



# St. Michael Catholic School

*Learn, Serve, Lead, Succeed...Be His Disciple!*

## INSIDE

Feb. 3—No  
School

A letter from  
our Principal

Lunch Menu

## IMPORTANT DATES

December 21, 2022

### JANUARY

Jan 3 — Staff and Faculty Return to School

Jan 4 — Students Resume School

**NEW: Jan 6 — “Epiphany” Preschool Program, 2PM**

**Kindergarten “Polar Express” Party**

Jan 16 — No School, Teacher Work Day

Jan 17-24— MAP Testing

Jan 29 — CSW Kick Off Mass @ 9:30am, Open House

Jan 30-Feb 2 — Catholic Schools Week

### FEBRUARY

Feb 1— Camp Archangel Registration Opens!

**NEW: Feb 3 — No School: Comp Day (see note on page 5)**



**Fr. B and Luna sharing a story with  
3rd grade students**

*For all attendance, dismissal  
changes, and documents please  
email:*

**Stmichaelinfo@cdolinc.net**

### School Day Hours:

**Doors Open: 7:45am**

**Tardy Bell: 8:05am**

**Dismissal: 3:20pm**

# From the Principal

December 21, 2022

Dear Parents and Students at St. Michael School

It is the most wonderful time of the year! We have many reminders of the reason for the season at St. Michael School. From the Christmas cheer throughout the halls, the displays of artwork, and the caroling of the choir, we are incredibly blessed. The fruits of the Spirit shine in your children daily through their love, joy, & happiness!

We will continue the celebration after the break. The preschool Christmas program has been rescheduled for January 6th at 2:00, in the Commons. The kindergarten Polar Express has also been rescheduled for the 6th of January, the Epiphany, following Mass.

I want to extend my sincere gratitude to the families at St. Michael School. It is because of your daily love and support, we had a very successful first semester. I look forward to seeing each of you when school resumes on January 4th. May the Lord abundantly bless you, your families, and the St. Michael community in the year to come. Stay safe and stay warm.

+In Christ,

Ashley Rockey



**St. Michael 8th Grade Students with their Villa Marie buddies at the Christmas Party on Dec. 16th**



St. Michael Doll  
Uniforms for sale in  
the front office,  
while supplies last!  
\$25



ONE TIME SALE  
18" Doll Uniform \$25.00/ea

Choose from:  
Uniform Jumper & Shirt  
or  
Uniform Skirt & Shirt

Can't get it today – text Lisa at  
402-480-2483 to hold one for you.

Payment is cash, check or  
venmo





# FREE THROW TOURNAMENT



**WHO:** ALL GIRLS AND BOYS AGES 9-14

**WHAT:** ST MICHAEL KNIGHTS OF  
COLUMBUS FREE THROW CONTEST

**WHEN:** TUESDAY, JANUARY 17TH  
REGISTRATION BEGINS AT 6PM,  
CONTEST TO FOLLOW

**WHERE:** ST MICHAEL GYMNASIUM



PIUS X THUNDERETTES

# sugar rush

DANCE CAMP 2023

WHEN: January 14th, 2023  
9:00am-12:00pm

WHERE: Pius X High School  
6000 A St Lincoln, NE 68510

>> Ages 3-11 years old <<

**SCAN THE QR CODE TO SIGN UP!**



[HTTPS://LINKTR.EE/PIUSXRETES](https://linktr.ee/piusxrettes)

email [ashtynsara@gmail.com](mailto:ashtynsara@gmail.com) with any questions!

PIUS X THUNDERETTES

# DANCE CLINIC



[HTTPS://LINKTR.EE/PIUSXRETES](https://linktr.ee/piusxrettes)

WHEN: January 14, 2023  
1:00pm-4:00pm

WHERE: Pius X High School  
6000 A St Lincoln, NE 68510

>> AGES 12-14 years old <<

**SCAN THE QR CODE TO SIGN UP!**

email [ashtynsara@gmail.com](mailto:ashtynsara@gmail.com)  
with any questions!



**8th Grade Courage Retreat**

Please note an update to the school calendar in February:

**No School on Friday, February 3**

The Superintendent and administrators of the Diocese of Lincoln Catholic Schools have granted the teachers/staff an additional day off during the second semester as a means to give compensation and express appreciation for their sacrifices during the hectic cold/flu season of the fall and winter months.



**Mrs. Miller and the Preschoolers in deep thought**





December 2022

## Counselor Corner

Mrs. Wittwer, School Counselor

### Social Skills Through the Holidays

Christmas is a time to teach and reinforce social skills with children, especially expressing gratitude for gifts and appreciation for generosity. When a particular gift doesn't evoke pleasure or excitement, it's important to pre-teach how to respond with the idea, "It's the thought that counts." Prepare your child for receiving something a bit "unexpected," by modeling how to react and what to say, e.g., *"Thank you very much, Aunt Sarah! It was so kind of you to think of me!"* Don't forget to also teach the powerfully good feelings that come from giving!

### Thank-You Notes

Did you grow up writing thank you notes? A hand-written note never goes out of style, is appreciated, and demonstrates good manners. Teaching this thoughtful gesture to young people will hopefully make thank-you note writing second nature as kids mature. For children just learning to write, prompt words of gratitude with questions e.g., *"What do you like about Grandma's and Grandpa's gift?"* and pen it for them, using their words. Little ones can add pictures and sign their own names. Who knows, your child might even express a heart-felt written note of gratitude to you one day!

### Classroom Counseling Lessons

An important component of a school counseling program is whole-group classroom lessons. In addition to homeroom teachers' K-5 Second Step lessons, this semester K-5 students received instruction on recognizing, refusing and reporting bullying. Additional lesson topics include - Gr.K: Filling Invisible Buckets though respect & kindness; Feelings & Zones of Regulation. Gr.1: Self-Control. Gr.2: Getting the Facts Before Reacting; Controlling Impulses; Gr.3-4: Recognizing & Responding to Peer Pressure.



Studiosness



Temperance



Humility



Patience

### Growing in Virtues to Become Disciples of Christ

The student council & Mr. Katzmarek assist me in introducing a new virtue all-school monthly assemblies through roleplays, saint biographies, song and prayer. Sr. Edith Marie prepares a lessons for K-8 teachers to deliver on each month's virtue. Thank you for your cooperation with the homework portion of these lessons. I hope you're enjoying the conversations.

**May your hearts be filled with Christmas love. Enjoy the time with family. Hold them close.**

## SAVE THE DATE - Community Awareness Event

### Community Awareness Event

"The Impact of Social Media on Youth Mental Health"

Thursday, January 19, 2023 @ 6:30 PM

4600 Valley Road

Lincoln Medical Education Partnership - Vrbka Rooms

Lincoln, NE 68510

Presented by: Dr. Melissa Lafferty with Nebraska Mental Health Centers

## St. Michael's Menu—January 2023

January 2 No School	January 3 No School	January 4 Pizza Peas	January 5 Chicken Fajita Sub on W/G Bun Cheese Corn	January 6 Cereal Yogurt Fresh Veggies
January 9 Cheeseburger W/G Bun Baked Beans Baked Chips	January 10 Popcorn Chicken Mashed Potatoes & Gravy Corn Dinner Roll	January 11 Chef's Choice	January 12 Taco Burger Refried Beans Fresh Topping Salsa	January 13 Mozzarella Sticks Marinara Sauce California Blend
January 16 No School	January 17 Lasagna Rollup W/Meat Sauce Garlic Breadstick Green Beans	January 18 Fiestada Corn	January 19 Breaded Pork Patty Mashed Potatoes & Gravy Dinner Roll	January 20 Bean Dip Nacho Chips Glazed Carrots
January 23 Chicken & Veggie Stir-fry Over W/G Rice Dinner Roll Cookie	January 24 Baked Potato Fresh Toppings Ham Slider	January 25 Chef's Choice	January 26 Nachos Cheese Sauce Salsa Corn	January 27 Cheese Quesadilla Steamed Peas
January 30 Hot Dog W/G Bun Cheesy Broccoli	January 31 Chicken Nuggets Potato Smiles Mini Bread Loaf			

### \*Alternative Main Entrée Choices:

Monday: Ham & Cheese Sandwich

Tuesday: Ham & Cheese Wrap

Wednesday: Chef's Choice

Thursday: Meat & Cheese Box

Friday: Cheese Sandwich & WOW Butter Sandwich

\*Milk, Fruit, Fresh Vegetable Bar (Romaine Lettuce, Broccoli, Grape Tomatoes, Carrots, Cucumbers, Snap Peas) Served Daily

\*Apple and Orange Juice Offered on Monday & Friday

\*Menu Subject to Change

For questions email: [Linda-Schurman@cdolinc.net](mailto:Linda-Schurman@cdolinc.net)

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