

APRIL 8, 2020



St. John Catholic School

Educational Ministry of St. John The Baptist Parish



Dear Shamrock Family,

It is with the spirit of Lent, in which we experience **fasting** and **sacrifice**, and with the spirit of Easter, in which we are reborn with new **hope** that I share the following announcement with you at this time. In order to preserve the health and well-being of our school community and the community at large, and to do our part to support the safety of all, it is officially confirmed that we will not return to the physical school building for instruction at any point during the remainder of this school year. **We will proceed with our Long-Term Dismissal and maintain our Sustained Learning model for the remainder of the current school year.** My main priority is always the safety of our students, and while this decision to remain home and not join back together this school year is sad, challenging, and frustrating, it is the right decision in regards to what is healthy and safe.

More information will be shared after Easter break surrounding logistical items and events including, but not limited to:

- Obtaining of 2020-2021 registration documents
- Obtaining 2020-2021 family tuition contracts
- 8th grade graduation ceremony/8th grade events
- First Holy Communion
- Retrieval of student supplies in desks & lockers, etc.
- Return of student textbooks, technology & supplies belonging to the school
- Student report cards

Additionally, after lengthy examination of school finances, continued collaboration with our Finance Team and after careful consultation with Father Sergio, I have re-worked portions of the school's financial structure and established the school's means to financially support families who are in need at this time. Some parents have already reached out to Ms. Aimee and me with open communication surrounding their needs for tuition assistance or tuition payment deferment due to loss of income or additional expenses accrued in relation to the Covid-19 pandemic. Ms. Aimee and I met today to review the needs shared by those families and will meet again, routinely, to evaluate the needs shared by other families who may experience true financial hardship because of current circumstances. If you have already reached out to Ms. Aimee regarding financial matters, we will be in contact with you tomorrow, following up on next steps toward ways we can help accommodate your needs.

During these final days of Lent, may we reflect upon **sacrifice**. It is fitting that this time of great uncertainty began during our Lenten season. May we listen to what our sacrifices are telling us and learn from the greatest sacrifice of all, Jesus. Similarly, it is essential that we focus on the **resurrection** of Jesus at Easter and with it, the promise of resurrection in our own lives and resurrection from this moment in time. It is in Easter that we are given **hope**. It is in Jesus that we are provided life. Let us remain united and focused on Jesus's **sacrifice, resurrection and hope!** "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11). May the Easter season bring you peace in knowing that God's love is greater than any pandemic and although incredibly difficult, this too is just a moment in time, and a moment from which we will be resurrected.

With Love & Hope,
Ms. Paige Child
pchild@csdo.org

Announcements

Covid-19 SJCS Financial Support Structure:

The following are the **confirmed** means by which the school will support school families during this time:

- Reducing overhead costs (internal operations at the school level)
- Retaining families' current tuition tier statuses going forward for 2020-2021 SY: (In-Parish/Out-of-Parish), regardless of if donation minimums have been met
- Waiving currently owed fundraising obligations for the 2019-2020 SY
- Waiving currently owed service hours obligations for the 2019-2020 SY
- Consideration for TK-2 grade families, in regards to demands on parents/guardians due to facilitation of student learning experiences at this time (separate communication to come to Tk-2 grade families)
- Deferred tuition payment(s) for those in need
 - Tuition assistance for those in **need** (within the school's means)

Purchase your 2019-2020 Yearbook!
Orders due by April 30th

www.schoolannual.com

1. Click Parents: buy your students yearbook
2. Enter your school name in the search bar and click the Shop The Collection Button
3. Click on the 2020 Yearbook link or photo
4. Select yearbook to make your purchase and check out or use the direct link: <http://jostensyearbooks.com/?REF=A00815150>



St. John Catholic School

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270 E. Lewelling Boulevard | San Lorenzo, California 94580
(510) 276-6632 | Fax: (510) 276-5645 | www.StJohnCatholicSchool.org

April 1, 2020

Dear Parents and Guardians,

It is that time of year to start thinking about the 2020-2021 school year. We are excited to share that over 93% of our current families stated that they are returning next school year!

Accompanying this letter is your registration form. This form is extremely important as we need to know exactly how many seats we have available to offer to new families looking to attend St. John Catholic School for the 2020 – 2021 school year. With the current state of our world, we have decided to extend the registration window for the 2020-2021 school year. Your registration form is due back by **May 15, 2020** accompanied by your registration fee of \$400 per student. Please note that families of students in grades 5-8 are required to pay an additional \$50 for the 1-1 Chromebook program that began in the 2018-2019 school year. At this time, registration fees may be mailed to the school or dropped off at the school, via the drop box within the wall, to the right of the school's front doors.

The attached registration form and payment are due by **May 15, 2020**. A \$50 re-enrollment fee will be assessed if your registration is received on or after May 16, 2020. Once the form and payment are received, we will begin to prepare your enrollment packet. Each packet will include your tuition contract, class supply list(s) and several forms required by the diocese. Completed packages are due back to the school office by **June 4, 2020**. Depending upon our circumstances over the course of the next few months, a protocol for obtaining and returning registration packets will be decided upon and communicated to parents at a later date.

After consulting with the Pastor, School Administration Team and Department of Catholic Schools at the Diocese of Oakland, the attached tuition rates for the 2020-2021 school year have been established. Again, we are pleased to announce we are using FACTS as our tuition partner. The payment dates will remain the same: 5th, 15th and 20th of the month. Please mark your choice on your registration form. If you would like to pay your tuition in full, the due date is August 10, 2020. You will receive a \$100 discount for one child, \$150 for two children, and \$200 for 3 children when paying the yearly tuition up front.

If you applied for financial aid for the school year 2020 – 2021, letters will be sent out over the summer, once we have heard from the respective third party charities and made our school tuition assistance decisions. If you have any concerns, please contact the school office.

Sincerely,

Ms. Paige Child
Principal



St. John Catholic School

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Tuition Rates & Fees

St. John Catholic School's tuition rates are well within the diocesan average to ensure accessibility to families who wish to provide their children with an excellent Catholic education. The following tuition plan is effective for the 2020-2021 school year. Tuition rates increase annually, in line with projected increase in operational and administrative costs.

Receive a \$100 (1 child), \$150 (2 children), or \$200 (3 children) per family discount if tuition is paid in full by **August 10**.

TK-8 Number of Students in Family	Tuition Rate for 2020-2021	= 10 monthly payments of
In-Parish Tuition Rate*		
1 Child	\$7,972	\$797.20
2 Children	\$13,369	\$1,336.90
3 Children	\$17,459	\$1,745.90
4 or more	\$20,531	\$2,053.10
Out-of-Parish Tuition Rate**		
1 Child	\$8,778	\$877.80
2 Children	\$14,388	\$1,438.80
3 Children	\$18,727	\$1,872.70
4 or more	\$22,268	\$2,226.80
New Student Testing Fee: \$50 Registration Fee: \$400 Chromebook Fee (5 th -8 th): \$50		

Families must use FACTS management for monthly debits or may pre-pay full tuition in cash.

*In-Parish Tuition Rate applies to families who are registered in our St. John the Baptist Parish, regularly attend weekend mass, whose students have completed all age appropriate sacraments, contribute financial support to the school or parish through the use of weekly envelopes or EFT (minimum of \$200) and participate in liturgy. Additionally, families must complete 20 hours of service to benefit the school or parish. *All requirements must be met before April 30, 2020 to qualify for this rate for the upcoming school year.* (More information will be available in your registration packet.)

**Out-of-Parish Tuition Rate applies to all families who do not qualify for the Active Parishioner/In-Parish Tuition Rate. Families are not required to complete twenty (20) hours of service, but will be required to complete a minimum two (2) hours of service at the Fall Festival and participate in at least one (1) classroom activity during the 2020-2021 school year. (More information will be available in your registration packet.)



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Please return by May 15, 2020

2020 — 2021 Registration Form

Please fill out the form below and **attach** a check for \$400 per child for grades TK-4 and/or \$450 per child for grades 5-8 to reserve your child(ren)'s spot for the 2020 – 2021 school year.

Family Name: _____

Student Name: _____ Grade in 2020-2021: _____

Student Name: _____ Grade in 2020-2021: _____

Student Name: _____ Grade in 2020-2021: _____

Student Name: _____ Grade in 2020-2021: _____

Please check the one that applies:

- 1 payment due August 10, 2020**
- 5th of each month beginning August 2020**
- 15th of each month beginning August 2020**
- 20th of each month beginning August 2020**

2020-2021 School Year Calendar Dates

Dear Parents,

The following is a **projected** list of our 2020-2021 school year dates, including start and ending dates, noon dismissal days, days off and holiday breaks. Please know that dates indicated below ARE SUBJECT TO CHANGE. The official 2020-2021 school calendar will be uploaded and ready for view on our school website in July. Please note that the school calendar *may* be updated with amendments, even during the upcoming school year, so monthly reference is advised.

- 8/17 First Day of School- Noon Dismissal
- 8/18 Noon Dismissal- Teacher Planning & Collaboration
- 8/19 Noon Dismissal- Teacher Professional Development
- 9/7 No School- Labor Day Observed
- 9/9 Noon Dismissal- Teacher Professional Development
- 9/24 Noon Dismissal- Disaster Drill
- 9/25 No School- Elementary Staff Day (Diocesan-wide)
- 10/7, 10/8, 10/9 Noon Dismissals- Parent/Teacher Conferences
- 10/12 No School- Columbus Day Observed
- 10/30 Noon Dismissal- Halloween Observed at School
- 11/9 No School- Veterans' Day Observed
- 11/18 Noon Dismissal- Teacher Professional Development
- 11/23 - 11/27 No School- Thanksgiving Break
- 12/18 Noon Dismissal- Christmas Break begins at 12pm (No afterschool SEP)
- 12/21 – 1/1 No School- Christmas Break
- 1/15 No School- Elementary Staff Day (Diocesan-wide)
- 1/18 No School- MLK Jr. Day Observed
- 2/5 Noon Dismissal- Olympic Day (End of CSW)
- 2/8 No School- Teacher Planning & Faith Formation
- 2/15 No School- Presidents' Day Observed
- 3/3 Noon Dismissal- Teacher Professional Development
- 4/1 Noon Dismissal- Holy Thursday
- 4/2 – 4/11 Easter Break
- 5/5 Noon Dismissal- EOY Staff Planning
- 5/31 No School- Memorial Day Observed
- 6/3 Noon Dismissal- Field Day (Tk-7)
- 6/4 Last Day of School- Noon Dismissal (No afterschool SEP)

*Last updated 3/31/2020; Provided to parents 4/1/2020
Dates are subject to change, as needed.*

*** Please also note that each Diocesan elementary school is afforded a total of 20 noon dismissal days, and only 17 are currently scheduled for the upcoming school year, in an effort to maximize **both** instructional time and ongoing professional development among staff.*



Keep On

I know what you are going through.
I know it is not what you expected or planned for.
From the very beginning, I have walked through this with you-I am with you now.
I am your Good Shepherd
And I will never leave you nor abandon you.
You are never alone!

I know there are times when you are filled with fear,
But remember – I will guide you and keep you steady.
I know there are things that cause you worry and anxiety,
But I want you to know that I have promised to provide for you and all your needs.
When things are unclear, I will be your wisdom...
When things are overwhelming, I will be your strength.
When things are stressful, I will be your rest.

I love you completely!
I am the Shepherd of your Soul.
I want you to trust Me with your future-
I will do what is good and what is best.
You are safe with Me.
Keep On in My Love.

Bishop Michael C. Barber, SJ, will celebrate Holy Week services at The Cathedral of Christ the Light. These services are available on the Cathedral's Facebook page at <https://www.facebook.com/ctlcathedral.org>. It is not necessary to have a Facebook account to follow the live events.

Holy Thursday (Mass of the Lord's Supper) 7:00 PM

Good Friday (Liturgy of the Passion of the Lord) 3:00 PM

Holy Saturday (Vigil of Easter) 8:00 PM

Easter Sunday 8:00 AM (Vietnamese) and 11:00 AM (English)

Bishop Barber will celebrate all liturgies except 8:00 AM Mass Sunday



Diocese of Oakland

Holy Week

Live-Stream Schedule

Mass of the Lord's Supper
Holy Thursday, April 9 at 7:00 PM

Liturgy of the Passion of the Lord
Good Friday, April 10 at 3:00 PM

Vigil of Easter
Holy Saturday, April 11 at 8:00 PM

Easter Sunday
April 12 at 11:00 AM



Helping Children Cope During and After a Disaster

A Resource for Parents and Caregivers

The amount of damage caused from a disaster can be overwhelming. The destruction of homes and separation from school, family, and friends can create a great amount of stress and anxiety for children. They may not fully understand what is going on. A child's reaction and signs of stress may vary depending on age and previous experiences and typical coping behavior with stress.

What You Can Do to Help Children Cope with a Disaster

Set a good example by managing your own stress through healthy lifestyle choices, such as eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol. When you are prepared, rested, and relaxed, you can respond better to unexpected events and can make decisions in the best interest of your loved ones.



The following tips can help reduce stress before, during, and after a disaster or traumatic event.

Before

- Assure your children that you are prepared to keep them safe.
- Review safety plans before a disaster or emergency happens. Having a plan will increase your children's confidence and help give them a sense of control.

During

- Stay calm and reassure your children.
- Talk to your children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.

After

- Give your children opportunities to talk about what they went through. Encourage them to share concerns and ask questions.
- Encourage your children to take action directly related to the disaster so they feel a sense of control. For example, children can help others after a disaster, such as volunteering to help community or family members in a safe environment. Children should NOT participate in disaster cleanup activities for health and safety reasons.
- Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after a traumatic event.
- Help your children to have a sense of structure, which can make them feel more at ease or provide a sense of familiarity. Once schools and child care opens again, help them return to their regular activities.



Common Reactions

The common reactions to distress will fade over time for most children. Children who were directly exposed to a disaster can become upset again and behavior related to the event may return if they see or hear reminders.

If children continue to be very upset or if their reactions hurt their relationships or schoolwork, parents may want to talk to a professional or have their children to talk to someone who specializes in children's emotional needs.

Learn more about common reactions to distress below:



For Infants to 2-Year-Olds

Infants may become more cranky. They may cry more than usual or want to be held and cuddled more.



For 3 to 6-Year-Olds

They may have toileting accidents, bed-wetting, tantrums and a hard time sleeping, or be frightened about being separated from their parents/caregivers.



For 7 to 10-Year-Olds

Older children may feel sad, mad, or afraid that the event will happen again. Correct misinformation the child may get from others.



For Preteens and Teenagers

Some preteens and teenagers respond to trauma by acting out or feeling afraid to leave the home. Their overwhelming emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.



For Special Needs Children

Children with physical, emotional, or intellectual limitations may have stronger reactions to a threatened or actual disaster. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.

Want to learn more?

<https://www.cdc.gov/childrenindisasters/index.html>

Coping Skill



Alphabet

A

Ask for help
Aromatherapy
Art
Attend an event of interest
Athletics
Ask to talk to a friend
Allow time to think
Apologize
Act out feelings
Address the real issue

B

Bounce a stress ball
Bake something delicious
Be attentive to your senses
Bask in the sun

C

Count backwards by multiples of 3
Color a picture
Catch a ball
Call a crisis line _____
Chat with a friend
Challenge irrational thoughts
Cultivate calming techniques

D

Deep breathing
Draw emotions/feelings
Dance
Do push-ups
Daydream
Drink water
Discuss feelings

E

Eat a snack
Exercise
Escape the situation
Eradicate erroneous thoughts

F

Find a safe place
Finish house work
Find a fishing hole
Fetch funny YouTube videos
Free weights
Find a book to read
Filter through your emotions
Find a puzzle to play
Follow up on a missed opportunity
Find a friend
Free write your feelings
Fly a kite
Focus attention elsewhere

G

Go talk to a trusted adult
Go to a "Happy Place"
Generate positive thoughts
Game
Go to a friend's house
Get help from a teacher
Go outside
Go running
Grow a garden
Get help from others

H

Help someone else with their problem
Hike
Have a party
Hug a pug (or another pet)
Hang out with a sibling
Honor your truth
Have someone listen to your problem

I

"I" statements
Identify triggers
Instagram picture positivity
Initiate conversation
Imagine your "safe place"
Ignore people who bring you down

J

Jog in place
Jot down happy thoughts
Jumping jacks
Jump rope
Journal

K

Kick a soccer ball
Knit
Know your value
Keep hands to yourself

L

Listen and discuss
Laugh out loud
Long walks
Listen to music
Lay down with a soft blanket
Look outside
Learn something new

M

Make a plan
Meditate
Meet new people
Move your body

N

Nap
Never give up
Name something positive

O

Offer assistance
Organize your closet
Open up
Observe your surroundings
Olfactory (smell) senses
Orchestrate a date with a friend

Coping Skill



Alphabet

P

Play a game
Paint a picture
Practice an instrument
Prepare a healthy meal
Play in the park
Phone a friend
Put yourself in the other person's shoes
Periscope out for perspective
Play with playdough

Q

Quiet time
Quilt
Quench your thirst with a glass of water
Quickly remove the stressor
Quote uplifting authors
Question feelings

R

Read
Roast vegetables
Relax
Ride a bike
Reproduce a random act of kindness
Rest
Request space

S

Sing in the shower
Sleep
Send a gratitude letter
Soak in the tub
Stretch your muscles
Surf the emotion wave
Swing in a hammock
Stop and think about your response
Shoot baskets
Speak up
Schedule an appointment for support
Score tickets to an uplifting movie
Stop and listen

T

Talk to a friend
Take a deep breath
Tackle your problem
Tear paper
Tetherball
Take a time-out
Team up with a friend
Talk it out
Telephone support
Tend to a child

U

Unite with family
Undertake a project
Unwind
Utilize your resources
Understand and accept your feelings

V

Visit a grandparent
Volunteer
Visualize your powerful place
Verbalize emotions effectively
Validate your experience
Visit your support team
Vent feelings
Video games

W

Watch a movie
Write poetry
Walk and talk
Workout
Whistle a tune
Wail at the top of your lungs
Wallop a pillow

X

X-ray your feelings
Xerox a picture and color it

Y

Yell into a pillow
Yoga
Yoyo
Yield control

Z

Zigzag around the room
Zumba
Zone out
Zero in on the real problem

List Other Coping Skills Here: