



Notes from Mrs. Nash

Embracing curious minds. Nurturing compassionate hearts.

St. John Fisher School

February 7, 2020

Dear SJF Families,

It is hard to believe that we are approaching the second week of February. Our awesome 8th graders are making their Confirmation this upcoming Sunday, February 9th. Please join us in praying that our Confirmation candidates are graced with the gifts of the Holy Spirit this weekend and always. These impressive young men and women have been preparing for this sacrament for the past 2 years and are eager to experience this rite of passage in our Catholic faith. Thank you to all of our students' teachers, especially Mrs. Maura Grochocinski, Dr. Elena Chermak and Fr. Ken, for their guidance and support in preparing our students for this important sacrament. Thank you to the parents, family members and loved ones of our 8th grade class, who have been excellent examples and models of faith for our students to emulate. We are so excited for our falcons to take this next step on their faith journey.

Thank you so much for your continued support and commitment to Catholic education, but specifically, St. John Fisher School. May we all have a blessed and peaceful weekend.

In unity and hope,

-Mrs. Maura Nash

Important Announcements

- **Registration for new families** is now open. Please promote SJF to your friends, family and neighbors. *It is a great time to be a falcon!*
- We are excited to announce that SJF's **Spring Musical** is **ALICE in Wonderland!** Auditions are this upcoming Tuesday. *Please see the below flyer for additional information.*
- **REMINDER:** February 11th, 7-8:30 in Kane Hall, **Boys Volleyball Sign-ups** for grades 4-8 & **8th grade CO-ED Golf Sign-ups**
- **Pictures are Needed for 2019-2020 Yearbook**, uploading instructions are below. Thank you!
- **GET BEHIND THE VEST PANCAKE BREAKFAST** is February 23rd @ SJF!
- **The Mother/Son BULLS Game** is February 23rd! Please see the flyer below for more information. *Although the discount will still apply, the seats will be open to the public beginning on Monday.* Since we've reached our goal of 200, we qualify for the students to shoot a free throw on the court after the game!
- **Early Morning Drop-off:** *Please be mindful that students aren't allowed in the building before the bell unless they have made prior arrangements with a teacher, are taking an AR or are utilizing extended day. Students shouldn't be dropped off to wait outside of their entrance door until 7:40 (at the earliest).* Thank you for your understanding and cooperation!
- **SAVE THE DATE:** St. John Fisher's **Celtic Mass & Supper & St. Baldrick's Event** is **March 7th!**
- **Fridays at SJF are now Fisher Falcon Spirit Days!** Students may wear spirit-wear (t-shirts, jerseys, hoodies, zip-ups, etc.) ON TOP ONLY. Students must still wear their school pants, skirt, etc., but may wear SJF spirit wear on top on FRIDAYS!
- **REMINDER:** SJF will be closed Monday, February 17th, for President's Day.



- **LAST CALL FOR LOST & FOUND:** we have so many fleeces, sweatshirts, water bottles and even shoes! Please visit the main office to claim your belongings.
- *Thank you* so much to the FSA, Karen McDonagh and the Father/Daughter Dance Committee, for planning and organizing such a memorable and fun experience for our families!
- *We invite and welcome your feedback.* If you have a question regarding your child's education, please reach out directly to your son or daughter's teacher. If you need further support, contact Mrs. Larmon, clarmon@sjfschool.net, Mrs. Carey, ncarey@sjfschool.net or Mrs. Nash, mnash@sjfschool.net. *We are happy and grateful to partner with you in order to best serve your children.*
- Please see an update below from *Mrs. Carey, Assistant Principal & School Counselor* as she discusses the Empathy Lessons she is facilitating with our students.

St. John Fisher School, in partnership with the Cook County Farm Bureau, collected money for "Together We Cope". The students of SJF had "Dime Wars" during Catholic Schools Week to collect money, which will go to help prevent homelessness for hardworking families. Prairie Farms will supply the dairy products for the families in need. The students of St. John Fisher were able to raise \$1,600.85 for this amazing cause.



Pictured from Left to Right: Grace Murphy, Mackenzie Ziesemer, Carole Scannell, Danny Roeder, Jill Dover from Cook County Farm Bureau, and T.J. Girzadas

Peek at the Week

Saturday, February 8 th	<ul style="list-style-type: none"> Girls Volleyball Teams compete in the Conner T. Lowry Gym
<p style="color: red;">Sunday, February 9th</p> 	<ul style="list-style-type: none"> Confirmation @ Noon Mass with a reception to follow in Kane Hall Mass Times are 4pm on Saturday, 8, 10, 12, & 5:30 on Sunday. <i>All are welcome!</i>
Monday, February 10 th	<ul style="list-style-type: none"> ETC ~ Valentine Science Club 2:25-4 Don't forget to purchase your Bulls' tickets for the Mother/Son Outing!
Tuesday, February 11 th	<ul style="list-style-type: none"> Alice in Wonderland Jr. Auditions from 2:30-4:30 in Ms. McAndrews' Room, 102 HOMEWORK CLUB 2:30-3 Academic Eligibility Study Hall IS IN SESSION: 2:30-3:15 in Room 105 ETC ~ Lego Lab 2:25-3:30 4th-8th Grade Boys' Volleyball & 8th Grade Co-Ed Golf Sign-ups in Kane Hall from 7-8:30!
Wednesday, February 12 th	<ul style="list-style-type: none"> HOMEWORK CLUB 2:30-3 Academic Eligibility Study Hall IS IN SESSION: 2:30-3:15 in Room 105 ETC ~ Dodgeball & Valentine Fun Club 2:25-3:30
Thursday, February 13 th	<ul style="list-style-type: none"> FUTURE FALCON FRIENDS: 10:30-11:15 Children's CHOIR PRACTICE 3:45
<p>Friday, February 14th</p> 	<ul style="list-style-type: none"> Happy Valentine's Day!

"God has more in store
for you than you
can even imagine."

EPHESIANS 3:20



FALCON OF THE WEEK

Samantha Matlob, 8th grade



SJF's "Falcon of the Week" is 8th grader, Samantha Matlob.

This year, our school theme is "Fly Like a Falcon." At school, we are intentionally discussing what it means to be a falcon. Falcons soar above, capturing an aerial view of what is going on below. We are encouraging our school community to "soar above" things that might bring us down, not allowing us to be our best selves. We are on a school-wide crusade to "Fly Like a Falcon," lifting one another up, celebrating the positive interactions and kind behavior that our students demonstrate each and every day. Our "Falcon of the Week" is Sam Matlob. Sam is a very talented artist and is always willing to use her talents and

creative gifts to beautify our school. Sam was incredibly instrumental in creating our 2020 8th Grade Confirmation banner which is currently displayed in church. Sam has also assisted with many kindness collages and murals throughout the school. Sam is the total embodiment of kind and selfless deeds. Sam is kind to everyone, incredibly inclusive, positive and always willing to help anyone at any time regardless of the task. Thank you, Sam, for sharing your smile, kindness and artistic talents with our school. You make SJF a more beautiful place by being in it! You inspire us all to always put others first, take things in stride, be kind and positive no matter what and to be generous with our time and talents. Keep "Flying like a Falcon, Sam", you're making a difference!



Four students painted their banner



Mrs. G. with congratulation cards from 7th graders



Students practice

Confirmation Preparation

Mrs. Nash with students leading morning P.A. prayer about Gifts of the Holy Spirit.



Ms. Browne and students with their nametags



Confirmation Sunday, February 9th Noon Mass



Fr. Ken practicing at prayer service.



8th graders practicing for prayer service



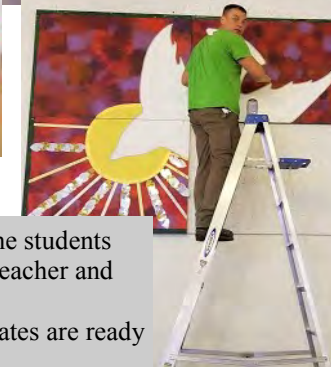
Mrs. Nash encouraging our 8th graders at school Confirmation practice.



All the names they choose



Mr. Herdzyk displaying the students banner. Mrs. Corley, art teacher and Ms. Chermak Our Confirmation candidates are ready to change the world!



Congratulations to our 8th graders,
winners of the "You Be The Chemist Challenge"!



Pictured above are our 8th grade scholars:
Jack Perry, Liam Callahan, Tim Malloy and Tommy Sheerin



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Dear Parents,

I hope your new year is off to a great start and you find yourself rested, rejuvenated and enthusiastic about what is to come. As we all tend to do as a year comes to a close, I spent some time over break reflecting on my first months at SJF. Having gained a better understanding of the school culture and student body, I have identified all-school counseling lessons that will address social-emotional topics most relevant to our students.

The first social emotional lesson of 2020 will focus on empathy; the ability to identify the feelings and understand the perspective and experience of others. Empathy and perspective-taking in school-aged children improves interpersonal relationships and positively influences academic performance as it enhances classroom culture, school-wide sense of community and improved leadership skills. In my research, I stumbled upon a variety of interesting articles that discuss the importance of encouraging and demonstrating empathy in the classroom. Listed below are reading recommendations for those that may be interested in fostering empathy in their homes. I am confident you will find you are already doing so in many ways!

I have begun delivering my counseling lessons through the students' regularly scheduled library time as Mrs. Keller has graciously agreed to allow me to use her space. This week I have met with half of the 5th, 6th, 7th and 8th grade students as well as all of the preschool students. In preschool we learned to identify feelings in ourselves and our friends through a fun game of charades. Then we read the book, *I'm Not Just a Scribble*, by Diane Alber, and drew our own scribble. With all other grades we defined empathy, discussed how it differs from sympathy and evaluated why it is important to build strong empathy skills. Students then read a short story that elicited empathy, identified the complex emotions illustrated in the reading and discussed how we could practice being empathetic in our own lives. Students were then asked to identify a population of people in which they empathize and construct a plan to service or support this population; one that we could practically put in to action here at SJF. Students submitted their responses and will be eligible to, not only, put their plan into action but also win a pizza party for their homeroom. Stay tuned for the results of our "In Their Shoes" competition; it is going to be a tough decision!

As always, if you have any questions in regards to programming or concerns about your child please do not hesitate to reach out!

Sincerely,

Mrs. Nichole Carey

An excellent explanation of what empathy is, told by Brene Brown:

<https://www.youtube.com/watch?v=1Ewgu369Jw>

Book Recommendation:

[UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World](#) by Michele Borba, Ed.D

Synopsis of *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World* and strategies to foster empathy in your child.

https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_empathy_in_kids

Harvard study explaining why empathy is important and strategies to explore in the classroom.

<https://mcc.gse.harvard.edu/resources-for-educators/how-build-empathy-strengthen-school-community>



Dear Parents/Guardians,

It has come to our attention that many students in 3rd grade are utilizing, and in some cases misusing, the app Tik Tok, a social network that allows users to make video clips, lip sync to their favorite songs, create short videos and view and share these videos with others. As with any social media platform it is imperative that families take proper precautions to ensure the children's safety, well-being and integrity are protected.

Tik Tok is rated 12+ on the Apple app store and "teen maturity" on Google Play, however, there is no system in place to verify a user's age so children under the age of 12 can create accounts. Due to inappropriate content and the use of popular music that may contain explicit language please ensure you are monitoring your child's usage of Tik Tok and any other social media apps. **In addition, please be aware that if a social media account, including Tik Tok, is "public", one can exchange private messages and share their physical location with any other account users.**

To set your child's Tik Tok account to private:

- Go to settings (the 3 dots in the right-hand corner on the user account page)
- Click on Privacy and Settings
- Click on Privacy and Safety

To better understand school policy surrounding the appropriate use of social media please review the 2019-2020 St. John Fisher Handbook. Please do not hesitate to contact school administration with any questions or concerns.

Thank you for partnering with us to ensure the well-being of all students, both, in and out of school.

Mrs. Maura Nash, Principal

Mrs. Claire Larmon, Assistant Principal of Instructional Support

Mrs. Nichole Carey, Assistant Principal of Student Support & Counselor

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Parade Day Gear!

Get your St. John Fisher parade day hoodie here! These sweatshirts can also be worn during any of our Friday Falcon Spirit Days!

Below is an example of what the sweatshirts will look like. Orders need to be sent in by **Friday, February 14th**. In order for us to get the hoodies by parade day, **NO LATE ORDERS WILL BE ACCEPTED.**



Below is the order form. Please make sure to mark how many of each sweatshirt. All orders will be sent home with the youngest or only child.

Family Name: _____ Homeroom: _____

Youth \$15.00 each

Quantity: _____ Small _____ Medium _____ Large _____ XL

Adult \$20.00 each

Quantity: _____ Small _____ Medium _____ Large _____ XL

_____ XXL (\$22.00) _____ XXXL (\$22.00)



Group Outings

ST. JOHN FISHER MOTHER & SON GROUP OUTING WITH THE BULLS



Enjoy a legendary outing at a Chicago Bulls game with St. John Fisher mothers and sons.

Share the excitement of Bulls basketball and the NBA's leading entertainment experience as the team takes on the Wizards. Each ticket purchase also includes access to a private pregame shootaround with 100-level access from 4:30 to 5:15 p.m.

Help St. John Fisher reach 200 tickets by Feb. 16 and everyone in the group will have the opportunity to shoot free throws on the United Center court following the game.

Don't miss out on exclusive savings! Purchase tickets before Feb. 7 to be guaranteed seats in the St. John Fisher sections.

Be a part of Bulls Nation today.

The discounted price is:

- 300 Level, Rows 8-17 (baseline and corner): \$22.40 - 23.52 (regularly \$44.80)



BULLS VS. WIZARDS

Sunday, February 23, 2020 | 6:00 p.m.

To purchase tickets, visit:
response.bulls.com/SJF



February 6, 2020

Dear St. John Fisher 6th, 7th, and 8th Grade Students,

We are excited to be directing the St. John Fisher's Junior High production of *Alice in Wonderland, Jr.* We hope you will consider being a part of the show. The **auditions** for *Alice in Wonderland, Jr.* are **Tuesday, February 11** from 2:30pm-4:30pm in Ms. McAndrews' Classroom.

What kind of show is *Alice in Wonderland, Jr.*?

Alice in Wonderland is a comedy. It is filled with zany characters, upbeat songs, and lots of laughs. All parts except one require singing either solo or in a group. A breakdown of the characters is on the reverse.

How do the auditions work?

For the audition, you will be asked to:

- Sing with a group. We may ask some people to sing a few bars solo. You do not need to prepare a song.
- Perform short scenes from the show. Scenes will be given at the audition. This is called a cold reading.

Everyone who auditions will be in the show. We just need to determine how to assign parts. This will be announced by Friday, February 14.

When are the rehearsals and performances?

Rehearsal dates and times are:

Mondays from 2:30pm-4pm

Wednesdays from 6:30pm-8pm

Thursdays from 3pm to 4:30pm

Rehearsals will begin the week of February 17. We will do our best to work around any conflicts (tutoring, athletics practice, doctor's appointments, etc.). The shows are Thursday, April 30 and Friday, May 1 in the evening.

Can I help with the show, but not perform?

Yes! We will need help with creating props and costumes, and decorating the set. We will also need people to help backstage during the show. If you are interested, please come to the audition at 2:30pm on **Tuesday, February 11.**

Are there fees?

Each cast member will be charged a \$75 fee and crew a \$25 fee. Cast members *may* also be asked to provide parts of their costume.

Questions?

If your parents have questions, please have them contact Ms. Millies at stjohnfishermusical@gmail.com or call/text 803-640-2571.

Thank you and we look forward to seeing you at auditions!

Ms. Millies and Ms. McAndrews, Co-Directors



Character Descriptions

<p>Alice, Small Alice, and Tall Alice are different sized versions of the same character. She is a spunky girl who enjoys adventures.</p>	<p>Cheshire Cat is played by three (3) actors working together as the head, body and tail. Cheshire Cat serves as the narrator for the story (and source of many of the jokes).</p>	<p>White Rabbit is an energetic, worrisome character that hardly ever stops moving.</p>
<p>Tweedle Dum and Tweedle Dee are a pair of goofballs, similar to a comedy duo.</p>	<p>Mathilda is Alice’s older sister. She is much more serious than Alice. This is a non-singing part.</p>	<p>The Flowers are the snooty, girls who think they are the most important people in the whole world.</p>
<p>Caterpillar is part teacher, part diva and one cool character.</p>	<p>The Mad Hatter is silly and loud; the life of the party.</p>	<p>March Hare is the counterpart to the Mad Hatter and enjoys a good party. A little less crazy than the Mad Hatter, the March Hare is happy and enjoys playing.</p>
<p>Queen of Hearts is the mean bully of the story. She is demanding and a little scary, but funny at the same time.</p>	<p>King of Hearts is the actual ruler of Wonderland, but in the shadow of the Queen of Hearts.</p>	<p>Doorknob is a one of the first characters Alice meets in Wonderland. The doorknob is funny and sarcastic.</p>
<p>Dodo Bird is the Captain of Wonderland’s Navy and in command of the Rock Lobsters</p>	<p>The Chorus is in almost every scene and song in the show. The Chorus will play the Rock Lobsters, Royal Cards, guests at the Mad Hatters’ unbirthday party, and much more.</p>	

I NEED TO STAY AT HOME IF....

						
FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, Itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit

I AM READY TO GO BACK TO WORK OR SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals & for 24 hours!	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by medical provider to return to work or school.
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SAVE THE DATE

ALDERMAN MATT O'SHEA'S

GET BEHIND THE VEST

PANCAKE BREAKFAST

SUNDAY, FEBRUARY 23, 2020

SPONSORED BY:



Saint John Fisher School – Kane Hall
10200 S. Washtenaw Ave.

8:00 A.M. - 12:00 P.M.

Tickets: \$5 per person / \$25 per family

