

Immaculate Conception † St. Joseph School Newsletter

www.boscocatholic.org

January 5, 2023

With support from families, we respect and encourage students to reach their potential **Spiritually** by developing a strong relationship with Jesus and knowledge of His church, **Academically** by igniting learning, leadership and life skills, **Physically** by learning about and living healthy habits and **Socially** by becoming active members of the community who serve others as stewards of the Gospel so they are the light of Christ in the world.

Parent Conference Survey

The Archdiocese of Dubuque would like to develop a Conference for Parents in the Fall of 2023. The purpose of the conference would be to support you and offer assistance with the challenging aspects of parenting. As the ideas for a possible conference are being explored, we would like feedback about how such an event could be structured as well as your interest in attending. Please complete [this form](#) to share your thoughts and ideas. Thank you!

Children's Liturgy Sunday, January 8

The Liturgy of the Word for children will cover the Sunday Gospel at a level children can understand and enjoy. We strengthen this with discussion, prayers, activities and end with a light snack. Our Children's Liturgy Program is for children ages 3 to 6. This takes place the second Sunday of every month. Children may be dropped off at St. Mary Center 15 minutes before the 10:00 Mass at Immaculate Conception Church.

IC Youth Choir

Students in grades 3-12 are invited and encouraged to sing with the youth choir at 10:00am IC Masses on January 15 & 22.

Attendance Reminder

If you email a teacher about an absence or leaving early, please include the office. Attendance must be recorded in the office. For K-8 students - cberry@boscocatholic.org or 319-296-1089. For preschool students - tweber@boscocatholic.org or 319-233-5980.

Second quarter/first semester ends Friday, Jan. 13.

Please review the flyer below from Father Diehm about the 31 Days of Gratitude Challenge.

No Waterloo buses Friday, January 13.

From Ms. Johnson...

The third grade class has chosen The Cedar Bend Humane Society as our service learning project. So far, we have donated toys and supplies from the agency's donation trees which were located at Scratch Cupcakes at the Cedar Falls and Waterloo locations. Next, we are also going to be making tie-fleece blankets for the animals' kennels.

We had Felicia Arias, who is the Outreach Coordinator, come and give us a presentation. She showed us a video of their facility and their cute animals who are up for adoption. We are excited to start making the blankets so that the animals will be warm and cozy, while they are waiting for their new adoptive families.



Nurse's Notes

Wash your hands! Handwashing has been proven to reduce the number of illnesses. This is reported by the Center for Disease Control. We carry millions of germs on our hands and they can live there for up to 3 hours. Think of how many times you touch things; your phone, your computer, counter tops, sinks, and your face! Wash hands for 20 seconds using soap. Wet your hands, apply soap, scrub for 20 seconds which should include between your fingers and around your fingernails, rinse and then dry your hands well with a paper towel. Use the paper towel to shut off the water. Keep your hands away from your face. Wash your hands before you eat and after blowing your nose or coughing and sneezing. Germs are not for sharing. Wash your hands. Marianne Hickey RN



Please send all newsletter articles to icsnewsletter@boscocatholic.org
by 3:00pm on Wednesday, January 11.



[Powerful Tools for Caregivers](#) is a six-week evidence-based workshop that teaches strategies for taking better care of yourself while you are caring for a child with special health or behavior needs. By taking care of your own physical, emotional, and financial needs, you are better equipped to care for your child.

See flyer below.

What participants are saying:

- I learned that you don't have to go it alone. It's OK to ask for help.
- I wasn't taking care of myself—but I am now. I finally see how important that is.
- We never stop being parents. Like parenting, caregiving is easier when you're better prepared to face the challenges that arise.

If a financial scholarship is needed, please use coupon code: notalone.

Register for the course at <https://go.iastate.edu/BBHZAV>

We also have a Telehealth PTC of adults with chronic conditions available (examples: spouse caring for a spouse with Parkinson's or adult child caring for a parent with Alzheimer's) if you know someone that would benefit - <https://go.iastate.edu/AC50NC>

From the Counselor: **Ms. Kallie**
K-8 School Counselor

SELF-CARE AND MENTAL HEALTH FOR KIDS

Share your own feelings to encourage self-awareness

Encourage your child to focus on the moment

Practice good self-care for yourself to set the standard

Focus on articulating feelings
"I am angry"
"I am sad"

HELPFUL TIPS

- Keep a structure as much as possible
- Validate their feelings and help them find ways to manage their own feelings
- Don't take their emotions personally
- Give them a chance to calm down before discussing consequences or apologies
- Limit their media time

Encourage journaling and diaries



Powerful Tools FOR Caregivers

of children with special health
and behavioral needs

Feeling stretched caring for a family member or friend?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you **reduce stress, solve problems, and communicate confidently** when faced with tough decisions.

Everyone benefits when you take care of yourself...



start here!

Dates

Thursdays starting February 2, 2023

Time

9:30 AM to 11:30 AM Central

Location

Telehealth via Zoom

Cost

\$40 Scholarships available if needed

Registration

<https://go.iastate.edu/BBHZAV>

Questions?

Malisa Rader

mrader@iastate.edu | 515-708-0622

www.extension.iastate.edu/humansciences/ptc

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 136 December 2021

31 Days of Gratitude Challenge

What's the Goal of the 31 Days of Gratitude Challenge?

Develop a daily habit of being grateful for God's blessings in your life.

What do I do every day?

Suggestions: Read the daily Mass readings, pray a daily Examen of Consciousness, count your blessings each day, ask God to bless the special people in your life.

When does it Start and End?

To observe 31 days, start on January 1st, 2023 and end on January 31st.

What do I do when the 31 days are over?

Keep on being grateful! The goal is to develop a daily habit of gratitude.

Is there a set routine I should follow?

There is no set routine. You decide what will work best for you. The goal is to do whatever helps you live with gratitude for God's blessings.

What should I do if I miss a day?

Don't worry about missing a day. Start over the next day. Some days we forget to be grateful for what we have, but the goal is to be grateful every day.

Examen of Consciousness

Note: this is different than making an *Examination of Conscience* prior to going to confession. The Examen is a prayerful reflection on the day in order to detect God's presence and to discern his direction for us. The focus here is: how was God at work in my life today?

1. **Become aware of God's presence** – pray for the light of the Holy Spirit. Ask God to give you insight.
2. **Review the day with gratitude** – look at your day with God. Notice the good things. What blessings did you receive during the course of the day?
3. **Pay attention to your emotions** – our thoughts, feelings, and desires can be pathways to God. How might God be speaking to you through these? If God makes you aware of some fault, speak with God about that fault.
4. **Choose one aspect of the day and pray with it** – ask the Holy Spirit to direct your heart to what God thinks is important. Try to speak to God spontaneously from the heart about this particular aspect, in praise, intercession, repentance, or gratitude.
5. **Look toward tomorrow** – review the coming day. Consider how you'll approach tomorrow with its unique set of circumstances. Ask God for guidance and pray for understanding and hope to face the new day.

End the Examen with a spontaneous heart-to-heart conversation with Jesus about the day and with the Our Father.

Count your Blessings:

- ✠ How did God *ble*ss you today?
- ✠ How did God *help* you today?
- ✠ Did God bless you in a way that was different from what you expected?
- ✠ Even if the day was difficult, where did you still find good in the day?

Read the Daily Mass Readings:

- Visit www.usccb.org/readings to read the daily Mass readings.
- Download the IBreviary app and use it to look at daily Mass readings.
- Reflect on what you read – what “good news” in the readings helps to lift your spirit? What in the readings causes you to be thankful to God?

Exhortation to Gratitude:

“Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

~ Colossians 3:16-17 ~



Quick & Easy ways to support the Bosco Catholic School System



Casey's Rewards Cash for Classrooms

Cash for Classrooms supports teachers through cash donations to schools for the things they need most. Members can turn their points into Cash for Classroom donations that is directed specifically to the school of their choice.

Office DEPOT OfficeMax

Give Back To Schools

<https://www.officedepot.com/cm/school-supplies/give-back>

Make a purchase of qualifying school supplies, provide your school ID and your school will receive 5% back in credits for FREE supplies

School ID: 70028239

Pop Can Recycling

Collection Site is located on the North end of Don Bosco Catholic High School



Coca Cola Give:

Download the Coke app or sign into <https://us.coca-cola.com/give>

Donate to your local school. Search by zip (50634) and select **IMMAC CONCEPTION-ST JOSEPH**



Hy-Vee Cash 4 students:

Save your Hy-Vee cash register receipts and turn them into school. Hy-Vee donates \$1 for every \$250 in receipts collected!



Amazon Smile: AmazonSmile is a website operated by Amazon with the same products, prices & shopping features as Amazon.com. The difference is that when you shop with AmazonSmile 0.5% of the purchase price on eligible products is donated to the charitable organization of your choice!

HOW MUCH IS MY CODE WORTH?

SEE HOW WE REACHED THESE VALUES

35-PACK	\$0.38	12-PACK	\$0.15	20 OZ	\$0.05
32-PACK	\$0.38	8-PACK	\$0.12	24 OZ	\$0.05
30-PACK	\$0.38	6-PACK	\$0.08	1 LITER	\$0.05
28-PACK	\$0.38	12 OZ	\$0.05	1.25 LITER	\$0.05
24-PACK	\$0.30	12.5 OZ	\$0.05	1.5 LITER	\$0.05
20-PACK	\$0.27	14 OZ	\$0.05	2 LITER	\$0.05
18-PACK	\$0.23	16 OZ	\$0.05	2.5 LITER	\$0.05
15-PACK	\$0.23	0.5 LITER	\$0.05	50 OZ	\$0.05

THE OLD BOX TOPS CLIPS



Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip them and send them to school.

Every valid Box Tops clip is worth 10¢ for your school. Make sure each one has a clearly visible product acronym and expiration date.

**All valid Box Tops clips submitted per the Program Rules by a Coordinator(s) of an eligible, enrolled school(s) will be honored.*

THE NEW BOX TOPS LABELS



Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Tops label.

If you see this label, use the new Box Tops app to scan your receipt. **Box Tops are still worth 10¢ for your school.** The app will find participating products purchased at any store and instantly add cash to your school's earnings online.