

Spartan Press

Holy Spirit School's mission is to empower a diverse community by providing academic excellence in a Catholic environment.

November 3, 2023

Dear Families,

November's colder weather reminds us that snow is around the corner! Please send your student in a coat, hat and gloves so that they may continue to play safely outside at recess.

Students celebrated the Solemnity of All Saints also known as All Saints' Day by attending Mass on Wednesday with Father Veevin Richard presiding. Students also participated in many classroom activities related to this day when we honor all saints in the Church.

November brings us our "fall back an hour" time change on Sunday morning at 2:00AM. When we set the clocks back one hour on November 5th, it is important to remember mornings will be darker. Please use extra caution at morning drop off. As a reminder, students are NOT permitted to walk from the parking area to the office door WITHOUT an ADULT walking with them. This is for everyone's safety. Please be considerate.

It is also a great time to check the batteries in your smoke detectors. I've included a fire safety tip page for you to read that includes information about maintaining your smoke detectors at home.

First Quarter progress reports will be sent home on Friday, November 10th. I've included the *Sign-Up Genius* links that were posted last week for our upcoming Parent-Teacher Conferences on Wednesday, November 15th and Thursday, November 16th. It's important to meet with your child's teacher to discuss their academic progress and behavior.

Our students in Grades 3, 4, and 5 will perform their patriotic concert on Thursday, November 9th at 7:00PM in the church. Mr. Brewster sent out a letter to parents and guardians in these grades earlier with details.

The Middle School Youth Group met on Monday with the theme of: *Saints*. Their discussion focused on being *future* saints. They also had a pizza party!

November 7th is Picture Day for our preschoolers and Picture Retake Day for students in Grades K-8. If you are having your student's picture retaken, please return the picture packet that was sent home last week on that day.

That's it for this week! Enjoy the weekend ahead!

Sincerely,
Miss Kathy Costello

IMPORTANT REMINDER....

1:00PM EARLY DISMISSAL: Friday, November 10th!

Calendar:

Mon., November 6th:
Middle School Youth Group
2:45PM to 4:20PM
Gymnasium
Permission Slip Required to Join

Tues., November 7th:
Picture Retake Day
Preschool Picture Day
Make-up Picture Day for those who were absent.

Tues., November 7th:
Voting Day

Wed., November 8th:
All School Mass
Grades K-8
8:15AM/Church
Dress Uniform

Wed., November 8th:
New Server Training
After Mass

Thurs., November 9th:
Grades 3, 4, and 5
A Musical Concert
7:00PM in Church
Students arrive by 6:40PM in the Church Basement. Doors will open at 6:30PM.

Fri., November 10th:
The First Quarter report cards will be sent home today!

Fri., November 10th
Early Dismissal at 1:00PM

Sat., November 11th:
Veterans Day

Tues., November 14th:
School Advisory Board
Meeting at 7:00PM
School Library

Wed., November 15th and
Thurs., November 16th
Parent-Teacher Conferences
Appointment Only
Use the links to sign up!

Check out What's Happening at H.S.!

Parent to Parent.....
HOMEWORK TIPS
(by www.realsimple.com)

- ✓ Do the hardest thing first.
- ✓ Put away the phone.
- ✓ Pack up the book bag as soon as the assignments are finished.

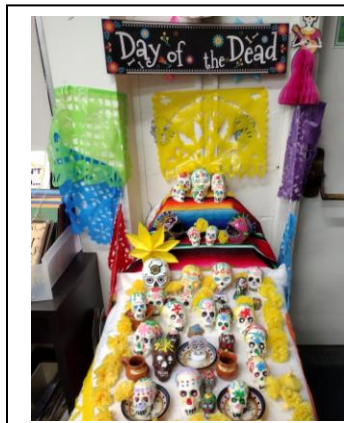


Meet Our Student Council!

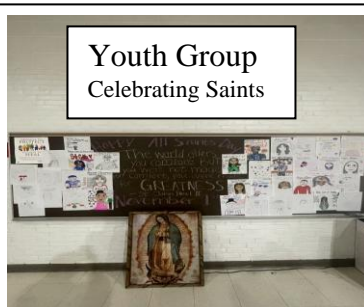


Grade 2 Saint Pennants

All Saints' Day and All Souls' Day Activities



Youth Group Celebrating Saints



Holy Spirit Spiritwear is now available at School Closet & School Days in Gahanna!

This weekend is the November time change on Sunday at 2:00AM. Please set your clocks back an hour!



Check our website for more information:
www.holy-spirit-school.org

Lunch Calendar:

Monday, 11/6:
Chicken Nuggets

Tuesday, 11/7:
Beef Taco Quesadilla with Toppings

Wednesday, 11/8:
Double Hamburger on a Whole Grain Bun

Thursday, 11/9:
Chicken Mashed Potato Bowl

Friday, 11/10:
Smuckers® Peanut Butter & Jelly Sandwich

Monday, 11/11:
Beef Ho Dogs on Whole Wheat Bun

Tuesday, 11/12:
Chicken Pizza Quesadilla with Toppings

Wednesday, 11/13:
Chicken Leg & Waffles

Thursday, 11/14:
Pizza Crunchers with Marinara and Ranch

Friday, 11/15:
Tater Tot Bar

**All meals are served with vegetables, fruit, and fat free or 2% white or flavored milk.

This institution is an equal opportunity provider.

CONFERENCE SIGN-UP LINKS FOR Wednesday, November 15th and Thursday, November 16th:

Mrs. Springer

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs14>

Ms. Brady

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs11>

Mrs. Thomas

<https://www.signupgenius.com/go/70A044AA4A622ABF85-miss1>

Ms. Greer

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs9>

Mrs. Ramsey

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs8>

Mrs. Mays

<https://www.signupgenius.com/go/70A044AA4A622ABF85-5thgrade3>

Mrs. Hopson:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-6thgrade3>

Miss Oros:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-7thgrade3>

Mrs. Eitel:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-8thgrade4>

Mrs. Agostino:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs10>

Mr. Brewster:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrbrewster1>

Mrs. Garnica:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs12>

Mr. Heinmiller:

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrheinmiller3>

Mrs. Schuler

<https://www.signupgenius.com/go/70A044AA4A622ABF85-mrs13>



Early Voting – Issue 1 & 2 Threatens Families

Our Catholic faith teaches that parents have a duty to protect and care for their children. These duties are the reason that parents have special rights regarding the education and welfare of children. Two proposals on the ballot in this election would threaten a parent's ability to protect and care for their children. Catholics must Vote NO on Issue 1 and Issue 2 because...

- **Parental rights are under threat** – Issue 1 challenges a parent's right to know about and consent to their child receiving any reproductive interventions, including abortion.
- **Children are at risk** – Issue 2 endangers children as the legalization of recreational marijuana is shown to increase use by youth, therefore harming their development, especially neurologically. It could also increase traffic accidents and fatalities.

Jesus teaches us to love our neighbor as ourselves, and it is in a family where we first learn to love. This is why the Catholic Church teaches that parents have special rights and responsibilities, so that a child's home can be a haven of love. To protect a parent's ability to love, protect, and care for their children, **Catholics in Ohio must Vote NO on Issue 1 and Issue 2.**

You can request an absentee ballot at www.voteohio.gov until October 31st, then mail the absentee ballot to your local board of elections by November 6th. Or, go to your board of elections to vote early in-person any day between now and November 5th.



The Catholic Conference of Ohio is the official voice of the Catholic Church in Ohio on public policy, advocating for the dignity of life at all stages, immigrants, Ohioans in need, and Catholic education. www.ohiocathconf.org



November 2023

Dear Families,

The holidays are right around the corner! This month we will focus on how to serve others during a season of giving, how to prevent holiday stress, and how to support yourself and your children if you are experiencing grief this holiday season.

Season of Giving

During this season of giving, it is a great opportunity to teach children about the joy in serving others.

“Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Corinthians 9:7

We can use the holiday season to encourage kindness and empathy through acts of service. Spend time at home talking about the needs of the people in your neighborhood, church, family, or larger community. Then, brainstorm ideas to meet those needs. Working together on a service project will empower your family to put kindness and empathy into practice. And when kids get to be a part of the process, they will get to see the impact of their kindness as they experience the gift of giving.

Not sure what to do? Here are some easy service project ideas:

- Send cards to children in the hospital
- Make ornaments for elderly in nursing homes
- Make fleece blankets for children in foster care

- Create crafts to sell and then donate the money to a local charity
- Volunteer at the Mid-Ohio Food Collective:
<https://mofc.org/volunteer/>

Source: <https://www.counselorchelsey.com/blog/holidaykindness>

Tips to Prevent Holiday Stress for Children (and Parents)

By: On Our Sleeves Behavioral Health Experts

4 Tips for Stress Prevention:

1. Talk to Kids About What to Expect
2. Practicing Meeting New Relatives
3. Provide Frequent Praise
4. Be Mindful About Changes in Routine

Grieving During the Holidays

Although the holidays are exciting, it can also be a time of grief, as we mourn the loved ones that we have lost. Whether it is seeing the empty chair at the Thanksgiving table or wishing for one more Christmas together, you are never alone. The best way to support your child is to allow them to feel any of their feelings. Grief, especially in children, can bring up a wide array of emotions. Reassuring them there is no “right” way to grieve and validating how they feel can be helpful for their healing journey. (And yours, too.)

If this is a recent loss, you can include your child to ask for their input when it comes to traditions. You can ask your child how they want to celebrate the holiday now that things have changed. Old family traditions may be too difficult to manage after the loss of a loved one, so ask about what traditions your kid(s) think should be “kept” and what should be “put on hold”.

See below for holiday grief activities to do with your children:

- Creating a special “memory” miniature tree with ornaments that reflect your loved one’s life (or strips of paper)
- Buying a gift for the loved one and donating it/making a donation in their memory to a favorite charity.
- Set a special memorial place at the table during a holiday meal (kids can have fun decorating the name tag with drawing pictures of memories).
- Create a memorabilia table or corner where you can place photos, stuffed animals, toys, cards, foods, and any other kinds of mementos.
- Share one of the person’s favorite foods or meals. Food can be a great spark for sharing memories.
- Write letters to the person who died and place these in a special basket or perhaps in a holiday stocking. Children may want to write about events that were important to them during the past year. (The letters may be burned to protect privacy.)

Sources: <https://www.elesplace.org/resources/parents-guardians/holiday-tips-grieving-families>

<https://www.dougy.org/resource-articles/getting-through-the-holidays>

<https://www.solacetree.org/2017/12/12/helping-children-cope-grief-holidays/>

For fun! Winter Mindfulness Exercise:



Wishing you and your family warm wishes this holiday season!

Matthew Knox, Matthew@sopcc.org

Shawna Blunt, Shawna@sopcc.org




HOLY SPIRIT SCHOOL

LUNCH MENU

NOVEMBER 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast and lunch are served with fat free or 1% white milk or fat free chocolate milk. Breakfasts cost \$1.50 and Lunch is \$2.80. Extra entrees are \$1.00; a la carte milk (ordered with a school meal) is \$.40. Breakfast is served from 7:30am to 7:45am. HSCS provides free and reduced-price meals to qualifying families. All meals are payable in advance. Please send your payment (cash, check or money order) to the school office in an envelope marked with your child's name and grade. In accordance with federal civil rights law and USDA civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.						
			1 MAKE YOUR OWN "PIZZA MUNCHABLES" with Naan Bread and Marinara Mozzarella Cheese Beef Pepperoni Fruit Milk	2 FRENCH TOAST STICKS Hash Brown Turkey Bacon Orange Juice	3 CHICKEN PATTY SANDWICH Spicy or Regular on WG Bun Potatoes Green Beans Fruit Milk	4
5	6 CHICKEN NUGGETS Potatoes Green Beans Fruit Milk	7 BEEF TACO QUESADILLA WITH TOPPINGS Fiesta Rice Corn Fruit Milk	8 DOUBLE HAMBURGER ON A WG BUN Choice of toppings Potatoes Salad with Mixed Greens Fruit Milk	9 CHICKEN MASHED POTATO BOWL with Corn, Cheese and Gravy Salad with Mixed Greens Fruit Milk	10 Smuckers® PEANUT BUTTER & JELLY SANDWICH Carrots and Dip Lays® Reduced Fat Chips Fruit Milk	11
12	13 BEEF HOT DOGS ON WW BUN Cowboy Beans Lays® Reduced Fat Chips Fruit Milk	14 CHICKEN PIZZA QUESADILLA WITH TOPPINGS Corn Salad with mixed greens Fruit Milk	15 CHICKEN LEG & WAFFLES Hash Brown Orange Juice Milk	16 PIZZA CRUNCHERS WITH MARINARA AND RANCH Broccoli Breadstick Fruit Milk	17 TATER TOT BAR with choice of Vegetarian <u>or</u> Beef and Bean Chili Choice of toppings Salad with mixed greens Fruit Milk	18
19	20 MINI CORN DOGS (CHICKEN) Potatoes Peas Fruit Milk	21 BEEF FIESTADA PIZZA WITH TOPPINGS Salsa & sour cream Corn Salad with mixed greens Fruit Milk	NO SCHOOL ~ THANKSGIVING BREAK			25
26	27 TURKEY PEPPERONI STUFFED CRUST PIZZA WITH MARINARA Green Beans Fruit Milk	28 BEEF SOFT TACO WITH TOPPINGS Fiesta Rice Corn Salad with Greens Fruit Milk				
			29 GRILLED CHEESE AND TOMATO SOUP Salad with mixed greens Fruit Milk	30 ORANGE CHICKEN WITH FRIED RICE Stir Fry Vegetables Fruit Milk		



School Days Uniforms

Fall Sale

October 25 - November 15

20% off

In-store & Online

Does NOT include letter jackets, alterations, custom orders or previous purchases

Discount Code: FALL20

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CLOSED Wednesday, Nov. 22 - Monday, Nov. 27

CLOSED Friday, Dec. 22 - Tuesday, Jan. 2
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www.schoolcloset.com

73 N. Stygler Rd.
Gahanna, OH 43230
614-476-4104

Sunday CLOSED
Monday CLOSED
Tues-Thur 10:00 - 5:00
Friday 10:00 - 4:00
Saturday 10:00 - 1:00

2023

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The leading information and knowledge resource
on fire, electrical and related hazards