

St. Mary's News



304 E Cloud, Salina, KS 67401 785-827-4200 www.stmarysalina.org

March 2023

Upcoming Events

March Events

March 3 - **Father's Day Mass**

March 9 - Garage Sale Drop off
5:30pm-7:30pm

March 10 - No School
Garage Sale Drop off
5:30pm-7:30pm

March 11 - Garage Sale
8am-2pm

March 12 - Garage Sale
8am-2pm

March 13 - March 17
Spring Break

March 23 - Match Madness

March 25 - SHHS Auction

April Events

April 7 & 10 - No School

April 9 - Easter Sunday

From The Principal

"Saints are people who know they are sinners, while sinners are often people who think they are saints"

- Peter Kreeft

By the time you read this, we all should be in the middle of our Lenten journey. I have always felt that our society puts a negative spin on Lent. After all, our society is enamored with positive self-affirmation, doing what feels good and not denying what our body tells us. As with all deceptions, there is an **element of truth to this. But Lent is not the "guilt fest"** that our culture tries to spin it to be. It is about honest reflection, renewal and drawing closer to God.

As a devoted Catholic, I see the value in reflecting on our weaknesses or vices and denying those temptations for a period of time. I see the value in humbling ourselves and admitting the struggles that **we are facing. By doing this we can start to say "No"** to the things that are causing us to stumble and move away from God. If we can reduce the things that pull us away from God, then we can fill it with things that bring us closer to God. In doing so we become better **human beings...we become more loving, as God is** calling all of us to be. And believe me, we need more love in this world. :-)

Vivat Jesus!

Mr. Tym Bonilla

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16)

SMGS Health Fair

Thank you to Sarah Legleiter, Maureen Francois, Tiffany Wells, Mandy Cranmer & Jill Ahlers for their help with the SMGS Health Fair. Kindergartens learned about germs, how to take care of their teeth, the importance of exercise and how fruits and vegetables are good for our bodies, and learned about positive self talk.



Race for Education



On Friday, April 21st, 2023, St. Mary's Grade School will be having its annual Race for Education. The purpose is to raise funds in order to continue to provide a quality education and affordable tuition. All classes will be walking or jogging around a designated area for a one-hour period. Everyone is welcome to come and cheer on their child. Look for information in the Red Folders for times on when your child will be participating.

Chocolate Sales

Thanks to everyone who participated in our chocolate sales. We raised over \$11,000.00 profit for our school. The top selling family was the Herwig family. This year, Golden Tickets were placed in boxes of chocolate randomly. Winners were able to choose a prize if they found a Golden Ticket!!

Information on the ACE Scholarship was mailed out to families.

Deadline to apply for the scholarship is April 15th. Applications will Not be accepted after this date.



Healthy Tip: Go for Great Whole Grains

Offer whole-wheat breads, popcorn and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes and sweetened cereals.

Be a Fit Kid: Plant a Garden

Plant and grow flowers, fruits and vegetables with your family. Creating a garden is tough work and a good way to stay fit.

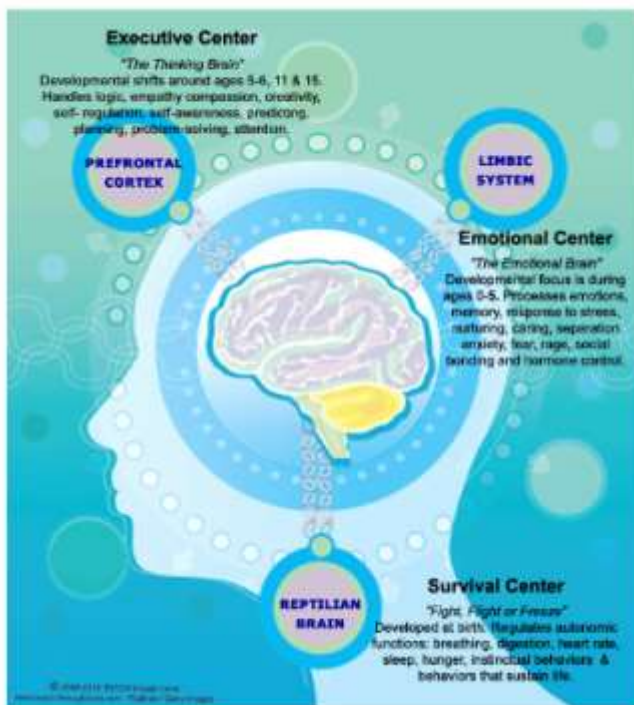
Commitment Forms

Commitment Forms were mailed out to families on March 3rd. Please make sure you are current with tuition, Extended Care and Love N Learn. You also need to have all your paperwork for the school nurse turned in. These forms will be due back to the school office on Monday, April 3. Forms will be date stamped. A \$100 commitment fee is also due back with these forms.

Counselor's Corner

90-95% of brain growth happens in the first 5 years.

The brain develops from back to front and from the inside out.



Survival Center - (brainstem) This area is fully developed at birth and handles basic instincts and functions to sustain life and movement.

Emotional Center - (Mid-brain) The developmental focus is during ages 0-5. This area is the center of our emotions and the focus of development in the early childhood years. Toddlers and preschoolers are operating primarily from the limbic system or the emotional brain.

Executive Center - (prefrontal cortex) This is the last area to be established and development continues through the mid-20s. There are developmental spurts at approximately ages 5-6; 11-12; and around 15. Children, at different stages, have varying levels of access to the executive functions of the brain. Without the time to amass an array of emotional and physical experiences, their brains cannot always successfully predict, plan or react properly hence they may fail to act responsibly.

Child development unfolds uniquely for each child. Self-regulation and socially acceptable behaviors take time to develop.

Library Lane

Hello again everyone! Library Lane is as busy as ever and we are currently doing a bit of reorganizing to try and help out with the traffic flow. As I have been able to see more of the needs of our students and learned from other successful school librarians, I have started shifting items to more user-friendly spaces.

Displays! One of the many advantages of having Mr. Platt in the classroom and library with me is that he is able to do some great work curating our displays and keeping the library fresh and presentable for our students. Each month, he has been swapping out our featured items, so it was a goal of mine to lay out our furniture a little better to help bring them to the forefront. Students are still encouraged to take items from the displays! One of the main reasons that I like putting books in a more prominent place is to shed some light on some of our often overlooked gems that we have here within our shelves. The "Mr. Swenson Selects..." display is also fun. I get to pick out some of my favorite books to read from our collection, so if a student can't decide what they are looking for or is in the mood to try something new, I have a handy location for them to peruse.

Totes! Yes, I tend to rejoice in the small things just as much as the larger items. Some of our series do not lend themselves well to sitting on a shelf. The students are far too eager to look through ALL of them, so rather than trying to fight the wave of enthusiasm, I've decided to get ahead of it and ride the wave. We now have a "Quick Picks" section for some of our hottest items, as well as some handy small crates for our early and leveled readers. No shelf marker is required over here, just make sure the book gets back to its tote.

More things are in the works for spring break and summer, but that's all for now.

Thanks for joining me on Library Lane!





Valentine's Day





HOW IT WORKS...please support ST. MARY'S GRADE SCHOOL

- Donations can be mailed/brought to the school prior to Thursday, March 23 and your donation will be personally delivered and deposited for you.
- Donations will be accepted all day **Thursday, March 23, 2023**. Gifts can be made in person at the Salina Fieldhouse from **7:00am—7:00pm or online from 12am—11:59pm**.
- Gifts accepted: *cash, check, and/or credit card*
- Online donations — www.MatchMadnessGSCF.org
- All checks should be made out to GSCF with Match Madness in the memo line.
- Donations up to a maximum of **\$3,000 per person** (or \$6,000 per household) will be matched. Thanks to several generous donors, there is \$300,000 in matching funds this year.
- 100% of the donor's gift will go to the principal of the organization's endowed fund and will generate income based on the foundation's current spending policy (5.0%).

Example: A \$100 donation will become part of the fund's principal and generate approximately \$5.00 every year to support that charity forever.

Partners in FAITH™



Helping our children grow in their Catholic faith.

March 2023

St. Marys School



Thoughtful Moments

Better parenting in Lent

Is there a parenting habit you want to get rid of? Jesus came to free prisoners. With his help, work during Lent to let go of a habit you want to shed. Do you nag? Fail to listen? Spent too much time on your screen? If you would like to be a better parent, pick one habit and, one day at a time, work to let it go.

Unconditional forgiveness

Children learn about God's love from us, their parents. Lent is the perfect time to teach forgiveness. Attend a penance service as a family. Invite children to make an examination of conscience. Make it clear that unconditional forgiveness is part of any Catholic home. Seek God's help and the help of the larger community.



"The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness"
(Lamentations 3:22-23).



Five ways to prepare for Easter joy

Lent is an opportunity to strengthen our family's spiritual life. We start by examining where we are and who we want to become as a family.

Recommitment: Resolve to live as a gospel-centered family and recommit to the Ten Commandments. Encourage reverence for God, modesty and respect for others, integrity in work, gratitude, and respect for others' possessions.

Reconciliation: Jesus said we should reconcile with our brother before coming to worship (Matthew 5:23:24). Commit to frequent Confession and make it a family practice to make amends and to repair relationships with anyone wronged.

Worship: Give your family the powerful grace of the Eucharist. Attend Mass together and encourage prayer and

participation from children. Teach them the prayers and the most common hymns sung at your parish.

Cue them when to sit, stand, and kneel. Whisper together, "I love you, Jesus," at the elevation of the Body and Blood.

Togetherness: Shared time is an

opportunity to share values and faith. When parents invest time – like family meals – to share their faith, children understand that

faith is important.

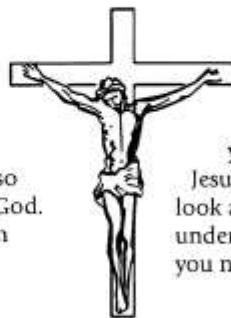
Service: Catholic Charities is active in most dioceses and offers many opportunities for faith-based service. You can also check with your parish, or refer to the U.S. Conference of Catholic Bishops listing here: <https://tinyurl.com/2hmk97hk> to find a charity that speaks to your hearts.



Why Do Catholics Do That?

A crucifix – a cross with Christ's body on it – represents the ultimate act of love. It's a symbol of the price of our salvation, done so we could be in heaven with God. This sacrifice is renewed in an unbloody manner at Mass

Why do Catholics have Crucifixes in Church?



(Catechism of the Catholic Church, 1367). "When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now" (Mother Teresa).



Remember that
you are dust,
and to dust you
shall return.

IDEAS FOR #LENT



GIVE UP

Sweets
Caffeine
Fast-Food
Make-up
Social Media
Complaining
Gossip
Cursing
The Snooze Button!

TAKE UP

Volunteering
Visiting people
Give to charity
Give compliments
Use Trócaire Box
Look out for the
lonely at school
Care for the
environment

PRAYER

Pray for someone
every day
Say the Rosary
Light a candle
Meditate
Read scripture
Go on pilgrimage
Give thanks to God for
5 things every day

March 2023



Sun Mon Tue Wed Thu Fri Sat

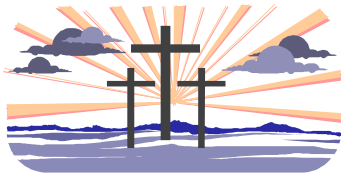
			1	2	3 Father's Day Mass	4
5	6	7	8	9	10 No School Teacher Workday	11 SMGS Garage Sale 8am-3pm
12 SMGS Garage Sale 8am-3pm	13	14	15	16	17 St. Patrick's Day	18
Spring Break						
19	20	21	22	23 Match Madness 7am-7pm	24 No School— Staff Development	25 SHHS Auction
26 Dodgeball tournament	27 School Council Meeting	28	29	30 Table of Plenty at IHOP	31	



Happy Bear is an audience-interactive, active learning program designed to teach children, ages 4-8, how to:

- Determine if a touch is good (helping) or if it is bad (one that makes them feel sad, mad or scared).
- Say "No" and walk away and tell someone, because we never keep secrets about touches.
- Understand that if a child gets a bad touch, they are not a bad kid. It is not their fault.

Parents are encouraged to attend. In fact, the program needs parents alongside the teachers and other "safe" grown-ups in the room.



O Lord,
Risen, alive and full of grace.
You paid such a price that we
may live in freedom today.
We worship your holy name and
give thanks for your redeeming
grace.

Non-Profit Org.

U.S. Postage

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Salina, KS

Permit No. 189



St. Mary's Messenger

St. Mary's School

304 E Cloud
Salina, KS 67401

RETURN SERVICE REQUESTED