



St. John Catholic School

Educational Ministry of St. John The Baptist Parish



UPCOMING EVENTS

Thursday, November 8th
8th Grade Nacho Sale

Thursday, November 8th
6:00pm – Room 14
PTG Meeting

Monday, November 12th
Veterans' Day
No School

Wednesday, November 14th
8:30am
Grandparents' Day Mass & Celebration

Thursday, November 15th
Cookie Dough Fundraiser begins

November 19th – 23rd
Thanksgiving break
No School

Monday, November 26th
Cookie Dough Fundraiser ends

Dear Shamrock Family,

Recently I was discussing with fellow principals the topic of interpersonal relationships among students at our individual school sites. There was a consensus among most principals that often times we find that our students act out impulsivity or insecurity and that our students could overall benefit from better refining some social and problem-solving skill sets. While I find that the majority of our students do have pretty well-honed interpersonal skills, I find that our students and parents could be provided with more information regarding how to name, categorize, and respond to unfavorable behavior from others.

There is a keen difference between that of rude, mean, and bully behavior. Often times I find the word bully overused and associated with behavior that does not represent that of what is defined as "bullying". During this conversation among educational professionals, I was shared an article that I found helpful in better defining behavior that constitutes that of someone who is being rude, mean, or a bully. I have shared a link to this article below in hopes that you as parents will read it and have a conversation about the article, as is age appropriate, with your students/family at home. May we all work together to provide a more welcoming, supportive, and peaceful place in this world for all children and adults alike.

<https://www.psychologytoday.com/us/blog/passive-aggressive-diaries/201211/is-it-rude-is-it-mean-or-is-it-bullying>

Blessings,
Ms. Paige Child

STUDENTS OF THE MONTH

Please join us in recognizing the following students for being recognized as “A student who serves others”.

PK – Jacob Graves
K – Gemma Thomason
1st – Jocelyn Duenes
2nd – Leonardo Aguirre
3rd – Isabella Burns
4th – Marissa Okialda
5th – Mahlaysia Atkins
6th – Annalyn Boac
7th – Aleiyah Prim
8th – Ana Paredes

THANK YOU MUSE BAND PERFORMERS



Congratulations to Michael Burns for being MUSE band’s student of the month.

SOCKS AND GLOVES DONATION DRIVE.

The socks and gloves donation drive began on Nov. 5th and ends Nov. 15th. We ask that each St. John student donate either new socks or gloves to the drive to support our local community members who are less fortunate than we.

Thank you for your generosity!

Please Help *Girl Scouts of Northern California*

TROOP 31197

Keep Our Neighbors Warm This Winter!



We will be collecting coats for the One Warm Coat drive!

ALL SIZES ARE WELCOME.

Drop your donation in the “One Warm Coat” Box at the School Office – it’s that easy!

We are collecting until **Friday Nov 16, 2018**

Questions? Kim Colantuono, kimcatano@gmail.com or call 510-692-0056

Thank you for your donation!

GRANDPARENTS’ DAY WEDNESDAY, NOVEMBER 14TH



GRANDPARENTS
WEDNESDAY -DAY- 14 NOVEMBER

All SJCS grandparents and/or “surrogate” grandparents are invited to attend mass at 8:30am followed by a reception and student entertainment in the gym. RSVP forms went home with students and are attached in this newsletter.

SERVICE HOUR OPPORTUNITIES...

Morning crossing guard(s)

Grandparents' Day help

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



Shamrock Shop



Visit our new website:

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

Order Due Date: November 30th
Deliver Date: December 19th



More designs, colors and styles available on the website!

SCRIP Orders

Now is the time to order SCRIP for your holiday grocery shopping and Christmas gift giving!

What?

Scrip is Fundraising While You Shop®, it turns everyday shopping into cash for SJCS when families use retail gift cards to pay for everyday purchases (like gas and groceries) instead of the usual credit/debit card or other money.

How?

Profits from your purchases count toward your family's annual \$300 fundraising obligation.

Did you know there are over 700 retailers to choose from? Visit www.shopwithscrip.com for a complete list of participating vendors!

TECHNOLOGY CORNER...

[Google has a new time-saving trick for starting docs, slides, sheets, and forms](#)

How to create a new Google doc, form, sheet, site or presentation from the url bar:

The search giant announced last week a new time-saving trick that lets you open a blank document, presentation, spreadsheet, or form simply by typing .new as the domain name in the URL bar. For example, instead of having to navigate to Google Drive, click “New,” and select “Google Docs,” you can now type doc.new (no www.) in the browser and a new doc will appear.

Here’s a full list of the new shortcuts:

Docs: doc.new, docs.new, document.new

Forms: form.new, forms.new

Sheets: sheet.new, sheets.new, spreadsheet.new

Sites: site.new, sites.new, website.new

Slides: slides.new, deck.new, presentation.new

21ST 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



Sitting Pretty *Good Posture Boosts Energy!*

You may think it’s more comfortable and restful to slouch while using your keyboard, or to lean on your desk with your elbows while reading. But in the long run, it isn’t.

In fact, poor posture, the stress of leaning over paperwork and straining to peer at computer screens may eventually cause you to experience muscle tension, stiffness, backaches, neck cramps and fatigue. Such habits can even lead to more serious problems, such as spine disorders or pinched nerves.

You’ll get a surprising energy boost and be able to accomplish more when you practice good posture.

Posture Problems

Slouching can overstretch the ligaments that support your spine, causing backache and fatigue. Cradling a telephone handset between your head and shoulder can give you a stiff, sore neck. Sitting in one position for long periods (an aspect of posture many people overlook) can reduce circulation in your muscles, increasing fatigue and stiffness and setting you up for injury.

The Principles of Good Posture

Here are the major components of healthy—and energizing—posture:

- Whether sitting or standing, keep your ears, shoulders and hips “stacked” in a straight line. This will keep the three natural curves

of your spine in their normal, balanced alignment.

- Adjust your chair height so that your feet are flat on the floor or on a foot stool. Avoid crossing your legs. Slide your chair under your desk or workstation so you won’t have to lean too far forward. If your chair is at a comfortable height, your knees will be level with or slightly lower than your hips. Support your low back with the back of your chair. If further support is needed, use a cushion, lumbar roll or rolled up towel and place it in the small of your back.
- Place books and papers you need to read or type from in a bookstand or document holder the same distance from you as your computer screen. Raise or lower such documents, as well as your computer screen, so the tops are at or slightly below eye level.
- Instead of cradling a phone handset between your head and shoulder, use a headset or speakerphone or simply hold it to your ear with a free hand.
- Take stretch breaks about once an hour. Avoid getting “hypnotized” by your computer screen for hours at a time. Stand up, breathe deeply, stretch and shake out the kinks. Just a few minutes an hour should get your circulation going and keep you limber.

Doing It the Right Way

You may accomplish a lot at work in spite of bad posture, but you’ll get a surprising energy boost and be able to accomplish even more when you practice good posture. And good posture applies not only while sitting, but also while standing, bending, lifting or reaching. Good posture contributes to deep breathing, healthy organ function and good circulation—all great energy boosters. It may take a little practice, but the return in comfort and energy will go a long way toward helping you look and feel your best.

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The thoughts of what your child might come across online can be worrying. Make sure going online is a positive experience for you and your child, one tip is to discover the Internet together.

Be the one to introduce your child to the internet. For both parent and child, it is an advantage to discover the internet together. Try to find websites that are exciting and fun so that together you achieve a positive attitude to internet exploration. This could make it easier to share both positive and negative experiences in the future.

For more tips visit <https://www.webwise.ie/parents/advice-top-10-tips-for-parents/>



GRANDPARENTS

WEDNESDAY **-DAY-** NOVEMBER 14

**JOIN US STARTING WITH MASS AT 8:30 AM
FOLLOWED WITH A LIGHT RECEPTION AND
SPECIAL PERFORMANCES FROM YOUR
GRANDCHILDREN**



RSVP to this special event by Nov. 9th

Student's Name:

Student's Grade:

Grandparents First and Last Name:

Address:

Grandparents First and Last Name:

Address:

Grandparents First and Last Name:

Address:

Grandparents First and Last Name

Address:



St. John Catholic School
Educational Ministry of St. John The Baptist Parish

The Incredible Class of 2019
Needs your help!

In Conjunction with Moreau Catholic High School, we are selling Christmas Trees and Wreaths to help raise funds for our class. There are various trees and wreaths to choose from.

When placing your order at:

<https://moreaucatholic.org/christmas-tree-fundraiser/>

Please be sure to pick St. John's School as the Class to benefit from the purchase.

Both St. John's School and Moreau Catholic High School appreciate any purchases made.

Thank you in advance for your order!!!



CHRISTMAS TREE, WREATH, EVERGREEN SWAG & GARLAND FUNDRAISER



DOUGLAS FIR

SIZE	PRICE
5' – 6'	\$63.00
6' – 7'	\$68.00
7' – 8'	\$78.00
8' – 9'	\$82.00



NOBLE FIR

SIZE	PRICE
5' – 6'	\$79.00
6' – 7'	\$90.00
7' – 8'	\$105.00
8' – 9'	\$131.00
9' – 10'	\$160.00



NORDMANN FIR

SIZE	PRICE
5' – 6'	\$72.00
6' – 7'	\$83.00
7' – 8'	\$95.00
8' – 9'	\$115.00
9' – 10'	\$143.00



ROUND WREATH

SIZE	PRICE
24"	\$41.00



EVERGREEN SWAG

SIZE	PRICE
24"	\$36.00



CROSS WREATH

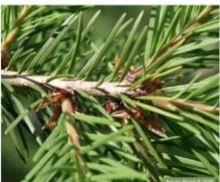
SIZE	PRICE
24"	\$43.00



CEDAR GARLAND

SIZE	PRICE
1'	\$3.00

SUPPORT OUR TROOPS – DONATE A CHRISTMAS TREE



DOUGLAS FIR

SIZE	PRICE
6' – 7'	\$68.00

Description: Help support **Moreau Catholic Student Government** by purchasing Christmas trees, wreaths, evergreen swags and garland to raise money for each class. Money raised will pay for Spirit Week expenses, upcoming dances, Prom, and Senior end of year events.

Product Pick-up date: December 7 & 8, 2018

Location: My Organization Parking Lot

Hours of operation: 3-5pm on Dec. 7 and 9am-1pm on Dec. 8.

Contact Name, Email & Phone: Nichole McGowan, nmcgowan@moreaucatholic.org, (510) 881-4348

Checks Payable to: Moreau Catholic High School

Order Online Here:

LAST DAY TO ORDER: 11/13/2018

Purchase items online at www.moreaucatholic.org/christmas-tree-fundraiser

SCRIP ORDER 2018 - 2019

Family Name _____
 Name & Grade of oldest child _____

******Orders Due by November 8, 2018.**

Entertainment	%	\$	QTY	Net \$
Century Theaters	4%	\$25		
Century Theaters Single Admit	10%	\$9.50		
Gas	%	\$	QTY	Net \$
Arco	1.5%	\$50		
	2.5%	\$250		
76	1.5%	\$25		
		\$100		
Shell	1.5%	\$50		
		\$100		
Grocery	%	\$	QTY	Net \$
Lucky/Savemart	2%	\$25		
		\$100		
Safeway	4%	\$25		
		\$100		
Smart & Final	3%	\$25		
		\$100		
Target	2.5%	\$25		
		\$100		
Whole Foods	3%	\$25		
		\$100		

Fast Food/Restaurant	%	\$	QTY	Net \$
Applebee's	8%	\$25		
Chipotle	10%	\$10		
IHOP	8%	\$25		
Olive Garden	8%	\$25		
Starbucks Coffee	7%	\$10		
		\$25		
Retail	%	\$	QTY	Net \$
Amazon.com	2.25%	\$25		
		\$100		
Old Navy	14%	\$25		
		\$100		
Macy's	10%	\$25		
		\$100		
Marshall's/TJ Maxx	7%	\$25		
Ross	8%	\$25		
Dick's Sporting Goods	8%	\$25		
		\$100		
Walgreens	5%	\$25		
		\$100		

Please refer to www.shopwithscrip.com for a complete list of participating vendors.

Write In Orders** (use back side of form if needed)	%	\$	QTY	Net \$

*Payment must be included with this form. Make checks payable to St. John Catholic School
 Turn completed forms to School Office or send back in.
 Orders will be ready in about 1 week.*

Cash Check # _____

**Orders Due by THURSDAY, November 8, 2018 10:00 AM.
 GET A HEAD START ON YOUR HOLIDAY SHOPPING!**

TOTAL \$ _____

- I will pick up my Scrip Order at the school office I will pick up my Scrip Order at SEP
 Please send home Scrip Order with eldest child

Purchased By (please print) _____ Phone # _____

I understand that Scrip is like cash and St. John Catholic School is not responsible if your Scrip order is lost or stolen.

Signature _____ Date _____