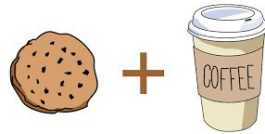


September 15, 2022

Principal's Corner

This first full week of school got the students and the teachers into full gear! Last Friday students learned about the School Marathon and all of the amazing incentives, including sliming me if we make our school goal!! I have a feeling we will make it!

Blessings,
Jacquelyn Chatelaine



Family Fellowship Events

Join the PSA on Thursday, September 22nd or Friday, September 23rd to meet other school families and enjoy a treat!

2:15-2:45 PM Thursday - Cookies in the Parking Lot

8:00-8:30 AM Friday - Morning Coffee in the Cafeteria

If you would like to join the PSA [click here!](#)

**Picture Day is
Wednesday, September 21**

Marathon 2022

Tomorrow (Friday) is our first marathon collection day to turn in our pledges! Please send the white envelope with your oldest child. With our new incentives, we need to track the money brought in by each student individually. If you have more than one child turning in money, please make sure to designate on each line which child the money is for. If the money is not designated we will average the total brought in by each family for their children. If you would like a Fundly account to collection pledges online [click here!](#)

Fall Conferences

It is time to start planning for Fall Conferences on Tuesday, October 11 and Thursday, October 13. Please use the link [HERE](#) to sign up for a time to meet with your child(ren)s teacher(s).

A "Quick" Note from Art

A huge thank you to everyone for sending with your students, paper plates (which we use as paint pallets), paper towels, and disinfecting wipes! We should be good to go for a couple YEARS!

The 4th through 8th graders are starting their 2022 plow blade lesson! This year's theme is "Around the World". The kids will be given different locations from all over the world to study different cultures through art and paint what they learned on their plow blades. ALSO, they will be painting in mid century modern style-which is really popular right now in furniture styles, and wall decor. Please ask your student more about this lesson in the next few weeks. I learned from last year that the students and I need help with the plow blade project. I will be sharing soon a sign up for tasks.

Finally, I am looking into a website called Artsonia where students can upload their artwork for parents to view. Items are able to be purchased too. I am working on getting Artsonia to student devices, and will update when working.

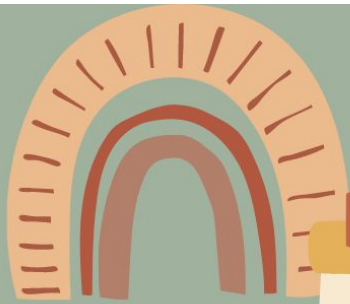
***I am in need of ice cream pails and lids. Please drop off in the office or art room counter.**

Please email me with any questions.
maryquick@schoolofstdomic.org
With gratitude, Mary Quick



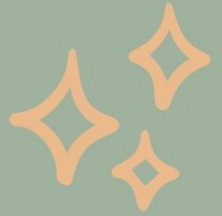
Dates to Remember

September 16 - First Marathon donation due
September 20 - Saint Watch October Calendars Due
September 21 - School Picture Day
September 21 - Mass: 8:20am - 6/7th grade
September 22 - Cookies in the Parking Lot at 2:15-2:45 PM
September 23 - Morning Coffee at 8:00-8:30 AM
September 26 - Parent POM session



WELCOME

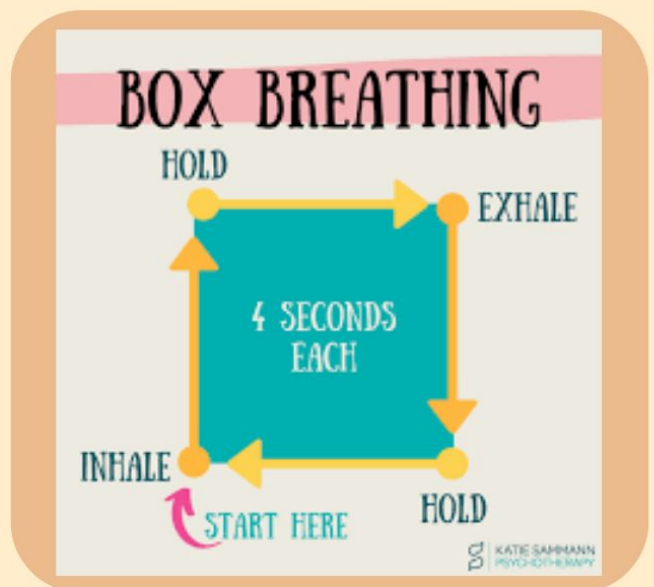
Counselor Newsletter



COUNSELOR TIP OF THE MONTH

It is the beginning of the school year and with new beginnings comes many different emotions! Here is a helpful tip on how to practice feeling calm in the midst of stress. Try box breathing! Box breathing is a technique used to manage stress, improve mood and gain better self-control of our emotions. It is a skill that can be used anywhere at any time. Practice box breathing for 2 minutes and allow yourself to feel your body relaxing! This would be a great activity to practice with your student. Check out the box breathing diagram to help you get started!

- For more breathing exercises check out "breathing exercises for kids" on Youtube.



Other Calming Strategies

- Go on a walk
- Listen to music
- Read a book
- Talk to a loved one
- Be in nature
- Journal
- Engage in a hobby
- Play with your pet

