



# Notes from Mrs. Nash

*Embracing curious minds. Nurturing compassionate hearts.*

St. John Fisher School

May 10, 2020

Dear SJF Families,

As we enter into this 9<sup>th</sup> week of E and Alternative Learning, I am so impressed as to how our community has persevered together during this exceptionally challenging time. I know it isn't easy to remain positive and at times it seems impossible to continue on this way, but we are getting through this difficult time, together. We need to continue to communicate with one another and reach out when we need assistance and support. This has been such a trying experience on so many levels. Please know that you are all a constant on my mind, in my heart and in my prayers.

I would like to give a shout out to all of the magnificent Moms in our community. During normal circumstances, we would be lost without you, but now more than ever, it is glaringly obvious, that we could never get through this pandemic without you. Thank you for wearing all of the essential hats in order to keep us going: teacher, counselor, friend, cheerleader, coach, nurse, doctor and short-order cook to name a few. You are amazing.

As I mentioned last week, stay tuned for an update on our tuition for next year along with the exciting details of our strategic plan! Our future is so bright! I am grateful to be on this journey with all of you. 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

- **Happy 40<sup>th</sup> Anniversary** to our beloved pastor and father of our parish, Fr. Ken! We love you and are so grateful for your constant prayer and support. Congratulations, Fr. Ken!
- **NEW STUDENTS:** *We are still accepting new students for next year and are planning a virtual open house!* Please direct any family, friends and neighbors our way. Thank you for being our biggest supporters and ambassadors!
- **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.
- **Personal Belongings:** We will begin scheduling times for families to pick up their belongings toward the end of the month. Stay tuned for additional information in the coming weeks.
- **Financial Hardship:** We recognize that this is an incredibly challenging and stressful time for all families. If you are experiencing financial hardship due to the pandemic, please reach out to me. **We are here for you** and want to partner with you to get through this challenge **together**. [mnash@sjfschool.net](mailto:mnash@sjfschool.net)
- **Stay connected with us:** follow us on **Instagram: stjohfisher** and like us on **Facebook: facebook.com/sjfschoolchicago**.
- 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>
- **FIRST COMMUNION CELEBATION:** Last Saturday, our second graders were scheduled to celebrate their First Holy Communion. We hope to celebrate this day in the fall. [Here is a video Dr. Chermak, Mrs. Corley and Mrs. Maxwell created to show our sign of love and support for our First Communion Class – Enjoy!](#)
- **8<sup>th</sup> Grade Video:** [Please enjoy this video](#) created by our 8<sup>th</sup> graders and their families demonstrating how proud they are to be falcons and the Class of 2020! #falconsflyasaflock.

SJF's Teachers and Staff deliver lawn signs to our 8<sup>th</sup> graders to show a sign of our love and support for them as they prepare to fly from our nest!  
 #onceafalconalwaysafalcon #flyfalconsfly #falconsflyasaflock





### **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.

On April 27th, we began a program that encourages this character development and social emotional learning. ***The Trait of the Week Program*** highlights a character trait, defines the importance of the given trait and describes 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](mailto:ncarey@sjfschool.net)

Sincerely,

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

[Click here to listen to this week's read along](#) *After the Fall (How Humpty Dumpty Got Back Up Again)*

# Falcons

## Trait of the Week!

**Trait: Perseverance**

**Definition:** the ability and self-control that pushes you to work through a challenge.

**Mantra**

I won't  
give up!

### Quote of the Week

"If you can't fly, then run  
If you can't run, then walk  
If you can't walk, then crawl  
but whatever you do,  
you have to keep moving forward."

- Martin Luther King, Jr.



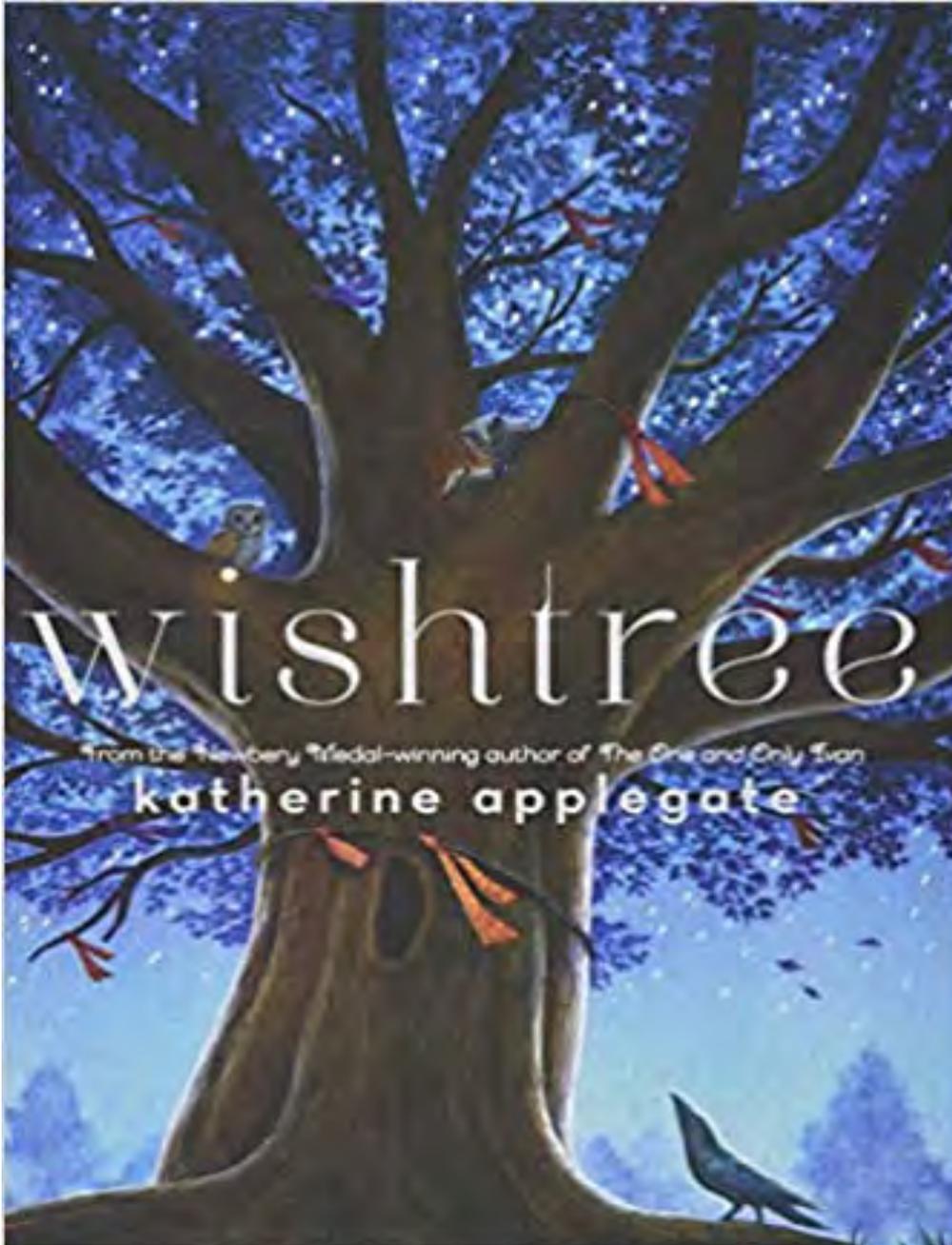
### Perseverance Sounds Like...

- I will keep going
- This is hard, but I can
- After a fall, I will get back 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>



# 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!*

## 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](mailto: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.



# SJF Manna Program

## "It's a Win-Win"

### We Need Your Support

The Manna Program is the #1 School Fundraiser. Tuition alone does not cover the school's expenses. SJF proceeds from Manna help to make up the difference between school operating costs and tuition. Participation is necessary and appreciated to balance school budget and maintain competitive tuition rates. We need to increase participation especially for school families to enable SJF to be accessible & affordable to all families, for generations to come.

#### Every Effort Counts

If Every Family purchased Manna all year for 4 places they frequently spend (One Restaurant, Groceries, Retail, Liquor), we'd meet our goal.

#### Example:

If you spend \$200/wk @ County Fair, \$100/wk @ Rosangela's, \$25/month @ Town and \$300 /year at Dick's Sporting Goods = \$475 tuition credit and \$315 school funds raised (annually)



#### How does it work?

1. You buy Manna gift certificates and shop with them.
2. The store gives a percentage of the card value to SJF (2-12%)
3. You get 60% of the store rebate credited to your tuition at SJF, high school or college.
4. SJF gets 40% of the store rebate towards meeting operational costs



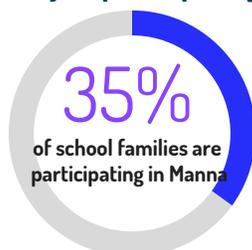
The Manna team is open to suggestions to make it easier to participate. Email @ sjfmanna@gmail.com. Check out <https://www.shopwithscrip.com/> or buy with cash/check at the convent. Also, check out special order form for events or other needs.

### We are behind goal in 2020

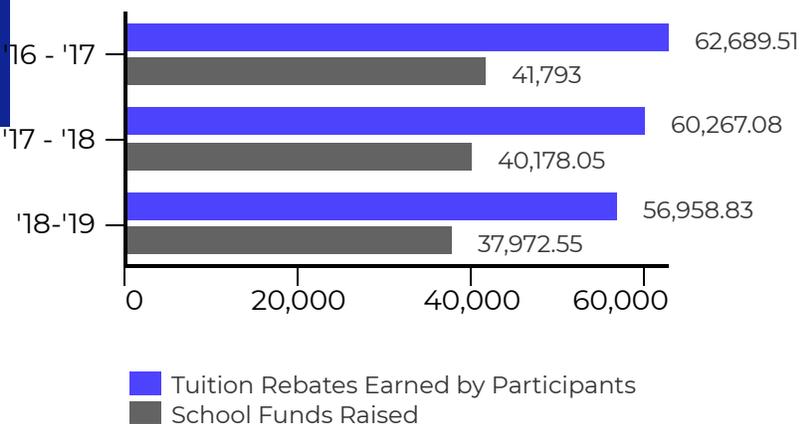
#### Did you know?

- Our top 5 spots for sales are Jewel, County Fair, Shell, Kohl's Amazon, Binny's. Join in!
- Tata's offers a 12% rebate?
- There are 25 restaurants that offer a 6% rebate? It adds up quick!

#### Are you participating?



Manna Sales and Funds Raised (annual \$ estimates)



Manna Sales are declining as parishioners "graduate" from the program. We need to enroll school families for continued success. Free Money for you and our school.

**Manna Hours: Location @ Due to School Closing, Same day Manna Sales in the Convent are shut down. We are accepting manna forms in Rectory by 9 AM tuesdays for Curbside Pick Up on Tuesdays between 12-2 PM.**