



# Our Lady of Grace

## Catholic School

*Expanding Minds • Growing Faith • Inspiring Service*

### Calendar Links



[CLICK HERE for the  
SCHOOL CALENDAR](#)



[CLICK HERE for the  
LUNCH CALENDAR](#)



**Feb. 13** No Mass  
**Feb. 14** Ash Wednesday  
All School Mass

[CLICK HERE for the  
EVENT CALENDAR](#)

### Weekly Bulletin

February 8, 2018



**Congratulations to all our talented students!**  
**The show was outstanding!**

**A huge thank you to Mrs. Robers, Mr. "Mario" Langjahr, Mrs. Stormy Flynn, Mrs. Kelsey Flynn, and Mrs. Jordan. Your hard work makes OLG's Talent Show possible every year!**

### Re-enroll for Next Year

[CLICK HERE](#) to start the re-enrollment process for the 2018-19 school year. If you have questions, please call the school office at 513-931-3070.



Menu Change for Next Week for Thursday Only:

Mon. Feb 12th: Chicken Nuggets with Roll  
Tues. Feb 13th: Mini-Blueberry Pancakes with Eggs  
Wed. Feb 14th: Cheese Lasagna Roll-Up (Ash Wednesday)  
**Thurs, Feb 15th: Spaghetti w/ Meatsauce instead of Pork BBQ**  
Friday, Feb 16th: Marcos Cheese Pizza (Additional slice \$1.00)

Outstanding Account Balances: We are nearing the end of the second trimester at the end of the month. Please make sure your student's meal account is in good standing. Students with outstanding balances will have their report cards withheld until payment is received.

February 8, 2018

## **HEALTH ALERT**

### **ELEVATED INFLUENZA IN SCHOOLS**

Some schools in Hamilton County are experiencing high levels of influenza (flu) and influenza-like illnesses, according to Hamilton County Public Health surveillance and sentinel influenza surveillance coordinated through the Cincinnati Health Department. Symptoms include fever (100 degrees Fahrenheit/37.8 degrees Celsius or higher), cough, sore throat, runny/stuffy nose, body aches, headaches and feeling very tired. Some people may also vomit or have diarrhea.

Hamilton County Public Health and the Cincinnati Health Department recommend:

1. Get a flu vaccination
2. Take everyday preventive actions, including:
  - a. Stay away from sick people;
  - b. Avoid touching your eyes, nose and mouth;
  - c. Cough or sneeze into a tissue or your elbow;
  - d. Wash hands frequently – clean hands prevent the spread of illness;
  - e. Stay home if you are ill. In schools, separate sick children from the rest of the school population until they are able to get home. Keep children and staff home until they are without fever for 24 hours.
  - f. For schools, clean and disinfect frequently-touched surfaces such as desks, door handles, keyboards, etc.
3. Take antiviral drugs if your doctor prescribes them.

It's not too late to get vaccinated. As long as flu viruses are circulating, vaccination should continue throughout the flu season, even in February or later.

There are many reasons to get a flu vaccine.

1. While flu vaccine can vary in how well it works, it is the best way to prevent flu illness and serious flu complications, including those that can result in hospitalization.
2. Even with vaccine effectiveness in the range of 30 to 60 percent, flu vaccination prevents millions of illnesses and tens of thousands of flu-related hospitalizations each year.

For more information on seasonal influenza and its prevention, visit [hcph.org](http://hcph.org).





## Religious Education

### LENT IS COMING!

*"Insanity is defined as doing the same thing over, and over again, expecting different results."* This saying, commonly used in Twelve Step programs, reveals a real wisdom. It can be a good beginning reflection as we examine the choices we will make in the days ahead. It is very simple. During Lent, Our Lord is calling us to a "change of heart." And, we know from experience, that nothing will change, unless we change our patterns. To expect different results is insanity. *So, what needs changing?*

We start to come to know that by asking for help. "Lord, help me to know what needs changing." With just a little bit of reflection, most of us will just begin to "name" things that make up our ordinary habits and ways of being who we are, that we aren't very proud of. Things we do and things we never get around to doing. We can "feel" the call to change our attitudes, our self-absorption, or our way of interacting with others. Perhaps a spouse, a loved one, a friend, a family member, a co-worker has told me something about myself that gets in the way of communication, that makes relating to them difficult. Maybe I don't take God very seriously. I go to Church on Sunday, and contribute my share, but I don't really take time to deal with my relationship with God. Perhaps I've let my mind get cluttered with escapist litter. I might begin to name a number of self-indulgent habits. I may realize I rarely, if ever, hear the cry of the poor, and can't remember when I've answered that cry. It could be that dishonesty on all kinds of levels has become a way of life. One of the roadblocks in my relationship with God and others may be deep wounds or resentments from the past, things I continue to hold against others or myself. Let them go! Jesus asks us to do the following three things during Lent.

#### Praying

Lent is the time to start new patterns of prayer. Perhaps I haven't been praying at all. This is a great time to choose to begin. I can start by simply pausing when I get up and taking a slow, deep breath, and recalling that I want to do this day, more away that I am a child of God. I may want to go to bed a half an hour earlier, and get up a half an hour earlier and give myself some time alone to reflect. I may choose to get to church on Sunday, just 15 minutes earlier, so I can pray silently for a bit.

#### Fasting

Lent is a great time to change our eating patterns. It is not about "losing weight" or "getting in shape," it's about being more alert. Anyone who has tried to diet knows that something changes in us when we try to avoid eating. The monks in the desert, centuries ago, discovered that fasting caused a tremendous boost to their consciousness - their whole person seemed to be in a more heightened state of attention. The whole purpose of fasting was to aid prayer - to make it easier to listen to God more openly, especially in times of need. The powerful advantage of fasting is that it can be a very simple gesture that places us in greater solidarity with the poor of the earth, who often have very little more than a little rice and beans each day. Powerful things happen when we think about people in the world who have so much less than us. And, it's a great cure for self-pity.

#### Giving Alms

Almsgiving has always been an important part of Lent. Generosity is not simply giving my excess clothes to a place where poor people might purchase them. It's not even writing a "generous" check at the time a collection is taken up for a cause that benefits the poor. These are wonderful practices. Generosity is an attitude. It is a sense that no matter how much I have, all that I have is a gift, and given to me to be shared. It means that sharing with others in need is one of my personal priorities. That is quite different from assessing all of my needs first, and then giving away what is left over. A spirit of self-less giving means that one of my needs is to share what I have with others. Lent is a wonderful time to practice this. This kind of self-sacrificing generosity can be a religious experience. It joins us with Jesus, who gave himself completely, for us.

Lent is indeed how God draws us home, as individuals. But, it is also a very communal journey. We never journey alone, no matter how "lonely" we may feel. We are always journeying together. If we can experience our journey in communion with others, it makes it so much clearer that we are on a journey together. When I can share my experience with even one other close friend, or with my regular worshiping community, I can enjoy and share the support and environment that allows grace to flourish. Let us pray for each other this journey, especially those who need and desire a change of heart on this pilgrimage to Easter joy.

**Blessings, Mark Friedman, CRE**





*You find solutions during conflicts with others,  
demonstrate respect for the feelings of others,  
and adapt to different social situations.*



[CLICK HERE](#) for a video on social intelligence.



# Parent Teacher Organization

The PTO is a group that supports the students, school and community. We hold events throughout the year to help bring together our families and have fun. We are

getting ready to kick off planning for the Spring Carnival on April 13th. If you are interested in participating, please send an email to [PTO@olgcs.org](mailto:PTO@olgcs.org). A sign-up genius will be sent out closer to the date for day of volunteers.

Our Walkathon is our only fundraiser for the school, and it's never too early to start planning for the 2018-2019 day. If you are interested in helping with this event you can email [PTO@olgcs.org](mailto:PTO@olgcs.org) for more information.

Are you interested in attending a PTO meeting to see what we really do? Check out the PTO page for upcoming dates and meeting minutes. [Click here](#)



The PTO is currently looking to fill the position of the Donations Coordinator. The responsibilities include soliciting donations from local businesses to be used as prizes at events such as the Walk-A-Thon and Carnival. The Donations Coordinator will work closely with the Events Committee and keep the donations

organized in such a way to coordinate with each event. If you or someone you know is interested in this position or want to know more, please email [volunteers@olgcs.org](mailto:volunteers@olgcs.org). Thanks!!



**Join in the OLG Family Fun  
with these future events!**

**2/22 Skating Party @ Skatin' Place**  
**4/13 Spring Carnival (6-9)**  
**5/14 Volunteer Dinner @ Italianette**



# Our Lady of Grace Athletic Association

*FRIDAYS IN MARCH*

Supporting OLG Athletics

*JOIN US FOR A*

## FISH FRY

*at St. Ann Parish 5pm-7pm  
March 2, 9, 16, 23*



*Weekly Bake Sale Table hosted by  
various OLG youth programs*

*Fried or Baked Fish  
Fried Shrimp  
Salted Rye from NCH  
Draft & Bottled Beer*

*Dine in or Carry Out  
Pizza, Mac-n-Cheese,  
Potato Wedges, Hush  
Puppies, Green Beans*

*The 8th grade A team hosted their final home game of the season this past weekend and honored the boys with a wonderful ceremony and keepsake posters. Congrats to the team and coaches on a great season & we all wish you luck on your next step as student athletes!*





*Track & Field registration is now open for grades K-8 and will run through February 23rd. No previous track experience needed - we encourage all kids who want to have fun and strive to do their best! Practices begin in early March, with meets beginning on March 23rd. See the flyer included in the bulletin for more details.*

## Our Lady of Grace Track & Field



### **OPEN to students in Kindergarten through 8th grade**

- \* No previous track experience necessary.
- \* We take all kids who want to have fun and who strive to do their best.
- \* Learn self-discipline, build endurance and develop your internal drive.



**Practice location, days and times will be announced closer to the start of the season. First practice is the week of March 5th. Meets begin March 23rd and are on Friday nights/ Saturday days.**

**Sprints - Long Distance - Relays - Long Jump - High Jump**

**Softball Throw - Discus Throw - Shot Put**

**Don't forget the Ice Cream Run! It's one of the season highlights every year!!**

**Registration is online thru Blue Sombrero. Access from the OLG website.**

[www.olgcs.org](http://www.olgcs.org) > Current Families > Athletics

**Registration *OPENS* Wednesday JAN 24th and *CLOSES* Friday Feb 23rd. Don't wait to sign up for this great activity!**

**Questions?- Contact Kate Romanello Jones 513-746-9920 or [olgtrackandfield@gmail.com](mailto:olgtrackandfield@gmail.com)**

**Dine N' Donate**

**Monday, February 26<sup>th</sup>**

**5-8pm**

**North College Hill Skyline**



**(1705 W. Galbraith Rd)**

**Dine In/Carry Out/Drive Thru**



**Bring this flyer and 10% of the proceeds will be  
donated back to Our Lady of Grace Catholic  
School.**

(Valid at the North College Hill Skyline location only)



[Click here for Box Tops Counter](#)

[How to enter COKE REWARDS](#)

[Helpful Tips](#)



## LINKS

[Crystal Clear Science](#)

[Precious Kids Learning Center](#)

[Rookie Rugby](#)

[Junior High Volleyball](#)