



CARDINAL NEWS

StJB Parents Newsletter

September 4,, 2022

IMPORTANT NEW DATES!

FRIDAY EARLY DISMISSAL DATES:

September 23rd
October 14th
November 18th
December 16th
January 27th
February 24th
March 31st
April 21st
May 12th



**SCHOOL WILL DISMISS
AT 1:00 PM**

Extended care after school
will remain open.

One early dismissal will be added to the school calendar
each month to allow for faculty/staff meetings.



REMINDER

FREE AND REDUCED LUNCH APPLICATIONS DUE SEPT. 15

Your child(den) may qualify for free or reduced hot lunch meals. Reduced price is \$0.40 for lunch. If your child(ren) qualified for free or reduced meals at the end of last school year, you must submit a new application. **Applications are due by September 15, 2022.**

[To download an application,
click on this link.](#)



Dear Parents,

A very happy Labor Day weekend! I have been observing our dear children here at St. John the Baptist these past two weeks. I have observed a tremendous group of Happy Children. Congratulations...to all of our Parents!

Giving your children happy, healthy childhoods could set them up for success in life. Many parents that I have visited with throughout the years wonder, how exactly do you raise happy children in today's world? Raising happy children isn't about giving them momentary pleasure of immediate gratification. In fact, it is my opinion...it is quite the opposite.

Happy children have a skill set that allows them to enjoy long-term happiness in life. They are able to pass up instant gratification in an effort to reach their goals. You can help your children develop those skills by adopting healthy, lifelong habits. I would like to give you my recommended Ten Ways to raise happy children.

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Ten Ways to raise happy children.

- Do Not Underestimate the Power of Outdoor Play. Running in the backyard, climbing trees, sitting on a swing, and digging in the dirt is good for children. Scents associated with nature, like pine trees, cut grass, and lavender can boost your child's mood. You might encourage your child to read a book outside or do their homework on the porch just to provide an instant boost in happiness. Outdoor play also improves social skills in children. Children who play with other children outside increase their empathy, engagement, and self-control...which are critical social skills.
- Limit Screen Time. Your child might insist that playing endless hours of games makes him/her happy. However, too much screen time is bad for your child's psychological well-being. A study conducted in 2018 found that children who spent less time on their digital devices and more time on non-screen activities, like sports, homework, religious services, and other in-person activities were happier.
- Express sincere Thanks When You are Grateful for Someone Else. Expressing gratitude for the things your children do will teach them to do the same. Make it a family habit to talk about the things you feel grateful for. Try to identify three things you are grateful for at the dinner table or talk about what you are grateful for at bedtime. This will help your children learn to look for things they can be grateful for in their daily lives.
- Have High but Reasonable Expectations. While it is not quite as much fun to spend hours studying for a test or practicing a musical instrument, children who strive to do hard things are more likely to live happier lives. Your expectations have a huge impact on your child's willingness to challenge and meet your expectations as long as your expectations are reasonable. Time after time, studies show that parents have high academic expectations of their children, children do better in school and they persist longer at hard tasks. Please remember...setting the bar too high for your child is likely to backfire. Expecting your child to be perfect could increase your child's risk of mental health issues.
- Teacher Self-Control. A study published in the Journal of Personality found that people with better self-control report more good moods. Interestingly, the researchers noted that people with better self-control also did not put themselves in tempting situations as often as other people. They essentially set themselves up to be happy.
- Teach your Child Self-Discipline at an Early Age. At the same time, teach your children not to surround themselves with too many temptations. A few ways you might assist in doing this could include:
 - Put a basket in the kitchen for smartphones. Tell your child to put their smartphone in the basket while doing homework. Put all electronics in a common area of the home before bedtime. Then your child will not be tempted to use a tablet or phone when in bed.
 - Stock the refrigerator and cabinets with healthy food choices.

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- Assign Chores. Your child may not love clearing the table or dusting the living room...however, assigning chores could be a key factor in helping them achieve long-term happiness. One study (here I go again) found that giving children chores at age 3 and 4 was the biggest predictor of long-term success. Assign regular chores and expect your children to get them done. You will help them learn life skills that will help them live happier lives as adults...and KNOW they are capable of making a difference.
- Eat Dinner Together. This is not always easy to do with sports, and other extracurricular activities. It can be tempting to grab something on the go and eat at different times. But eating as a family might be one the best things you can do if you want to raise happy children,
- Avoid Overindulging Your Children. Research indicated that children who are overindulged are likely to experience feelings of chronic discontent. They may struggle to identify the difference between wants and needs and consequently, they may think happiness stems from material goods.
- Exercise as a Family. The type of exercise does not matter. Aerobics, stretching and balance exercise a;; provide a boost in happiness. Getting exercise together can jelp your bond and create positive memories together.
- Help Other People. Altruism is linked to happiness. In fact, being kind to others can make your children happier and happiness will make them kinder It is a positive cycle that sets them up for a happier, healthier life. You might want to set aside a certain amount of your child's allowance each week to donate to a good cause (Church, for example) . Challenge everyone in your family to do one act of kindness each day and share what everyone did over dinner each evening.

May God Bless Each of Our Families,



Dr. Nina Beck, Principal



STJB 8th Grade float at the Harvest Festival last year won "Grand Overall" in the float contest.

SUPPORT OUR 8TH GRADE CLASS AT HARVEST FESTIVAL PARADE

Be sure to attend the Kiddie Parade on Friday at 1:15 PM and the Grand Parade Saturday at 6:00 PM and support our 8th grade class and see their float!

[Watch a highlight video from last year's Harvest Festival Parade.](#)

NO SCHOOL FRIDAY, SEPTEMBER 9th!
SEE YOU AT THE HARVEST FESTIVAL!

LEGION OF MARY AFTER SCHOOL GROUP



Legion of Mary group's met for the first time on Wednesday. Some of the important work this group will do this year includes praying the rosary and Tesserat prayers, serving as a religious buddies for Kindergarteners, creating cards for elderly parishioners and teachers, and visiting nursing homes.

The group is open to all 1-8th grade students. There's still time for your student to join the group. For more information, [click here](#).

COOKIE DOUGH ORDERS DUE SEPTEMBER 8th

Cookie Dough order forms and payments are due to the school by September 6th! Orders are expected to arrive to the school on October 20th. All orders will need to be picked up by the parents that same day.



UPCOMING DATES:

September 6 — First Art Club Meeting (for registered K-2 students)

September 9 – Harvest Festival – No School (attend the Kiddie Parade at 1:15 PM to support our 8th graders and see their amazing float!)

September 14 — First Fit Club after school

September 23 — Early Dismissal at 1:00 PM (Faculty & Staff Meeting)

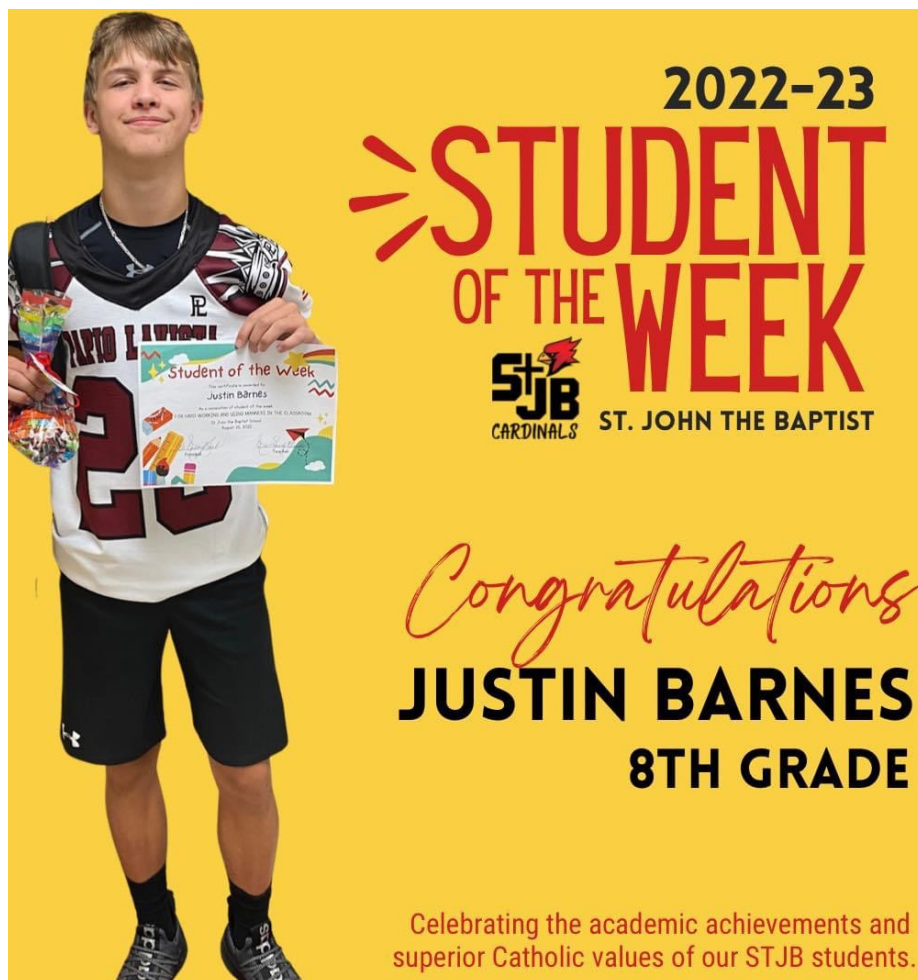
[To view more upcoming dates on the school calendar, click here.](#)

Our Mission

Rooted in our Catholic values and committed to academic excellence, St. John the Baptist Catholic School is dedicated to forming the whole child — mind, heart and soul.



STUDENT OF THE WEEK RETURNS!



"Student of the Week" is back again this school year.

HOW THE PROGRAM WORKS:

- Each teacher nominates a student from their class who exemplifies superior Catholic values and excellence in academics.
- The nominees' names are put into a random drawing.
- One winner is drawn each week from the pool of names.
- Winners are announced every Friday.

This week we recognize Justin Barnes in 8th Grade! Congratulations Justin!

PARISH NEWS & DATES

September 10 – Next Catering Event: 20-year class reunion. To volunteer, search for all Holy Spirit Catering events at [SignupGenius.com](https://signupgenius.com)

September 24 – "Working with God's Holy Angels" talk after 5pm Mass. See bulletin for more details.



[Download the September 4th Church Bulletin](#)

[Download the September Liturgy Schedule](#)

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7th & 8th Grade Class TREE RUSH ADVENTURE FUNDRAISER



8th
Ice Cream
Bars,
Popsicles &
Fudge Bars

Prices range from
75 cents to \$1.00

6th
Sept. 6 - Sept. 13
(after school, located at school entrance)



Funds raised will help defray the cost of tickets for students on their 7/8th class field trip to Tree Rush Adventure. Thank you for your support!



LOURDES CENTRAL CATHOLIC PRESENTS

**23RD ANNUAL
K-5TH GRADE
JR. KNIGHTS
CHEER CLINIC**

**TUESDAY & WEDNESDAY
SEPT. 20 & 21
4:00-5:00 PM @ STJB**

Cost: \$35 includes t-shirt

Students will perform at the Lourdes
home football game Sept. 23 at
Peru State College



Registration forms are due Friday, Sept. 9th

To download a registration form, click here.

PLEASE JOIN CHURCH OF THE HOLY SPIRIT

FALL ROAST BEEF DINNER

ALL ARE WELCOMED!

SUNDAY, OCTOBER 2ND

11:30 AM - 1:00 PM | ST. JOHN'S GYM

500 S. 18th St., Plattsmouth

Adult Meal - \$12 | Child Meal - \$7

(10 years and younger)

ROAST BEEF, MASHED POTATOES & GRAVY,
CORN, GREEN BEANS, DINNER ROLL &
APPLE CRISP AND COBBLER

coffee • tea • water

holyspiritplattsmouth.com

