



# Notes from Mrs. Nash

*Embracing curious minds. Nurturing compassionate hearts.*

St. John Fisher School

September 20, 2019

Dear SJF Families,

Let me begin by thanking you for not only attending Fisherfest, but also to all who volunteered their time and talent in order to make this fundraiser possible. Fisherfest helps support the vitality of our parish community and we couldn't do it without all of you!

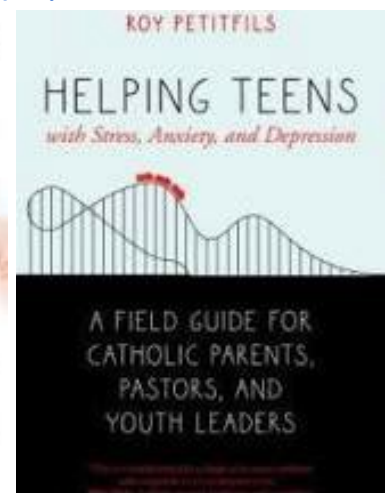
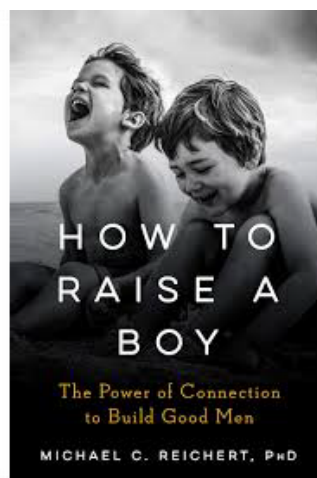
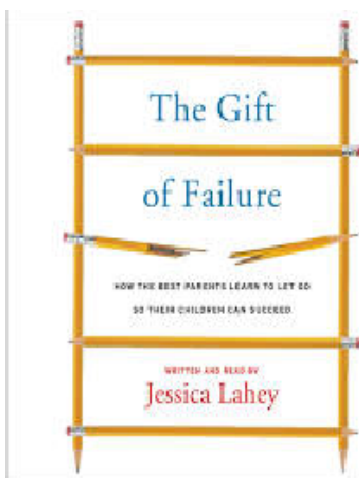
This past Tuesday, Mr. Roy Petitfils, M.A., LPC, joined our school community, speaking with our 5<sup>th</sup> – 8<sup>th</sup> grade students and faculty during the day and our parents in the evening. Thank you to all of you who attended this event. I hope it was a meaningful experience in which you felt you were able to walk away with valuable information that you can utilize in your most important role as being a parent, guardian or mentor to a young person in today's world. Below are book recommendations that touch on some of Mr. Petitfils' themes that include: anxiety, bullying, social media and the gift of letting our children fail. One of the major takeaways from Mr. Petitfils' conversation was that we are all in this together and that we need one another in order to do this tough job. We are all working toward the same goal of raising happy, healthy and confident children who will contribute positively to the world. If you missed this event, Mr. Petitfils will be visiting the Christ the King School Community on October 9<sup>th</sup>. All are welcome!

As always, there are many exciting things happening in our school community. Below you will find information outlining all of our upcoming events. Thank you so much for your continued support of Catholic education, and specifically St. John Fisher School.

In unity and hope,

*-Mrs. Maura Nash*

## Mr. Petitfils' Book Recommendations



## Important Announcements

- **Homecoming** is **next weekend!** The Homecoming Dance for all 7<sup>th</sup> & 8<sup>th</sup> graders is Friday, September 27<sup>th</sup> from 7-9pm in Kane Hall. Our Falcon Football Teams take on Most Holy Redeemer at Beverly Park, following our Homecoming Parade which begins at 11am. All are welcome at Beverly Park! Food will be available to purchase.
- **Aspire scores** will be released via PowerSchool this weekend. Stay tuned for information regarding a **Parent Workshop Night in October** to analyze your student's scores.
- **Forgotten student items:** homework and lunches – please partner with us and resist the urge to drop off your students' forgotten items at school. Thank you so much for your cooperation!
- **Ms. Surin, our interim Art Instructor, is participating in the Beverly Art Walk** this Saturday, showcasing her masterpieces at Root Consignment @1913 W. 103<sup>rd</sup> Street from 12-6.
- **REMINDER**, Thursday September 26<sup>th</sup> is an **early dismissal at 1:45pm for a faculty in-service**. Extended Day Services are available immediately following dismissal.
- SJF's **Homework Club is looking for 7<sup>th</sup> & 8<sup>th</sup> grade mentors**. Please reach out to Mrs. Deering [edeering@sjfschool.net](mailto:edeering@sjfschool.net) or Mrs. Caulfield [scaulfield@sjfschool.net](mailto:scaulfield@sjfschool.net) with questions or applications for interested mentors.
- **SJF is offering an HSPT Prep Course for interested 8<sup>th</sup> graders** beginning October 15<sup>th</sup>. See the attached flyer for additional information.
- **OWN IT CHICAGO** will be on campus on Wednesday, October 2<sup>nd</sup> offering assistance with study skills and executive functioning. See the attached flyer for additional information and to register for this helpful resource!
- We are excited to welcome back to SJF the **SXU Nursing Students** who will be working in our clinic located in Kane Hall. This academic session the SXU undergraduate students will be presenting to our middle school and junior high students on the **dangers of vaping along with appropriate handwashing tips and how to prevent the flu**.
- The **Lost & Found** located in the **main office** is overflowing with items! If you left one of your belongings at SJF, please visit Mrs. Spadoni in the main office to search our growing **Lost & Found** before it gets donated to those in need.
- **Calling all 2<sup>nd</sup>-8<sup>th</sup> grade singing falcons!** The Children's Choir is looking to increase their members; see the attached flyer for more information.
- **Join us this weekend** for the perfect family service project as together we **Build a House for Hope!** See the attached flyer for more information.
- **Future Falcon Friends**, our toddler play group, **will resume in October**. Stay tuned for more information!
- **St. John Fisher Church needs lectors and communion ministers!** Please contact the rectory if you have interest in serving our parish in this capacity.
- **Like us and Follow us** on Facebook: [facebook.com/sjfschoolchicago](https://facebook.com/sjfschoolchicago) & Instagram: [stjohnfisher](https://instagram.com/stjohnfisher).
- **For general school questions**, please feel free to contact Kate Spadoni in the school office at 773-445-4737, [kspadoni@sjfschool.net](mailto:kspadoni@sjfschool.net).
- Students are **allowed to wear shorts until October 1st - StayCool!**

## Peek at the Week

Saturday, September 21 <sup>st</sup>	<ul style="list-style-type: none"> <li>• SJF Soccer @ Beverly Park</li> <li>• SJF Falcons take on St. Al's</li> </ul>
Sunday, September 22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>• <b>Children's Liturgy returns</b> to our 10am Mass ~ all are welcome!</li> </ul>
Monday, September 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>• <b>Homecoming Week Begins!</b></li> <li>• Monday Morning Band Practice</li> </ul>
Tuesday, September 24 <sup>th</sup>	<ul style="list-style-type: none"> <li>•</li> </ul>
Wednesday, September 25 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <b>Homecoming Spirit Dress Begins:</b> <i>Wacky Wednesday</i></li> <li>• Girls Basketball competes in the Conner T. Lowry Gym</li> </ul>
Thursday, September 26 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <i>Throwback Thursday</i></li> </ul>
Friday, September 27 <sup>th</sup>	<ul style="list-style-type: none"> <li>• <i>Falcon Gear Friday</i></li> <li>• Homecoming Pep Rally in the Conner T. Lowry Gym</li> <li>• 7<sup>th</sup> &amp; 8<sup>th</sup> Grade Homecoming Dance from 7-9pm in Kane Hall</li> <li>• Girls Basketball competes in the Conner T. Lowry Gym</li> </ul>
Saturday, September 28 <sup>th</sup>	<ul style="list-style-type: none"> <li>• SJF Soccer @ Beverly Park</li> <li>• Homecoming Parade beginning in the Church Parking Lot @ 11am</li> <li>• Homecoming Football begins @ 12pm @ Beverly Park</li> <li>• Girls Basketball competes in the Conner T. Lowry Gym</li> </ul>
Sunday, September 29 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Girls Basketball competes in the Conner T. Lowry Gym</li> </ul>

If you want to bring happiness to the whole world, go home and love your family.

-Mother Teresa







# FALCON OF THE WEEK

Greta Schober, 7th Grade



**SJF's "Falcon of the Week" is 7th grader, Greta Schober.**

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.

This week (and every week since the beginning of the year) Greta has been serving our school as a crossing guard on 103rd and Washtenaw. Each morning, Greta gets caught in the act, warmly greeting everyone she sees with an infectious smile and often by name. She even encourages everyone to "have a great day!" In addition, Greta does her best to keep our youngest falcons safe as they cross the street. Thank you for spreading kindness and happiness wherever you go and for starting off everyone's day with a smile. Keep "Flying like a Falcon," Greta; you're making a difference!



# FISHERFEST 2019 THANK YOU!

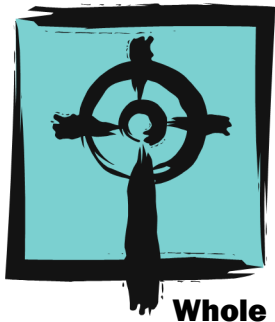


## FISHERFEST 2019 THANK YOU!

- To those who purchased one or many of the 825 raffle tickets sold!
- **Ald. Mat O'Shea** and **Sheriff Tom Dart** for their assistance with permitting and clean up.
- **Our neighbors** for their patience with the noise, crowds and traffic the Fest brings.
- Our fearless leaders, **Fr. Ken Budzikowski** and **Fr. Dan Tomich**.
- **Lynn O'Connor, Mary Margaret Redmond** & teen staff
- **Dave Clisham** & the selfless members of the **Fisherfest Committee**.
- **Barracco's Pizza** for donating pizza to our Special Needs Event

## And Finally our Sponsors:

- 19th ward Ald. **Matt O'Shea**
- State Rep. **Fran Hurley**
- State Sen. **Bill Cunningham**
- **Fox's Beverly Pub**
- **Dee Jays Ace Hardware**
- **St. Ignatius High School**
- State Rep. **Kelly Burke**
- **Mother McAuley High School**
- **Franconello Restaurant**
- **Marist High School**
- **Original Pancake House**
- **Mike Kozak, D.D.S**
- **U.S. Bank**
- **Standring Financial**
- **Milanos Pizza**
- **St. Rita High School**
- **Beverly Ridge Funeral Home**
- **C.F. Taffe Plumbing**
- **Donnellan Funeral Home**
- **Beverly Bank & Trust**
- **County Fair**
- **Brother Rice High School**
- **Bigane Paving Company**
- **Swanson's Deli & Catering**
- **Pan American Construction**



# 2019 HELP BUILD HOPE

Hosted by SJF/MHR Youth Ministry Program

## Whole Family Mission Project Celebrating 15 Years of Youth Ministry!

Sign Up Today To Participate - Individuals and Whole Families Welcome! No Special Skills Required!  
Children 5th grade and under must be accompanied by an adult.

### Housing is a basic human need.

Sadly, many people are without a simple decent place to live in dignity and safety.

### What We Are Building

Our job will be to construct a house frame - the basic walls and infrastructure - in ONE weekend in the SJF parking lot. The structure will then be transported to CHICAGOLAND Habitat for Humanity. They will coordinate the completion of the project, in hopes we can assist on the build day! The home will then be dedicated to a family in need.

### When & Where

**September 20 - 22, 2019**

**St. John Fisher  
10234 S. Washtenaw Ave.**

During the weekend, we will do more than build a house. We will pray, laugh, renew old friendships, and build new relationships.

If you would like to make a donation towards this project please visit:  
[www.mostholyredeemer.org/youth-ministry.html](http://www.mostholyredeemer.org/youth-ministry.html)

### Weekend Schedule

#### FRIDAY, SEPTEMBER 20

3:30 - 5:00PM - Project Set-Up  
5:00 - 7:00PM - Measure and Cutting  
7:00 - 8:00PM - Crew Leader Training

#### SATURDAY, SEPTEMBER 21

8:00 AM - Check in  
8:30 AM - Opening Prayer & Info  
11:30 AM - Lunch & Write Blessings on the frame of the home.

#### SUNDAY, SEPTEMBER 22

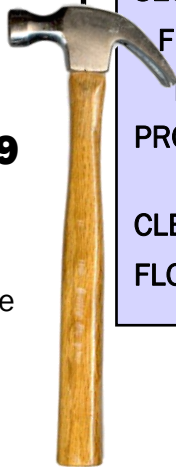
12:00 PM - Celebratory Mass  
1:30 PM - Load House for transport.  
2:00 PM - Clean up

### How You Can Help



You don't need special skills or abilities to be a participant. We need children, teens, adults, and seniors alike for a variety of roles. Register to participate online by visiting our registration page: [www.helpbuildhope.com/sjf\\_mhr](http://www.helpbuildhope.com/sjf_mhr)

- PREPARERS:** Measure and cut lumber (Friday only).
- CREW LEADERS:** Oversee work crews (Friday and Saturday).
- BUILDERS:** Swing a hammer; assemble the house frame (Sat only).
- SECURITY:** Help keep our supplies and site safe.
- FIRST AID STATION:** Be available if needed in our first aid area.
- FOODIES:** Help plan, prepare, or distribute food.
- PROMOTERS:** Get the word out with parishioners, friends, Youth Ministry alumni etc.
- CLEANERS:** Help keep area neat and safe during and after event.
- FLOATERS:** Help out with miscellaneous duties throughout event.



## ROLL UP YOUR SLEEVES.

## MAKE A DIFFERENCE.

## BE PART OF SOMETHING BIGGER!

FOR MORE INFORMATION:

Contact Kim Madonia, Director of Youth Ministry, via call/text: 708-275-8922



# HSPT

High School Entrance Exam Prep Course at St. John Fisher School

October 15th - December 4th



ST. JOHN FISHER  
SCHOOL



## HSPT Entrance Exam Prep Course

An HSPT Entrance Exam Prep Course will be offered to interested 8th grade students. SJF instructors will review all 5 sections of the exam: Verbal Skills, Mathematics, Reading, Language and Quantitative Skills. The students will learn time management skills which are crucial for the HSPT and all standardized tests. Instructors will teach important problem-solving strategies and work to review and strengthen students' content knowledge during the prep course.

**Cost:** \$125, course registration forms will be sent home to all 8th grade students

**Course Time:** 3PM - 4PM

**Course Dates:** 10/15, 10/16, 10/22, 10/23, 10/29, 11/5, 11/6, 11/12, 11/13, 11/19, 11/20, 12/3 & 12/4

**Instructors:** Mrs. Folliard, Mr. Gibson & Mr. Hakanen

**\*Catholic High School Entrance Exam: Saturday, December 7, 2019**

READY FOR THE UPCOMING SCHOOL YEAR?

OWN

✓  
IT

WITH BETTER ORGANIZATION  
AND STRONGER STUDY SKILLS COME:

*-less stressed students*

*-happier parents*

WEDNESDAY, OCTOBER 2ND

GRADES 5-8, 3:30-6



ST. JOHN FISHER

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SCHOOL

REGISTER AT: [OWNITCHICAGO.COM](http://OWNITCHICAGO.COM)



Dear Parents,

As a parent, have you noticed your child struggle with academic organization and prioritization? Could he/she afford to gain a better understanding of how he/she learns best or how to employ effective study skills? Are you looking for a way to help your child succeed?

As educators that witness these trends, we created a workshop addressing these deficits. ***Own It Chicago*** offers workshops for junior high, high school and college students to improve executive functioning skills, resulting in improved academic performance.

The workshop includes hands-on organizational, time management, and study skill strategies, together with collaborative lessons that facilitate problem solving and address "what if?" scenarios.

Deliverables to the Student:

1. Identification- the student understands his/her strengths and weaknesses, and how they may be evolving
2. Distraction- the student reassesses what constitutes a distraction/impediment from their tasks
3. Accomplishment- the student addresses tasks in a timely manner
4. Empowerment- the student begins each day acknowledging and planning for what lies ahead

Deliverables to the Parent:

1. An independent child
2. A more confident child
3. A child who is better prepared to speak with his/her teachers in a constructive way

We believe that your child could benefit from this workshop. The *Own It* team is passionate about helping students better understand how they learn and how successful students utilize their time. To learn more about the diverse background of our team, please visit [ownitchicago.com](http://ownitchicago.com).

We look forward to offering workshops at St. John Fisher on October 2nd. If you have any questions about the program, please email us [ownitchicago@gmail.com](mailto:ownitchicago@gmail.com).

Sincerely,

Moira Borkovec

Nichole Carey

Sarah Peters

**Registration Link:** <https://forms.gle/4DAthKsbtd1DQKJB6>



September 17, 2019

To the St. John Fisher students, Children's Faith Formation students and their families:

I hope you all had a wonderful summer! This is a letter to invite you to consider joining the St. John Fisher Children's Choir this year. I am looking forward to many wonderful experiences with the choir, filled with songs of praise and concert singing.

My name is Terri Lenz and I am the Music Director here at St. John Fisher Parish. I would like to take this opportunity to re-introduce myself and share a brief background regarding my music ministry.

Along with years of music ministry experience in various Catholic parishes, I have a Bachelor's degree in Piano and Vocal Performance and a Master's degree in Theology. With this knowledge and experience, I am pleased to offer this opportunity to participate in the children's choir at St. John Fisher. This will include practices on Thursdays after school **beginning on Thursday, September 19th, from 3:45pm to 4:45pm** (full schedule coming soon!), and singing at some Sunday and special feast day Masses, school liturgies and Christmas Eve Mass. Also, we have a **Christmas Concert** that the children will participate in on **Tuesday, December 10th, 7:00pm in the church.**

Children in second grade through eighth grade are welcome to sign up and lend their singing talents!

Please consider this wonderful opportunity to join in sung prayer and fun, singing your praise is an excellent way to participate in the Mass!

On a side note, I am also offering private piano and vocal instruction to children who wish to enhance their singing ability or begin to learn how to play the piano. All levels are welcome!

Feel free to contact me with any questions you may have regarding choir or private instruction. Please fill out your information and return the bottom portion in an envelope addressed to Terri Lenz and drop off in the Parish Center. Or, come and speak with me after Mass.

Thank you!

Ms. Terri Lenz  
Music Director  
St. John Fisher Parish  
(708) 421-0887  
thereselenz@aol.com

My child, \_\_\_\_\_ is interested in singing in the St. John Fisher children's choir.

Parent \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail \_\_\_\_\_



# OCTOBER ETC

The St. John Fisher Enrichment and Tutorial Center (ETC) is an after-school program designed to offer students a wide variety of classes not normally covered in the regular curriculum. Classes are a fun way for friends to explore areas of interest.

The October session runs from September 30th – October 21st. Classes meet in the designated classroom from 2:25-3:30. The cost is \$30.00 per class. Please return all registration and payment to the school office in an envelope clearly marked ETC by **Friday September 27th!**

**Monday Class September 30<sup>th</sup>, October 7<sup>th</sup> & 21<sup>st</sup>**

**(No school October 14<sup>th</sup>)**

**HALLOWEEN SCIENCE: A HAUNTED LAB** Have a Spooktacular time in this fun class. We will make our own witches brew, make fizzy ghosts, and an exploding pumpkin. We will build a Halloween CATAPULT for flying spiders. Come show off your inner Mad Scientist in this “experimentally spooky” class.

Mrs. Altman                      Room 107                      Grades Preschool – 3<sup>rd</sup> Mondays

**Tuesday Class October 1<sup>st</sup> 8<sup>th</sup> & 15<sup>th</sup> 2:25-3:30**

**SPOOKY & SWEET HALLOWEEN TREATS** You little goblins will love assembling -- and eating -- these spooky **Halloween treats** and sweets. We will create such **treats** as Chocolate Bat Bites, Witches Brooms, Pumpkin Patch Dirt Cups and more. Join us for some fall fun!

Mrs. Altman                      Room 107                      Grades Preschool – 2<sup>nd</sup> Tuesdays

**Wednesday Classes October 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>**

**SPORTS CLUB: WIFFLE BASEBALL** Do you have baseball playoff fever? Are you ready for the World Series of SJF?? This E.T.C. will be a blast! We will meet and play waffle-ball and try and knock one out of the park--(We will even have a homerun contest)--each week. Please wear gym shoes because we will be in the GYM. The children will be grouped according to their age.

Mrs. Ade Room 217 Grades Preschool- 3<sup>rd</sup> Grade Wednesdays

**GHOSTBUSTERS IN TRAINING** Welcome new recruits! We will have fun in this class making ghosts, a marshmallow man and drink some ectoplasm! When you're getting g ready for Halloween, who ya gonna call Ghost Busters! Join the fun!

Mrs. Altman                      Room 107                      Grades Preschool – 3<sup>rd</sup> Wednesdays





**Thursday Class: October 3<sup>rd</sup> 10<sup>th</sup> & 17<sup>th</sup> 2:25-3:30**

**WITCHES IN TRAINING ACADEMY** This witch-themed class has all you need to keep things brewing with excitement. We will become wonderful witches. We will have a Broomstick Relay and play Musical Broomsticks. We will make Witches' Brew, play pin the tail on the black cat and much more!

Mrs. Altman      Room 107      Grades Preschool–3<sup>rd</sup>      Thursdays

**Please fill out the registration form and return to the school office no later than Friday September 27<sup>th</sup> in an envelope marked ETC.**

**Registration for October ETC**

Student's Name \_\_\_\_\_

Allergies; please list all and if child carries an EPI Pen and or/inhaler

\_\_\_\_\_  
**\*If your child has a food allergy please send him/her with his/her own snack**

Child's Grade and Room# \_\_\_\_\_

Parent Signature \_\_\_\_\_ Emergency Contact # \_\_\_\_\_

**Monday Class September 30, October 7 & 21 (No school 10/14) 2:25-3:30**

\_\_\_\_\_ HALLOWEEN SCIENCE: A HAUNTED LAB

**Tuesday Class October 1, 8 & 15 2:25-3:30**

\_\_\_\_\_ SPOOKY & SWEET HALLOWEEN TREATS

**Wednesday Classes October 2, 9 & 16**

\_\_\_\_\_ Sports Club Wiffleball

\_\_\_\_\_ GHOSTBUSTERS IN TRAINING

**Thursday Class: October 3, 10, & 17 2:25-3:30**

\_\_\_\_\_ WITCHES IN TRAINING ACADEMY



PARENTS, GRANDPARENTS, AND ALL WHO MINISTER TO AND INFLUENCE YOUNG PEOPLE.

# FAILING FORWARD HELPING

KIDS FAIL WITHOUT BEING A FAILURE



## Wednesday, October 9, 2019

7PM - Christ the King Church - 9235 S. Hamilton Ave.

This FREE event is sponsored by the Parish of Christ the King in collaboration with the St. John Fisher/Most Holy Redeemer Youth Ministry Program

**Roy Petitfils, MS, LPC** is a Catholic psychotherapist in private practice where he specializes in counseling adolescents. Roy frequently consults with schools, churches and other organizations across the world who seek to effectively reach and influence today's teens. Roy wrote an award winning syndicated column for adults about teens and has published four books including his latest *What Teens Want You To Know (But Don't Tell You)*. Roy has keynoted many national and international conferences including a 2016 TEDx talk helping adults understand and reach teens. Roy lives with his wife Mindi and their two sons in Youngsville, Louisiana.

*How unnecessarily preventing failure leads to anxiety and depression.*

*How to recognize the warning signs of anxiety and depression.*

*How to get your kid to talk with you about their stress, anxiety and depression.*