

January 5, 2023

## Principal's Corner

Welcome to 2023! The snow really kicked off the start of the new year!

Wow, we are almost half-way through our school year! This is the time of year when things start moving faster and we see tremendous growth in our students.

During the month of January, our K-3 students will have their mid-year AIMSweb (Believe and Read) assessment, all K-8 students will have their Winter NWEA Testing (Jan. 10-25), and we get to celebrate Catholic Schools at the end of this month!

Please pay close attention to our school newsletters, for in the coming weeks there will be a lot of information about this school year as well as preparing for the 2023-2024 school year.

Blessings,  
Jacquelyn Chatelaine

## Tracking Volunteer Hours

Per our family [Volunteering, Fundraising, and Fees agreement](#), all families need to complete between 10-15 hours each school year. For volunteer hours you have already completed, please remember to log them on the [Google Form](#) located on the school website.

# VOLUNTEER



## Spring Conferences

The spring conference sign up will be available in the January 19 newsletter. Conferences will be held on Tuesday, February 21 and Thursday, February 23.

## Saints' Night Out

Saints' Night Out will be doing an Irish jig this year!

**When: Saturday, March 18, 2023**

**Where: Armory Square**

**Time: 5 - 11 PM**

**What: Evening of fun to celebrate and raise money for the school. Live & silent auction, dinner, drinks, games, music, comradery and so much fun!**



Be on the lookout for more information to be sent home and posted on the website regarding ticket sales, volunteer opportunities, classroom projects, sponsorship opportunities, auction donation items and much much more!

## Registration Fees Billed on January 31

As a reminder, the registration fee for the 2023-2024 school year will be billed to your account on January 31, 2023. We use continuous enrollment at SDS, which means that your child is automatically promoted to the next grade level and registered for the 2023-2024 school year. If you are considering other educational options for your child next year, please contact [Sarah Bowles](#) before January 31. After this date, the registration fee is nonrefundable.

## Dates to Remember

January 10-25: K-8 Winter NWEA Testing  
January 16 - No School MLK Day (*teacher workshop*)  
January 18 - Parent Peace of Mind session 7:00pm  
January 23 - No AM or PM Bussing  
January 24 - No AM or PM Bussing  
January 29-February 4 - Catholic Schools Week!  
February 20 - No School, Presidents' Day  
February 21 & 23 - Parent/Teacher Conferences  
March 18 - Saints' Night Out Event  
March 27 -31 No School, Spring Break



# Counselor Newsletter



## Grounding Skills

Grounding skills are exercises that can help you refocus on the present moment to help de-escalate big emotions. Grounding skills can help us feel calm, rather than focusing on thoughts and feelings that are distressing.



You can do a grounding exercise anywhere and anytime. It helps to have:

- A quiet, comfortable place
- A few minutes when you won't be interrupted



One example of grounding is the 5-4-3-2-1 skill.

For this skill you engage your 5 senses to bring yourself to the present moment, rather than focusing on the distressing or negative thoughts are occurring. To practice this skill, take a look at the picture to the right!



## 5-4-3-2-1 grounding TECHNIQUE

- 5 THINGS YOU CAN *see*
- 4 THINGS YOU CAN *feel*
- 3 THINGS YOU CAN *hear*
- 2 THINGS YOU CAN *smell*
- 1 THING YOU CAN *taste*



*Are you ready?*

# Camp I Can for Girls Pop-up



Camp I Can for Girls is offering a 1 day pop up camp for middle school girls, grades 5th-8th!

**WHAT:** A girls day camp focusing on self-esteem and self-confidence building, conflict resolution, increasing positive emotions, and exploring the impact of social media

**WHEN:** February 25th, 2023

**TIME:** 9am-2pm

**WHERE:** Holy Spirit Catholic School

**WHO:** 5th through 8th Grade Girls

**Register Now**

[campicanforgirls.com](https://campicanforgirls.com)