



Notes from Mrs. Nash

Embracing curious minds. Nurturing compassionate hearts.

St. John Fisher School

April 5, 2020

Dear SJF Families,

Well, we are three weeks into Alternative and E Learning and have at least another month to go. I have learned a great deal during these three weeks both professionally and personally. I am so grateful for my incredible staff who has not only risen to this challenge, but has knocked it out of the park! I am in awe of our amazing, patient and devoted parents who too are rolling with the punches and working harder than ever to support their children from home while simultaneously working and remaining positive and supportive to our school community. Our students have been inspiring us with their creativity and their ability to embrace change, grow more independent and enhance their work ethic. Yes, this experience is allowing all of us to learn in ways we didn't realize were possible.

Below you will find a phenomenal note from Mrs. Carey. Please take the time to read her important message; you won't regret it.

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

- **Return Date:** Our scheduled date to return to school is May 1st, however this date could certainly change. As soon as I have additional information from the Archdiocese pertaining to this topic and others, I will communicate that information with you.
- Please enjoy this **Palm Sunday and Holy Week Prayer Celebration** lovingly created by Dr. Chermak: <https://youtu.be/lgNSjWyBZPM>
- 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!
- I know that times are tough right now. 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/stjohnfisherparish>
- **How are we doing with E-Learning?** Please complete this survey to provide us with your very important feedback. Thank you!
<https://forms.gle/HNXF5DhcyjSKggWSA>
- **Morning Prayer & Pledge:** Thank you to all of the families who have been participating in the morning prayer and pledge! Next week all of our mornings are accounted for. We will re-circulate the sign-up sheet when we return from Spring/Easter Break. Your video should be sent to Mrs. Spadoni at kspadoni@sjfschool.net.
- **Stay connected with us:** follow us on Instagram: stjohnfisher 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!**
- In case you missed it, here is an **important message from Fr. Ken:**
<http://www.stjohnfisherparish.net/hello-from-fr-ken/>

- **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!
- *Stay tuned* for our **coronavirus resource page** on our website. Make sure to keep yourself safe during this extraordinary time! ***Wash your hands, practice social distancing and stay positive!***
- **Mrs. Carey's Resource Page:**
<https://docs.google.com/spreadsheets/d/1dNjiJuGUNQyRP3a15nFNnSWugCBmoAZ0hCaWLo0dJEU/edit#gid=0>

A Note from Mrs. Carey

Three weeks of e-learning in the books with at least a month more to go! Reflecting upon the last three weeks, you likely have experienced an array of emotions; worry, anxiety, boredom but also connectedness, calm and rejuvenation. As the novelty of this situation is subsiding, the rollercoaster of emotions will likely continue. With that in mind, how can we, as parents, ensure that we are coping with the various emotions and many practical challenges of this time, while simultaneously remaining productive in our own work and supportive of our children academically, emotionally and spiritually? The answer likely lies in our ability to care for our own mental health and wellbeing. Now more than ever, it is imperative that we restore our own physical and emotional energy, so we can best serve our families.

Easier said than done, that's for sure! However, self-care can be simple and easily implemented in our daily lives by intentionally aligning our values with our practices. Identifying what is important, what you value, and then building your day around those principles, has the potential to shift your day and your mindset. Quite frankly, it allows you to "let yourself off the hook," when what your day has in-store is simply not manageable. I have found that reflecting and honestly evaluating what I can possibly accomplish in one day, and then ensuring those tasks are congruent with the values I have for myself, my work and my family, has grossly improved my mood and my feelings of accomplishment each day. Through this practice I have let go of the guilt, stress and irritation that accompanies not completing all my tasks, and my children's, on a given day. Instead, going to bed each night I know that my professional and personal work products mirror my values and the intentions I set for the day.

In addition, self-care practices such as expressing or journaling gratitude (scientific data suggests even adults can rewire their brain pathways and shift negative thinking to positive), exercise, fostering friendships, setting boundaries, and finding time to be alone can improve our outlook, mood and productivity. Through self-care we can find balance, which will best equip us to care for our families in these incredibly trying times. While the self-care practices mentioned above may be, somewhat, common knowledge I challenge you to give them an honest try, with intentionality and commitment. These days, who isn't looking for a reason to be alone---even if just for a few minutes?

Be well,

Nichole Carey, MEd, LPC
Assistant Principal of Student Support
St. John Fisher School

SOAR'S Holy Week Activity

In honor of the holiest time in our church, Holy Week, we thought it would be nice if you could bring something that is found in churches all around the world into your own home. We would like for you to turn a window of your home into a stain glass window. This can be done any time throughout the week. Look for a tutorial video from Mrs. Corley on our social media accounts. Please be sure to send us a picture of your beautiful work! We are so excited to unite our homes during this holy time!





FALCON OF THE WEEK

Mrs. O'Shea and Mrs. Maxwell, Faculty



SJF's "Falcons of the Week" are faculty members Mrs. Delphine Maxwell and Mrs. Camie O'Shea.

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. Our "Falcons of the Week" are faculty members Mrs. Maxwell and Mrs. O'Shea. Once our E and

Alternative Learning Experience began, we all had to acclimate to our new normal of teaching our classes and communicating with our students remotely. Mrs. Maxwell and Mrs. O'Shea led the tech charge with our staff, researching at all hours of the day and night and working with every staff member to ensure everyone not only had the necessary resources to be successful, but also had the confidence with this new technology to be creative and innovative with their lessons. I am incredibly proud of the way all of our staff members have come together as a team during this stressful and challenging situation and am so grateful for Mrs. Maxwell and Mrs. O'Shea who have gone above and beyond to support everyone during this time. Thank you, for your selfless efforts in helping us get through this uncertain time. Keep "flying like falcons", ladies. You're making a difference!



St. John Fisher's Virtual Spirit Week



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>