



# St. John Catholic School

*Educational Ministry of St. John The Baptist Parish*



## UPCOMING EVENTS

**October 22<sup>nd</sup> – 26<sup>th</sup>**  
Red Ribbon Week

**Thursday, October 25<sup>th</sup>**  
3:30pm – 4:30pm  
Talent show dress rehearsal

**Friday, October 26<sup>th</sup>**  
8:00am  
Coffee Chat in the CMR

**Friday, October 26<sup>th</sup>**  
Pre-K & K  
Pumpkin patch fieldtrip

**Friday, October 26<sup>th</sup>**  
Box Tops for Education due

**Friday, October 26<sup>th</sup>**  
6:30pm in the gym  
Talent show

**Wednesday, October 31<sup>st</sup>**  
Halloween parade & carnival

**Wednesday, October 31<sup>st</sup>**  
Noon dismissal

Dear Shamrock Family,

It is Red Ribbon Week and this week has traditionally been one to focus on drug awareness. At St. John however, we will also highlight and discuss the importance of overall positive habits and life choices that contribute to a healthy lifestyle. Classes will discuss the importance of consuming healthy food and beverages, being an active individual, and the importance of sleep. Likewise, I have included some links to a few resources below that can help you discuss healthy habits with your child at home. Thank you for being our partners in education and for promoting the education and wellbeing of the whole child! I look forward to seeing you at the coffee chat this Friday at 8:00am.

<https://www.brighthorizons.com/family-resources/e-family-news/talking-to-kids-healthy-eating-habits-positive-body-image>

[http://www.pbs.org/parents/talkingwithkids/health/childseyes\\_5.html](http://www.pbs.org/parents/talkingwithkids/health/childseyes_5.html)

<https://kidshealth.org/en/parents/talk-about-drugs.html>

Attentively,  
Ms. Paige Child  
Principal

### Red Ribbon Week

Life is your journey travel drug free  
October 22<sup>nd</sup> –October 26<sup>th</sup>

#### Monday:

Your future is the key so stay drug free. Dress to represent your future career

#### Tuesday:

Be a team and beat Drugs. Wear your favorite team jersey/T-Shirt with free dress bottoms.

#### Wednesday:

Drugs aren't cool stay in school. School Uniform

#### Thursday:

Follow your dreams and don't do drugs. Pajama Day, (No slippers, crazy hair, or stuffed animals)

#### Friday:

Be "red"-y to fight drugs. Wear red (free dress permitted as long as red is prominently worn).



### Talent Show Dress Rehearsal

Thursday, October 25<sup>th</sup> from 3:30pm – 4:30pm in the gym

Contact Mrs. Elliott [kelliott@cndo.org](mailto:kelliott@cndo.org) with any questions

## SJCS 2018 Talent Show

Friday, October 26th 6:30pm  
in the GYM

**Please come and support our talented students!  
The class with the most attendance will earn  
FREE DRESS!**



### SJCS Halloween Carnival

If you're interested in volunteering to help out at our Halloween carnival please sign up at

[www.signupgenius.com/go/508084aabc29a2fe3-halloween](http://www.signupgenius.com/go/508084aabc29a2fe3-halloween)

Each group of grades will have 20 minutes to free explore the carnival. If can help please sign up

9:00am-9:20am- PreK, K, 1st  
9:20am-9:40am- 2nd/3rd  
9:40am-10:00am- 4th/5th

## SERVICE HOUR OPPORTUNITIES...

Morning crossing guard(s)

Halloween Carnival at school (set up/take down, working the games the day of)

Hot Lunch servers

Talent Show set up/clean up

Alumni Basketball Game (snack bar, sign in, door sales, etc.)

Attend PTG meetings to sign up to help with school-wide events

School maintenance (painting, door repair, floor repair and grounds keeping.)

Class field trips

If you have a special trade or skill and you would like to share your gift with the school community please let us know!

You can view our school calendar to see dates for upcoming events:  
<https://www.stjohncatholicsschool.org/calendar.html>

Please contact the school if you are interested in helping in any of the above-mentioned capacities.  
[info@sjcsedu.org](mailto:info@sjcsedu.org)



## Shamrock Shop



Visit our new website:

[www.sjcsshamrockshop.weebly.com](http://www.sjcsshamrockshop.weebly.com)

You cannot pay for orders on this site or order from this site directly. You will need to fill out the order form by clicking the link on the home page. All payments must be submitted to the school office on or before the order due date each month. Once you complete the order form below, please print your confirmation email and submit it to the office with payment.

Checks made out to SJCS or cash accepted.

Submit orders to the office ATTN: Kristen Elliott  
Questions? [kelliott@csdo.org](mailto:kelliott@csdo.org)

Order Due Date: November 2<sup>nd</sup>  
Deliver Date: November 30<sup>th</sup>



More designs, colors and styles available on the website!

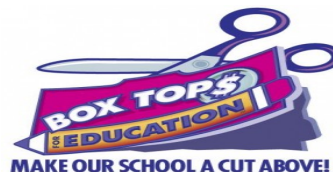
## Box Tops

Help us earn money for our school by sending in your Box Tops for Education! We will collect Box Tops throughout the year, but the first submission date is fast approaching.

**In order to submit on time, please turn in all Box Tops by this Friday, October 26th!!**

With your help, we can make a difference for our school.

*Thank you for all your hard work and support!*



**TECHNOLOGY CORNER...**

**How to use Google Hangouts**

**By: Perseas, Mia, & Adeyemisi**

With Google Hangouts you can keep in touch with friends and communicate with whomever you please.

To go to the extension hangouts, press the chrome app on your shelf on the bottom of your screen or go to hangouts.google.com.

Once chrome has popped up, move your mouse to the top left of your screen and press the button that looks like a green circle (That is hangouts).

An app will pop up, since you have set up your chromebook already, you are already signed in, now to converse with people you know, you press the plus (+) button that says new conversation and type in the gmail of a friend.

Now you can have a one on one call with whomever you choose.

If you ever want to chat with anyone else, repeat the previous step.

**21<sup>ST</sup> CENTURY HEALTHY LIVING**

Each week this section will contain information about healthy living and proper use of technology. If you have suggestions on topics you'd like covered please email [info@sjcsedu.org](mailto:info@sjcsedu.org)

**Ten Exercises and Stretches— Without Leaving Your Workstation**

**A**ll these exercises can be done sitting down, feet flat on the floor, with space between you and your desk. Allow yourself to breathe deeply and continuously (unless otherwise indicated) and to yawn freely. You'll get a mini-workout without leaving your workstation.



**1. NECK STRETCH:** Let your chin drop forward, roll your right ear over your right shoulder, hold for 15 seconds and return to center. Then do the same thing in the other direction.



**2. NECK RESISTANCE EXERCISE:** Clasp your hands behind your head and press your head backward, resisting with your hands. Hold for 15 seconds. Repeat.



**3. SHOULDER/ARM STRETCHES:** Raise your arms from your sides, fists pointing up, with elbows at a right angle and your upper arms at shoulder height, parallel to the floor. Slowly bring your forearms together, and then as far apart as is comfortable, repeating 10 times. Then grasp one elbow with the other hand and pull it gently across your chest. Release and repeat 10 times on each side.



**4. ARM CURLS AND WHIRLS:** Sit straight and stretch your arms out to each side, parallel to the floor and with palms facing up. Slowly bend your elbows, curling your fingers in and touching your shoulders. Straighten out your arms again and repeat 10 times. Then let your arms dangle at your sides for 10 seconds, raise your arms out to shoulder height again and slowly rotate both arms in small circles, 10 forward and 10 backward. Lower your arms for a brief rest and start over.



**5. SHOULDER/UPPER BACK STRETCHES:** Lean slightly forward in your chair, clasp your hands together behind your lower back, lift your arms as far as is comfortable and hold for 30 seconds.



**6. UPPER BACK STRETCH:** Fold your arms in front of you, then raise your elbows to shoulder height, pull your arms apart, pushing your shoulder blades toward each other and pulling your elbows back as far as is comfortable. Hold five seconds, fold your arms again and repeat five to 10 times.



**7. HAND STRETCH:** Put a small, strong rubber band around the ends of your fingers, excluding your thumb. Stretch all your fingers apart as far as possible for 10 seconds. Switch back and forth between hands (or do both at once), repeating up to five times.



**8. LOW BACK STRETCH:** Slowly lean forward while exhaling and let your head and arms drop to the floor, or as far as is comfortable. Hold five seconds. Inhaling, slowly roll up straight, beginning at the base of your spine. Exhaling again, stretch your arms toward the ceiling. Repeat five times.



**9. WEIGHT SHIFT AND BODY ROTATION:** Sitting straight, in a balanced position with both feet anchoring your chair, lean to your right as far as possible without losing your balance. Turn your head to look behind your left shoulder and, at the same time, reach with your right arm across your body and grasp your left shoulder for five seconds. Repeat five times in each direction.



**10. LEG STRETCH:** Grasp the shin of one leg with both hands and pull it slowly toward your chest. Hold for five seconds. Do the same to the other leg. Repeat five times.

This information is not intended as a substitute for professional health care. Always follow your physician's advice.

Distributed under license. © Parley International (v.1) 2131 026  
Only Licensees may copy or distribute this page, electronically or otherwise.  
For license information call 800-457-2752 or visit [www.parley.com](http://www.parley.com)

**SNEAKY TEEN TEXTING CODES**

- 53X** = sneaky way to type "sex"
- LH6** = let's have sex
- MOS** = mom over the shoulder
- CD9** = code 9, parents around
- 99** = parents are gone
- LMIRL** = let's meet in real life
- IWSN** = I want sex now
- FWB** = friends with benefits
- MPFB** = my personal f\*\*\* buddy
- TWD** = texting while driving

- KMS** = kill myself
- KYS** = kill yourself
- POS** = parent over shoulder
- GNOC** = get naked on camera.
- WTTP** = want to trade photos?
- 1174** = meet at a party spot
- CU46** = see you for sex
- ADR** = what's your address
- PAL** = parents are listening
- GYPO** = get your pants off