



Our Lady of Grace Catholic School

Expanding Minds • Growing Faith • Inspiring Service

Calendar Links

2019-20
**SCHOOL
CALENDAR**

[Click here for the 2019-20
School Calendar](#)



[CLICK HERE for the LUNCH
CALENDAR](#)



12/6 Spiritwear Day
St. Nick Day
12/12 Dress like your
favorite character for \$1
[EVENTS CALENDAR](#)



Weekly Bulletin

December 4, 2019

SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Our Lady Of Grace Catholic School. Come in to the Chipotle at **9430-C Colerain Avenue** in Cincinnati on **Wednesday, December 4th** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Our Lady Of Grace Catholic School.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



Marco's Pizza will be served this Friday. Students can bring a dollar to get an extra piece that day.

Religious Education

ThanksLIVING!

Thanksgiving has always been one of my favorite holidays. I get to be with family, my kids come in from out of town, we eat a great meal, watch a little football – *and there are no gifts to buy!* It has always been for me a time to be thankful for all the blessings in my life. Now that it's over for another year, I find myself reflecting on that special day – and I ask myself - *How Do We Live Thanksgiving?*

I found the answer to that question in an article written by Wilferd A. Peterson called, *The Art of Thanksgiving*. In this article he talks about thanks-LIVING. To quote from this piece: *"The art of thanksgiving is the art of thanksgiving. It is gratitude in action. It is applying the philosophy: 'In gratitude for your own good fortune you must render in return some sacrifice of your life for the other life.'"*

Here are some ideas on how we can celebrate Thanksgiving:

- By living your life triumphantly
- By being grateful for all who have helped you by you doing things for others
- By striving to make others happy
- By helping to be an inspiration to others
- By living each day to the fullest
- By using your talents and obligations to be invested for the common good
- By facing the challenges of life as a challenge for achievement
- By enjoying what you have and sharing it with others
- By valuing each member of your family – and expressing your love in word and deed

Thanksgiving is a time to be thankful for all we have, but *thanksgiving* is a *way of life* that, if implemented, could improve the quality of life not only for you and me, but for others. Do you live in a thanksgiving way *every day*?

Face it - there are thousands upon thousands of people worldwide that would gladly give up their life to trade with you or me for our lives, lives full of opportunity that just doesn't exist in their world. Each one of these people desperately wants a new life where they can live in peace, can work, can feed their families, can bring medical care to their children, can see new life where people are respected and valued and simply not seen as a scourge upon the government. Those of us who are fortunate enough to be born into a country where freedom is guaranteed, where schooling is given and not a dream, where one can move from place to place without fear of being arrested or tortured, or shot dead. We who complain so often are the same ones that have more than can only be imagined by millions of others. We often take for granted what we see and do *every day*, and even want more without even the slightest thought that we should have to pay for it or work for it.

The simple things we should be thankful for we often ignore, the simple pleasures we take advantage of we often just assume will always be there.

So now that Thanksgiving has passed, we have a whole year to adopt an "attitude of gratitude" and always being thankful – year round - for all that God has done for us! *Thanksgiving!* Not a bad idea!

Mark Friedman, CRE



6 Tips to Keep Children Healthy During Cold and Flu Season



How to Keep Your Kids Healthy During Flu Season

Have kids wash their hands frequently at home and school.

Since kids often touch their mouths and faces, parents should make sure their kids' hands are washed with soap and water to remove germs before eating, after using the bathroom, and when they come inside from playing. Hand sanitizer can be used for times it's not possible to wash.

Indoors or outdoors, get active.

Kids should get regular, moderate exercise to boost their immune systems. Studies have shown that being active can help reduce cold and flu episodes.

Get plenty of sleep.

Children need between 9 and 14 hours of sleep a day depending on their age. Sleep deprivation can weaken the immune system and increase the risk of getting sick.

Eat a well-balanced diet.

Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems. Look for foods rich in vitamin C and vitamin D, and avoid foods high in additives, preservatives, and sugars.

Decrease stress.

Elevated stress hormones can lead to decreased immunity. Give kids plenty of down time for rest and creative play to help lower their stress levels and keep them from getting sick.

Avoid germy sharing.

Sharing is good for kids, but many commonly shared items can be breeding grounds for germs. Teach children to never share straws and cups, caps and scarves, or anything that comes in contact with their mouths and faces.

When kids do get sick, it's important for parents to keep them home and take steps to prevent germs from spreading to others.

OLG PTO

WEEKLY NEWSLETTER

Wednesday December 4, 2019

Upcoming Events

Join us at the Chipotle Dine & Donate
TONIGHT 12/4 5p-9p

33% of each bill goes to OLG!

See flyer for more details.

Box Tops/Coke Rewards

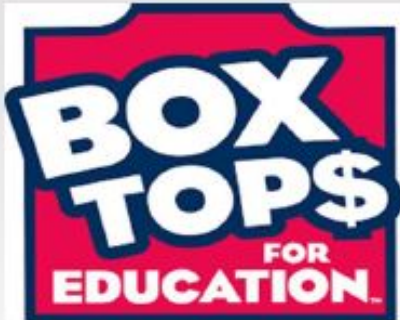
We have collected \$496.20 towards our \$1000 goal in Box Tops this year. If you haven't downloaded the new app, please do and start earning money for OLG! If you don't want to download the app, feel free to send in receipts with your qualified purchases on them, we will scan them for credit!

We are still collecting Coke Rewards as well so keep sending them in! If anyone would like to enter in the codes, please email PTO and we will get some caps to you!

PTO MEETING REMINDER

The next PTO meeting is **Monday January 13th at 630pm** in the Teacher's lounge.

We love seeing new faces! Please join us!





Our Lady of Grace Athletic Association

Our Lady of Grace



K-2 Instructional Basketball

Learn the basics!

\$40 includes:

7 nights of instruction,
focusing on dribbling,
passing and shooting
team shirt
30 minute practice
30 minute game
end of season award



Sign up @ bit.ly/k2bbolg

For any questions, email k2bbolg@gmail.com



SAVE THE DATE!!

Night at the Races will be held on January 18, 2020 at Assumption. Make sure to mark your calendars for this fun-filled OLG Athletics fundraiser - more details to follow!



Santa Breakfast or Dinner!

ASSUMPTION Church – Mt. Healthy

Saturday, December 7th

Breakfast Seating 10:00 a.m.

Dinner Seating 5:00 p.m.

Sunday, December 8th

Breakfast Seating Only 10:15 a.m.

Breakfast (both days): scrambled eggs, hash-browns, sausage, donuts and fruit

Dinner: chicken nuggets (kids), fried chicken (adults), mashed potatoes and gravy, green beans and fruit

Everyone receives Assumption's Famous Iced Sugar Cookie and a drink with their meal.

KIDS!

Meet Santa, Mrs. Claus and some of their friends!

Join in a sing a long with Santa and enjoy a performance!

Visit with Santa in his workshop and get a special ornament for your Christmas tree!

Have your ornament personalized by one of our helpers!

One lucky child will win a \$10 gift card! (1 winner drawn per seating)

Breakfast

\$6

Dinner \$7

GET YOUR TICKETS TODAY!!

Call (513) 658-0216

or email adenoma.assumption@gmail.com

PARENTS!

Don't forget to bring your cameras!

One lucky parent will win the Poinsettia door prize!

Visit our holiday boutique and bakery featuring treats & gift items. Most under \$10!

7711 Joseph Street Mt. Healthy, OH 45231