

Virtue of the Month

Fortitude

Fortitude is the virtue that allows us to overcome fear and to remain steady in our will in the face of obstacles.

The gift of fortitude enables a person "to overcome difficulties or to endure pain and suffering with the strength and power infused by God." Through fortitude, the Holy Spirit inspires and energizes a person to undertake great things joyfully and without fear despite obstacles.



Our St. James students decorated bags for the Meals on Wheels organization! A great way to connect with others and spread Christmas cheer!

January

- 8 - 5th Grade Shadow Day @ RMS
- 10- Early Release (**no afternoon bussing**)
- 15- NO SCHOOL (Staff Development)
- 15- Primary Enrollment Opens
- 16- Casual for Christ
- 16- Quest for Kindness @ IC
- 19- End of 2nd Quarter
- 28- Primary Enrollment Closes
- 28-Feb 3- Catholic Schools Week
- 29- General Enrollment Opens

MASS SCHEDULE 9:00 A.M.

January

- 10- Kindergarten
- 17- 5th Grade
- 24- 4th Grade
- 31- 3rd Grade

February

- 7- 1st Grade
- 14- 2nd Grade Ash Wednesday Mass

Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of **Living Faith, Accepting Responsibility, Promoting Teamwork, Achieving Excellence, and Inspiring Leadership.**



READING



I have a goal for each classroom to have at least 80 percent of the students participate and earn their **Book It** reward for the month of **January**! I know we can do it! At the **end of the month**, please turn in your **reading log** to your classroom teacher. I have some fun ideas for classrooms who achieve this reading goal! ~Mrs. Havenor

DRESS FOR THE WEATHER

At some point, we will get snow! In the meantime, it is still cold outside and warm clothing is needed. Please make sure your child has all their winter gear at school every day. Your child needs to bring:

- Winter hat
- Gloves or mittens (warm and meant for snow)
- Snow pants
- Boots

Winter Weather Reminders

Our schools will generally be closed when the public schools in the district where the school is located are closed due to inclement weather. Late starts or early releases due to inclement weather follow the same policy.

Closure decisions are shared via local TV and radio stations, along with an email and SMS (text) message alert via Skylert.

In order to receive SMS (text) messages from Regis Catholic Schools to the cell phone number(s) you have on file, you must opt-in via your phone.

You can opt-in to receive SMS (text) messages anytime by sending Y or YES to short code 67587. If you already completed the opt-in process at a previous time, you do not need to repeat it for this year. Our opt-in list carries over from year to year.





DRESS CODE

In addition to collared shirts, students are allowed to wear Regis, St. James, or Rambler shirts during the week on days that we **do not have Mass**. Your child is able to wear t-shirts, long sleeve shirts, or sweatshirts as long as they represent Regis on days that we **do not have Mass**. Mass is usually on Wednesdays. Below is more detailed information about our Dress Code Policy.

DRESS CODE

Our Catholic elementary schools dress code represents Our Core Value of Respect. The chart below illustrates examples of what is the accepted norm. Students may wear t-shirts on "jeans days" or "dress down days." If a student is out of "uniform", parents will be called to bring in an acceptable article of clothing or the school will give the student clothing from the extra reserve apparel. Thank you for your help and support by following the dress code.

General Guidelines:

1. Each student's appearance must be appropriate to a Catholic school setting.
2. Clothing, hairstyle, make-up, and jewelry are not to be distracting or disruptive of the educational process.
3. All items worn to school must be clean. Worn, faded, frayed, torn, or baggy clothing may not be worn.
4. Regis and Regis Catholic Schools logos are encouraged to be worn. Any size Regis or Regis Catholic Schools logo, screen print or embroidery is accepted.
5. Shirt/sweatshirt: Name brand clothing should be avoided. If you do have name brand, it should be no more than 2" screen print embroidery.
6. Shirts must be buttoned.
7. Hairstyles must not distract from the learning environment and must be of natural hair color. Mohawks are not allowed. Boys may not have their fingernails painted or polished.
8. Hats may not be worn indoors.
9. Earrings may be worn only in the ears, no body piercing. Due to safety, no large hoop or dangling earrings may be worn.

K-5 Specific Clothing

Immaculate Conception Elementary School, St. James Elementary School, St. Mary's Elementary School

Item	Style	Color	Comments
Shirts	Button polo shirt with collar, turtleneck or mock turtleneck. Long or short sleeves. No stripes are acceptable. Writing or graphics should be smaller than 2" with the exception of Regis Catholic Schools logos.	Solid Colors: Light Blue, Navy Blue, White, Dark Green, Light Yellow	Shirts with buttons must be buttoned. Shirts must be tucked in. No tank tops, crop tops or spaghetti straps. No denim shirts.
Sweatshirts	Long sleeved sweaters/sweatshirts only.	Solid Colors: Navy Blue, Gray or Regis Green	No stripes. Collared shirt must be worn under all sweaters and sweatshirts. Sweatshirts do not need to be tucked in.
Pants	Cotton, cotton-polyester or corduroy.	Solid Colors: Navy Blue or Khaki	No bib overalls, denims, jeans, sweatpants, wind pants. No stripes. Leggings are not pants and should only be worn under a skirt.
Shorts	Walking shorts no more than 3" above the knee.	Solid Colors: Navy Blue or Khaki	May be worn in August, September, May and June. If the temperature is predicted to be above 70°F shorts are acceptable in April and October.
Footwear	Socks, tights, or leggings (with skirts).	Solid School Colors	Coordinate with other clothing. Athletic shoes are recommended and must be worn for physical education classes. All shoes must be worn with socks and be close-toed with a back-strap for safety.
Skirts/Jumpers	Split skirts and skorts are acceptable; no more than 3" above the knee.	Navy Blue, Plaid, Khaki	It is highly recommended that shorts be worn under skirts.



SICK CHILD POLICY

If your child(ren) will be absent, late, or need to leave early, please contact Mrs. Carlson at 715-830-2277 or ncarlson@regiscatholicschools.com. When your child(ren) return(s) to school or leaves early, **please bring them to the office and sign them in.**

Detailed information about our Sick Child Policy is below.

SICK CHILD POLICY

A sick child must stay home from school, regardless of the type of illness. Please call your school's office to keep the lines of communication open regarding the reason for your child's absence.

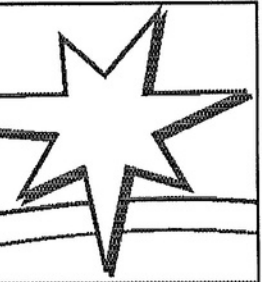
Giving a child medication to help reduce a fever or alleviate pain does not make them "ready for school". Medication merely masks the symptoms of the illness, it is not a cure and puts others at risk of contracting the disease. Sending your child to school where students are active throughout the day will slow their recovery; they are not getting the rest and hydration their body needs to fight off whatever illness they are carrying.

If your child becomes ill during the school day, you or an emergency contact will be called to pick them up. You are expected to be reachable and able to send an adult to pick up your child within 45 minutes of contact. Leaving your child in the office until the end of the school day is not an option. When a child is ill, they need to be home resting. Please ensure your contact information and additional emergency contacts are updated through Skyward or the school office. If we are unable to reach you, additional contacts will be called/ emailed.

Illness Guidelines & Sick Child Policy

Illness	Exclusion from School	Return to School
Fever Over 100.4 Degrees	When fever is at or over 100.4 degrees	24 hours after fever has subsided without prescription or non-prescription medication
Diarrhea/ Vomiting Illness of Unknown Origin	Diarrhea or vomiting	When symptoms are no longer present for 24 hours
Strep Throat	When sore throat, fever or rash are apparent or clinical diagnosis	24 hours after the first dose of antibiotics
Chicken Pox	When rash or fever are apparent or clinical diagnosis	7 days after the onset of the rash or until lesions have crusted
Conjunctivitis (Pink Eye)	Red or pink eye with discharge or clinical diagnosis	24 hours after the first dose of medication or when drainage is no longer present
Impetigo	Rash appearing to spread or clinical diagnosis	24 hours after the first dose of medication and clinical improvement
Hand, Foot and Mouth Disease	Fever or lesions present or clinical diagnosis	When fever is no longer present without medication and clinical improvement is observed
Influenza, RSV or Other Viral Respiratory Infections	Fever, extreme lethargy	When fever is no longer present without medication and clinical improvement is observed
COVID-19	Onset of symptoms or clinical diagnosis	5 days after onset of symptoms (must either wear a mask for an additional 5 calendar days or test negative twice within 48 hours)
Head Lice	Lice or nits present	After shampoo treatment and head check do not show remaining lice or nits.

Partners in FAITH™



Helping our children grow in their Catholic faith.

January 2024

Regis Catholic Schools



Thoughtful Moments

St. Marguerite Bourgeoys

Born at Troyes, France in 1620, St. Marguerite desired early on to become a missionary. A friend introduced her to the mayor of Ville Marie (now Montreal, Canada) and, at his invitation, St. Marguerite traveled to Canada to teach the children of the colony. She was later joined by several women – all consecrated to God and devoted to teaching and Works of Mercy. In 1676, she gained approval for her order, the Congregation of Notre-Dame de Montreal.



Fishers of Men

Some of the first apostles were fishermen working in the Sea of Galilee. The fish there were known for their quality and commanded a high price. Next time you eat fresh fish, remember Peter and Simon, James and John, the hard-working fishermen who left their boats to follow Jesus.

"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come" (2 Corinthians 5:17).



Shape children's hearts with virtues

A key element of Catholic parenting is to shape the hearts of our children, not just manage their behavior. One way to shape a child's heart is to offer opportunities to grow in virtue:

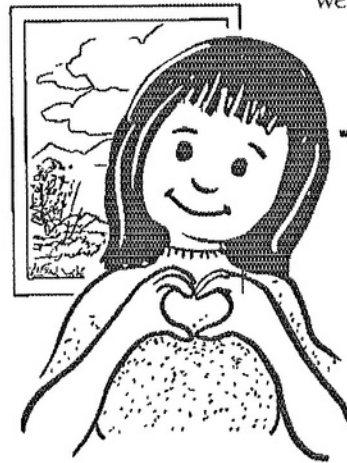
Modesty: "Modesty protects the intimate center of a person. It means refusing to unveil what should remain hidden" (*Catechism of the Catholic Church* (CCC), #2521). Modesty awakens in youngsters a respect for the human person. Teach them to dress, speak, and take in entertainment that is wholesome, uplifting, and respectful of themselves and others.

Faithfulness: When children see that their parents are faithful to one another, for example, they intuit that

faithfulness or fidelity means to act in a way that honors a commitment. Children may not always hear what we say, but they are influenced by what they see us do.

Meekness: Meekness is not timidity. It fuels self-control. St. Thomas Aquinas cautioned against expressing physical anger because it makes anger outsized. Guide and model how to use meekness to manage anger. Meekness will help prevent evil from ruling actions.

Charity: "If I...have not love, I gain nothing" (1 Corinthians 13:3). Charity is giving love without an expectation of receiving in return. Teach children to put others' needs first. They will find that as they grow in charity, they will be happier and more joy-filled.



Why Do Catholics Do That?

Why do Catholics have infants baptized?

As a Sacrament, Baptism conveys grace and the "washing away" of sin and the "rebirth" of the baptized as a child of God. It starts us on the surest path to salvation: "Whoever believes and is baptized will be saved; whoever does not believe will



be condemned" (Mark 16:16).

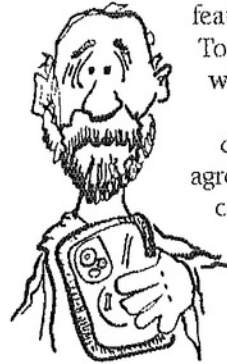
Catholic parents, desiring the best for their children, baptize them as infants, believing it will give them the best chance of true joy in this life and eternal life in the next.

If the saints had social media, what would they post?

Is there a "holy" way to use social media? Consider these suggestions from the saints:

To friend or unfriend? St. Teresa of Ávila cautioned that parents "be very careful whom they allow to mix with their children when young." Although socially outgoing and fun-loving, she didn't try to be liked by everyone, but sought the close friendships with those who encouraged her in holiness.

"Kind comments, only." St. Philip Neri advised someone who gossiped to pluck a chicken and scatter the feathers in the wind. Those far-flung



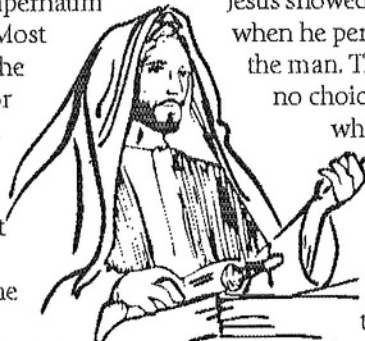
feathers were like rumors – impossible to take back. Today, he would warn us to be careful what we post; who knows how many will see it.

Disagree, but charitably: St. Thomas Aquinas debated often and won admiration, if not agreement, from his adversaries for his respectful conduct. "We must love [those who agree and disagree]...for they help us in the finding of [the truth]." For those in online debates, he would advise all to respond with charity and humility while still seeking the Truth.

Scripture LESSON

Mark 1:21-28, Jesus is no ordinary teacher

In this Gospel reading, we read that Jesus entered the synagogue at Capernaum with His apostles to teach. Most teachers would draw from the writings of other scholars for authority, and would begin, "Thus says the Lord..." but Jesus said, "I tell you..." As God, He already knew what the Scriptures meant without leaning on someone else's teaching.



no ordinary teacher! Jesus showed His authority again when he performed an exorcism on the man. The unclean spirits had no choice but to obey Him when he commanded them to depart, despite their reluctance. *What can a parent do?* Jesus shows us that God's power and love are greater than any evil. Teach children that they can talk to Jesus about anything that happens, good or bad. At the same time, stress that Jesus is God and deserves to be worshipped and obeyed.

Feasts & Celebrations

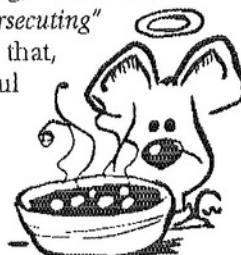
January 3 – Feast of the Most Holy Name of Jesus. "...At the name of Jesus every knee should bend, of those in heaven and on earth and under the earth" (Philippians 2:10). Today, a deep bow of the head at the Name is an accepted form of respect.

January 7 – Epiphany of Our Lord. Epiphany is Greek for "manifestation." When they honored the infant Jesus, the three wise men bore witness to the fulfillment of God's promise of a savior.

January 21 – St. Agnes (304). St.

Agnes consecrated herself to God. Reportedly she was betrayed for being a Christian by a suitor whom she refused to marry. She maintained her faith and was executed as a result.

January 25 – The Conversion of St. Paul. Formally called "Saul" he persecuted the Christians until Jesus appeared to him on the road to Damascus, saying, "I am Jesus, whom you are persecuting" (Acts 9:5). After that, Saul became Paul and traveled around the known world, preaching the Faith.



Parent TALK

Our busyness was crowding out family time. Between homework, practices, and playdates, we hardly ever had family dinner or attended Mass together. One Sunday when my daughter expected to skip Mass for a soccer tournament, I realized we needed a reboot.

That Saturday night we gathered around the table. I lit a candle and announced that Family Day had begun. I said that God wants us to keep Sunday holy, so Family Day starts at sundown on Saturday and goes through Sunday.

Now Sunday morning begins with church music while we dress for Mass. There are muffins or coffee cake made the night before so we can enjoy them and still observe the Communion fast. Then we attend Mass together and have a meal afterwards.

Then, whatever we do during the day, we do together. After dinner we blow out the "Sunday Candle" and feel ready to face the week.



Our Mission

To help parents raise faithful Catholic children
 Success Publishing & Media, LLC
 Publishers of Growing in Faith™ and Partners in Faith™
 (540)662-7844 (540)662-7847 fax
<http://www.partnersinfaith.com>
 (Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)



2023-2024 School Calendar

- January
- 2 NOSCHOOL–Christmas Break
 - 3 Classes Resume
 - 5 2ndGradeFamiliesFirstEucharistRetreat(Parents and Children)5:00-7:00
 - 8 5thGradeShadowDay@RMS
 - 10 EarlyRelease1:30p.m. -**No afternoon bussing**
 - 10 2nd Grade Families First Reconciliation 6:15-7:30p.m.
(St. James Parishioners)
 - 15 **NO SCHOOL**–Staff Development
 - 15 Enrollment Opens
 - 16 Casual for Christ
 - 16 Quest for Kindness @ IC
 - 19 Last Day of 2nd Quarter
 - 24 2nd Grade Parent Meeting for First Eucharist 6:15-7:30p.m., 1of2
(St. James Parishioners) (Parents Only)
 - 28-Feb.3 Catholic Schools Week
 - 31 2nd Grade Parent Meeting for First Eucharist 6:15-7:30p.m., 2of2
(St. James Parishioners) (Parents Only)
- February
- 1-3 Catholic Schools Week
 - 14 Ash Wednesday
 - 14 Valentine’s Day Classroom Parties
 - 16 Stations of the Cross 2:50p.m.
 - 20 Casual for Christ
 - 21 Early Release 1:30p.m.- **No afternoon bussing**
 - 22 **NO SCHOOL**–Staff Development (8-11a.m.)
Parent Teacher Conferences (12-8 p.m.)
 - 23 **NO SCHOOL**
- March
- 1 Stations of the Cross 2:50p.m.
 - 7 Strawbridge Spring Pictures Preschool-5thGrade
 - 6 2nd Grade Families (Parent and Child) 1st Eucharist Centers 5:00-7:30 pm
 - 8 StationsoftheCross2:50p.m.
 - 10 Daylight savings time begins
 - 13 2nd Grade Families 1st Eucharist Centers 5:00-7:30p.m.
 - 15 Stations of the Cross 2:50p.m.
 - 19 Casual for Christ
 - 22 Last Day of 3rd Quarter
 - 22 Stations of the Cross 2:50p.m.
 - 25-29 **NO SCHOOL** – Spring Break
- April
- 1 **NO SCHOOL**–Easter Monday
 - 12 **NO SCHOOL**-Diocesan Regionals
 - 16 Casual for Christ
 - 19 ECCT Field Trip-K&1st grade
 - 20 2nd Grade First Eucharist Mass 4:30p.m.
 - 21 2nd Grade First Eucharist Masses 8:00a.m. & 10:00 a.m.
 - 24 Early Release 1:30p.m.-**No afternoon bussing**
 - 26 Stations of the Resurrectionat2:30p.m.
 - 29 4th & 5th grade Fire Safety

OVER

- May
- 3 Walk for Virtues
 - 3 Stations of the Resurrection 2:30 p.m.
 - 10 Stations of the Resurrection 2:30 p.m.
 - 10 ECCT Field Trip- 5th Grade
 - 17 Stations of the Resurrection 2:30 p.m.
 - 21 Casual for Christ
 - 27 **NO SCHOOL** – Memorial Day
 - 31 End of 4th Quarter-Last Day of School for Students
 - 31 5th Grade Promotion Mass

***Please be advised some of these events are subject to change.