

# Spartan Press

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

*February 2, 2024*

Dear Families,

Catholic Schools Week came to a successful end today with an assembly and volleyball match that resulted in the teachers and staff scoring more points than Grade 8. However, we must confess that our MVP for the match was Father Richard. He is a very talented volleyball player! Please check out the photos attached to this newsletter to recap our busy week!

Parent-Teacher conferences will take place on Wednesday, February 7<sup>th</sup> and Thursday, February 8<sup>th</sup>. Parents who must attend conferences were contacted or asked to sign up by way of an email or note from the classroom teacher or principal earlier this week. These conferences are not mandatory, but if you feel the need to meet with your student's teacher please sign up. *The Sign-up Genius* link for conference days was sent out through email on Tuesday.

New families will be visiting Holy Spirit School the evening on Monday, February 5<sup>th</sup> for Holy Spirit Information Night at 6:30PM in the gym. Our Holy Spirit School Advisory Board members will be helping out that night!

The Middle School Youth Group will also be having their regular meeting on Monday from 2:45PM to 4:20PM.

A paper copy of the *Father/Daughter Valentine Sock Hop* information is attached to this newsletter. Please send in your admission form and fee by Friday, February 9<sup>th</sup>. We will be having a mother/son event in the spring!

As a reminder, please help your student to remember their lunch boxes. We have also had an increase in the number of tardy students. The morning bell is at 7:50AM. Please arrive on time so your student does not interrupt the class!

On Friday, February 9<sup>th</sup>, BETA is sponsoring a fundraiser to collect funds for their upcoming convention. Students may wear their favorite team jersey with their uniform pants in honor of the upcoming *Super Bowl* for \$2.00. Please help support this club!

That's it for this week! The groundhog did not see his shadow today, so we are hoping for an early spring!

Sincerely,  
*Miss Kathy Costello*

## Calendar:

Monday, February 5<sup>th</sup>:  
**Middle School Youth Group**  
2:45PM to 4:20PM  
Gymnasium  
Permission Slip Required to Join

Monday, February 5<sup>th</sup>:  
**Holy Spirit School**  
**Information Night for**  
**Possible New Families Only**  
**Gym Doors Open at 6:00PM**  
**Meeting Begins at 6:30PM**

Wednesday, February 7<sup>th</sup>:  
**All School Mass**  
8:15AM/Church  
Dress Uniforms

Wednesday, February 7<sup>th</sup>:  
**Parent-Teacher**  
**Conferences**  
**Appointment Only**

Thursday, February 8<sup>th</sup>:  
**Parent-Teacher**  
**Conferences**  
**Appointment Only**

Friday, February 9<sup>th</sup>:  
**BETA Club**  
**Wear your favorite team**  
**jersey for \$2.00 fundraiser!**

Saturday, February 10<sup>th</sup>:  
**Power of the Pen**  
**Competition**  
Gahanna Middle School South

Sunday, February 11<sup>th</sup>:  
**Father/Daughter**  
**Valentine Sock Hop**  
6:00PM-8:00PM in the Gym  
(See the attached flyer!)

Tuesday, February 13<sup>th</sup>:  
**BETA Club Convention**

Tuesday, February 13<sup>th</sup>:  
**Mardi Gras/Valentine**  
**Celebrations**

Wednesday, February 14<sup>th</sup>:  
**Ash Wednesday**

# Catholic Schools Week Events

The Penny  
Competition  
for J.O.I.N



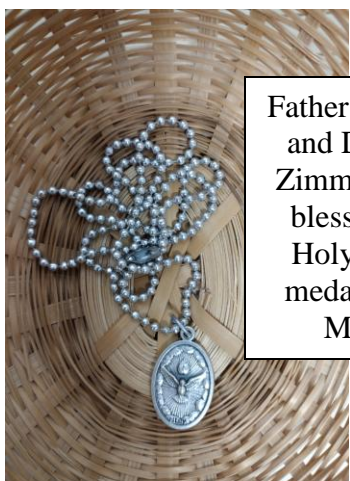
Celebrating Our  
Invention Convention  
Award Winners



Second Grade  
*Thank You, Lord, for Our  
Catholic School Prayers*



Third Grade  
*Serving God and Others  
Project*



Father Richard  
and Deacon  
Zimmermann  
blessed our  
Holy Spirit  
medals after  
Mass!



We dressed  
up as our  
favorite  
saints!



First Graders  
wrote down  
their  
Groundhog  
Day  
Predictions!



We voted to have  
French Toast Sticks  
for lunch!



## Lunch Calendar:

**Monday, 2/5:**  
Mini Corn Dogs

**Tuesday, 2/6:**  
Beef Fiestada Pizza  
with Toppings

**Wednesday, 2/7:**  
Chef Salad with Turkey  
and Cheese

**Thursday, 2/8:**  
Double Hamburger on  
a Whole Grain Bun

**Friday, 2/9:**  
Tater Tot Bar

**Monday, 2/12:**  
Grilled Cheese  
Sandwich and Tomato  
Soup

**Tuesday, 2/13:**  
Chicken Pizza  
Quesadilla and  
Toppings

**Wednesday, 2/14:**  
Smuckers® Peanut  
Butter & Jelly

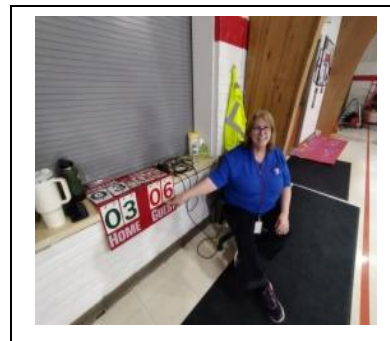
**Thursday, 2/15:**  
Chicken Tenders and  
Waffles

**Friday, 2/16 and  
Monday, 2/19:**  
No School

\*\*\*All meals are served with vegetables,  
fruit, and fat free or 2% white or flavored  
milk. This institution is an equal  
opportunity provider.



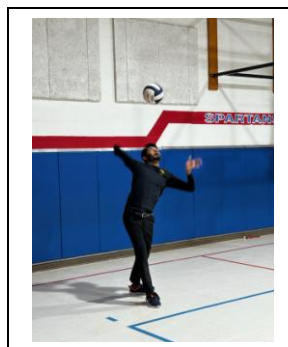
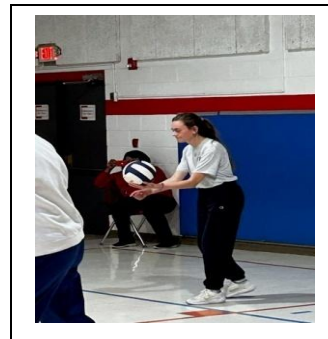
Grade 8 Players



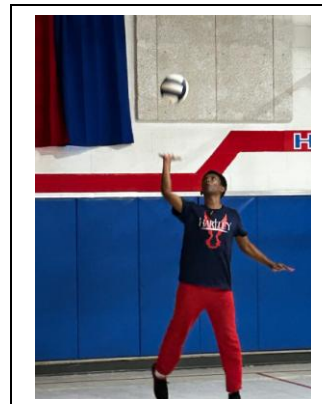
Teacher and Staff  
Players

The Teachers and Staff  
Versus  
Grade 8

Volleyball Match



Father Richard  
MVP



### IMPORTANT REMINDER....

The *Letters of Intent* for students who are returning to Holy Spirit School for the 2024-2025 school year will continue to be accepted, but the registration fee is now \$75.

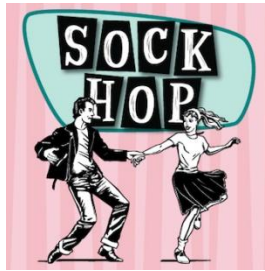
Please email Miss Costello if there is an issue regarding registration (kcostell@cdeducation.org). Thank you!

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Check our website for more information:  
[www.holy-spirit-school.org](http://www.holy-spirit-school.org)

★★★★★★★★★★





# ***Father Daughter Valentine***

## ***Sock Hop***

***Holy Spirit Gymnasium***

***Sunday, February 11, 2024***

***6:00-8:00PM***

*Join us for a night to remember  
with your little girls!*

**Daughters may also be escorted by grandpa, uncle, older brother, family friend**

**There will be a D.J., dancing, and light refreshments.**

**\$10.00 per couple, \$5.00 each additional daughter**

**The dance is Pre-K through 8<sup>th</sup> grade for Holy Spirit Families only.**

Return to School with Payment

Name of Daughter(s): \_\_\_\_\_

\_\_\_\_\_

Name of Father (or escort & relation):

\_\_\_\_\_

Amount: \_\_\_\_\_




# HOLY SPIRIT SCHOOL

## LUNCH MENU

### February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast and lunch are served with fat free or 1% white milk or fat free chocolate milk.  Breakfast and Hot Lunch are served daily. Breakfasts cost \$1.50 and Lunch is \$2.80. Extra entrees are \$1.00 and a la carte milk (ordered with a school meal) is \$.40. Breakfast is served from 7:30am to 7:45am. This school participates in the National School Lunch Program which allows us to provide free and reduced-price meals to qualifying families. All meals are payable in advance. Payments are due by Tuesday. This institution is an equal opportunity provider.						
				<b>1 MAKE YOUR OWN "PIZZA MUNCHABLES"</b> Naan Bread      Marinara Mozzarella Cheese Beef Pepperoni Fruit              Milk	<b>2 FRENCH TOAST STICKS</b> Hash Brown Potato Turkey Sausage Orange Juice      Milk	<b>3</b>
<b>4</b>	<b>5 MINI CORN DOGS</b> Potatoes Peas Fruit Milk	<b>6 BEEF FIESTADA PIZZA WITH TOPPINGS</b> Corn Salad with mixed greens Fruit Milk	<b>7 CHEF SALAD WITH TURKEY &amp; CHEESE</b> Choice of Dressing Breadstick (WG) Fruit Milk	<b>8 DOUBLE HAMBURGER ON A WHOLE GRAIN BUN</b> Choice of toppings Potatoes Salad with Mixed Greens Fruit      Milk	<b>9 TATER TOT BAR</b> with choice of Vegetarian <u>or</u> Beef and Bean Chili Choice of toppings Salad with mixed greens Fruit      Milk	<b>10</b>
<b>11</b>	<b>12 GRILLED CHEESE &amp; TOMATO SOUP</b> Salad with Mixed Greens Fruit Milk	<b>13 CHICKEN PIZZA QUESADILLA &amp; TOPPINGS</b> Corn Salad with mixed greens Fruit Milk	<b>14 ASH WEDNESDAY</b> Smuckers® PEANUT BUTTER & JELLY Carrots w/ Dip Lays® Reduced Fat Chips Fruit      Milk	<b>15 CHICKEN TENDERS &amp; WAFFLES</b> Hash Brown Potato Orange Juice Milk	<b>16</b>  <b>NO SCHOOL</b> <i>Teacher Conference Day Off</i>	<b>17</b>
<b>18</b>	<b>19</b>    <b>NO SCHOOL</b>	<b>20 BEEF SOFT TACO WITH CHOICE OF TOPPINGS</b> Fiesta Rice Corn Fruit Milk	<b>21 BUILD CHEESE NACHOS!</b> Ground Beef & Tortilla Chips Choice of Toppings Salad with Greens Fruit Milk	<b>22 CHICKEN NUGGETS</b> Potatoes Green Beans Fruit Milk	<b>23 TUNA SUB ON A WG BUN</b> with toppings Chips Salad Fruit Milk	<b>24</b>
<b>25</b>	<b>26 CHICKEN MASHED POTATO BOWL</b> with Corn, Cheese and Gravy Salad with Mixed Greens Fruit      Milk	<b>27 WALKING TACOS</b> (ground beef and chips) with toppings Corn Tossed Salad with Greens Fruit              Milk	<b>28 PENNE PASTA WITH MARINARA SAUCE</b> Breadstick Cheese Stick Broccoli Fruit Milk	<b>29 ORANGE CHICKEN</b> Fried Rice Stir Fry Vegetables Fruit Milk	<b>March 1</b> <b>PIZZA CRUNCHERS WITH MARINARA</b> Broccoli Breadstick Fruit Milk	



February 2024

Dear Families,

The school year is now in full swing and we hope it is a great year so far! This month we are going to address the topic of bullying. Sadly, more than 1 out of every 5 US students ages 12-18 report being bullied. We want to share some resources with you so we can define what it is and how to stop it and, ultimately, prevent it from ever happening.

### ***What Is Bullying?:***

According to [stop.bullying.gov](http://stop.bullying.gov), bullying is defined as “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has a potential to be repeated, over time.”

*In order to be considered bullying, there must be three core elements:*

- *unwanted aggressive behavior*
- *observed or perceived power imbalance*
- *repetition or high likelihood of repetition of bullying behaviors*

*This definition helps determine whether an incident is bullying or [another type of aggressive behavior](#) or both.*

### ***How To Talk To Your Child About Bullying:***

- Ask open-ended questions and have thoughtful talks with your child daily.
- Don't wait for bullying to happen before talking about it.
- Use your experience to have them talk about theirs.
- Talk about bullying in a general way as if it is a subject you want to know more about.



- Stay calm and provide validation when your child shares. Show that you are listening and that you trust them.
- Determine if you need to talk to the school about it. (Is there a power imbalance?)

### ***What Else Can I Do?:***

Below are some ways to play your part to stop bullying according to StopBullying.org:

- Recognize the [warning signs](#) that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying.
- Understanding what bullying is is the first step in forming a plan to prevent or respond to bullying with your child. Many behaviors that look like bullying may be just as serious, but may require different response strategies. You can also learn about:
  - The [frequency of bullying](#);
  - Who is at [risk for being bullied](#) and [bullying others](#); and
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- [Cyberbullying](#) often requires different strategies than in-person bullying. Learn how to work with your kids to prevent [cyberbullying](#) and [how to respond](#) when it occurs.
- If you know or suspect bullying has occurred, learn how to [find out what has happened](#) with your child. Understanding what has happened can also help in communicating with school or community officials about the situation.
- If bullying is occurring at school, learn about what your state requires schools to do in your [state's anti-bullying law](#). Learn also about [federal laws](#) that require schools to address harassment based on race, color, national origin, sex, and disabilities and ways to report situations that have not been adequately addressed to the U.S. Departments of Education and Justice.



### ***Prevention Including:***

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

### ***Resources:***

***Reference [this link](#) to find more external resources for families, educators, and mental health professionals***

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***[topic.https://www.psychologytoday.com/us/basics/bullying](https://www.psychologytoday.com/us/basics/bullying)***

Please feel free to reach out to the school counselors. We are always here to help answer questions,

Matthew Knox, MS, LPC

-matthew@sopcc.org

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