



ST. JAMES

Elementary School

Virtue of the Month

Zeal

Being driven by an intense
love for God.

Zeal for Your house consumes me.
Psalm 69



Important Dates

May/June

May 26th: NO SCHOOL

May 30th: Spring Sing @ SJ

June 4th: 4K Graduation

June 5th: Last Day of School

May/June Mass Schedule

May 28th: Mass @ St. Mary's (5TH)

June 4th: NO 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*.

Halo Heroes

Evan B

Important Numbers

Student Transit (Bus)

715-839-5116

After School Care

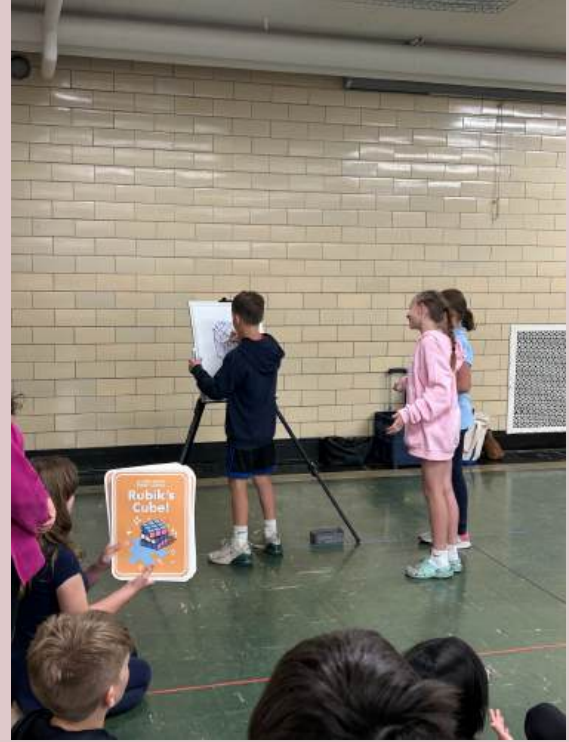
507-259-2135

St. James Office

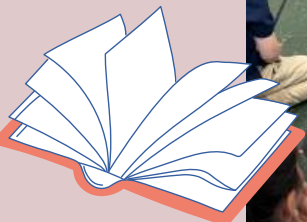
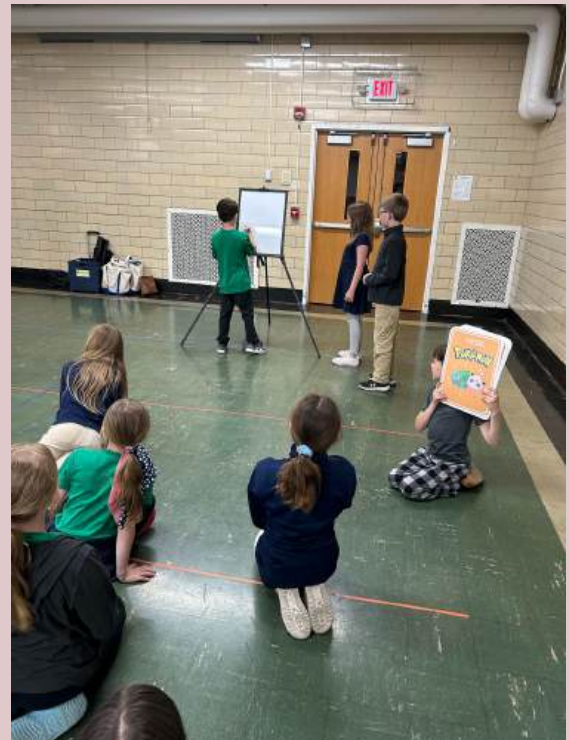
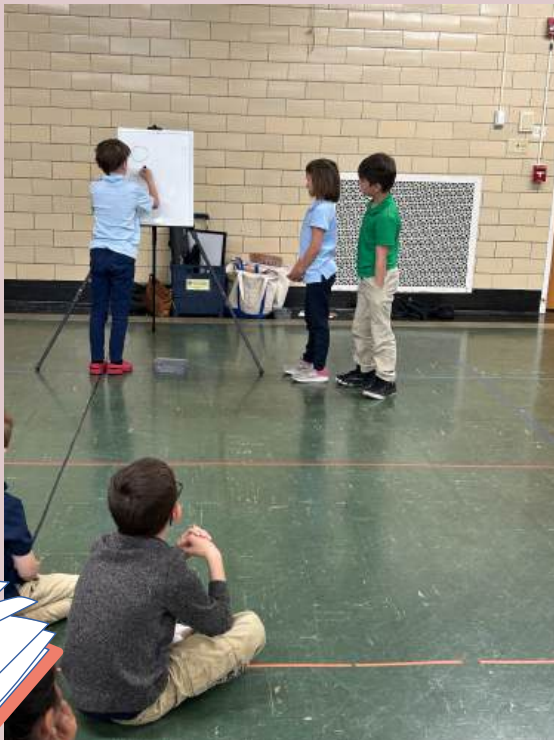
715-830-2277



EC Public Library Visit



Librarians from the EC Public Library recently visited SJ and invited students to join in a fun game of Pictionary! The drawings highlighted some of the exciting programs and events the library has planned for this summer. They also shared details about the upcoming summer reading program.



May/June Events + Activities

SJ Families – below is a list of our planned events for May and June. While not all events may apply to your child, we want to keep you informed about the activities happening across all grade levels. Additional events will be added, so please stay tuned for updates!

May 23rd: Cosmic Bowling (WV Top Prize Field Trip)

May 28th: SM Pen Pals Visit (3rd Grade)

May 28th: Promotion Mass @ St. Mary's *FAMILIES INVITED*

May 30th: Spring Sing @ 230PM (4K-5) *FAMILIES INVITED*

June 3rd: Earth Orbit Expo @ IC (K - 5)

June 4th: 4K Graduation @ SJ @ 230PM *FAMILIES INVITED*





MAYO CLINIC
HEALTH SYSTEM

Be a safe kid SAFETY CAMP



Safety Camp is a youth day camp full of games, laughter and general silliness. Campers have fun while learning about safe decisions and actions during a busy, high-energy day. Presentations are interactive and far from boring. Topics include fire, water, sports, bicycles, the internet and nature safety. This camp is free, and participants will receive a T- shirt, lunch, snacks and materials.

Eau Claire | Wednesday, August 6 | 7:30 a.m.– 5 p.m. | Carson Park, 1110 Carson Park Drive

Open to children entering third, fourth and fifth grade this fall | Registration deadline: July 23



Space is limited. Online registration is required. Register today.

To register go to mayoclinichealthsystem.org/classes-and-events or scan the QR code.

Contact Joni Gilles, gilles.joanne@mayo.edu for further questions.

Disclaimer: From time to time, your child's school district permits the distribution of information about appropriate noncommercial activities. Information distribution does not mean or imply sponsorship or support of Safety Camp by your school district. Any requests for more information or questions about Safety Camp should be directed to Mayo Clinic Health System.

The poster features a light pink background with a repeating pattern of stylized flowers. There are white daisies with yellow centers and pink petals, as well as pink daisies with yellow centers. Green leaves are interspersed among the flowers. A large, rounded rectangular area in the center has a light yellow background, containing the event details in dark brown and pink text.

SPRING SING

**FRIDAY, MAY 30TH @ 2:30PM
@ SJ.**

**JOIN OUR STUDENTS (4K-5) AS WE
WRAP UP OUR SCHOOL YEAR WITH
A MUSICAL SPRING CELEBRATION!
REFRESHMENTS TO FOLLOW.**

SJ CAREER OPPORTUNITY

Food Service Employee

Calling all stay-at-home parents, grandparents, aunts, uncles, neighbors and friends! Are you or someone you know looking for a part-time employment opportunity within our schools?

Our RCS Food Service program is currently looking for a kind and dependable person who is willing to work a few hours each day.

Head Cook at St. James Elementary School


- Position begins August 2025

-5-6 hours per day when school is in session

If you, or anyone you know is interested, please contact Alexis Toledo, Director of Food Service, at 715-830-2276 ext. 2005 or at AToledo@RegisCatholicSchools.com.



MAY LUNCH MENU

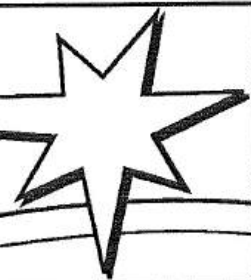
MAY 2025						
Regis Elementary School Meals Grab N' Go Breakfast and Lunch This institution is an equal opportunity provider. Menus are subject to change						
Monday	Tuesday	Wednesday	Thursday	Friday		
Grab n Go 5 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Ham Stacker on a Bun Baked Potato Wedge Mixed Vegetable Applesauce/Orange Wedges	Grab n Go 6 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Smackers Baked Beans/Cookie Cucumber Slices Canteloup Wedges/Chilled Pears	Grab n Go 7 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Pizza Hut Pizza Cheese or Pepperoni Tossed Green Salad Cherry Tomatoes/Green Peas Chilled Peaches/Fresh Apple	Grab n Go 8 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Beef Nacho Bar Lettuce/Tomato/Salsa Black Bean Salad Mixed Fruit/Orange Wedges	Grab n Go 9 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Fish Sticks Whole Kernel Corn Baby Carrots Seedless Grapes/Pineapple Tidbits	Grab n Go 1 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets w/ Breadsticks Broccoli Florets/Red Pepper Strips Hummus Chilled Peaches/100% Grape Juice	Grab n Go 2 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch WALK FOR VIRTUES *Cheese Pizza Apple Slices/100% Juice Baby Carrots Rice Krispie Bar Grab n Go *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Cheese Quesadilla Whole Kernel Corn/Salsa Green Beans Chilled Pears/Fresh Apple
Grab n Go 12 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Mozzarella Dippers Baked Beans Cucumber Slices Warm Apple Slices/Fresh Apples	Grab n Go 13 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Cheeseburger on a Bun Baked Seasoned Fries Baby Carrots Banana/Chilled Peaches	Grab n Go 14 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch SPORTS DAY 4th & 5th Grade *Pizza Hut Pizza Cheese or Pepperoni Tossed Salad Broccoli/Cauliflower Mixed Fruit/Orange Wedge	Grab n Go 15 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Teriyaki Chicken w/ Rice Pilaf Baby Carrots Green Peas Mandarin Oranges/Kiwi/Fortune Cookie	Grab n Go 16 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Cheese Quesadilla Whole Kernel Corn/Salsa Green Beans Chilled Pears/Fresh Apple	Grab n Go 17 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets Broccoli Florets/Red Pepper Strips Hummus Chilled Peaches/100% Grape Juice	Grab n Go 18 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets Broccoli Florets/Red Pepper Strips Hummus Chilled Peaches/100% Grape Juice
Grab n Go 19 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets Whipped Potatoes Cherry Tomatoes Mixed Fruit/Orange Wedges	Grab n Go 20 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Hard Shell Beef Tacos Lettuce/Tomatoes/Salsa Refried Beans/ Spanish Rice Cucumber Slices Chilled Pears/Fresh Apple	Grab n Go 21 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Baked Mini Corn Dogs Baked Potato Wedges Tossed Salad/Celery sticks Chilled Peaches/Melon Wedges Ice Cream	Grab n Go 22 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Spaghetti w/ Meatballs Green Beans Broccoli Pineapple Tidbits/Fresh Apple	Grab n Go 23 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *French Toast Sticks Baked Hash Brown Baby Carrots Strawberries/100% Orange Juice	Grab n Go 24 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets Whipped Potatoes Cherry Tomatoes Mixed Fruit/Orange Wedges	Grab n Go 25 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Nuggets Whipped Potatoes Cherry Tomatoes Mixed Fruit/Orange Wedges
NO SCHOOL 26	Grab n Go 27 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Chicken Patty on a Bun Baked Potato Wedges Green Beans/Baby Carrots Grapes/Chilled Applesauce	Grab n Go 28 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Cheese Quesadilla Tossed Salad/Celery Sticks Chilled Peaches Orange Wedges/Cookie	Grab n Go 29 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Roast Pulled Pork with a Dinner Roll Broccoli Florets Red Pepper Strips/Hummus Chilled Peaches/100% Grape Juice	Grab n Go 30 *Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit Lunch *Mozzarella Dippers Whole Kernel Corn Baby Carrots Mixed Fruit/Fresh Apple		

Milk is offered with all meals & includes a choice of Skim or Chocolate.

Director of Food Service: Alexis Toledo - 715-830-2276 ext. 2005

or email at atoledo@regiscatholicschools.com

Partners in FAITH™



Helping our children grow in their Catholic faith.

May 2025

Regis Catholic Schools



Thoughtful Moments

St. Augustine of Canterbury

St. Augustine was an Italian Benedictine monk who was friends with Pope St. Gregory the Great. Pope Gregory thought so highly of St. Augustine that he sent him to go and re-evangelize England, whose people were disheartened because of ongoing invasions. Thankfully, King Ethelbert of Kent welcomed the monks to England and allowed them to preach the Gospel there. St. Augustine and his companions successfully converted southern England, and St. Augustine became the first Archbishop of Canterbury.



"May it be done to me according to your word" (Luke 1:38)

When faced with events beyond her understanding or control, Mary leaned on God. We, too, encounter situations we can't understand or control. That's when we can imitate Mary's trust in God. His plan for her worked out better than she could have dreamed. The same will be true for us.

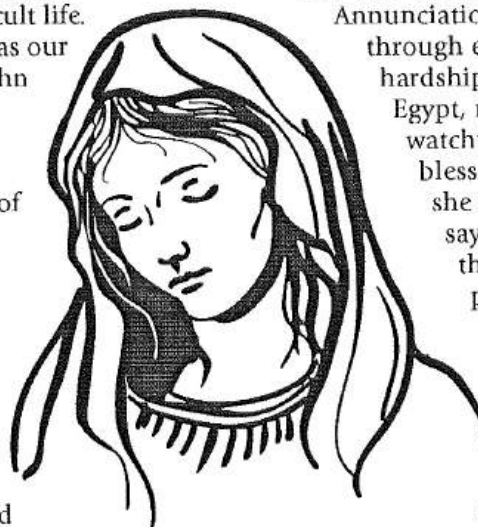
"Our Lady said yes for the human race. Each one of us must echo that yes for our own lives."
Caryll Houselander



"Behold your Mother"

Remember, although she was full of grace, Mary lived a mostly ordinary, often difficult life. Jesus gave her to us as our spiritual mother (John 19:27) so we could follow her example, know Him more deeply, and be part of His family.

Mary leads us to Jesus. In the Gospels, Mary always brought people to Jesus—or brought Him to them. She talked about Him, pointed to Him, and stayed near Him. When we pray the Rosary as a family, Mary helps us reflect on Christ's life, one mystery at a time. If you want your family to grow closer to Jesus, start by spending time with His mother.



Mary is a model for family life. Her "yes" to God at the Annunciation continued daily, through every joy and hardship — fleeing to Egypt, raising Jesus, watching Him suffer. In blessings and struggles, she shows us how to say "yes" to God through our parenting challenges.

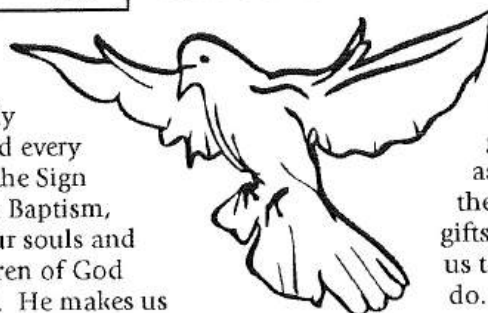
"Behold your mother" (John 19:27). Mary isn't distant — she's our mother. Jesus

wants us to draw close to her, talk to her, and love her. We are never alone. We can always turn to God, but our heavenly mother is always with us, praying for us, and guiding us home.

Why Do Catholics Do That?

Why do Catholics invoke the Holy Spirit?

As the Third Person of the Trinity, the Holy Spirit is invoked every time we make the Sign of the Cross. In Baptism, He dwells in our souls and makes us children of God (Romans 8:15). He makes us



receptive to God's grace. He also teaches and helps us to pray. He guides and protects us, just as He guides and protects the Church. Through His gifts, He inspires and enables us to do the good we ought to do.

What to do when "everyone else is doing it"

Your 10-year-old wants to play a T- or M-rated video game because "everyone else has it." Your 8-year-old wants a phone to send emails and messages like "all" her friends. So how do we decide wisely when our children insist that everyone else is doing it?

Start by asking: Is this good for my child's soul? Will it help build the virtues essential to strong character—faith, hope, charity, prudence, justice, fortitude, and temperance? Or could it hinder growth of these critical virtues?

Seek guidance from trustworthy parents,



especially those with more experience. Their perspective can help you see more clearly.

Trust your instincts. Just because something is popular doesn't mean it's good. If something doesn't feel right, it probably isn't. God often speaks to us through that quiet inner sense.

Most importantly, pray. Actively ask God for the grace to lead your children well. He can reach their hearts in ways we can't. A simple prayer—"Jesus, I trust in You"—can lead to the best, most trustworthy guidance.

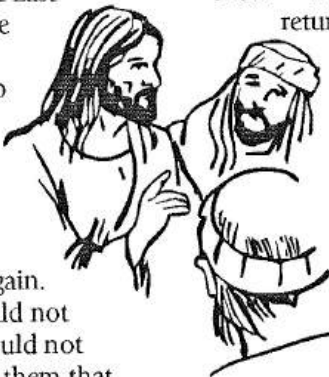
Scripture LESSON

John 14:23-29, Jesus is always with us

This Gospel reading comes from Jesus' Farewell Speech at the Last Supper. After spending three years together, He had to prepare the close-knit group for His departure. He was going to suffer, die, and rise again. After that night, everything would be different: they would not see Him in the same way again.

Yet, He promised He would not leave them orphans. He would not abandon them. He assured them that He would remain with them if they loved Him and kept His word. Jesus would send the Holy Spirit to guide, comfort, teach, and remind them of all

He taught them. Lastly, He promised them — and us — that He would return.



What can a parent do? Remind children that Jesus is still present among us today in the Church. Tell them we meet Him in prayer, encounter Him in the Sacraments, hear Him in the Scriptures, and receive Him in the Eucharist at Mass.

Encourage them to pray to Him whenever they want. He loves them always and is never too busy or too far away to help them.

Feasts & Celebrations

May 1 – St. Joseph the Worker (1st century). Joseph, a humble carpenter, was entrusted with the care of the Blessed Mother and Jesus—a responsibility he carried with quiet strength, unwavering devotion, and deep obedience to God.

May 13 – Our Lady of Fatima (1917). The Blessed Virgin Mary appeared to three shepherd children near Fatima, Portugal, and asked that they pray the Rosary for peace, for the end of World War I, for sinners, and for the conversion of Russia.

May 20 – St. Bernardine of Siena (1444). St. Bernard channeled his boundless energy and joy into running the local hospital during the great plague in Europe. At twenty-two, he became a Franciscan friar. After years in solitude, he traveled around Italy, preaching. He later became the General of the Friars of the Strict Observance.

May 29 – Solemnity of the Ascension of the Lord (1st Century). Today marks the completion of Jesus' mission of salvation and His triumphant entry into Heaven. (Observance may be moved to Sunday.)



Parent TALK

My older daughter, Kara, was late getting ready for school every day—making the whole family late.



Meanwhile, my other daughter, Tessa, regularly "forgot" her chores. I was pretty frustrated with their irresponsibility.

Finally, I told them, "If you're late or forget your responsibilities, you'll write an essay." The next time my older daughter was late, I assigned a 300-word essay on the importance of being on time. Her first draft was sloppy, so I had her rewrite it – twice. The final version was thoughtful—and she started showing up on time.

When my younger daughter skipped her chores, I assigned her a paragraph detailing why chores matter. She ignored it at first and lost play time, but eventually completed the assignment and started "remembering" her chores.

The results? Calmer mornings, an ordered home, and a powerful lesson learned: responsibility is part of family life. Discipline, done with love, benefits everyone.

Our Mission

To help parents raise faithful Catholic children
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