

+J.M.J.

March 24, 2022



Dear SMS Families,

When was the last time you stopped what you were doing to take a long cleansing breath? Do yourself a favor now... *Come Holy Spirit!*

Around the School:

- **At the 9:00am Mass tomorrow for the Solemnity of the Annunciation of our Lord (9 months to Christmas!), we will be joining the Holy Father, Pope Francis, in a prayer that he wrote to consecrate Ukraine and Russia to the Immaculate Heart of Mary. Please join us!**
- **Basketball will be for PreK-1st Grade only tomorrow after school (Friday, March 25).**
- **Daffin's Candy pick-up will be at Lateran Hall from 2:30-5:30pm on Friday, April 1.** If you are able to help with distribution, please let the office know!
- **St. Michael Parish and School will be hosting an EASTER EGG HUNT following the 11:00am Mass on Palm Sunday, April 10. At Mass this day, Children's Liturgy will also be making a comeback! Young children are welcome!! On Palm Sunday, since it is also Passion Sunday, older children will also be needed to act out Jesus' Passion.** More information will be forthcoming!
- Please send in donations of **plastic eggs and candy along with your RSVP for the Easter Egg Hunt. The deadline has been EXTENDED to March 29!**
- **On Sunday, April 10, 2022 from 12:00pm – 3:00pm, there will be a Community Free Chicken Dinner** provided by the Knights of Columbus. Free will offering to deliver much-needed aid to those in Ukraine, and to those seeking refuge in Poland. Drive Thru for Take-Out only to 3PM or gone. Menu - Grilled chicken, Parsley Potatoes, and Corn. Thank you for your support!
- Spring is in the air and outside is calling! **We received an invitation on the Parish FB page for Greenville Area Co-Ed Church Softball. How fun would it be to have an SMS parent/teacher team??** I don't play softball, but I would be happy to be the water girl for the team or entertain/watch kids during games! Registration is due by April 30. Games will be on Tuesdays and Saturdays. Contact Travis Elder for more information: 724-372-1803.

<https://www.facebook.com/groups/GreenvilleCoedChurchSoftball/posts/1371181200062223/>

- **SCHOOL FIELD TRIP PLANNED!!** The PTO is planning an awesome field trip for the WHOLE SCHOOL to go to Keystone Safari on Monday, May 16!! More information will be coming home!
- **Mark your calendars for Tuesday, May 17, at 6:00pm! On behalf of Ms. Erin Warren, I am pleased to announce that at time, we will be hosting the SMS Performing and Fine Arts Show!** The show will feature students in Choir, Band, and Strings. Fine art from ALL

grades will be featured! Thanks to the PTO for also providing refreshments! We are really looking forward to this event!

- **Our parish uses Flocknote to keep members of the parish and school up on the latest events and opportunities.** I've changed my preference to receive updates to text messages rather than emails and you can too, if that is easier for you! Follow these simple directions: [How can members edit preferences without creating a login?](#)
- Thank you to the many families who have volunteered to be on the **Car Raffle Committee!** We need several more, so please keep sending in your slips. **We need AT LEAST 20 school parents to make this a reality (WE ARE HALFWAY THERE to reaching 20!). This is the BIGGEST FUNDRAISER for our school (we typically raise \$50,000+), and we REALLY NEED YOUR HELP!** Our next meeting will be after Easter.
- **Our website has some fun new things on it,** including a new banner called "Do You Wanna Buy a Planet?", a [video featuring 2 Heart Heroes from our school!](#), and a new series, featuring an alumni titled "Why I Value Catholic Education".
- **Applications for financial assistance through the diocese for the 2022-2023 school year (STAR and BTAP) were sent home with students last Monday.** These applications, along with an application fee are to be mailed to the diocese by April 15. An internal financial aid packet will be coming home within the next few weeks.
- **Scholarship forms and applications for our school and community will be coming home soon.**
- **YOU and your CHILD are the best PR for SMS!** Please share positive stories with your friends, family, and neighbors: in person and on social media to help bring more students and families into our community!
- **Please bring your families to Mass! St. Michael School is a mission of and an integral part of St. Michael and St. Margaret Church! Going to Mass on Sundays, I miss seeing and praying with young families.** Our parish offers 4 Masses each weekend: 4:30pm on Saturday, 7:00am, 11:00am on Sunday (this is the Mass I always go to!) at St. Michael in Greenville and 9:00am on Sunday at St. Margaret in Jamestown.
- **The following is from Maggie Shaughnessy:**
Welcome back to Children's Liturgy, everyone! This Sunday's gospel is a *real favorite*. Two sons, raised by the same father, are very different from each other. One makes *many bad choices* in life. The other *does what his father asks* him to do. *What will the father do?* **Jesus** uses this parable to teach us about **God's unconditional love**. Our story for today is *The Giving Tree* by Shel Silverstein. Click below to begin!



- **If your child is sick, please keep them at home!** Kindly contact the school if you or your child does develop any symptoms and also check with your child's doctor for next steps. Talk with your doctor and your child's doctor about whether the COVID vaccine is right for you and your child. **COVID vaccines are available now for children ages 5-12.** Speak with your child's pediatrician about the right decision for your child.

Thank you for partnering with us to make our students' year a great one!

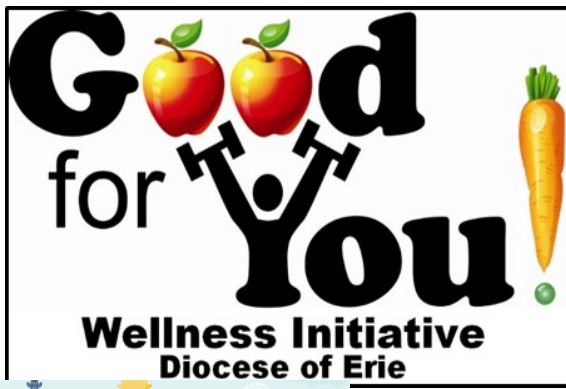
St. Michael, pray for us!

Many Blessings,

Emily Zgone 😊

Principal

"Open wide the doors of your heart to Christ! Do not be afraid!" - St. John Paul II



SPRING SAFETY TIPS

Ah, spring is finally here! Nice weather, blue skies - what better reason to get outside after long cold months cooped up indoors. Just remember some tips to stay in top health during the spring!

Bugs
Kids are happy to be outside after the winter, but so are bees/wasp/hornets. If you encounter these insects, stay calm or walk away, do not swat at the insect. If stung, immediately remove stinger and apply ice to reduce swelling. If stung, and child is allergic, use epinephrine shot or EpiPen, and contact doctor immediately.

Plant Poisoning
Running around the yard/park/school means kids might come across poison ivy. So teach them what the plant looks like ("Leaves of three, leaves of three, leaves of three, leaves of three").
Wear long sleeves and pants if areas that might contain poison ivy.
If you come in contact with it, apply calamine lotion/hydrocortisone cream, avoid scratching. If a fever develops after exposure, contact your doctor.

Spring Weather
Spring frequently brings extra rain, which might make your little creeks a little faster and deeper than they are used to. Remind them to be extra careful around water, and it's a good idea to check out any water for depth and safety before your kids play around it.

Nice weather means bike weather! If you and/or your children go bike riding, always wear a helmet. Look both ways before crossing the street, and follow crosswalk instructions. Only ride on sidewalks and bike paths that are free of cars.

As always if you have any questions, or want more information, please call either office, or contact us through our website or Facebook page. We want to be a resource for our patients, and are happy to help!

Ashland: 419-207-1085
Manchester: 419-524-1085
www.OntarioPediatrics.com

powered by **Piktochart**

EAT YOUR COLORS

When looking for rainbows, most of us like our health up to the sky. But when it comes to your health, the most important place you can find a rainbow is in your plate. Eating fruits and vegetables in a variety of colors means you're more likely to get the vitamins and nutrients you need. Read below to learn what each color of the rainbow can do to improve your health!

Red foods like tomatoes, watermelon, grapes, berries, and papaya, lycopene, lycopene, lycopene, lycopene and lycopene may help protect heart health, promote vision, boost your immune system, and reduce risk of cancer.

Orange and yellow foods like carrots, sweet potatoes, apricots, peaches, mangoes, pineapples, apricots, grapefruit, yellow squash and zucchini may help improve vision, boost your immune system, and lower your risk for heart disease and cancer.

Green foods like spinach, collards, kale, Swiss chard, broccoli, asparagus, green beans, lentils, peas, and green leafy vegetables like kale, spinach, and broccoli may help promote healthy vision and reduce risk of cancer.

Blue and purple foods like blueberries, grapes, eggplant, purple cabbage, avocados, blackberries, blackberries, blueberries, and purple grapes may help improve memory, and lower your risk for heart disease, stroke, cancer, and memory problems.

Brown and white foods like beans, lentils, cashews, almonds, walnuts, pecans, pine nuts, pistachios, hazelnuts, white corn, and sunflower seeds may help promote heart health and reduce risk of cancer and stroke.

For more information, call 334-393-4502

The Wellness Coalition
www.wellnesscoalition.org

Elementary Spring Edition 2022

Thank you, Lord, for pretty flowers blooming the spring. Thank you, Lord, for sunny days, and tiny birds that sing. The animals are waking up the earth is fresh and new. And everything that you have made is giving praise to you. Amen.



WHY OUTDOOR PLAY IS IMPORTANT TO Childhood Development



Outdoor play is an important part of childhood. It's exciting to see children in their natural environment - exploring their surroundings, being curious about what's around them and finding joy in doing new things. As a child, I always remember running around the park, slipping and dumping sand in the sandbox, and climbing up and going down the slide.

The Benefits of Outdoor Play

Outdoor play improves physical development

Physical skills are important for growth, physical coordination and the movement of the body. When children play outdoors they increase their ability to balance, jump, climb, throw, run and skip.

More friends! (aka improved social development)

Outdoor play provides children with the opportunity to gain social skills by interacting, collaborating and negotiating with others.



Increased Imagination

Being outdoors gives children the opportunity to pretend to be anything they want, for example, to be a bear in the wild or a chef in the kitchen.

Gain knowledge and appreciation for the natural world

Children learn about the natural elements and their surroundings when they are outside. For example, they learn about the weather, the change in seasons, and different animals that are found outside.



Easy and Fun Outdoor Activities

Flower Ice Cube Sensory Play

You will need
2 ice cube trays, water, a bunch of flowers from the garden and a freezer

Instructions:
Place one single head of a flower in each cube

Pour water over flowers and place the ice cube trays into the freezer and leave overnight.

Take the trays out of the freezer and push the flower ice cubes out into a bowl.

Chalk Roads

You will need
1 bucket of colored chalk and an empty area in the playground or the concrete.

Instructions:
Draw big and small circles and color them in and draw vertical and straight lines.

Let the children jump from circle to circle and walk along the vertical and straight lines without falling over.

Make a game out of it and let the children balance, run, jump and skip. Allow children to explore and have fun!



Easy Frozen Easter Treats

Ingredients

Silicone mini cake pan.

Blender.

Low fat Vanilla yogurt.

Frozen or fresh fruit of your choice.

Directions

Pop 2 Scoops of the yogurt in (about 3/4 cup) and 1/2-3/4 cups of the fruit.

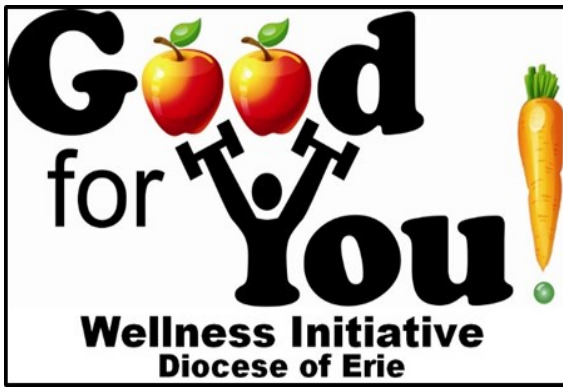
Blend.

Pour.

Freeze them for 2 hours and let them thaw for 30 minutes

Pop out of the mold and enjoy!





Middle/High Spring Edition 2022



Loving God, we live in the mystery of the new life you promise in Jesus and the new life that surrounds us every spring. Help us connect with people we don't usually see. Make us one whole and holy people. Amen



5 Ingredient Strawberry Salsa

- 1 pint strawberries, hulled and finely diced
- 1 jalapeno, stem and seeds removed, finely diced
- Half of a small red onion, peeled and finely diced (1/2 cup)
- 2/3 cup finely-chopped fresh cilantro, loosely-packed
- Juice of 1 lime, about 2 tablespoons
- (pinch of salt and black pepper)

Instructions

1. Toss all ingredients together until combined. Season with extra salt and pepper if needed.
2. *If you would like a sweeter salsa, feel free to stir in a few teaspoons of warmed honey.

AVOID	TRY
Screens of any kind in the hour before bed	Reading books or a magazine
Overly stimulating bedroom environments	Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar
Sugary foods or heavy meals	Warm milk, water, or herbal tea such as chamomile
Caffeine or energy drinks - Ideally from lunchtime	Invest in an alarm clock rather than using the alarm on your phone
High intensity exercise in the hour before bedtime	Exercise during the daytime, and have an hour of relaxation time before bed
Hot chocolate can also often be sugar-loaded!	Keep your bedroom environment calm and device free

For more information please visit www.thechildrensleepcharity.org.uk

SPRING CLEANING for the mind

- UNFOLLOW PEOPLE WHO HURT YOUR MENTAL HEALTH
- STAY HYDRATED AND ACTIVE
- CREATE A BEDTIME ROUTINE
- DECLUTTER YOUR SPACE
- SPEND TIME IN SUNSHINE
- TO DONATE

@DAYLIGHTILLUSTRATIONS

Tips to Help Reduce Stress

- ### 1 Breathe

When you're experiencing high levels of stress, breathe in deeply (put your hands on your stomach and feel it expanding), for four seconds, then exhale for four seconds.
- ### 2 Interrupt Negativity

It can seem like everything is going wrong, the day was hard, and your thoughts are spiraling. Take a couple minutes and think of things you're grateful for, or think of the positives that outweigh the negatives
- ### 3 Make Time for Sleep

Sleep is key to success. Setting an alarm to remind yourself that it is time to go to bed may help. Keep sleep a priority and make seven or eight hours a goal.
- ### 4 Talk

Being able to have open communication with others is important. You are not alone, and having people to turn to will help decrease the stress.