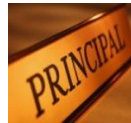




St. James School Friday Fodder

FEBRUARY 24, 2017

WWW.STJAMESSCHOOLAH.ORG



From the Principal

REMINDERS
March 1-Ash Wednesday
March 3-End of 2nd Trimester
March 9-Solo & Ensemble Festival

~**Avoid the hike in fees by submitting your 2017-2018 application before end of day, February 24.** Fees go up \$50 per application after this date!

CALENDAR UPDATE

2.26 Parish Mission

2.27 Parish Mission

2.28 Spirit Wear
~Children's Rosary,
3:40, church
~Parish Mission

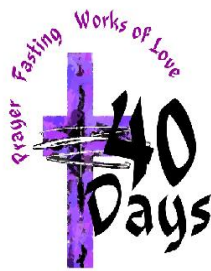
3.1 ASH WEDNESDAY
Mass, 2:00, church

3.2 Graduation Pictures

3.3 NO MASS
~End of 2nd Trimester
~Stations, 2:45, Gr. 6, 7, & 8
~LNO
~Deadline for garden flag orders



St. James School is now tweeting! **You can follow Mrs. Pappas on Twitter St James School AH@SJS_Principal**



The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of [spiritual awareness](#) and [service](#) into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day.

The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way
<http://www.loyolapress.com/how-to-find-time-in-your-day-for-lent.htm>


LIVING THE CATHOLIC LIFE

FULLNESS OF PURPOSE

with **Ken Yasinski** includes Musical Adoration

Are you living God's purpose for your life? Does the Catholic life seem like a burden rather than a blessing? Could God have more for you?

Join us for one of our Fullness of Purpose events. Be empowered to become the person God has created you to be. It is Catholicism in everyday simple language, making relevant the timeless truths of our faith. Living the Catholic Life: FULLNESS OF PURPOSE is presented by international speaker and author Ken Yasinski.



Feb 26-28, each evening at 7:30 PM
St. Edna Catholic Church
2525 N Arlington Heights Rd, Arlington Heights, IL
Get a free introductory audio talk!
Text the word: **FREETALK** to 44222

SPIRITUAL FORMATION OPPORTUNITY

St. James Parish with other area parishes is offering a **pre-Lenten Mission on Sunday, Feb. 26-Tuesday, Feb. 28.** Programs start at 7:30 at St. Edna. Come and give yourself a chance to have what God has planned for you. Come one, two, or all three evenings!

SPONSORED BY:
St. Edna, St. James, and Our Lady of the Wayside Parishes in Arlington Heights, and St. Mary Parish in Buffalo Grove



Like our official Facebook page! [Saint James School Arlington Heights](#)

Weekend Masses at St. James Church

Saturday-5:00 pm-PC

**Sunday-7:00-Ch
8:30-Ch
10:00-PC
11:30-PC
5:00**



**Children's Rosary Group- every Monday at 3:45 in the church
NEXT ROSARY IS MONDAY, 2.27.**

~Good luck to fifth graders who are participating in *Math Madness*, a lower school math competition being held on Sunday at Quest Academy. Teams will compete in six hands-on cooperative activities that will engage them to use mathematics in creative problem solving ways. We hope our students show a positive mindset, strong collaborative skills, and good number sense in this competition.

~Feel free to contact me via email, jpappas@stjameschoolah.org , or phone, 224.345.7145, should you have questions or concerns!

Please see the electronic Fodder for more information on

~Lenten Prayers & Devotions
~Garden Flag Order Form
~Reading in the Summ-ART
~Wearin' of the Green

~Women's Club Book Drive
~Solo & Ensemble Festival Invitation
~Ladies Night Out -LAST CHANCE



Households of Faith – Pat Farrell, Director Spiritual Formation

As Catholics, Lent is a very enriching time for us. We begin this Holy Season next Wednesday, March 1, and reach its culmination during the Triduum (April 13-15) so we can partake in the Resurrection on Easter Sunday, April 16. To be blessed most deeply by this, the essence of our faith, it is necessary to intentionally be with Christ throughout Lent. Pope Francis, in his Lenten Message, 2017, gives us a very compelling reflection. ¹ (see reference at below).

This year, he has entitled his Lenten message "the Word is gift. Other persons are gift". He focuses on the Scripture, particularly the story of the rich man and Lazarus (Luke 16:19-31) and leads us through a deep analysis of this story. Toward the end of his letter, Francis reveals the meaning of this story in terms of our Lenten journey by saying:

"The word of God is alive and powerful, capable of converting hearts and leading them back to God. When we close our heart to the gift of God's word, we end up closing our heart to the gift of our brothers and sisters."

While the passage Francis presents is challenging, it speaks so clearly to all that is going on around us in our country and in the world. It is important for our young people to learn that they can turn to God for insights into daily life.

I would encourage you to take the Holy Father's message to heart. Gather together and explore Scripture. You may wish to use the readings for the coming Sunday or any that are meaningful to you or your children. Read the selections slowly and let everyone in your family talk about what the passage means to them. This family activity will parallel much of the class instruction and our Junior High Bible Study sessions. Your children amaze us with the powerful insights they have into Scripture. The way our young people express their experience with Christ is a lesson we should all have during this time.

Let us all pray for one another this Lent.

1. https://w2.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco_20161018_messaggio-quaresima2017.html



Counselor's Corner-Mrs. McGowan, School Counselor

In a recent article in U.S. News and World Reports (Feb. 14, 2017), <http://health.usnews.com/health-care/for-better/articles/2017-02-14/helping-kids-cope-with-anxiety> , Sandra Pimentel wrote about helping children and young adults manage their feelings of anxiety. I thought it was an important article to share.

From starting school to fearing rejection by friends, anxiety and worry are



EUCCHARISTIC ADORATION

Every Thursday,
8:00am - 8:00pm
In the church

SJS Alumni!



If you have SJS alum, please encourage them to register their contact information online: <http://stjamesschool.ah.org/saint-james-school-alumni-program/> and visit the SJS alumni Facebook site @www.facebook.com/stjameschoolalum

The school calendar is available on the homepage of the SJS website <http://stjamesschool.ah.org/>

Updates with the most current information may be found on this calendar

expected components of child development. We all worry from time to time, and kids are no different.

Teaching children coping skills to deal with their stressors and worries is like teaching other skills. How do we teach dental hygiene or how to read? We can start by creating a plan, modeling the steps by showing them and practicing the task together, and gradually children will practice the technique independently.

How do we teach children to cope? We do so with intention and on purpose. Here are some suggestions for helping kids cope with anxiety:

Do validate. While a parent's instinct may be to jump in and solve the problem, first take a moment to validate that certain situations or experiences *are* indeed scary. Helping kids make sense of their emotions includes helping them feel them. Anxiety is normal – it's even good for you. It may help to start out by saying things like: *"I can see why that situation makes you nervous. Sometimes I get nervous when I have to... (e.g., meet a new person, speak in front of an audience, try something new)."*

Don't offer general advice statements. Although it's important to validate and empathize when a child is feeling anxious, offering general advice statements such as "Don't worry" or "You'll be fine" may feel invalidating or even dismissive. Learning to cope with anxiety includes helping kids learn how to *get specific* about their experiences. Try: *"It sounds like you're pretty worried about failing this upcoming math test and I know how important it is to you. Let's see if we can come up with a plan..."*

Do work with kids to understand the problem. Fear and anxiety are emotional responses to threat and perceptions of danger. Our brains naturally react to environments we perceive as dangerous. When we sense "danger" or "threat," our bodies get activated to fight, flee or freeze. When we feel anxious, it's a signal that there is perceived threat; it is a signal to act. Before we can problem solve, we must understand the problem. Anxiety and stress include feelings, thoughts and behaviors; in turn, problem solving includes helping kids learn how to identify and understand that how they think is related to how they feel and determines their actions. Try: *"What's the worst that can happen if you take that test? What will happen if you don't take the test?"*

Do practice problem-solving/coping. Teaching kids to cope with anxiety, stress, or worry includes teaching them to problem solve. Helping kids learn how to identify and understand the problem is key. When dealing with stress or anxiety, kids can learn to identify a problem, come up with a plan and execute the plan. Think about how often we have to utilize this sequence in our daily lives. When kids feel anxious, they may have trouble seeing options. Teach kids to recognize their anxious thoughts and self-validate, and also practice labeling feelings, thoughts and behaviors, or avoidance:

- *"When you feel nervous, what does your body feel like?"*
- *"Do you get shaky? Or jumpy? When you have worries, do you feel like you have butterflies in your stomach?"*
- *"It sounds like you're worried that it will be a disaster? What do you think will happen?"*
- *"What are the chances that you will fail the math test? What is the worst that can happen if you do fail?"*

For anxious bodily reactions:

- *"If your body is feeling anxious, slow down, and take some deep breaths."*

And then team up and brainstorm some things they can do:

- "What can you do to prepare for the oral report in front of your class? You can create a slide presentation or use flash cards. We can practice in advance at home. You can ask the teacher for help."

Don't encourage avoidance. While avoiding a situation that makes us nervous is an option for temporary relief, it does not work very well and serves to keep anxiety going in the long term. Avoidance deprives kids of potentially learning that outcomes are not always as bad as we predict and discourages them from practicing coping skills. Rather, it's helpful to coach kids to approach scary situations gradually and encourage them to approach, rather than avoid.

Do model your own stress management skills. Often, parents try to hide their worries or share their worries without sharing their coping steps. Just as children may learn how to tie their shoes by observing adults in their lives, parents can model coping and problem solving. What do parents do when they're stressed? Talk it out. "When I get nervous, I take some deep breaths and then make a to-do list. If I'm stressed about a problem at work, I write down my worries, talk to a friend and then come up with a plan."

For many children and adolescents, anxiety may become so severe that it interferes with healthy development. Some potential red flags include:

- Chronic stomach pains or physical symptoms when worried.
- Frequent requests to leave and/or be picked up from school, or multiple trips to the school nurse.
- Withdrawal from peers or social activities (e.g., clubs, parties, teams).
- Excessive clinginess and/or reassurance-seeking questions that are asked repeatedly.
- Sleep or eating disturbances.

For these children, parents may consider further evaluation. Fortunately, anxiety disorders are treatable and may be helped by a type of psychotherapy called cognitive behavioral therapy. For more information, visit:

- Society of Clinical Child and Adolescent Psychology www.effectivechildtherapy.org
- Association of Behavioral and Cognitive Therapies www.abct.org
- Anxiety and Depression Disorders Association of America www.adaa.org

Many of these concepts are being taught to your students during their Second Step lessons. If you have any questions, please reach out to me.



Parents' Club

@SJSParentsClub is tweeting again!
Follow us and stay in the loop!!



Ladies Night Out

One week until Ladies Night Out! This can't-miss event is quickly approaching. **Be sure to turn in your table registration forms by 2/24! That's TODAY!**

Do you have something to donate? Donations are always welcome to be included in our amazing prize baskets! The attached LNO registration and donation letter have more information. The LNO Committee is looking forward to toasting you at our annual event!

HOW CAN YOU HELP SJS?



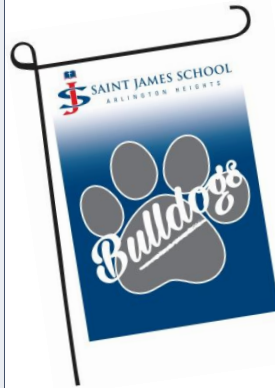
SAVE BOXTOPS FOR EDUCATION! PRODUCT LISTING IS AT

<http://www.boxtops4education.com>

ANGELS IN THE CLASSROOM



The annual "Angels" list is located on the Parents' Club digital backpack <http://stjameschoolah.org/digital-backpack/parents-club/>. Angels chairperson, Christine Dolecki, can help you make selections and organize your Angels gift. Preview the list and contact Christine at dolecki.wollscheid@yahoo.com with any questions. Several teachers have already been given an Angels surprise! What a nice treat for our special teachers! Thank you for being an Angel!



NEW! GARDEN FLAG

No snow on the ground and only 31 days until this crazy winter is over! Time to think spring! Parents' Club is proud to offer school pride for your home. Check out our Garden Flag order form in your child's backpack (also attached to the Fodder). What a classy way to show off your Bulldog spirit and bring a little color to your curb appeal! **Order now through March 3.**

SEEKING WAYS TO GET INVOLVED?

Parents' Club is currently looking to fill a few committee chair positions for next school year:



- Magazine Drive
- Eat & Earn
- Bank Day

These open positions offer the opportunity to shadow and assist this year's current committee chairs before taking over the role next year. If you're available to help and would like to learn more, please contact Carol Mysza at cmysza@yahoo.com.

Our **APPRECIATION CELEBRATION and meeting** drew a nice crowd of moms and dads! It was informative and FUN!!

St. James Women's Club Announces

March Is Children's Book Drive Month! March 1- 24

We're collecting books for Bernie's Book Bank – a charity dedicated to distributing quality new and gently-used children's books to at-risk infants, toddlers and school-age kids throughout Chicago and the suburbs.

This is the time to clean out your bookshelves – and let less fortunate kids enjoy books your family is no longer using. See the flyer in the Fodder listing for more details on the drive and Bernie's Book Bank!



Scouting News

Calling all Cub Scouts & Families!!

It's time to celebrate a great year of Scouting & Achievements! Please join us on **Friday, February 24th, at 6pm in the St. James Parish Center** as we celebrate our annual **BLUE & GOLD Awards Dinner**. Everyone in the family is welcome to attend. Dinner & Entertainment is provided! Please see the Cub Scout flyer in the Fodder for more details - RSVP to Michelle Koclanis - m.koclanis@yahoo.com. Hope to see you there!



**St. James School All-Class Reunion and 90th Anniversary Celebration
Saturday June 10, 2017**

Save the date for an all-class reunion and 90th anniversary celebration on Saturday, June 10, 2017. Join us as we celebrate all that makes St. James School so special. More details to come!