



Notes from Mrs. Nash

Embracing curious minds. Nurturing compassionate hearts.

St. John Fisher School

March 29, 2020

Dear SJF Families,

We have found ourselves in a very challenging and surreal moment in time. Please know that you are a constant on my mind and in my prayers. Many of us are feeling overwhelmed as we balance the responsibilities of our everyday lives and our new role as our child's teacher. Please know that we are very conscious of this reality and are being incredibly thoughtful when creating our lessons to ensure they are both meaningful, fostering growth and academic progress, but also realistic in terms of our time frame and expectations. If you have any questions regarding lessons, activities, etc. please reach out directly to your child's teacher. We are here for you and your children, working harder than ever, to remain connected and available to you to ensure this experience is as simple and successful as possible.

Mrs. Carey has put together an amazing resource page that supports and speaks to our mental health and the importance of us prioritizing it. Attached you will also find great ideas and resources shared by our Resource Team.

Though we must remain physically apart during this time, please know that we are still here. We are still learning. We are still praying. We are still falcons. Thank you for your continued support of Catholic education, but specifically St. John Fisher School. Stay well and take the best of care.

In unity and hope,

-Mrs. Maura Nash

Important Announcements

- **Return Date:** Our scheduled date to return to school is April 7th, however I imagine this date will be prolonged. As soon as I have additional information from the Archdiocese of Chicago pertaining to this topic and others, I will communicate that information with you.
- FYI – all services for **Holy Week and Easter are cancelled**. See the attached flyer to learn how you can celebrate mass from the comfort and safety of your home!
- **Morning Prayer & Pledge:** We'd love for your family to lead us in the prayer and pledge from your home! If you would like to participate, [please see this sign-up sheet](#). Send your video to Mrs. Spadoni at kspadoni@sjschool.net.
- **Stay connected with us:** follow us on Instagram: stjohfisher and like us on Facebook: facebook.com/sjschoolchicago
- **Faculty Phone Calls:** We miss you all very much! This week teachers will be phoning you to check-in and to let you know we are here for you. Talk soon!
- **SJF MANNA Program** – Because our building must remain closed during this time, we cannot sell Manna. We are coming up with creative ways to rectify this issue. Stay tuned for additional information. Thank you for your patience!
- **Thank you** for coming out and supporting our staff parade. It was so wonderful to see so many of you!
- Stay tuned for our **coronavirus resource page** on our website. Make sure to keep yourself safe during this crazy time! Wash your hands, practice social distancing and stay positive!

A Note from Mrs. Carey

Dear SJF Families,

I hope this note finds you and your family well, finding some routine amidst your "new normal." As these times are trying, and undoubtedly unprecedented, my hope is that we all can use this time to shift our perspective and find calm and opportunity among the uncertainty. As we are being called to limit our activities and stay home, there has never been a better time to focus on positive mental health. Finally, a perfect time to take care of ourselves — mentally, intellectually and physically — and introduce new practices that in the past we “didn’t have time for.” Below you will find a link to resources that may assist you in fostering time for your child(ren) to explore new practices and focus on less tangible, but equally as important, academic skill sets. Social-emotional learning, self-care, and intellectual curiosity, to name a few, are invaluable to a child’s academic, social and emotional growth. The potential opportunity to re-connect, recharge and explore authentic interests will, for many of us, be overshadowed by uncertainty, isolation and a loss of direction. It is important that we acknowledge that this is a stressful and anxiety-provoking time for our children, as well as ourselves. For that reason I have included additional resources to assist parents in supporting the emotional and psychological well-being of their child(ren).

During these challenging times, I am happy to help assist you in any way I can. I will post resources and recommendations to my blog weekly and remain available for questions or student specific concerns as they relate to academic success and/or wellness.

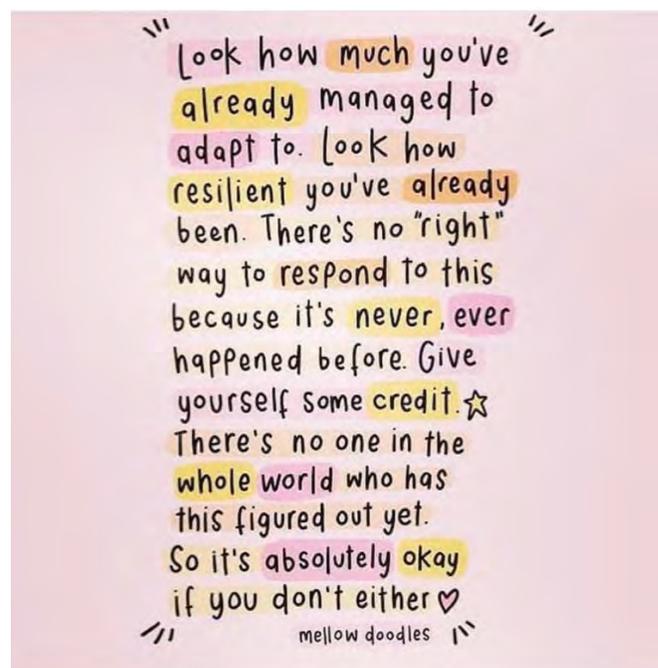
Please note: if you or your child are in need of counseling services many local practitioners provide telehealth services; virtual counseling sessions that, in some cases, will be covered by health insurance.

Stay well,

Mrs. Nichole Carey, MEd, LPC
Assistant Principal of Student Support

Link to

Resource: <https://docs.google.com/spreadsheets/d/1dNjiJuGUNQyRP3a15nFNnSWugCBmoAZohCaWLoodJEU/edit?usp=sharing>



Peek at the Week

VIRTUAL SPIRIT WEEK #2

MONDAY	Super Hero Day (in honor of the hospital workers, First Responders, Grocery employees and all other essential personnel). Create and "Hang a Heart" in your front window for them to see our love.
TUESDAY	Before there was TikTok and Music.ly, we had to lip sync. "Talent Tuesday" - Lip sync to the song, "Can't Stop the Feeling", by Justin Timberlake. Make sure to send videos
WEDNESDAY	Wacky Socks Wednesday- Wear your wackiest socks and put your feet up, because you have been working so hard!
THURSDAY	Thoughtful Thursday-Take some time today to think about those most at risk during the quarantine.. Write a letter, facetime, or draw a picture for one of those people and be sure to send it.
FRIDAY	Fan Friday- Support your favorite team during a time when they can't play. Wear their colors proudly and post a picture!

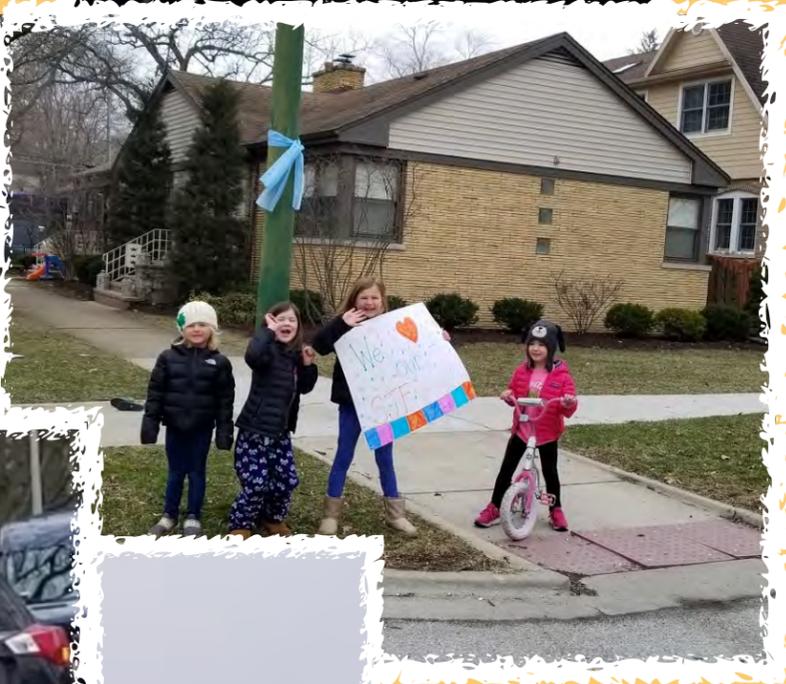


SEND ALL PICTURES TO
MCOTLEY@SJFSCHOOL.NET OR TAG US ON
 INSTAGRAM OR FACEBOOK



The SJF Staff Parade!

We miss you!





RESOURCE AND ACADEMIC SUPPORT INFORMATION

Parents and Guardians,

Below you will find resources to use for struggling students. Please know that we are all in this together and are available via email for any questions or concerns you may have. These are very unprecedented times and we are aware that stress levels are high. E-Learning is not set up to make anyone uneasy or overwhelmed. Many of us educators are at home with our own children implementing E-Learning. Believe us when we say we know the struggles and frustrations you may be experiencing. We are using E-Learning so our kids will not fall behind. Please use any strategies you see fit to make the process of E-Learning go smoothly in your own home. There is no right or wrong way to complete assignments. We want our kids to continue to flourish academically and implementing E-Learning will help our kids do just that. If you or your child are having trouble please try the following tips:

Setting Up the Learning Environment:

- Designate a quiet work space.
- Clearly stated expectations (behavioral and academic).
- Set up seating away from high-traffic or distracting areas.
- Post a written schedule for daily routines and rules.
- Develop screen schedules if you have limited screens available so that each child in your home can complete their assignments.

Tasks/Assignments:

- Frequent breaks.
- Chunking work (10/20/30 minute increments depending on the age of your child)
- Extended time on tasks (email the teacher that the assignment wasn't finished today but will be turned in at a later date).
- Extra time and warnings before transitions.
- Frequent check-ins for understanding.
- Rewards and praise for finishing tasks.

Free websites that can explain confusing content/skills:

- Youtube.com
- [khanacademy.org](https://www.khanacademy.org)

Other Resources:

Apps & Resources for **Reading**: https://padlet.com/win_biernacki/f365wexktxnv

Creative Ideas for **E-learning**: https://padlet.com/win_biernacki/fbmmkxmly5fz

Audiobooks/E-books: https://padlet.com/win_biernacki/ol6fmsx9qqou

Math resources, all grades: https://padlet.com/win_biernacki/alsmisuvxv2g

Speech-to-text apps & tools: https://padlet.com/win_biernacki/qz93k2sc8d74



As always please continue to communicate with the SJF staff if you have any questions,



Saint Patrick's Mass Preparation
Half the fun is getting ready!
 And ready the 3rd graders were.
 We look forward to a time when
 everyone can see how beautifully
 the students prepared.
 Happy Spring, everyone!



Hosted by enthusiastic 3rd graders



MASS RESOURCES

Fr. Tom McCarthy

<https://www.youtube.com/channel/UCfyH8MLm5RKYeoJDO2-FidQ>

Old St. Pat's in the West Loop

<https://livestream.com/oldstpats>

With worship aids here and music: bit.ly/worshipaid/

SS Cosmas & Damian, Twinsburg, ON

<https://www.facebook.com/SsCosmasandDamian/>

Brother-in-law to our parishioner's The Stalla Family, Fr. Michael Stalla is streaming live masses daily and a host of other prayer opportunities throughout the day.

Holy Name Cathedral, Chicago

<https://radiotv.archchicago.org/television/broadcast-masses>

Relevant Radio

<https://relevantradio.com/>

There are daily masses available here and many other resources.

Some others around the country/ world:

<http://www.catholictv.org/masses/notre-dame-mass> at 9:00 am

<https://saintpatrickscathedral.org/live> at 9:15 am CST or on replay

<https://www.nationalshrine.org/mass/> at 11:00 am CST or on replay

<https://www.youtube.com/channel/UC258MotmktGb6jTsSuZMAFA> in Spanish from Mexico (Our Lady of Guadalupe)

Stations of the Cross:

From the Holy Land: <https://youtu.be/-uofRteUvhQ>

More resources for Sundays/ Lent/ Holy Week

For Kids:

There are fun gospel videos prepared by Holy Heroes here:

<https://www.holyheroes.com/MassPrep-s/57.htm>

Lots of good info. here including sending your angel to Mass for you!

<https://www.catholicicing.com/weekly-mass-resources-for-kids/>

<http://catholicmom.com/kids/catholic-gospel-coloring-worksheets-sunday-mass/>

Children's Liturgy Links:

<http://catholicchildrensliturgy.blogspot.com/>

<https://adorers.org/childrens-liturgy/>

<https://cafod.org.uk/Education/Children-s-liturgy>

Stations:

Stations with Legos: <https://www.youtube.com/watch?v=pKw401qP6WY>

Living Stations of the Cross: <https://youtu.be/5ii1iVrqbU8>

Cool Shadow Puppets Stations: <https://youtu.be/HwkznTGOFac>



The 19th Ward supports our

First Responders & Medical Professionals

**Meals will be provided for on-duty
medical workers and first
responders working on the
frontline during the
COVID-19 pandemic**

**All meals will be ordered from local businesses
to support them!**

**If you are interested in supporting
this effort, donations can be made at
<http://shorturl.at/zCV68>**

