meeting

4th offense: Out-of-school suspension

5th offense: Further interventions determined on a case by case basis

In situations where this event occurs and students are of age of reason, the structure of this tier plan is below. Note, this tier plan spans the length of the school year.

1st offense: Student is sent to office for parent phone call and correction of behavior

2nd offense: In-school suspension and parent meeting

3rd offense: Out-of-school suspension

4th offense: Further interventions determined on a case by case basis

Administrator discretion can be used when determining consequences. Determination of expulsion is handled on a case-by-case basis.

Search and Seizure

The presence of contraband on school property or on the person of a student attending school or a school activity is not consistent with the environment of St. Cecilia Catholic School. ACSB Policy #5145.2 refers to the rules relating to periodic search of students and/or to protected student areas.

Contraband includes substances or items which, if found on school property, violate the law and school regulations, or are detrimental to an orderly environment at school. Contraband includes, but is not limited to drugs, narcotics, tobacco, liquor, vaping devices, weapons, and stolen property. It consists of substances or items which may cause a substantial disruption of the school environment and/or which present a threat to the health and safety of the students and staff.

Stealing

Stealing violates the commandments of our faith. If stealing occurs, the following consequences will be assessed. The structure of this tier spans the length of the school year.

1st offense: Warning with corrected behavior and parent notification by the staff member

2nd offense: Student is sent to office for parent phone call and correction of behavior

3rd offense: Time in the office with loss of privilege and parent meeting

4th offense: In-school suspension

5th offense: Out-of-school suspension or further interventions determined on a case by case basis

Swearing/Profanity/Name Calling

The use of words that can be categorized as swearing, profanity, or name calling are not permitted and will result in the following consequences being assessed. This category can be described as any offensive or obscene language or gesture that shows disrespect to staff and/or students. The structure of this tier spans the length of the school year.

1st offense: Warning with corrected behavior and parent notification by the staff member

2nd offense: Student is sent to office for parent phone call and correction of behavior

3rd offense: Time in the office with loss of privilege and parent meeting

4th offense: In-school suspension

5th offense: Out-of-school suspension or further interventions determined on a case by case basis

Tobacco, Drinking, Vaping, Use of Non Prescribed or Illegal Drugs

Students are not to use, possess, sell, or be under the influence of non-prescribed or illegal drugs, beer, or other intoxicating beverages on the school grounds at any time or while they are on a school sponsored activity off campus. The use or possession of tobacco or vaping devices or paraphernalia on the school grounds is prohibited.

These are matters of state law and cannot be permitted in the school, in the immediate school area, at school related activities, or on school buses. Student's possession of tobacco, all forms of non-FDA approved nicotine or drugs, vaping devices and/or alcoholic products in school or at school activities, results in confiscation and discipline. (See also ACSB Policy #5131.6, ACSB Policy #5131.61, ACSB Policy #5144 and/or ACSB Policy #5144.1 concerning Substance Abuse, Tobacco and Discipline).

Consequences will be given based on the outcome of the investigation. Administrator discretion can be used when determining consequences. Determination of expulsion is handled on a case-by-case basis.

Weapons and Dangerous Instruments

It is the policy of the St. Cecilia Catholic School Board that weapons and other dangerous objects are confiscated. Parents/guardians of students found in possession of a weapon or dangerous object (this includes a knife greater than 5 inches long) shall be notified. Confiscation of weapons or dangerous objects will be reported to law enforcement officials and the student will be subject to disciplinary action.

Students in possession of a firearm while on school property, or participating in any school-related activity away from school premises shall be expelled for not less than twelve months. Further reference can be found in ACSB Policy #5131.7a.

Consequences will be given based on the outcome of the investigation. Administrator discretion can be used when determining consequences. Determination of expulsion is handled on a case-by-case basis.

VIII. Extracurricular Activities

Activity options

Students have opportunities to participate in:

Creative Kids Club

Band

First Lego League

Activities

St. Cecilia Catholic School has activities that are provided within our building. This includes Creative Kids Club, Band, and First Lego League. Some of these programs may require an additional fee.

School work is the primary focus of student learning. Students may be academically ineligible for participation in extracurricular activities if school performance is in need of improvement. Students who display consistent behavior problems will be suspended from activity until the necessary improvement is shown.

Sportsmanship - At activities, students should treat opponents, spectators, and officials with Christian courtesy and respect. Students are not to lead cheers that interfere with the organized cheers of the cheerleaders of either team. We strive to be known for our good sportsmanship.

Sportsmanship - At activities, students should treat opponents, spectators, and officials with Christian courtesy and respect. Students are not to lead cheers that interfere with the organized cheers of the cheerleaders of either team. We strive to be known for our good sportsmanship.

Good Conduct Code

School sponsored or approved activities are an important part of the school program and offer students the opportunity to participate in a variety of activities not offered during the regular school day. School sponsored or approved activities are provided for the enjoyment and opportunity for involvement they afford the students.

Public Conduct on School Premises

Spectators are not allowed to interfere with students participating, other spectators, or with the performance of employees and officials supervising the school sponsored or approved activity. Spectators, like the student participants, are expected to display mature behavior and sportsmanship.

Therefore the following provisions are in effect:

- Abusive, verbal, or physical conduct by spectators directed toward participants, officials, sponsors, or at other spectators will not be tolerated.
- Verbal or physical conduct of spectators that interferes with the performance of students, officials, or sponsors will not be tolerated.
- The use of vulgar, obscene, or demeaning language directed at students, officials, or sponsors participating in a sponsored or approved activity or at other spectators will not be tolerated.

If a spectator at a sponsored or approved activity becomes physically or verbally abusive, uses vulgar, obscene, or demeaning language, or in any way impedes the performance of an activity, the individual in charge of the event may remove the spectator from the event. The administrator may recommend to the board the exclusion of the spectator from future sponsored or approved activities (ACSB Policy #1251).

IX. Health/Safety Issues

Abuse

In compliance with School Laws of Iowa and ACSB Policy #4116.30a any certified or licensed employee of St. Cecilia Catholic School who has a reasonable belief that a child under the age of 18 has been abused by a person responsible for the care of the child, as defined by law, shall report the suspected abuse verbally to Department of Human Services (DHS) within twenty-four hours and follow the verbal report with a written report on appropriate forms.

St. Cecilia Catholic School is committed to protecting all students from all types of abuse. If you believe that a student is suffering from any type of abuse, please contact the principal or the Superintendent of Schools, so that this can be reported to trained investigators. This policy is in compliance with Iowa Code 280.17, School Rules of Iowa 281-102.1— 15 (280), ACSB Policy #4116.30a & ACSB Policy #4116.30b.

Asbestos

Federal regulations and AFFC/ACSB Policy #7113, require us to inform you that there is no asbestos in the St. Cecilia Catholic School building.

Blood Borne Diseases

Children diagnosed as having any blood borne pathogen disease, or with laboratory evidence of infection with a blood borne pathogen associated virus (HTLV-III/LAV) and receiving medical attention may attend classes in an unrestricted educational setting in accordance with ACSB Policy #5141.2.

Chemical Right to Know Law

The Chemical Right to Know Law requires that all schools in the nation prepare a list of chemicals that are known to be present in their buildings and to maintain material safety data sheets (MSDS) on them. Chemicals are appropriately labeled, storage areas are to be posted for the hazardous chemicals, and employees that work with the chemicals are trained in the safe handling of these chemicals. If you want to know what chemicals are used in the school and where they are stored, please contact the school office.

Lead in the Drinking Water

During 1991 all schools of the Archdiocese were tested for lead in the drinking water. The test results indicated the lead levels were below the established safety levels. Based upon these results and the rules of the Iowa Department of Public Health no additional testing for lead needs to be done at this time.

Medication

Dispensing of prescription drugs will be administered by a nurse or staff member with training and with the written consent of parent(s). A physician's signed and dated authorization including the name of the student, physician, medication, dosage, and medication schedule must be given to the school on or with the original container. A record of each dose of medication administered will be documented in the student's health record. Students utilizing asthma or airway constricting prescription medication are allowed to administer their own dosage provided a completed consent form is on file in the school's office. Contraceptives will not be dispensed.

Dispensing of non-prescription drugs may occur, provided the parents have signed and dated an authorization identifying medication, dosage, and time interval to be administered. (ACSB Policy #5141)

Safety Drills

Unannounced drills are conducted at various times during the year in accordance with Iowa codes. Students are expected to leave in an orderly fashion, without talking, according to the directions of the teacher and return the same way. State law requires four tornado drills and four fire drills each year.

Smoking/Smoke Free Campus

St. Cecilia Catholic School has been designated a "Smoke Free Campus". At no time will smoking or the use of any tobacco or all forms of non-FDA approved nicotine, including vapes, be permitted within the building or anywhere on school grounds.

X. Services*B

Bus

Transportation is provided by the Ames public school district and through other arrangements. Rules established by these agencies are to be followed as though they were rules of St. Cecilia Catholic School. A student may be suspended from bus transportation for inappropriate conduct. Transporting students to school requires the cooperation of bus drivers, students, and parents to assure that high safety standards are maintained.

Food Service

Lunch is available through the school nutrition program.

Free and reduced-cost meals are available through the program. Applications are welcome anytime during the school year. For an application, please contact the St. Cecilia school office for more information. Applications are welcome anytime during the school year. The lunch tickets are the same as all other tickets.

Lockers

Lockers are to be kept clean and orderly. Valuables should not be placed in a student locker. Lockers are subject to inspection by the administration. Lockers are to be used only by the student to whom they have been assigned. If any damage is incurred during the year, the damage will be charged accordingly. Interior locker decorations must be in good taste representing school values.

Lost and Found

All students need to be taught to be responsible for their personal belongings. An effort is made to find the owners of articles of clothing, lunch boxes, play equipment, etc. Lost and found is available from the office in a box of found articles if parents wish to check it. Periodically, unclaimed items will be given to the needy.

School Supplies

A listing of school supplies recommended is provided in the spring/summer and available during fall registration days. This can also be found on the school website.

Textbooks/Devices/Supplies

Textbooks, devices, and academic supplies are provided to students. Undue wear, damage, or loss may require payment at the end of the school year.

Tuition Assistance

Tax Credits

Expenses incurred by parents may qualify for tuition tax credits as part of their Iowa income tax reporting. Information is distributed annually, usually at the end of the calendar year.

Tuition Grants: STO

No one should be denied a Catholic education because of financial need. Grants are available for those families who cannot pay their fees and/or tuition through the *Our Faith School Tuition Organization (STO)*. Families can apply for local financial assistance at any time during the school year by contacting the principal or bookkeeper. Applications for the following school year are available through the school office during Catholic Schools Week. Please ask the principal for further information. Confidentiality is maintained. (ACSB Policy #3240.1)

Education Savings Accounts (ESA)

Education Savings Accounts are available from the State of Iowa. Parents who reside in Iowa and choose to enroll their eligible children in an accredited nonpublic school will receive an amount equal to the per pupil funding allocated to public school districts for the same budget school year. Funds will be deposited into an education savings account (ESA) to be used for tuition, fees, and other qualified education expenses as specified in the legislation.

Student Tuition Organization (STO) and Educational Savings Accounts (ESA)

These two organizations allow families the best opportunity to receive the most assistance. It is encouraged that families complete both forms of assistance, if they qualify. Additionally, any funds left over in an ESA account can be used for future tuition costs and/or other eligible expenses.

ESA AND STO
A winning combination for families!

WHY APPLY FOR BOTH?

- Families can and should receive both forms of assistance!
- Applying for both gives your family the best chance at receiving the most assistance.
- Remaining funds in an ESA account can be used for future tuition costs.
- Remaining funds in an ESA account can be used for other eligible educational expenses.

ESA EDUCATION SAVINGS ACCOUNT

- Funded by the State of Iowa
- Administered by the State of Iowa
- Who qualifies? All families who reside in Iowa and complete the application by the deadline, even if they apply to the STO
- To apply: <https://iowa-households.withodyssey.com/login/>

STO SCHOOL TUITION ORGANIZATION

- Funded by Private Donors
- Administered by Our Faith STO
- Who qualifies? All Iowa residents at or below 400% of the Federal Poverty Guidelines who complete the application by the deadline, even if they apply for an ESA
- To apply: <https://online.factsmtg.com/aid>

Our Faith STO
A Catholic Education Organization

XI. Staff

School Staff listing

Professional Staff

All members of the St. Cecilia School teaching staff have graduated from an accredited college or university and have State of Iowa, Department of Education, Teacher's Licensure. Please refer to our Web site for a current listing of all employees. It can be accessed at the following address; It can be accessed at the following address; <https://school.stceciliaparish.org/meet-the-staff>

Volunteer Aides

Volunteer Aides are an integral part of our learning program. These aides are necessary to enable the teacher to work with small groups of students, take care of clerical duties, and a wide variety of tasks related to instruction. It is our goal to involve volunteer service to the school. A short training session will be provided for those who are volunteering for the first time. They are required to sign an acknowledgment form indicating that they have received and read all Archdiocesan required notifications and to also authorize a criminal background check.

Teacher Associates

Associates are an integral part of our learning program. Associates are necessary to enable the teacher to work with small groups of students, take care of clerical duties, and a wide variety of tasks related to instruction. It can be accessed at the following address; <https://school.stceciliaparish.org/meet-the-staff>

Administrative Office

If there is a regulation that is not understood, call the school office (515)232-5290. The principal will gladly explain the educational philosophy that prompted the policy. Any policy formed has sound educational theory behind it, is in accord with state regulations and the Archdiocesan handbook, and has been discussed by the Catholic School Board, principal, and pastor. Every effort has been made to do what is best for the students. It can be accessed at the following address; <https://school.stceciliaparish.org/handbooks>

XII. Practices, Prayers, and Beliefs

The Archdiocese of Dubuque has developed standards and grade level expectations for Catholic school religion courses, including prayers, practices, and beliefs. Prayers in Spanish are listed [here](#). Some prayers in French are listed [here](#).

Prayers

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Our Father/The Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be world without end. Amen. (Traditional wording)

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen. (Found in the Liturgy of the Hours)

Angel of God

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Grace Before a Meal

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.

Grace After a Meal

We give thee thanks, for all thy benefits, Almighty God, who live and reign forever. Amen.

Morning Prayer (younger children)

God, my Father, I give you today all that I think and do and say. I'll work hard and study, have fun and pray. Jesus be with me all through the day. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen. (Alternate version from the Rite of Penance)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen. (Traditional version)

Jesus Prayer

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Confiteor

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault; therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with

the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

The Rosary

How to Pray the Rosary:

Make the Sign of the Cross.

Holding the Crucifix, say the Apostles' Creed.

On the first bead, say an Our Father.

Say three Hail Marys on each of the next three beads. Say the Glory Be.

Go to the main part of the rosary. For each of the five decades, announce the Mystery, then say the Our Father. While fingering each of the ten beads of the decade, say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group or decades is said.

After five decades, say the Hail, Holy Queen.

Mysteries of the Rosary

Joyful Mysteries (recited Monday and Saturday)

The Annunciation

The Visitation

The Nativity (birth of Jesus)

The Presentation

The Finding in the Temple

Mysteries of Light or Luminous (recited Thursday)

The Baptism of Jesus

The Wedding Feast of Cana

The Proclamation of the Kingdom, with the call to Conversion

The Transfiguration

The Institution of the Eucharist

Sorrowful Mysteries (recited Tuesday and Friday)

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

Glorious Mysteries (recited Wednesday and Sunday)

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Crowning of Mary Queen of Heaven and Earth

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O holy Mother of God. R. That we may be made worthy of the promises of Christ our Lord.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Angelus

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary

V. Behold the handmaid of the Lord.

R. Be it done to me according to thy word. Hail, Mary

V. And the Word was made flesh,

R. And dwelt among us. Hail, Mary

V. Pray for us, O holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

Mary's Prayer (Magnificat)

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Come, Holy Spirit (Prayer to the Holy Spirit)

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you shall renew the face of the earth.

Let us pray: O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen.

Prayer of St. Francis/Prayer for Peace

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

Grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love;

for it is in giving that we receive,

it is in pardoning that we are pardoned,

And it is in dying that we are born to eternal life.

Psalm 23

The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side. With your rod and staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with

oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come.

Additional Prayers

Vocation Prayer (Archdiocese of Dubuque)

Lord Jesus, life is Your gift to us.
Through Baptism You invite us to
share the gift of our lives in service to others.
Give us the courage and generosity
to respond to Your call.
Through the Eucharist You fill us with Your
life-giving presence and strengthen us in holiness.
Give us the grace to make our efforts in Your service
fruitful in Your kingdom.
Through Confirmation You seal us
with the gifts of the Holy Spirit and send us forth.
Give us the strength to proclaim Your Word
and make known Your Will to all the world.
Open our hearts to Your service and
move the hearts of men and women to follow You as
Priests, Deacons, Sisters and Brothers.
Help parents, grandparents and teachers to share their
Catholic faith and to encourage our young people
to explore religious vocations.
Guide all people, Lord, in Your ways
of compassion, truth, and peace,
that we may find joy
in fulfilling our vocation. Amen.

Prayer of Discernment

Lord, God, we know that by baptism and the gift of the Holy Spirit, you reign in our lives, and you call us to holiness and truth. Renew us that we might be all that you want us to be, so that we live in accord with your desires. We strive to be attentive to your promptings. Help us do what is right. Grant us the gift of knowledge, to be informed; the gift of wisdom, to use our experience; the gift of understanding, to learn from one another; the gift of right judgment, to make good decisions; the gift of courage, to enact what we decide; the gift of faith, to trust You. We ask this in the power of your Spirit, and in the name of Jesus, our Lord. Amen.

Beliefs and Practices

Formulas of Catholic Doctrine

Beatitudes (Matthew 5:3-12)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the land.
Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart (or pure of heart), for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness (or righteousness' sake), for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

Communion Regulations

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently.

In order to be properly disposed to receive Communion, participants should be conscious of no grave sin and normally should have fasted for one hour.

A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (CIC, can. 916).

A frequent reception of the Sacrament of Penance is encouraged for all

Communion Fast

We are expected to fast from food or drink for at least one hour prior to the reception of Holy Communion.

Four Gospels

Matthew, Mark, Luke, and John

Holy Days of Obligation

**Note: On these days, there is an obligation to attend Mass and to refrain from servile work as much as possible.*

Mary Mother of God - January 1

Ascension of the Lord - 40 days after Easter or the following Sunday (celebrated on the 7th Sunday of Easter in the Archdiocese of Dubuque)

The Assumption of Mary - August 15

All Saints Day - November 1

The Immaculate Conception of Mary - December 8

Nativity of our Lord or Christmas - December 25

Liturgical Year

Advent-Christmas Season (Christmas day until Sunday after Epiphany)

Ordinary Time

Lent (Ash Wednesday until Holy Saturday)

Easter Season (Easter Sunday until Pentecost, 50 days after Easter)

Ordinary Time

Parts of the Mass

Introductory Rites

Gathering Song

Greeting

Penitential Rite (or blessing and sprinkling with holy water)
Glory to God
Opening Prayer

Liturgy of the Word

First Reading (usually from the Old Testament)
Responsorial Psalm
Second Reading (usually from one of the letters of the New Testament)
Gospel Acclamation
Gospel
Homily (an explanation of the readings)
Profession of Faith (Creed)
General Intercessions (Prayers of the Faithful)

Liturgy of the Eucharist

Preparation and presentation of the gifts
Prayer over gifts
Preface
Holy, Holy, Holy Lord
Eucharistic Prayer (during this prayer the bread and wine become the Body and Blood of Jesus)
The Great Amen

Communion Rite

The Lord's Prayer
Sign of Peace
Breaking of the Bread
Lamb of God
Reception of Communion
Prayer after Communion

Concluding Rite

Blessing
Dismissal

Regulations for Fast and Abstinence

Fasting is refraining from food or drink to some degree.

Abstinence is refraining from eating meat.

In the United States, Ash Wednesday and Good Friday are days of fast and abstinence, and all Fridays of Lent are days of abstinence.

The obligation to abstain from meat binds all Catholics 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of a day, binds Catholics from the ages of 21 to 59.

Seven Sacraments

Sacraments of Initiation: Baptism, Confirmation, Eucharist

Sacraments of Healing: Penance and Reconciliation; Anointing of the Sick
Sacraments at the Service of Communion: Holy Orders and Matrimony (Marriage)

The Four Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

The Four Last Things

- | | |
|------------|----------|
| ● Death | ● Hell |
| ● Judgment | ● Heaven |

The Fruits of the Holy Spirit

- | | |
|----------|--------------|
| Charity | Generosity |
| Joy | Gentleness |
| Peace | Faithfulness |
| Patience | Modesty |
| Kindness | Self-control |
| Goodness | Chastity |

The Gifts of the Holy Spirit

- Wisdom
- Understanding
- Counsel (Right Judgment)
- Fortitude (Courage)
- Knowledge
- Piety (Reverence)
- Fear of the Lord (Wonder and Awe in God's Presence)

The Golden Rule (cf. Mt 7:12)

Do unto others as you would have them do to you.

The Five Precepts of the Church

- You shall attend Mass on Sundays and holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
- You shall confess your sins at least once a year.
- You shall receive the sacrament of the Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence established by the Church.
- You shall help to provide for the needs of the Church.

The Seven Capital Sins

- | | |
|---------|----------------|
| ● Pride | ● Covetousness |
|---------|----------------|

- Lust
- Anger
- Gluttony

- Envy
- Sloth

The Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the third time
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

The Ten Commandments

1. I, The Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet neighbor's goods.

The Three Theological Virtues

- Faith
- Hope
- Charity

The Two Commandments of Love

- You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.
- You shall love your neighbor as yourself. (Matthew 22:37-39)

Works of Mercy

The Seven Corporal Works of Mercy

- Feed the hungry.

- Give drink to the thirsty.
- Clothe the naked.
- Shelter the homeless.
- Visit the sick.
- Visit the imprisoned.
- Bury the dead.

The Seven Spiritual Works of Mercy

- Counsel the doubtful.
- Instruct the ignorant.
- Admonish sinners.
- Comfort the afflicted.
- Forgive offenses.
- Bear wrongs patiently.
- Pray for the living and the dead

Prayers, Beliefs and Practices by Grade Level

Grade Level	Prayers	New Prayers, Beliefs and Practices introduced at this level are:
Kindergarten	● Sign of the Cross ● Grace Before a Meal ● Our Father/The Lord's Prayer ● Hail Mary	
1st Grade	● Sign of the Cross ● Grace Before a Meal ● Our Father/The Lord's Prayer ● Hail Mary	● Grace After a Meal ● Glory Be ● Morning Prayer ● Angel of God
2nd Grade	● Sign of the Cross ● Grace Before/After a Meal ● Our Father/The Lord's Prayer ● Hail Mary ● Glory Be ● Morning Prayer ● Angel of God	● Act of Contrition ● Communion Fast ● Communion Regulations ● The Ten Commandments
3rd Grade	● Sign of the Cross ● Grace Before/After a Meal ● Our Father/The Lord's Prayer ● Hail Mary ● Glory Be ● Morning Prayer ● Angel of God ● Act of Contrition	● Apostles' Creed ● The Rosary ● The Two Commandments of Love ● Liturgical Year

	• Communion Fast • Communion Regulations • The Ten Commandments	
4th Grade	• Sign of the Cross • Grace Before/After a Meal • Our Father/The Lord's Prayer • Hail Mary • Glory Be • Morning Prayer • Angel of God • Act of Contrition • Communion Fast • Communion Regulations • The Ten Commandments • Apostles' Creed • The Rosary • The Two Commandments of Love • Liturgical Year	• Jesus Prayer • Act of Faith • Act of Hope • Act of Love • Seven Sacraments • Beatitudes • Mysteries of the Rosary
5th Grade	• Sign of the Cross • Grace Before/After a Meal • Our Father/The Lord's Prayer • Hail Mary • Glory Be • Morning Prayer • Angel of God • Act of Contrition • Communion Fast • Communion Regulations • The Ten Commandments • Apostles' Creed • The Rosary • The Two Commandments of Love • Liturgical Year • Jesus Prayer • Act of Faith • Act of Hope • Act of Love • Seven Sacraments • Beatitudes • Mysteries of the Rosary	• The Stations of the Cross • Morning Offering • Memorare • Hail Holy Queen • The Five Precepts of the Church • Parts of the Mass
6th Grade	• Sign of the Cross • Grace Before/After a Meal • Our Father/The Lord's Prayer • Hail Mary • Glory Be • Morning Prayer • Angel of God • Act of Contrition • Communion Fast • Communion Regulations • The Ten Commandments • Apostles' Creed • The Rosary • The Two Commandments of Love • Liturgical Year	• The Seven Corporal Works of Mercy • The Seven Spiritual Works of Mercy • The Fruits of the Holy Spirit • The Gifts of the Holy Spirit • Four Gospels • The Golden Rule • Holy Days of Obligation

	• Jesus Prayer • Act of Faith • Act of Hope • Act of Love • Seven Sacraments • Beatitudes • Mysteries of the Rosary • The Stations of the Cross • Morning Offering • Memorare • Hail Holy Queen • The Five Precepts of the Church • Parts of the Mass	
7th Grade	• Sign of the Cross • Grace Before/After a Meal • Our Father/The Lord's Prayer • Hail Mary • Glory Be • Morning Prayer • Angel of God • Act of Contrition • Communion Fast • Communion Regulations • The Ten Commandments • Apostles' Creed • The Rosary • The Two Commandments of Love • Liturgical Year • Jesus Prayer • Act of Faith • Act of Hope • Act of Love • Seven Sacraments • Beatitudes • Mysteries of the Rosary • The Stations of the Cross • Morning Offering • Memorare • Hail Holy Queen • The Five Precepts of the Church • Parts of the Mass • The Seven Corporal Works of Mercy • The Seven Spiritual Works of Mercy • The Fruits of the Holy Spirit • The Gifts of the Holy Spirit • Four Gospels • The Golden Rule	• Nicene Creed • Come, Holy Spirit (Prayer to the Holy Spirit) • Angelus
8th Grade	• Sign of the Cross • Our Father/The Lord's Prayer • Hail Mary • Grace Before/After a Meal • Glory Be • Angel of God • Act of Contrition • Communion Fast	• Prayer of St. Francis • Mary's Prayer (Magnificat) • Psalm 23 • Confiteor • The Seven Capital Sins • The Four Last Things

	● Communion Regulations ● The Ten Commandments ● Apostles' Creed ● The Rosary ● The Two Commandments of Love ● Liturgical Year ● Jesus Prayer ● Act of Faith ● Act of Hope ● Act of Love ● Seven Sacraments ● Beatitudes ● Mysteries of the Rosary ● The Stations of the Cross ● Morning Offering ● Memorare ● Hail Holy Queen ● The Five Precepts of the Church ● Parts of the Mass ● The Seven Corporal Works of Mercy ● The Seven Spiritual Works of Mercy ● The Fruits of the Holy Spirit ● The Gifts of the Holy Spirit ● Four Gospels ● The Golden Rule ● Nicene Creed ● Come, Holy Spirit (Prayer to the Holy Spirit) ● Angelus ● Holy Days of Obligation ● Regulations for Fast and Abstinence ● The Three Theological Virtues ● The Four Cardinal Virtues	
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