

February 2, 2023

Principal's Corner

This week has been filled with community building, fun, and lasting memories! I want to personally thank you for sharing your children with us and for choosing to be a part of a Catholic school.

Next up, I Love to Read Month! Be on the lookout for more information and activities.

Blessings,
Jacquelyn Chatelaine

Register for Conferences
February 21st or 23rd

REGISTER

Catholic Schools Week Fun!



Saints' Night Out!

The SNO Weekly Newsletter is back with plenty of updates! [View SNO Weekly Update 1/30/23 here!](#)

How to Purchase Tickets

Tickets are on sale for this year's event.

- **Single Ticket:** \$50
- **Presale Ticket Package:** Two tickets for \$80 (this is available until Friday, March 3rd).
- **Virtual Tickets** (same prices as above): If you know you cannot attend the event - but would still like access to the silent auction this is a great option for you.

To make sure that your family is credited for the four tickets that you are required to purchase or sell, please do the following:

- Access the [Online Purchasing Website](#)
- You have a choice of "in-person" or "virtual" tickets. Virtual tickets are for people not attending the event in-person but still wanting access to the online silent auction for bidding.
- Credit for Tickets: Simply have the purchaser put your family's name in the "Group" field when entering the attendee information in the system.

Donate to the Live or Silent Auction!

We are in need of live or silent auction donations. Some examples of items to donate are; sporting event or musical tickets, themed baskets, electronics, gift cards, a stay at your condo or cabin, hand-crafted items, etc. Group events such as hosting a special dinner, pool party, game night, or teaching your skills in canning, brewing or baking are also highly sought after.

Money can also be donated to purchase auction or raffle items, games or prizes. Click below to donate!

**MAKE A DONATION
TO THE AUCTION!**



**St. Dominic
SCHOOL**

Our Foundation. Their Future.

St. Dominic School inspires children to excel as confident leaders, critical thinkers, and responsible citizens in a Catholic, values-based community.

Administrative Assistant Substitute

We are in search of an administrative assistant substitute from April 11 to July 4, 2023. Mrs. Bauer is expecting her fourth child and will be on maternity leave during that time. If you are interested or know someone who would be a good fit, please pass along the following information:

Duties:

- Receive school visitors and answer phone calls
- Perform general office clerical duties
- Order office supplies
- Provide full time coverage of the front desk during office hours (7:00am-3:15pm)
- Special projects may be assigned

Qualifications:

- Four year degree preferred
- Strong organizational skills with attention to detail and ability to follow through
- Ability to work well with others
- Ability to multitask in a fast paced environment
- Ability to demonstrate confidentiality, integrity, and honesty
- Strong computer skills and ability to learn new programs

Hourly compensation will be provided.

Please email a cover letter and resume to [Jacquelyn Chatelaine](#)



Dates to Remember

- February 20 - No School, Presidents' Day
- February 21 & 23 - Parent/Teacher Conferences
- February 22 - Ash Wednesday: all school mass at 8:20am
- February 22 - Aim Higher Scholarship application closes
- March 18 - Saints' Night Out Event
- March 27 - 31 No School, Spring Break

Spring Clothing Order

[Click here to order!](#) Enter **STDOM23**

WEAR YOUR SCHOOL PRIDE!



SHIRTS FOR THE WHOLE FAMILY

Scan the QR code & enter **STDOM23**
Order Deadline: Thursday, February 9th



All School Art Show

The all School Art Show "Art Attack" is from February 15th-March 11th at the Northfield Arts Guild. SDS student artwork from grades Preschool-8 will be displayed for you to view. Students will receive a notification about what project they will have displayed in the show. "The last step in the art making process is to display your work, reflect upon it, share it with others to discuss and enjoy!" from Mrs. Quick.



February Lunch Menu



February Counselor Newsletter



KINDNESS

February is the month of love! We can show self-love and love towards others by being kind! When we practice being kind we lower our stress levels, we gain better physical and mental health, it boosts our self-esteem, it boosts productivity, it helps us do better in school and at work, and it is contagious!

Empathy

Empathy is the ability to understand and share the feelings of others! Practicing empathy creates stronger friendships with one another and allows us to look at multiple perspectives.

spread
kindness

Kindness is contagious! Kindness spreads, which means when we do something kind for others, or someone does something kind for us, we feel good inside and we want to continue to be kind! Try an act of kindness this week and notice how you feel afterwards!



Ways to practice Empathy at home:

- Ask your student about the feelings of characters in books or movies
- Talk about your own feelings
- Model empathy

Be
Kind
to yourself





Kindness Challenge

BE KIND

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Go on a Litter Scavenger Hunt	Give away a sheet of your favorite stickers	Make secret kindness notes	Make a hug coupon for someone special
TUE	Take cookies to a friend	Put bookmarks inside books at the library	Take flowers to a teacher	Make a bird feeder
WED	Pick a few toys to donate	Heart attack a friend's door	Donate canned food to a Food bank	Help clean up something
THU	Make some heart art for a neighbor	Choose a book or two to donate	Share something with a friend	Invite someone new to play
FRI	Read a book with someone you love	Make a card for a service person	Put smiley face post-it notes on mirrors	Make a kindness love note puzzle

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Key strategies to teach CHILDREN EMPATHY

3-5 YEARS



- **DESCRIBE AND LABEL** - Help children recognize their emotions and body. "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss the character's feelings.
- Make a **WE CARE CENTER**.
- Coach their **SOCIAL SKILLS**.



5-7 YEARS



- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries.



7-9 YEARS



- Engage in high-level **DISCUSSIONS** about book characters.
- Try loving kindness **MEDITATION**.
- Engage in cooperative **BOARD GAMES**.

9-11 YEARS



- Sign up for **ACTING CLASSES**.
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.

12+ YEARS



- Discuss current **EVENTS**.
- Encourage your child to choose **VOLUNTEER WORK**.
- Try "**WALK THE LINE**" activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens.