



# Notes from Mrs. Nash

*Embracing curious minds. Nurturing compassionate hearts*

St. John Fisher School – Together, we've got this!

February 19, 2021

Dear SJF Families,

Even though this was a three-day week, our Falcons were very productive! As Catholics, we began the solemn season of Lent. We helped prepare the kids for Lent by discussing that during this time we pray, give up things, and do good deeds for others in order to prepare for the great celebration of Jesus' resurrection at Easter! Though there are still mountains of snow on the ground, Spring is on the horizon!

I wanted to give a huge shout-out to our spectacular seventh graders who led our school during our live-streamed Ash Wednesday Mass. Thank you also to Dr. Chermak, Mrs. G. and our junior high faculty for helping the students prepare for this important mass. We also celebrated our 100<sup>th</sup>ish day of school this week. We have successfully remained open for in-person learning for 100 days. That is a feat in itself. Our students are 100 days smarter and 100 days brighter and I am so proud of all they accomplish together each day.

We have not lost sight of the necessity of planning for our bright future. Together, with the School Advisory Board along with your partnership and commitment, we continue to work toward the ambitious goals that we identified and set in our [5-year Strategic Plan](#). On Tuesday, March 9<sup>th</sup>, we invite you to listen in at our Virtual School Advisory Board Meeting, as we share the remarkable progress we have made. Please see more information below. Incredible things are happening at St. John Fisher School! Now is a great time to be a Falcon and to join our family! Thank you for choosing Catholic education, but specifically St. John Fisher.

In unity and hope,

*-Mrs. Maura Nash*



## COVID Reminders

- Our **most frequently asked question** is **when should I keep my child home from school?**
  - **If your child or ANYONE IN THE HOUSEHOLD HAS 1 or more COVID symptoms,** your child (and siblings) should remain at home.
  - **If your child or ANYONE IN THE HOUSEHOLD has a pending COVID lab test (even if the rapid is negative).**
- Each week I express my gratitude for your partnership. Our school has successfully remained open for in-person learning because of you!

## Important Announcements

- **FSA Update:** Calling all Falcon Families! FSA is looking for volunteers to help plan upcoming events. If you are interested in volunteering, please contact Kristen Schiesl, [kristenschiesl@gmail.com](mailto:kristenschiesl@gmail.com), or Karen McDonagh, [klak13@yahoo.com](mailto:klak13@yahoo.com).
  - **FSA Save the Dates:**
    - May 3rd - May 7th** - Teacher Appreciation Week
    - May 22nd** - Fisher Community Yard Sale
- **School Advisory Board Update: Save the Date:** Please join the SAB meeting on **March 9<sup>th</sup> at 7:30** where they will share an update on progress and next steps related to SJF's Strategic Plan. All parents are invited to listen in! This is a great opportunity especially for anyone interested in joining these efforts next year. We have a few openings and will be seeking new members. If you have questions, please feel free to email, [sjfsab@gmail.com](mailto:sjfsab@gmail.com), ahead of the meetings so we can address any questions that night. The meeting will be virtual and links will be shared closer to the meeting
- **REGISTRATION** for the 2021-2022 school year is **NOW OPEN** to all of our current and prospective Falcons - don't forget to reserve your spot with us!
- **SJF's Virtual Open House:** In case you missed it, [please see and share our Virtual Open House](#) created by Mrs. Corley and Ms. Schiavone demonstrating all of the impressive features our school has to offer!
- Don't forget to **register** to save your spot for **Extended Day**, [here!](#) If you have any questions, contact Mrs. O'Grady, [dogrady@sjfschool.net](mailto:dogrady@sjfschool.net).

## Parish News

- Are you receiving our **Parish Newsletter**? If not, sign up [here](#) so you don't miss a beat.
- Don't forget to *join us for mass* at **4 PM on Saturdays, 8 AM and 11 AM on Sundays, and 8:15 AM every Monday, Wednesday, & Friday.**
- **Confession** is also available every **Saturday 3 PM - 3:45 PM.**

## MANNA News

- **Manna UPDATE:** Many families are taking advantage of the added convenience of sending gift cards home in folders. Making it a part of your regular weekly spending on groceries and take-out seems to be paying off for people. We will trial it for a few more weeks. Sign this [Waiver](#) and sign up on [shopwithscrip](#) if you are interested in having your orders sent home with your child.

## 40 Things to do with your Family during Lent

1. Attend Ash Wednesday services and receive ashes.
2. Make a Lenten countdown calendar. You can color in or put a sticker on each day as it passes.
3. Memorize a weekly Bible verse.
4. Look through magazines and cut out pictures of your Lenten sacrifice and glue them to a poster as a reminder for kids.
5. Make [resurrection eggs](#).
6. Read a story together. [This website](#) has a list of 40 books perfect for Easter!
7. Bake pretzels as a symbol of arms crossed in prayer.
8. Give pennies for good behavior and help kids save them in a special collection jar for church.
9. Choose some toys to donate.
10. Make a prayer chain out of 40 strips of paper with something/someone special to pray for on each one.
11. Plant a seed and watch it grow.
12. Print coloring pages, [like these](#), for kids.
13. Read about the Last Supper together.
14. Explain the [meaning of the color purple](#) during Lent.
15. Attend a fish fry (or order a fish dinner – local restaurants have great options!).
16. Pray [the Stations of the Cross](#) together.
17. Bake resurrection rolls. [This website](#) has a simple recipe with great explanations for each step.
18. Donate clothes that no longer fit.
19. Make a rosary and pray it as a family.
20. Fold your Palm Sunday palm leaves into crosses.
21. Exemplify sacrifice by giving up something as a family, such as candy or technology time.
22. Brainstorm ways to be more like Jesus and write them on a poster where kids will see it every day.
23. Watch an Easter-themed show or movie.
24. Make “stained glass” crosses to decorate windows, such as [these](#).
25. Eat some jelly beans while reading the [jelly bean prayer](#).
26. Talk about what it must have been like for Jesus to spend 40 days in the desert.
27. Go outside on a nice day and take in nature. Remind your kids that everything they see was created by God.
28. Do volunteer work with your kids. Pick up trash in the park or help a neighbor.
29. Help your kids memorize the Lord’s Prayer by saying it each day.
30. Watch or read *The Lion, the Witch, and Wardrobe* and point out how Aslan sacrificed himself to save others the same way Jesus did to save us.
31. Pick a saint to learn more about together.
32. Let your kids choose a favorite meatless meal for Ash Wednesday or a Friday during Lent.
33. Read a daily devotion with your children.
34. Add more intentional family prayer time to your day.
35. Print out worksheets to help kids learn more about Lent.
36. Read the Beatitudes and delve into them further to help your children understand them.
37. Encourage your children to show one another more love and forgiveness during Lent. Remind them how Jesus’ sacrifice was for our sins to be forgiven.
38. Help your kids learn a song with hand motions. [This one](#) from Catholic Icing is fun and easy.
39. Attend Holy week church services.
40. Attend the Easter vigil service together.





“Burying” the  
‘Alleluia’

Blessing Ashes

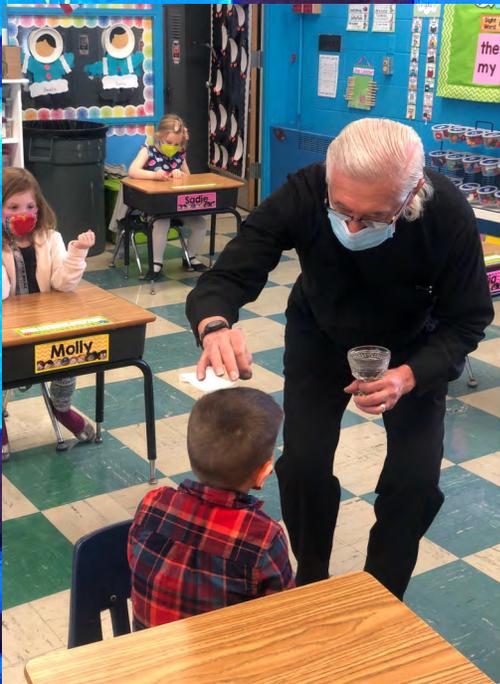
Explanation of  
Lenten Practices

7th Grade Students  
in Church



Snowy Ash  
Wednesday 2021

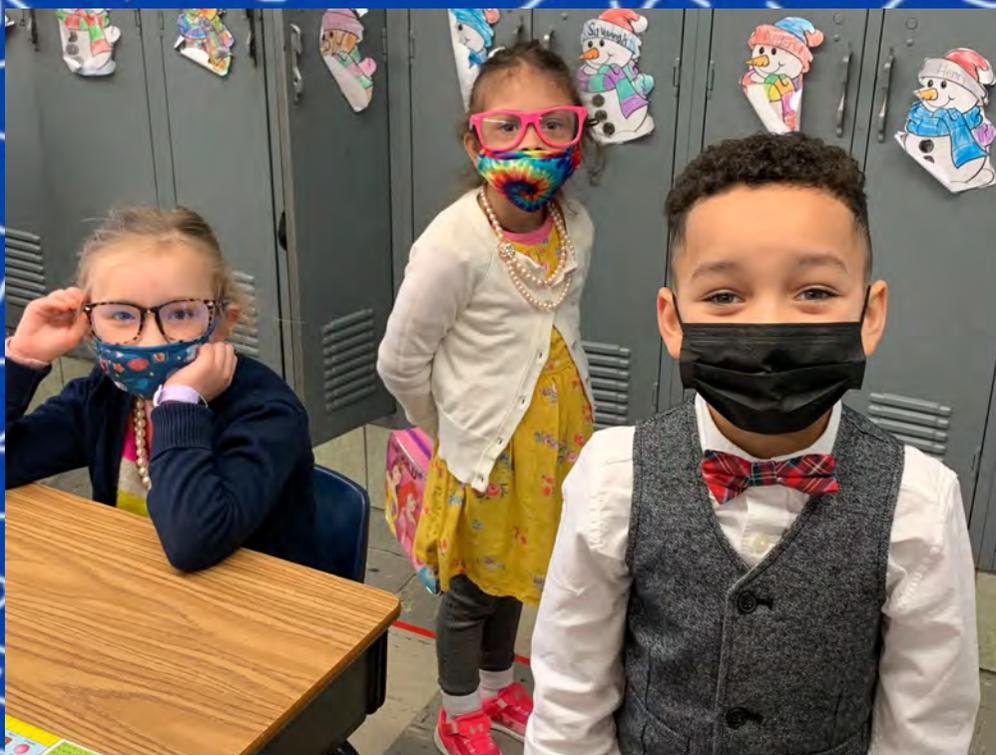




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DAYS OF SCHOOL





# 2020-2021 St. John Fisher School Contacts

If you have a question or concern about...

- Assignments
- Homework
- Class Activities

Contact [Classroom Teacher](#) by email or note.

- Discipline
- Classroom Behavior
- Specific Incidents

Start by contacting the [Classroom Teacher](#) for an appointment.  
If further assistance is needed, contact SJF Assistant Principal, Mrs. Claire Larmon: [clarmon@sjschool.net](mailto:clarmon@sjschool.net)

- Attendance
- Calendars
- Schedules
- Arrival/Dismissal
- Miscellaneous Questions
- Public Relations

Contact the school office at 773-445-4737, or Mrs. Kate Spadoni: [kspadoni@sjschool.net](mailto:kspadoni@sjschool.net)

- Registration
- Admissions
- Medical Forms

Contact the school office at 773-445-4737, or Mrs. Linda Murray: [lmurray@sjschool.net](mailto:lmurray@sjschool.net)

- Powerschool
- Tuition
- Fees

Mrs. Delphine Maxwell: [dmaxwell@sjschool.net](mailto:dmaxwell@sjschool.net)

- Virtus Training and Compliance
- Religious Education
- Extended Day Program
- Manna Program

Virtus, Mrs. Redmond: [mredmond@sjschool.net](mailto:mredmond@sjschool.net)  
Religious Education, Dr. Chermak: [echermak@sjschool.net](mailto:echermak@sjschool.net)  
Extended Day, Mrs. O'Grady: [dogrady@sjschool.net](mailto:dogrady@sjschool.net)  
Manna Team: [sjfmanna@gmail.com](mailto:sjfmanna@gmail.com)

- Counseling
- Student Support

Contact SJF Counselor and Assistant Principal, Mrs. Nichole Carey: [ncarey@sjschool.net](mailto:ncarey@sjschool.net)

- Parent Newsletter
- Financial Aid Applications
- School Procedures
- Administrative Matters
- Policy
- Further assistance on any matters listed above

Contact SJF Principal, Mrs. Maura Nash: [mnash@sjschool.net](mailto:mnash@sjschool.net)

- School Board
- Athletic Programs
- Family School Association
- Women's Club
- Holy Name Society

School Advisory Board: [sjsab@gmail.com](mailto:sjsab@gmail.com)  
Athletic Association: [stjohnfishersports@gmail.com](mailto:stjohnfishersports@gmail.com)  
FSA: [fsa@sjschool.net](mailto:fsa@sjschool.net)  
Women's Club: [SJFWomensClub@gmail.com](mailto:SJFWomensClub@gmail.com)  
HNS: [SJFHNS@gmail.com](mailto:SJFHNS@gmail.com)