



Notes from Mrs. Nash

Embracing curious minds. Nurturing compassionate hearts.

St. John Fisher School

April 26, 2020

Dear SJF Families,

We made it through another week of learning from home. Though this is a devastating reality, I am so proud of how we have come together as a school community and all of the new skills we are learning. We are going to be more intelligent at the end of this experience. Focusing on this detail helps me remain positive and grateful. At home, families are sharing more meals together. Kids are partaking in more chores and able to be more helpful around the house. We are improving upon our life skills. We are building stronger family bonds and getting to know one another better. We have been given the gift of time and are able to catch up with those friends and family members who we otherwise haven't been able to connect with. We are all improving our technology skills in one way or another, which is necessary because that is the way of our world. We are adopting a whole new mindset in regard to our health and our thoughtfulness for those around us. As this pandemic makes its way into every country and continent, we are reminded that we are all connected to one another and brothers and sisters on Earth.

In the virtual classroom, students are learning a whole new skill-set, gaining independence and working with and supporting each other remotely. Teachers are becoming more dynamic, innovative and creative. We have been forced to no longer do things the safe and comfortable way or the way we've always done it. These new skills will transfer over to the classroom when we return and our instruction will be more creative and better than ever! We have all realized how fortunate we are to be together and the absolute need for human interaction. We will return to school more grateful for our relationships and for the gift of learning in the classroom.

Not a day has gone by where the staff and I haven't discussed how much we love and miss being with our awesome students. You are all a constant on my mind, in my heart and in my prayers. Remember, 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

- **MANNA is BACK!** Please see below for instructions on how to safely purchase MANNA and support our school during this pandemic. Thank you!
- **Join us for an all-school read along**, *Wishtree* by Katherine Applegate, facilitated by Mrs. Keller, Librarian. We hope this all-school read will bring us together and foster conversation during this very isolating time. See the flyer below for further instruction.
- **Morning Prayer & Pledge:** Thank you to all of the families who have been participating in the morning prayer and pledge – we love beginning our day with all of you! [Here is the sign-up sheet if you would like to host.](#)
- **CLASS OF 2020 HOT LUNCH ACCOUNT:** We will be issuing checks for any balance left in your account by mid-May. If there is a younger sibling in the household, the money should be transferred to their account. Please contact Mrs. Maxwell with any questions, dmaxwell@sjfschool.net.
- **Missing Assignments:** We are here to support you during this difficult time. Let's work together to ensure your child is able to complete his/her lessons. Reach out to your child's teachers, Mrs. Larmon, Mrs. Carey and me for assistance. **Progress Report Check is Wednesday, April 29th.** Together, we've got this!

- **Planning Days** – The archdiocese is instituting planning days for our students and teachers under the guidance of the Illinois State Board of Education. SJF will be utilizing Fridays as our planning/catch-up days. This day will look a little different for each grade level. Students will receive supplemental activities such as virtual field trips, art projects and a menu-choice learning board to participate in. Stay tuned for more direction and guidance regarding these days from your child’s teacher.
- **Stay connected with us:** follow us on **Instagram: stjohfisher** and like us on **Facebook: facebook.com/sjfschoolchicago**
- **Mrs. Corley’s Daily Virtual Art Projects** can be found on **Instagram: @artroom_sjf**
Let’s All Be Well!
- I know that times are tough, if you can continue to give virtually to our parish’s weekly collections, we would be very appreciative. Every little bit counts! **Thank you for your generosity:** <https://giving.ncsservices.org/App/Giving/stjohfisherparish>
- **WE MISS OUR STUDENTS SO MUCH!** [Please CLICK HERE and enjoy this video we created for all of you!](#) *Keep your head up – we will get through this!*

A note from Mrs. Carey - *The Trait of the Week Program*

As we progress on our e-learning journey we continue to grow in ways we may never have fathomed. With growth often comes growing pains; our patience has been challenged, our thresholds met, and our feelings of worry exacerbated. It is likely our children are feeling similarly but unable to articulate these unfamiliar feelings. We can help them make sense of this difficult time by assisting them in naming and acknowledging their feelings and strengthening the character traits that will help them cope with difficult emotions like disappointment and uncertainty. Character traits such as optimism, perseverance, gratitude, integrity, kindness and empathy can be exercised and strengthened, similar to a muscle. Introducing and consciously integrating these traits into our day-to-day practices fosters positive, principled, self-directed development as well social-emotional intelligence.

Beginning this Monday, April 27th, we will begin a program that encourages this character development and social emotional learning. ***The Trait of the Week Program*** will highlight a character trait, define the importance of the given trait and describe ways in which we can incorporate and practice that skill in our day-to-day life. Every Monday the Trait of the Week will be posted on Mrs. Carey’s blog as well as all SJF social media accounts. Corresponding read-alongs and art projects will accompany each weekly post.

Taking time to integrate social-emotional learning into our family’s routine will help our students navigate this difficult time, while also preparing them for future obstacles. I hope you and your family will take note and participate in the Trait of the Week Program.

If you have any questions or suggestions, feel free to email me at ncarey@sjfschool.net

Sincerely,

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

St. John Fisher's MANNA Program Reopens!

*We are excited to announce social distancing practices allowing Manna to re-open safely. In short, orders and payment should be placed via drop box at the rectory ahead of time allowing for curbside pick-up on Fairfield outside the Convent. **NO CASH. CHECKS ONLY.** No "real-time" filling orders.*

Details on the Process:

1. Submit [Manna Order Form](#) and PAYMENT to drop box at the Rectory. Deadline each week to submit order is **9 AM on Tuesdays**. Manna team will confirm via email that order was received. **NO CASH. CHECKS ONLY.** Please note that the drop-box will be located right inside the rectory doors. **The rectory staff CANNOT fill orders.**
2. Orders will be filled and ready to be picked up on **Tuesdays between Noon and 2 on Fairfield outside the convent**. If we find volume is high and we need additional pick-up times, we will be happy to add additional times/days.
3. For our essential workers, please email sjfmanna@gmail.com to arrange another pick up time.
4. Tips for safety following social distancing guidelines:
 - Curbside pick-up. Text Lynn @ (773) 552-3445 when you are outside the convent with description of car. Roll down window and Manna team will drop the order in your car and wait for you to verify order is correct. Please verify order is correct before pulling away.
 - Please don't form a line or enter convent as we are not able to open office for same day sales. Orders need to be placed ahead of time allowing for social distancing.
 - Manna team will wear masks and gloves.

***When we hit that wall, sometimes courage looks like scaling it or breaking through it.
AND sometimes courage is building a fort against the wall and taking a nap.***

Hard days are real because this is hard.

Stay awkward, kind and brave enough to rest and feel. ~ Brene Brown



TO THE RESILIENT CLASS OF 2020, WE SALUTE YOU!

Please join us in praying for the Class of 2020. 8th graders, we are saddened by the thought of your final year at SJF ending during this pandemic. Please know that we haven't forgotten about you. How could we? You have all made a difference in our lives. You are unique. You are special. You are brave. You are funny. You are kind. You are intelligent. You are something to celebrate. You will be missed. We are working hard to come up with ways to commemorate your incredible legacy at SJF. We will continue to inform you of the end of the year events and details as we learn more information.

Thank you for your patience.

We love you, 8th graders. Keep your head up! #falconsflyasaflock



***Class of 2020 LOGO lovingly created by Maggie Luzin, '20.**





FALCON OF THE WEEK

Mrs. Megan Corley, Art Teacher



SJF's "Falcon of the Week" is our very own Art Teacher, Mrs. Megan Corley.

This year, our school theme is "Fly Like a Falcon." At school, we are intentionally discussing what it means to be a falcon. Falcons soar above, capturing an aerial view of what is going on below. We are encouraging our school community to "soar above" things that might bring us down, not allowing us to be our best selves. We are on a school-wide crusade to "Fly Like a Falcon," lifting one another up, celebrating the positive interactions and kind behavior that our students and staff demonstrate each and every day.

The pandemic that we are experiencing has made it challenging for all of us to continue to remain the best version of ourselves. However, Mrs. Corley has truly "flown" during this time, creating initiatives and activities for us all to participate in each day to ensure we stay positive and hopeful, and always have

something fun to do while remaining connected to one another. Mrs. Corley's mantra throughout this devastating experience has been, "Let's all be well." Mrs. Corley has created an art project each day for every student and community member to participate in. Her projects are thoughtful and manageable, something everyone is capable of doing. Mrs. Corley has also been collecting our pictures and creating beautiful videos set to music for us to enjoy on social media and also to catalog this historical experience. Mrs. Corley has shared her technological skill-set with all of her faculty members and teammates, jumping in on every project wherever needed. Because of Mrs. Corley, we have been able to remain more positive and more connected than we would have otherwise. Thank you Mrs. Corley for your selfless dedication to SJF and for sharing your incredible talents. Because of you, I think we will "All be well." Keep flying like a falcon, Mrs. Corley. You're making a difference!"

***Follow Mrs. Corley on Instagram @ [artroom_sjf](#) or on her blog: www.sjfschool.net under academics.**



ST. JOHN FISHER'S ZOOM NORMS

In order to make THE MOST out of our E-Learning experience, it is important that we all follow these guidelines. It is a challenge when learning from home. These helpful tips and reminders will enable all of us to focus, stay on task and be successful in our virtual classrooms!

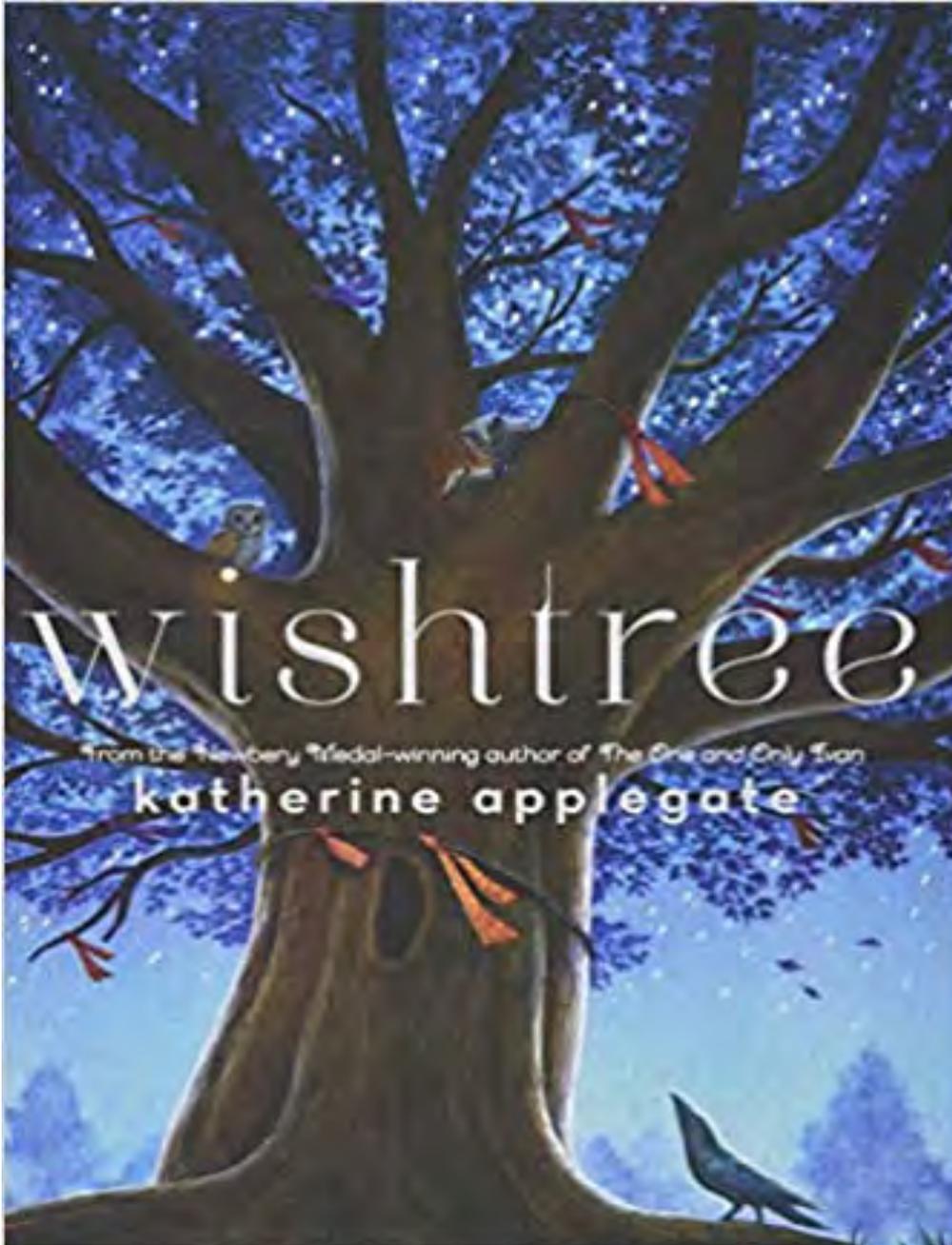
- ◆ **Be on time.**
- ◆ **Be prepared. Check your e-mail, Google Classroom Stream and Teacher's Blog.**
- ◆ **Dress appropriately.**
- ◆ **Check your surroundings! Are you in a common room in your home? Make sure little siblings and pets aren't distracting you.**
- ◆ **Use headphones if you have them.**
- ◆ **Turn off your virtual backgrounds during class - they can be distracting.**
- ◆ **Keep your microphone off until you are told to turn it on.**
- ◆ **Raise your hand and talk. Use appropriate gestures when told.**
- ◆ **Be focused. Pay attention. Be an active participant!**
- ◆ **Ask/Post ONLY questions or comments that are related to the class/lesson.**
- ◆ **No music, no eating, respect your teacher/presenter.**

We are so proud of all of your hard work. Keep it up!



Let's all read a book together!

Monday, April 27 we will begin a community read of Wishtree by Katherine Applegate



Wishtree is available free online as an e-book from Scribd when you create a trial account.

I will also be reading the book aloud and posting the recordings.

When we are finished reading the book, you are invited to write a wish on a piece of cloth and tie it to one of the trees by the school entrance.

For more information, links and activities:
<https://padlet.com/kkeller33/f3qkiriwt6eb>