



ST. MARY CATHOLIC MIDDLE SCHOOL

WEEKLY UPDATE

DATE November 13, 2019

IMPORTANT DATES

November

- 15 Yankee Candle orders due
- 20 SMCMS Prayer in SMCMS Commons 10:39AM
- 22 SMCMS Social 3:15-5PM
- 22 Out of dress code
- 25/26 Library Visits
- 26 MS/HS Marching in Appleton Christmas Parade
- 26 6th Grade Retreat-St. Thomas Menasha
- 27-29 SMCS No School- Thanksgiving break

December

- 2 Classes resume
- 3 Zephyrs Spirit Day
- 4 SMCMS Prayer in SMCMS Commons 10:39AM
- 4 SMCMS & SMCHS Choir Concert 6:30 PM
- 6 SMCS No School- Professional Development

**No Newsletter until December 4.
Enjoy your Thanksgiving and the
start of Advent with your
Family.**

**"If you judge people,
you have no time to
love them." Saint
Teresa of Calcutta**



St. Mary Catholic Middle School
Grades 6-8

[SMCS EMAIL NEWSLETTER](#)

[SMCS CALENDAR PAGE](#)

Report cards 1st quarter/Power School

Report cards were handed out at Conferences. Report cards that were not picked up were sent home on Friday, November 8. Reminder you can always log onto PowerSchool to see your child's grades. Please call the school office if you need help with getting your parent account set up.

Thank you

Thank you to the parents who provided the wonderful meals both days for teachers during Parent Teacher Conferences. We are truly blessed to have such wonderful parents.

SMCMS Social/Dance

Harvest Festival will be held on Friday, November 22 from 3:15 to 5PM. Cost of the Social is \$10. All orders must be in no later than Wednesday, November 20. Please see the attached sign up form.

Yankee Candle Sale

The Yankee Candle Sale ends this Friday, November 15. Seller packets were sent home on October 29, with the option on doing Catalog sales, Online sales, or both. Money earned will help towards the cost of students' 8th grade Washington, D.C. trip. For the catalog sales, please return the YELLOW and WHITE COPIES with the order packets along with the money. Please make out checks to **ST. MARY ZEPHYRS DC TRIP**. Make sure the money matches the amount of items ordered. The orders will be processed this weekend so that the items can be delivered in 2-4 weeks.

Middle School Fitness Club

It is recommended that adolescents ages 6 to 17 complete 60 minutes or more of physical activity each day. The benefits of exercise extend beyond the well-known physical aspects of improved cardiovascular fitness, increased muscular endurance, and improved flexibility. Participating in physical activity each day has also been found to improve confidence and self-esteem, reduce symptoms of anxiety and depression, and improve concentration, all while providing opportunity to meet new friends and develop social skills. In order to provide students more opportunity to be physically active outside of Physical Education class, Mrs. Eggert is starting an after-school fitness club. This group will meet once per week after school from 3:15-4:00pm, beginning in December. Students will participate in a variety of fun activities focused on improving the five components of fitness, which include cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. If your child is interested in participating, please use this [link](#) to sign up online. The group is limited to 25 participants each week. Please email [Mrs. Eggert](#) with any questions.



Campus Ministry and Guidance Update

Sixth Grade Retreat

On Tuesday, November 26, all sixth graders will be on retreat. The retreat theme is "Building Community". Students will explore the difference between a secular community and a Christian one and then work to identify and implement the ways we can build a sixth grade, St. Mary Catholic School, Christian community with one another! We will discuss how this idea applies to them, and work through some activities designed to build the communities of which they are a part -- both at home and in school. Please keep the sixth graders in prayer that day. Thank you.

Builders Club - Thanksgiving Food Drive

Our annual Thanksgiving Food Drive begins today! Non-perishable items that are brought to school will be taken with the sixth graders (when they go for their retreat) to St. Thomas for their Double Portions food program – a program that feeds area families three days a week and offers a food pantry for their use on other days. St. Thomas allows us the free use of their building in November for our 6th grade fall retreat. Bringing them our collected food is a great way to show our appreciation for their generosity of that space. We will also collect personal hygiene items like shampoo and toothpaste.

Grade 8 Career Exploration Unit

The grade 8 Educational and Career Planning unit focuses on a student's personal/social growth, academic/career development and looking ahead to their future as they transition to high school and eventually into a career. The unit has an emphasis on a review of the student's talents, hopes and dreams, abilities, interests, academic performance, MAP test results, learning styles and career assessment results. To help students objectively look at themselves, they will participate in a number of on-line activities from NAVIANCE, including exploration of career clusters and completing a personality inventory as well as a career assessment. Beginning next week, Mrs. Kalaus will be in classes to introduce a Career unit to all eighth graders. Before Christmas break, every eighth grader will have an account for NAVIANCE. This is the Career site used at many high schools including SMCHS and contains a lot of useful information about careers, colleges/universities, income potential, future job outlook and much more. Please take time with your child to at least talk about this unit of study. Your involvement is key for successful career planning for your child. Please look for weekly updates about this program throughout the month of January, and feel free to call Mrs. Kalaus with any questions.

Advisory

Scientists are finding that an attitude of gratitude is a powerful contributor to a happy life. Some even believe that it may be the single most effective way to increase happiness. So, dare to live on the brighter side of life – Take Note, Give Thanks! Our prayer service last week (lead by sixth grade) focused on that theme for us. How do we change from our negative habits to that of feeling more regular gratitude? Here is a starter list from Jeffrey J. Froh, an assistant professor of psychology at Hofstra University in Hempstead, N.Y:

1. **Keep a gratitude journal** – document daily what you feel grateful about.
2. **Get a gratitude buddy** and talk about what you are grateful for with your buddy. Your buddy can help you make sure you acknowledge where your joy comes from (the difference between bragging and feeling grateful).
3. **Pay a gratitude visit** to someone who has helped you in the past or write them a letter.
4. **Pause mindfully** during the day to when something happens that you feel grateful about; make a mental note.
5. **Watch your language** even when talking to yourself – be mindful of when you are focusing on the negative.
6. **Savor the good times** with family and friends. Photos, drawings, written accounts and verbally acknowledging and appreciating people and events keeps you focused on the things you feel grateful for.

St. Vincent DePaul Food Pantry

The Second Saturday of the month St. Mary's/St. John's St. Vincent DePaul Society hosts a food pantry from 8 am to 10 am. This pantry simply wants to follow Jesus' request for us to Feed the Poor. Anyone who has a need is welcome to come. We provide a variety of can food and other rotating items (toilet paper, meat, bread, etc.).

Help is needed to assist with carrying bags, choosing items off carts, restocking shelves and mingling with those who are there. It is our goal to make each person feel the love of God through our assistance to them. Two total volunteers are needed for each date which would consist of a student and their parent. Here's the link to sign up:

<https://www.signupgenius.com/go/4090a44aaa72aa02-stvincent>



HARVEST FESTIVAL

Happy Fall Y'all! Please join us at the Thanksgiving Social for dancing, food, and fun with friends!

Friday, November 22nd 3:15 - 5:00

Food: Popcorn bar & make your own caramel apple
What should I wear? Plaid is rad, but if you don't like this fad, you can still be out of dress code, ladies and lads! ☺

All forms and money are due in the school office on this day:

Wednesday, November 20, 2019

(No later)

Cost = \$10/student

Thanksgiving Social

Name of Student Attending: _____

Parent Volunteers Needed!

If you are available to help, please select a time slot and return this form to the office

_____ 3:00 - 3:30

Food prep/set up

_____ 3:30 - 5:00

Dance/game supervision and serving food

_____ 4:30 - 5:30

Clean up

Parent Name: _____

THANKSGIVING COLLECTION

Please help by bringing in the following items:

Canned food items	Boxed/Bagged Cereal	Boxed/Bagged Stuffing
Macaroni & Cheese	Pasta	Spaghetti Sauce
Soup	Salad Dressing	Tuna
Shampoo	Deoderant	Toothpaste
Toothbrushes	Hand/Body Soap	dental floss

Any other non-perishable food items or personal hygiene items will be accepted.

All donations will be taken to St. Thomas for use in their food pantry.

Please send all items to school **by Monday, November 25.**





NOVEMBER

SCRIP SCHEDULE

Mon	Tue	Wed	Thu	Fri
18 Scrip order processed*	19	20	21 Regular Scrip pickup Thank-Scrip-ing! Bonus Day	22
25 No Scrip orders this week	26	27 No School	28 No School No Scrip Thanksgiving	29 No School
Dec. 2 Scrip order processed	3	4	5 Regular Scrip pickup	6 No School

* Order your Thanksgiving Scrip by 9:00 a.m. Nov. 18th.

SCRIPNOW! and Reloads paid with PrestoPay or credit card will be processed for immediate use as usual.

Special Bonus from local retailers for November & December:

Hu Hot 25%

Kwik Trip 15%

Tom's Drive In 10%

Scanlan Studios 20%





December

Scrip Schedule



Mon	Tue	Wed	Thu	Fri
9 Scrip order processed	10	11	12 Regular Scrip pickup	13
16 Scrip order processed	17	18	19 Regular Scrip pickup	20
23 No School No Scrip	24 No School	25 No School	26 No School	27 No School
30 No School No Scrip	31 No School	Jan. 1 No School	2 No School	3 No School
6 Scrip order processed	7	8	9 Regular Scrip pickup	10

Order your Christmas and New Year's Scrip by 9:00 a.m. Dec. 16th.
There will be **NO Scrip for 2 weeks**; December 23rd and December 30th.

Scrip resumes January 6th.

Shop online shopwithscrip.com for special bonuses:

November 30-December 13: Bonuses on top brands

December 5-6: Physical gift card bonus days

Hunting for Holiness

Mini Lock-IN

November 16th, 2019
5:30 PM - 10 PM

**Fun filled evening for Middle schoolers
starting with Mass!**

THINGS TO BRING:

Snacks to share

Mass clothes

Camo or blaze orange for the fun after Mass

Suggested donation \$5

I _____ give permission for my child
_____ to participate in the Hunting for Holiness mini
Lock-IN.

(signature) _____