



Friday Folder Notes, March 16, 2018

Look for these Friday Notes on the school web site and in your email as well. -- www.aquinas-catholic.com

NOTES ON SCHOOL SAFETY

The greatest and most important challenge for administrators and staff is ensuring the safety of our children. Please know that your children's safety is at the forefront of our decisions. Sometimes we will get a small bit of information and will have to make a decision in response to it, as we wait to hear more definitive information. Thanks be to God, most of the time the situation is resolved through the diligent efforts of our law enforcement officials. We have solid safety protocols in place that our staff and students practice regularly. These are nationally established procedures from a group called Love You Guys which came to exist following the first school shootings. They have had many years to refine these processes and the steps are simple and effective. Many schools, especially in Nebraska, are adopting them. I have attached the summary page here. In any situation, we will take these steps and others such as keeping kids in from recess that we feel will keep your children safest. We may not be allowed to disclose all details to you, but we will first protect your kids and then let you know all the information that we can. We are always looking for the most effective ways to communicate with families and welcome your ideas. In conjunction with Fr. Timmerman and Laura Adair who maintains our digital presence, and the School Councils, communication is a high priority. I want you to feel confident in our commitment to safety. If you have any questions, please don't hesitate to call or email.

God Bless! – Mrs. Zook

Upcoming Events:

Mar. 21: 4th Grade Field trip to State Capitol

Mar. 22: Preschool, Pre-K, K Round Up. For children who will be 3-5.

No Kindergarten class today.

- **9:00 AM** for Kindergartners
- **2:00 PM and 6:00 PM (time change from letter/flyer)** for Preschool/Pre-K

Mar. 23: Baptism Mass/Spirit Day, Kindergartners Lead Stations at 2:30.

Mar. 24: Father/Daughter Dance rescheduled!, 6 PM. RSVP Joanie with changes (if you now can come or now can't—she will keep the previous list) at 367-833

Mar. 25: Traveling Choir in Bellwood (St. Joseph's), 8 AM (7:30 AM) – All are invited. ☺

Mar. 27-28: Diocesan Seminarians visit classrooms

Mar. 28: Forgiveness Virtues in Practice Homework due.

Mar. 30-Apr. 2: No School – Easter Break

****Please change your printed calendar:**

Grandparents Day and the Spring Program will be April 12 since Bishop Finn will be here April 5 for Confirmation

Virtue for March

Forgiveness: pardoning those who offend you. Fun with St. Patrick and Blessed Margaret of Castello this month!
Home Projects attached – Due Mar. 28

Prayers ...

...for healing for those struggling with mental illnesses.

Thank You ...

...to the Soup Supper Committees for a fabulous event! A very special thank you to those who stayed beyond their shifts to help.

...to our Soup Supper Chairs:

Christina Podolak, Sandra Burwell Jill Kobze, Heidy Svoboda, R. J. and Cortney Hein, Michelle Woolsey Camille Dalton, Jim and Maggie Miratsky and Lori Wollmer.

We apologize if we missed someone.

Safety and Tech Notes:

Consider reading Good Pictures, Bad Pictures (Jr.) with your child. Gives strategies to deal with bad media content they will likely see.

GOOD NEWS!! You can now view your children's **lunch accounts** online at MySchoolBucks.com. The link is available on our website – www.aquinas-catholic.com. Once you've created a login for yourself and connect to their accounts, you can view their balance, see what purchases they have made, AND best of all, you can make payments directly to their lunch account via your credit card or from your checking account. (Payments can still be made to the school as well.) We hope this will help to simplify keeping track of your children's lunch accounts and avoid the hassle of waiting for a statement to be sent. Feel free to contact Aquinas or St. Mary's if you have any questions.

From the Spiritual Director, St. Mary's Spirit Club

"When St. Paul referred to putting on the "Armor of God" in his letter to the Ephesians (6:11) to fight sin and evil inclinations, he could have been thinking of prayers just like this one! We may not wear combat gear in our daily lives, but St. Patrick's Breastplate can function as divine armor for protection against spiritual adversity."

St. Patrick's Breastplate

I arise today

Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

I arise today

Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through

The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today, through

God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,

God's host to save me

From snares of devils,
From temptation of vices,
From everyone who shall wish me ill,
afar and near.

I summon today

All these powers between me and those evils,
Against every cruel and merciless power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an abundance of reward.

Christ with me,

Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

[Note that people sometimes pray a shorter version of this prayer just with these 15 lines about Christ above. The conclusion follows below.]

I arise today

Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

Mightier than the waves is His love.

St. Mary's Spirit Club

Father & Daughter Dance

Saturday, March 24th

6:00-7:30 pm

St. Mary's Gym

snacks, photo booth & activitiy booth

\$10 per family

Please RSVP to Joanie Brecka

text: 402-367-8331