



Blessed Sacrament School
Wednesday Weekly
January 5, 2022

Boys Town Skill of the Week: Following Instructions

1. Look at the person
2. Say “Okay” or show you understand
3. Do what you’ve been asked right away
4. Check back

Dear Blessed Sacrament Families,

I’m so excited to be back at school even though it’s always hard to come back after a long break. Now that I have a child, I can understand the relief of going back to work that most parents feel although I miss him dearly now that I am back. With so much focus on this new COVID variant and the stress that comes with it, I would love to reflect on something completely unrelated. Once break began, I had left two plants in my office gifted to me for Christmas. My dad gifts me with a poinsettia every year, and one of our paras gifted me with some kind of pine tree-looking plant. Putting aside the fact that every plant seems to die in my care, I came back to the plants in very different conditions. The poinsettia was wilted and pathetic-looking while the pine one was as happily green and perky as the day I left. This made me reflect on how different plants require different care, and being a Literature teacher at heart, I connected it to the fact that different children (and adults) require different levels of care and nurturing as well. Some may need to be watered daily with extra attention, affection, and support while others may only need the occasional check-in/helping hand or else they feel smothered. As parents (and teachers), we have to find the right balance of care to give to our children, and although it may be hard to understand, some may need a different kind of care than others. The second item below references how we are trying to manage this varying care of students at Blessed Sacrament. May God provide us with the knowledge to understand the level of care each of our children and students need.

In Christ,

Mrs. Jennifer Tran

NEW COVID GUIDELINES

The main changes are listed below with the new guidelines in full attached. These are subject to change at any time as circumstances change. Although masks are currently not required, today about 80% percent of students were masking. Please do what you think is best for your child. You can track positive cases at our school [here](#).

- Masks will be highly recommended but **not required**.
- If an individual has a close-contact exposure, they will be required to **mask** for 7-10 days based on testing.
 - This is whether one is vaccinated or not
 - If a student is unable to mask, they must quarantine.
 - If classroom spread is suspected, then required masking and quarantines for exposures may occur.
- If an individual tests positive, it is a **five-day quarantine** followed by **five days of masking**. If unable to mask, then it will need to be a ten-day quarantine.

Keep in mind that LPS is requiring masks, so if your student meets with an LPS staff member for services, he/she is required to wear a mask. Thank you for your understanding and working with our awesome LPS staff members!

STUDENT SUPPORT

In the past two years, we have seen many changes to our schools as a result of the COVID-19 Pandemic. Some of those changes have resulted in problems for our students. Schools have seen significant changes in student academic, behavior, and social-emotional learning. Across the nation, schools have seen significant increases in anxiety, depression, sleep disorders, and other student responses to this Pandemic. As a result, about 20 percent of students in US schools have been diagnosed with a learning or mental health disorder (WHO, 2020).

Recognizing this, the Lincoln Diocese and Blessed Sacrament began our focus on social skills learning with the Boy's Town Social Skills program. Each of our teachers refocused on teaching these social skills to our students in August, with re-instruction embedded as part of their student's in-the-moment learning. We don't want to stop there. We also recognize that our parents and community may also need support. We opted to begin building a school "Tool Box," which includes interventions and supports for our families and community wellness. As a school, we recognize that we need your knowledge, understanding and support to help make a difference in our students. -The Blessed Sacrament MTSS Team

CSS FOOD BAGS

Because we did not have school on Tuesday, there will be bags of food **tomorrow** (Thursday) for you to take home as needed. They will be inside near the gym for you to pick up due to the cold weather. Please take what you need!

ACCELERATED READER WINNERS

I'm pleased to announce the AR winners for each class (below). Each of these students had the most AR points out of their entire class. Please encourage your children to read whenever you can as it sparks intrigue and learning. Congrats to the following students!:

1st: Carter Taylor
2nd: Easton Raemakers
3rd: Morgan Meysenburg
4th: Suvi St. Pierre
5th: Evan Wandzilak
6th: Natalie Meysenburg
7th: Claire Danner
8th: Owen May

NO SCHOOL FRIDAY, FEBRUARY 4

There will be no school on Friday, February 4; which is a change from the original schedule. Sorry for the possible extra stress this causes on your planning.

PAGE ONE

*Blessed Sacrament will be starting the Page One program back up this winter, but **we still need your help!** Page One is an extracurricular reading program for any student in grades 3-8. The program focuses on getting students to read different types of literature, read for enjoyment, and identify themselves as readers. **Right now we are looking for 1-2 more coaches to lead a group.** Coaches meet weekly with their groups for about 40-50 minutes after school to lead reading-related activities and to monitor student reading time. All coaches are required to complete the diocesan Safe and Sacred training. If you are interested in coaching or have any questions, please contact Megan Katzmarek at megan-katzmarek@cdolinc.net. Once we have our coaches, we will be sending out more information and registration forms! Thank you!*

Mrs. Jennifer Tran, Principal
Blessed Sacrament School
(402) 476-6202
1725 Lake St, Lincoln, NE 68502