



Immaculate Conception School

February 8, 2018 Newsletter



GO
Bulldogs!

IMPORTANT DATES/UPCOMING EVENTS

- February 12 Play Meeting (7th and 8th Grade Parents and Students) 7:00 pm in the Library
- February 14 Ash Wednesday School Mass (9:15 am)
- February 15 School Wide Field Trip to Aurora Theater (Wonder)
- February 16 Noon Dismissal- Faculty Meeting- Winter Recess Begins

FROM THE DESK OF MR. KAPPERMAN

Dear Parents,

Lenten Resources: Attached to this newsletter are some Lenten resources to help you begin this liturgical season. Please remember to celebrate Ash Wednesday Mass with the children at the 9:15 Mass on 2/14.

Dress Code Reminder (Reprint): Parents, please take some time to review our dress code policy regarding uniform shirts, shoes, socks, belts, haircuts, make-up, etc. I have advised the teachers to pay closer attention to the code and be more diligent in enforcing it.

Valentines for Sale! (Reminder): Immaculate Conception School is selling packages of Valentine's Cards for \$1.00 during the lunch periods through February 13th. The proceeds will go towards assisting with our technology funding at Immaculate Conception School.

Pot of Gold Tickets Now Overdue: All Pot of Gold tickets are now OVERDUE. Please be sure to turn them in.

DATE CHANGE! (Reprint): The Field Day for the students in 5-8 Grade has been changed to Wednesday, June, 6 due to a scheduling conflict with the district. Please adjust your calendars accordingly. Thank you.

I hope you have a blessed and enjoyable week.

Sincerely,

Scott C. Kapperman M.S., Ed.
ICS Principal



SEVEN LENTEN PRACTICES TO BRING YOU JOY

1. **Start all prayers with praise and thanks.** God's goodness existed before your need. Even the Our Father begins with "Hallowed be thy name" and only asks later for "daily bread." Praise and thank God for the gift of God's saving love, for Baptism, for sunshine and all the gifts of life. You finish the list. Invite all family members to participate. Accept everyone's sharings as a gift!
2. **Take time with God in a beautiful place.** Go to your favorite park, overlook natural setting, art museum, etc., to experience God in the beauty of nature or human artistry. If you can't go out, enjoy a lighted candle, fresh flowers or a photo of a loved one. Open yourself to God's goodness and beauty and let your Lenten resolutions flow from that. Not only are these experiences of you with God, but God with you! It's a time of intimacy.
3. **Don't carry all the world's pain on your own back.** Yes, we must find and serve God in the poor and suffering. But never forget the overarching gift of God's beauty and love. Let the Good Shepherd, who loves the sheep, walk with you even in the dark valleys – and your step will grow lighter. Remember the famous Footprints reflection.
4. **Fast for the sake of richer food.** Set your alarm early or cut back on your lunch break to make room for the greater banquet – the daily Eucharist. Give up a TV sitcom and read a Gospel passage of the day instead. Skip that "night out" and go to the parish communal penance service.
5. **Take flowers and a smile to a sick person.** Share a joke or a clipped cartoon or some other surprise with a friend or co-worker who feels low. Be careful: You may forget that it is Lent – and find yourself slipping into a more joyful mood yourself! But then, isn't Christianity about joy? Fasting is about recognizing how much our God *loves* us! AND about how much we love God!
6. **Try to reconcile with someone with whom you are estranged.** Treat an "enemy" or someone with whom you're at odds to a cup of coffee, a chocolate or glass of wine. Says Franciscan Cardinal Paulo Evaristo Arns of Brazil: "Jesus showed us that the most creative way to overcome enemies is to make them our friends!" Practice looking at people with "soft eyes." It's a challenge at times but practice helps. Try this for just 5 – 10 minutes a day and "see" the difference in yourself.
7. **Compliment someone for making the world better.** Congratulate him or her personally or send a note of praise – or write an affirming letter to your newspaper or television station, etc. As Pope John XXIII put it: "Look at the good there is, and try to encourage it as much as possible. That itself will lessen the bad." Sending life-giving prayer energy brings hope and possibility ... *new life* which is what the Paschal Mystery is about isn't it?

MAY YOU EXPERIENCE A JOY-FILLED LENT!

Lent is spring training
for my mind, my heart and my soul:
time to strengthen what's now weak,
time to tone up what's gone soft,
time to remember what I've forgotten,
time to let go what I don't need
time to find what I need the most...

Lent's a new beginning:
a time for taking stock,
a time to look within,
a time to be honest about my failings,
a time to make up for my sins,
a time to ask you for your pardon,
a time to set things right with you
and anyone I have hurt...

Lent's a season of your grace:
a time to speak to you in prayer,
a time to listen for your voice,
a time to study your good Word,
a time to seek your truth and wisdom
a time to live as you command...

Lent's a time of mercy:
a time for me to give more freely
of all I have to give,
a time to give more generously
of the bounty that is mine,
a time for me to tend my neighbor's needs,
a time to reach out to the poor,
a time to empty out myself
and not to count the cost...

Lord, I'm longing for the spring to come
with its promise of light and new life:
help me begin, now, to turn my heart to you
and prepare for Lent,
for this springtime of your grace
in my mind, my heart and soul...

Common Sense on Cell Phones

What's The Issue?

Being able to process several things simultaneously in a media-rich world can be a real skill. When kids are constantly being interrupted by IMs, phone calls, and texts, multitasking can help them keep many balls in the air at once without dropping them. But it's also easy for kids to slip into habits with cell phones that put their safety, well-being, and reputation at risk.

Why It Matters

How do you know when multitasking may be a problem for you kids? Here are some warning signs to look for:

Distraction from schoolwork. Can your child remember what she read last night? Does her book report thesis make a consistent argument? If not, her divided attention may have hurt her ability to recall and retain information.

Social costs. Studies show that multitasking doesn't do much for intimate family relationships. We all know that kids' friends trump their parents. So if you were counting on a lovely family dinner, the moment a text comes in from a friend, the connection with the family takes a back seat.

Not paying attention. Kids who walk with their heads down as they text, talk, or play games will have a harder time paying attention to their surroundings. This dangerous habit may linger as kids get older and begin to bike and drive.

Common Sense Says

Start good habits early.

Establish boundaries. Start when your kids are young. Turn the phone off during homework. IM, too.

Establish consequences for misuse.

Obvious distraction, cheating, and inappropriate messages are no-go's. Want to make your point? Take your kid's phone away for a week.

Model what you preach.

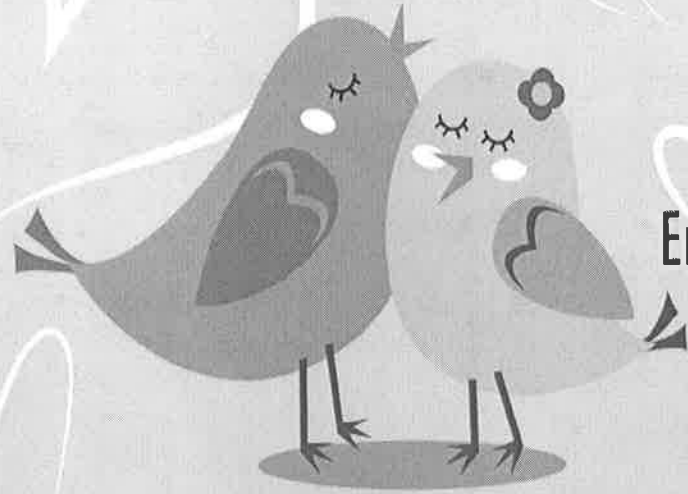
This means no checking your Blackberry while asking your kids how their day was.

Encourage active listening.

In our 24/7 media culture, knowing how to turn off devices and tune in to a conversation can be difficult. Help kids understand what it means to give a friend, family member, or teacher your undivided attention.



*Surprise your Sweethearts
with Scrip*



Enjoy a lovely dinner, go for a coffee with
your loved one or enjoy a movie

These great gift cards are in stock just in time for Valentine's Day!

Amazon \$25 • Applebee's \$25 • Barnes & Noble \$10

Bath & Body Works \$10 • Bed, Bath & Beyond \$25 • Dick's \$25

Dunkin' Donuts \$10 • Olive Garden/Longhorn Steakhouse \$25

Outback \$25 • Panera \$10 • Red Robin \$25 • Regal \$25

Starbucks \$10 • Subway \$10 • Tim Horton's \$10

To order, call Becky Davidson at 587-2837.

Scrip sold before and after Mass and at the Rectory.

PARENT / LEGAL GUARDIAN PERMISSION SLIP

Dear Parent or Legal Guardian:

Your son/daughter, guardianship, is eligible to participate in the field trip sponsored by Immaculate Conception school. These activities will take place under the guidance and supervision of employees and volunteers from Immaculate Conception school. A brief description is as follows:

Event/Location: Showing of "Wonder" at Aurora Theater

Date and Time of Departure: Thursday, February 15, 2018, at 9:00 am

Date and Time of Return: Thursday, February 15, 2018, at 12:00 pm

Designated Chaperones: Teachers

Method of Transportation: Walking

NO CHARGE - FREE

If you would like your child to participate in this event, please complete, sign and return the following statement of consent and release of liability and medical release information. As a parent, legal guardian, you remain fully responsible for any legal responsibility that may result from actions taken by the named student.

LIABILITY RELEASE

I/We recognize and acknowledge that there are risks in my child's presence and participation in the above mentioned event. I agree to indemnify, hold harmless, waive and relinquish all claims I may have against Immaculate Conception School and the Diocese of Buffalo including any negligence claims on their part and its officers, agents, employees, representatives or volunteers arising out of the transportation to and / or from the event, or in connection with any claims arising out of or caused by any activity my child participates in during the event.

MEDICAL RELEASE

Our permission is hereby given to the representatives of Immaculate Conception School to authorize by his/her signature, whatever medical or surgical treatment may be considered necessary in the event of an accident or medical emergency in which the parent or guardian cannot be reached. It is understood that every attempt to reach the parent or guardian will be made. If the physician below cannot respond, I authorize any licensed physician or medical center to treat the student designated below.

Student

Parents' Name/Signature

Address

Telephone Number

Emergency Contact/ Telephone Number

Primary Care Physician/Phone number

Health Insurance Company/Plan #/ID #

Allergies, Reactions or other pertinent medical information: _____