



Our Lady of Grace Catholic School

Expanding Minds • Growing Faith • Inspiring Service

Calendar Links



[CLICK HERE for the 2020-21 school calendar.](#)



[CLICK HERE for the LUNCH CALENDAR](#)



Nov. 13 End of First Trimester
Nov. 24-27 Thanksgiving Break- No School



Weekly Bulletin

November 19, 2020

With numbers on the rise and Thanksgiving approaching, we all need to do our part to keep our students in the building. Take a look at the chart below. We all want to celebrate our cherished holidays, but please consider what your Thanksgiving festivities could mean for our school community and everyone's health.

SAFE	LESS SAFE	UNSAFE
<p>CELEBRATE AT HOME</p> <p> Prepare traditional dishes with those in your household</p> <p> Host a virtual dinner and share recipes with family and friends</p> <p> Put up your favorite decorations and share photos online</p> <p> Watch parades, sporting events, and movies at home</p> <p> Shop online instead of in stores</p>	<p>IF YOU GATHER, DO SO WISELY</p> <p> Keep it small and stay local</p> <p> Stay outside if possible and ensure proper ventilation if indoors</p> <p> Wear masks and social distance</p> <p> Wash or sanitize your hands regularly, especially before eating</p> <p> Avoid contact with non-attendees for 14 days before and after your gathering</p>	<p>AVOID...</p> <p> Large gatherings, especially indoors</p> <p> Potlucks, buffets, or other shared food</p> <p> Places with crowds, such as stores, parades, running events, and sports</p> <p> Contact with anyone who is sick or may have been exposed to COVID-19</p>

COVID-19 UPDATE

If you or anyone in your house is getting tested for COVID-19, your child must stay home until a negative result comes back. If a positive result occurs, please call the school office.

OLG **DOES NOT** require a COVID-19 test in order to return to school after quarantining. Please note that if your child has been deemed a close contact, and you choose to get him/her tested, a negative result **DOES NOT** change the length of the quarantine. The child will still need to quarantine for the designated length of time listed in the quarantine letter.

Our Lady of Grace has had 5 confirmed positive COVID-19 cases from August 20-today.

Religious Education

A Happy Thanksgiving

We're living through unusual and trying times. The COVID-19 pandemic has people feeling stressed and frightened. For me, Thanksgiving will be hard this year. Both my twenty-something kids live on the East coast and it looks like neither will be with us for the annual celebration of family and thankfulness. And Christmas looks iffy as well. Bummer. Thank goodness we live in an age of technology where at least we can FaceTime and Skype and see the smiles on their faces on those special days. That's why it's perhaps more important than ever to focus on *gratitude* this Thanksgiving - the practice of noticing and being thankful for what is valuable and meaningful to you. It's good for your mental and physical health, it can help you relax and its effects can help you stay well through the coronavirus pandemic and beyond. Yes, gratitude is good for your health. Focus on silver linings. Count your blessings. Stop to smell the roses. These aren't just cliches; they're activities that research shows may enhance your quality of life. The health benefits of practicing gratitude are wide-ranging — and maybe even a bit surprising.

- Improving your immune system. The practice of gratitude can improve immune function, according to the American Heart Association. This is especially important during the COVID-19 crisis, since people with compromised immune systems face a high risk of becoming severely ill from coronavirus.
- Lowering your risk for mental health issues. Studies have shown that people who practiced gratitude showed a significantly lower risk for major depression and generalized anxiety disorder, according to the National Alliance on Mental Illness.
- Getting a handle on stress. Focusing on positive emotions can help improve your ability to cope with stress, according to the National Institutes of Health.
- Setting yourself up for success. In clinical trials, grateful people have been shown to exercise more and eat healthier diets. Having gratitude doesn't require much time or energy. You can start small by taking a few moments to notice things that are going well in your life. To help make this a regular habit, set aside a short time each day to intentionally practice gratitude. Try one or more of these activities to start.

One good idea is to jot down your joys. Make a habit of writing down the things you're grateful for. It doesn't have to be a long list, but if you regularly challenge yourself to identify and name your gratitude, you may begin to notice improvement in your emotional well-being. Try sitting down and listing out one place that is safe and relaxes you, or one thing that's going well in your life. Think of three things you enjoy, three things you're looking forward to, two people whom you love and who love you. Allow yourself to be grateful for the simple fact that you're here — and take the time to thank God for that! And if you find yourself saying that you have nothing to be grateful for, try thinking about all the little things you have. You may find that you're taking for granted certain abilities or privileges you have that others don't. Like — in my case — appreciating that I have the means to connect with my kids through technology!

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."



Try to make mealtimes mindful - Before and during meals, take time to appreciate the bounty on your table. When eating, slow down and savor every bite. Not only will you feel more thankful, but you'll also be less likely to eat too much! Try counting your blessings instead of sheep. Before falling asleep, take a moment to think about the positive things that happened during your day. Research shows that gratitude may help us all get a better night's sleep. It might be hard to recognize positive moments while they're happening, but if you practice enough, you will get the hang of it. When you find yourself enjoying a moment — a sound, a memory, a conversation — try to pause for a bit and bask in the experience. And devote time to *yourself*. You deserve some pampering, and it'll be one more thing you can be grateful for later on. In times of crisis, it's important to stay connected to others, and among its many other benefits, gratitude can help with this, too. The more selfless you are, the more you may get out of it. Research shows that you may feel happier and more satisfied with life when you volunteer. During this pandemic, you can help make an impact on your community while staying safe. And don't forget to pray for each other — family, friends, the community, the nation. If ever there was a time when these traits of gratitude were needed, it's now. *Have a very Happy Thanksgiving!* And I'll be praying for you.

Have a Blessed Day! Mark Friedman, CRE

OLG PTO

WEEKLY NEWSLETTER

Thursday November 19, 2020

OUT OF UNIFORM PASS SALE

Thanks to all who purchased out of uniform passes! We have raised \$1600! We are still offering the passes, so please use the link below to order! There is a new option - \$20 for 5 months (January-May). These make great Christmas gifts!

GET YOURS TODAY!

<https://out-of-uniform-pass.cheddarup.com>



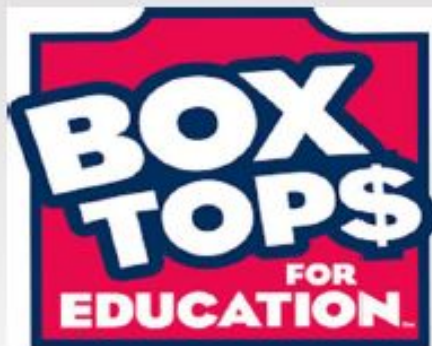
For those that already ordered, the passes have been delivered to the students via their homeroom teacher.

BOX TOPS/COKE REWARDS

We are still collecting any clipped box tops and coke rewards, so please send them into school with your child. Remember to scan your receipts on the Box Tops App!

PTO MEETING REMINDER

The next PTO meeting is **Monday December 14th at 630pm** via Zoom. The zoom link will be posted on the Family Facebook page.



Like us on Facebook – "Our Lady of Grace Family Page"

Family Engagement Challenge

November Parenting Tips

Week of November 2



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

□ 'Mindfulness means to pay attention in a particular way – on purpose, in the present moment, and non-judgmentally.' (Jon Kabot-Zinn)

Take some time for you and your child(ren) to turn off the electronics and practice mindfulness. Notice the different shapes and colors in the sky.

□ Put on your coat or sweater using your other arm. It may sound strange; however, we usually choose the same arm to put into the sleeve first. Notice what you usually do and reverse it. How did that feel?

□ Take a deep breath! We often say it, but do we do it? Research shows that deep breathing has a positive impact on your brain. Take a moment to start the day by closing your eyes and taking three deep breaths. Encourage your child to use this when they are stressed.

Week of November 9



Strength of the Week: Love

I value my close relationship with others.

□ You love your child. Let them know every day this week! Each day write them a message or text..

- 'I Love You and BELIEVE in you!'

- 'You are LOVED! Today will be a GREAT day!'

- 'Having a bad day? Don't forget I LOVE you!'

□ Spread love around like peanut butter. It's a healthy food with substance and it sticks to you!

□ Any day can be Valentine's Day. Encourage younger kids to make a card for someone. Suggest to older kids to send a quick text (from your phone or theirs) to a loved one.

Week of November 16



Strength of the Week: Kindness

I am helpful and nice to others.

□ We could all use a little more kindness in our lives. And while it's nice when kind acts enter our lives at seemingly random moments, what if everyone approached being kind intentionally? Check out *Signed to be Kind*, our Kindness pledge for your entire family.

<https://beechacres.org/signed-to-be-kind/>

□ Help your child(ren) exercise their kindness muscle. Think of someone you want to be kind to, and imagine speaking directly to him/her in a kind voice and say, 'May you be happy, may you be safe, I wish you well today!'

□ It doesn't take much to be kind. If someone you care about is sad, try saying, 'It's okay to be sad.'

'I'll stay close so you can find me when you're ready. I'm here for you.'

Week of November 23



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

□ Mindfulness doesn't mean you have to be happy all the time. Take a moment to be true to your present emotion. Talk with your child(ren) about their present emotions and yours. Each person share why he/she may be feeling a certain way.

□ When you are in the present moment, you are more aware of the feelings of others. Continue the practice of mindfulness. It helps to build compassion and empathy for others.

□ As you're washing your hands take a moment to reflect on your day. Focus on the temperature of the water and how the suds feel. What went well today? What went poorly? Let go of the negativity as you rinse all the suds away. By the time you're finished mindfully washing your hands you have done a thorough job!

Week of November 30



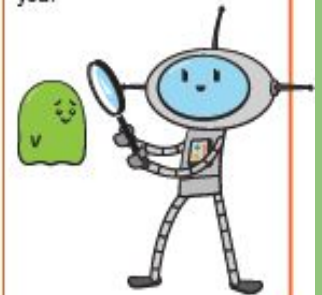
Strength of the Week: Curiosity

I explore the world around me with an open mind and ask questions often.

□ Embrace all the who, what, when, how and where questions with patience. Parents you don't have to have all the answers.... Google does.

□ There is a difference in being curious and being nosy. Parents discuss the difference with the family.

□ It's important for families to get to know each other too. What question can you ask a family member to get an answer that is informative to you?



Nutrition is Priceless
LUNCH for All Students. No Charge.

Free & Reduced Applications Still Necessary:

Please apply for free & reduced meal benefits even though our students are receiving free meals for this academic year. Meal benefits from last year have expired. If the government offers pandemic food benefits anytime this year, only students who have qualified for free and reduced benefits will be eligible.

Applications are available through the school office or can be mailed to parents directly by contacting Cathy Lawson at the OLG Cafeteria (clawson@olgcs.org).



Our Lady of Grace Athletic Association



3rd-8th grade Girls Basketball sign ups are open through December 2nd! Girls basketball is offered in grades 3-8 for those enrolled at Our Lady of Grace or who are members of one of the covenant parishes (Assumption, St. Margaret Mary, Little Flower, St. Ann). OLG plays in the Girls Western Athletic Conference. 3rd and 4th grade teams play in an instructional league where emphasis is placed on skill development and learning the game of basketball. 5th-8th grade teams play in the standard GWAC competitive league where all final scores are recorded. Click on the link below to register today!!

Sign Up Here: my.cheddarup.com/c/girls-basketball-2020-2021-copy

You love your child. Let them know every day this week! Each day write them a message or text...

- "I Love You and **BELIEVE** in you!"
- "You are **LOVED!** Today will be a **GREAT** day!"
- "Having a bad day? Don't forget I **LOVE** you!"



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PARENTING CENTER
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The
Character
Effect™
Being mindful.
Building strengths.

High School Information Section
(High schools are listed in the order the information is received.)



ST. XAVIER

High School

— MEN FOR OTHERS —

X-Perience Days: Because of our desire to maintain a safe environment for our community and our guests, shadowing will take a different look this year. X-Perience Days will begin at 8:15 a.m. and conclude by 10:30 a.m. Our prospective students will be given a presentation by our Admissions team and then tour the school with a member of our Ambassadors of Xcellence. Parents are welcome to stay that morning as well. They, too, will be given a presentation by our staff and have the opportunity to tour the school. Please limit one parent per student.

X-Perience Nights: Designed especially for those families who have difficulty attending an X-perience Day, X-Perience Nights are similar to the day sessions and will take place from 6 to 8 p.m. Families can attend any of the following evenings: October 6, 22, and 27; November 5, 10, and 19; and December 1 and 10. Seventh and eighth grade families are welcome!

Individual Tours: On select Saturdays in October, November, and December, families can register for a personal tour of St. Xavier. Led by one of our current students or a recent St. Xavier graduate, grade school students and their parents can see and hear what makes a St. Xavier education a special one. Seventh and eighth grade families are encouraged to register on our website!

Wednesday Information Nights: From 7 to 8 p.m. every Wednesday, starting September 23 through December 9, families can join a virtual session to learn more about St. Xavier and its programs. Our first session will focus on a general overview of St. Xavier's mission, including the charisms that make a St. Xavier education unique. Families will need to look for a link in our weekly email to join our sessions. Our schedule is as follows:

September 23 Mission
September 30 Academics
October 7 Athletics
October 14 Tuition Assistance
October 21 Parent and Student Panel
October 28 Fine Arts
November 4 Co-curriculars
November 11 Diversity and Inclusion
November 18 Student Services
December 2 Alumni Panel
December 9 Spanish language presentation

Zoom Meetings: For those students or parents who have a quick question or who need a way to get more information, please join a Zoom session from 7 to 8 p.m. every Monday evening, starting October 5 through November 30. Staffed by our outstanding student admissions team, our meeting is designed for families to learn more about the St. Xavier X-Perience from a student perspective. Parents and students can enter and exit as they please. Families can find the Zoom link in our weekly email.



La Salle High School

Class of 2025 Important Information

Shadow Visits

8th graders can sign up now to experience our academics, meet our staff, tour our facilities and interact with our students in a safe, meaningful way!

Sign up to shadow at lasallehs.net/admissions/shadowing

Application Deadline

Class of 2025 Admissions Applications are due by Friday, December 18 and consist of:

- Application for Admission
- Math Teacher Recommendation
- English Teacher Recommendation
- Request of School Records Form

FACTS Financial Aid Applications are also due by Friday, December 18.

Information Nights

Want to learn more about La Salle? Prospective families are invited to attend one of four information nights. Select the date that works for you!

- October 7 (In Person)
- October 14 (Virtual)
- October 20 (In Person)
- November 11 (In Person)

Registration is required. RSVP at lasallehs.net/admissions/information-night

Questions?



Jake Pucci
Director of Admissions
513-741-2365
jpucci@lasallehs.net

For more class of 2025 information visit lasallehs.net/admissions/classof2025

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