



ST. SEBASTIAN SCHOOL

Celebrating Over 100 Years of Catholic Education

November 22, 2017

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Dear St. Sebastian School Community,

Happy Thanksgiving to you and your family! It is hard to believe we have reached the end of the first trimester, one-third of the way through the school year.

I recently came across an article in Education Weekly, sharing findings on "7 Scientifically Proven Benefits of Gratitude." Below are snippets from the article, paraphrased and/or directly quoted in some instances. Whether we choose to write a few sentences in a gratitude journal, or simply take a moment to silently acknowledge all that we have, giving thanks can transform our lives. Here are 7 scientifically proven benefits:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things we think we deserve, we can instead take a few moments to focus on all that we have, helping our children to do the same. Developing an "attitude of gratitude" is one of the simplest ways to improve our satisfaction with life!

Speaking of gratitude, thanks to the generosity and efforts of our parents, students, and staff, St. Sebastian School is contributing 25 boxes of complete Thanksgiving meals to area families in need, as well as many other items donated to fill local food pantries. This is awesome! Additionally, after mass today, our entire school will participate in hands-on service projects with student buddies. Together we will make scarves and compile "blessing bags" of travel items for the homeless, ornaments for residents of a local nursing home, holiday placemats for the homebound, and "I Spy" bottles full of treasures for Children's Hospital. All projects are sent with a handmade prayer card and of course, our love and well-wishes.

Have a very Happy Thanksgiving...and let us focus on all there is to be grateful for, despite life's challenges!

"Give thanks to the Lord, for he is good; his love is eternal".

1 Chronicles 16:34

God bless you, Ms. Grams

CHRISTMAS CONCERT DATE CHANGE – The school Christmas Concert has been changed from December 5th to December 19th, due to the extended personal leave of our music teacher, Mrs. Hartley. Sadly, Mrs. Hartley's husband, Rev. Dr. Rick Hartley, passed away suddenly on November 10th. She is taking time to be with her family.

The concert begins at 6:30 PM sharp (please be seated by then). You may attend the prelude concert at 6:00 PM if you would like to come earlier. Please maintain quiet as you enjoy the prelude performers.

Students should be dropped off at their classroom between 6:00 and 6:20 PM. Please take your children's coats with you to the church as they will not be returning to their classroom.

BUZZ BOOK UPDATES – Please make the following change in your Buzz Book:
Smith, Solaya – the correct email is solsant1114@gmail.com
Mosley family – the new email is kcochrane71@gmail.com

COUNTRY SPRINGS WATERPARK FUNDRAISER - Place your orders **NOW** for Country Springs Waterpark tickets! The cost is \$15.50 per ticket, be sure to look at the blackout dates on the attached flyer. Ticket orders are DUE Friday, December 1st. Please submit all ticket orders and payment by 12/1 in a sealed envelope marked "**ATTN: Home & School - Country Springs Waterpark.**" Tickets will be available for pick up in the office the week of 12/11. Please see the attachments for the informational flyer and order form. Any questions please contact Lindsey Mahn @ [414-881-2967](tel:414-881-2967) or lindseymahn@gmail.com

HOLLY BERRY CHRISTMAS BOUTIQUE - Please drop off your bakery items in the Church Hall on Friday, December 1 from 9 am - 9 pm.

Shop for hand made items and unique gifts on Saturday, December 2 in the Church Hall from 9 am - 12 noon. Celebrate the St. Nicholas tradition on Sunday, December 3 in the Church Hall from 9 am - 12 noon. Enjoy breakfast, family activities and Secret Santa shopping. See the flyer included in this bulletin for details.

If you would like volunteer to help in any way, contact **Boutique chairpersons** Sue Olson, susan-olson@att.net, 414-331-3358 or JoAnn Stasiewicz, joannstaz@ameritech.net, 414- 405-5303.

ADVENT FUN DAY – Parents, do you need an afternoon to go shopping or just have some time off to relax before the holidays? On Sunday, December 17 from 1-5:00 p.m., St Sebastian Youth Ministry will help parish children ages 3-11 enjoy play time, crafts and snacks in the school cafeteria. Suggested donation is \$1 per child, plus personal care items (soap, shampoo, toothpaste or other goods) for homeless people served by Milwaukee Hope House. Go to <http://bit.ly/17AdventFun> to register. We'll send an email to confirm.

HOLIDAY LIGHT RECYCLING – As you're getting ready for Christmas, if you find burned-out holiday lights, bring them to church on Sunday and look for the colorful boxes near the church entrances. High school Faith Formation students collect the lights as a way to keep them from landfills and make some money for a local cause.

TAKE PRECAUTIONS – As a reminder, please remind your children not to share hats, scarves, combs, brushes or hair ornaments with their friends. These are precautions they can take to avoid head lice.

WINTER WEATHER – Be sure your children are dressed properly for outdoor recess. Wear hats, gloves, boots and snowpants as warranted. If the temperature/wind chill is above 0, the children will be going outside for their 20 - 25 minute recess.

During inclement weather, St. Sebastian School will be closed if either Milwaukee Public Schools or Wauwatosa Public Schools close. St. Sebastian's will not make a separate announcement for weather related closings. If St. Sebastian School needs to close for any other reason, there will be an announcement in the media.

SUBSTITUTE TEACHERS NEEDED - Are you interested and available to consider substitute teaching at St. Sebastian School? If so, we would love to hear from you! Please contact Lori Golomski at [414-453-5830](tel:414-453-5830) or lgolomski@saintsebs.org for more information. A teaching license is preferred, but not required.

The pre-requisite to being a substitute teacher at St. Sebastian's is an undergrad degree in any area, a background check, and meeting Safeguarding requirements.

GENERAL FORENSIC MEETING ANNOUNCED - There will be a very important information meeting for all middle school students AND their parents interested in being part of our award winning forensic team on Thursday, December 7 at 7:00p.m. in the Church Hall. Registration forms, sign-up procedures, practice policies, and the general forensic program will be explained, so it is important that BOTH parents AND students are present. Come and find out about forensics so that you can be a part of this EXCITING extra- curricular activity. Forensics is open to all 6th through 8th grade students. Any questions should be directed to Kathy Kirkpatrick (414-774-6963).

CHESS CLUB INTERIM LEADER AND VOLUNTEER REQUEST - Jeff Klarer will be taking a 1-year hiatus from running the Chess Club and is looking for a volunteer(s) to take over the coordination of the Chess Club meetings for 2017/2018 and possibly the All Catholic School Chess Tournament, which is historically sponsored by the Saint Sebs Chess Club.

Chess Club has typically started in December with weekly meetings after school, continuing through April.

Anyone interested in helping to keep the Chess Club active for the 2017/2018 scholastic year is encouraged to contact Jeff Klarer at [\(414\) 339-8887](tel:414-339-8887) or via e-mail at jklarer@hotmail.com. Thank you in advance for your assistance.

GRANDPARENT INFORMATION FORM - At Saint Sebastian School, we recognize the important role that grandparents play in our students' lives. From daily school pick-ups, to coming to concerts and sporting events, to the annual Grandparents' Day breakfasts, we appreciate their support of our school. If you have not already returned your family's form, please print the attached grandparent form and send it to school as soon as possible. Thank you.

USE SCRIP FOR FALL FIX UPS – If you need to change your furnace filters, caulk your windows, mount plastic over your windows, or any of the things we do here in Wisconsin to keep warm in the winter, please remember to use Scrip. We can order Ace Hardware, Menards and Lowes. (Or plan ahead to purchase Christmas lights!)

FISH FRY NEWS!! - We would like to give a big shout out of thanks to Ms. Grams and our teachers for all their help at November's Fish Fry! It was neat to hear little voices throughout the evening mentioning how cool it was seeing their teachers working the fish fry. Thank YOU!!

Reminder The portal closes ONE WEEK before the actual day of each fish fry. Please be sure to sign up for what position you'd like to volunteer for before the portal closes so it makes our job easier to have everything complete and ready to go. We really appreciate this more than you know! IF you have any questions regarding this, please contact Amy Struck at [414-460-0654](tel:414-460-0654) OR Lisa Weger at [414-588-4485](tel:414-588-4485).

****Fry Kid Reminder**** The portal opens TWO WEEKS before the actual day of each fish fry to sign your children up as fry kids for the upcoming fish fry. PLEASE do NOT just assume and send your child/ren to work the fish fry if you have NOT signed them up OR spoke to Mr. Sobczak prior to the fish fry. He has his fry kids and their positions printed out already and this causes a lot of confusion and sometimes the need to send kids home because there isn't anything for them to do. If you have ANY questions about this, please contact Jeff Sobczak at jsobczak@kapur-assoc.com

ROSIE READER - Congratulations to the following students for their progress on the Rosie Reader program:

Completing the letter "R" in reading:

K4 - Evie Lintvedt

Completing the letter "E" in reading:

K4 - John Hegerty

K5 - Sam Rebholz

Completing the letter "G" in reading:

K5 - Jonathan Sawyer

Awesome job completing the Rosie Reader program Jonathan!!!

Great job! Keep up the good work everyone!!