



The Latest Word

St. Perpetua School - Weekly Newsletter

December 13, 2023



Weekly Update from Mrs. Gotchet

This morning, the faculty and staff gathered together in the community center for an Advent retreat. Although Advent is a time of preparation and peace, it happens to occur during one of the most hectic times of the school year. Being able to pause this morning as a community allowed us to refocus our attention on the coming of Christ and all that we can surrender to him that allows us to remain on the path towards him. Although it may be difficult, I invite you to find time amidst the hustle and bustle of the season, to find comfort in Christ's joy, peace, hope, and love. I leave you with this prayer as a reminder of our Advent journey.

Come with me, my faithful friend,
Together let us journey.
Breathe deeply and let me fill you,
With all that you need this Advent season.
Spend some time with me,
Forget the everyday hustle and bustle.
Enter within and find all that awaits you:
Hope...a hope that cannot be shaken,
Just like a hopeful start from long ago!
Peace...a peace that frees you to be yourself,
Just like those peaceful animals
That gathered at the manger.
Joy...a joy that colors all we are and all we do
Just like those joyful angels
Singing that wondrous night.
Love...a love that is given freely despite the cost,
Just like that loving Jesus baby
All bundled up tight.
Now it is up to you my friend,
Which shall you impart this Advent?
Will you be hope
For those who feel depressed and hopeless?
Will you be peace
For those who are anxious and fearful?
Will you be joy
For those who are sad and lonely?
Or will you be love,
A love that is unconditional and steadfast,
For those who feel unloved.
As in the story of long ago,
As in our world today,
The mystery of the incarnation,
Is alive and transforming when we do our part
And let God do the rest,
Yesterday, today, tomorrow, and forevermore.

School Schedule and Calendar

Normal Bell Schedule

- Monday, Tuesday, Thursday & Fridays: 8:00 - 3:05pm
- Wednesdays: 9:00 - 3:05pm - Late start and mass uniforms
- Fridays: Cafe Perpetua 7:20 - 9:30am ~ unless stated as a 'No Cafe' day ~ (cash or check only). Students may wear St. Perpetua spirit-wear tops and uniform bottoms.
- [Lunch Schedule](#)

Next 10 Days

- Friday, 12/15 - **Last Cafe Perpetua of 2023!** Open 7:20 - 9:30
- Friday, 12/15 - Panther House Fun Friday after-school event (pre-registered kids only)
- Friday, 12/15 - last day to bring in Christmas **gifts for Youth Homes** recipients
- Friday, 12/15 - last day to order **Gryco student sweatshirts / outerwear**
- Monday, 12/17 - last day to contribute to the **Teacher & Staff Christmas Fund**
- Monday, 12/18 - last day to order **January SEEDs Pizza**

Other Important Dates

- Thursday, 12/21 - **Christmas Sharing Performances 10:30 - 11:45 / NOON Dismissal**
- **12/22 - 1/7/24 - Christmas Break**
- Friday, 1/12/24 - Diocese Professional Development Day (no school for students)
- Monday, 1/15 - Martin Luther King Holiday ~ no school
- Sunday, 1/28 - 9:30 mass for Catholic Schools Week
- Sunday, 1/28 - 10:45 - 12:30 Open House at St. Perpetua School

Monthly School Calendar

Christmas Fund Donations for Teachers & Staff

Good afternoon St Perpetua families,

We have just 5 days remaining to collect and spoil our teachers and staff this holiday season for their dedication to our children, St. Perpetua and providing a Catholic Education. They choose St Perpetua School knowing the difference in compensation compared to public schools. This is our opportunity to show them our appreciation and help soften that gap.

If you wish to contribute to this gift, visit <https://stperpetua.ejoinme.org/teachers>

Happy Holidays!
Staci Kramer and the Parent Association Board

Christmas Fund Donations



Many of the Youth Homes residents are requesting gift cards so that they can purchase items of their own choice.

We understand that \$100 gift card purchases are not financially feasible for many families, so we're adopting the 'It Takes A Village' approach to group funding gift card purchases.

- We are inviting you to contribute any amount that works for your family (cash, check, Venmo) **by 3pm on Thursday, 12/14.**
- You can bring checks or cash to the Front office. You can also Venmo Lucy Mason (@Lucy-Mason-12).
- With all collected funds we will buy gift cards of various denominations to provide gifts to as many of the residents as possible.

If you would still like to review the gift wish list, please use the following link:

<https://www.giftster.com/search/>

- Once on the website, type "Natalie Fassio" into the search bar. Once her name comes up, click on the drop down menu next to Youth Homes and you will see the wish list for each child.
- All gifts must be delivered to the office by end-of-day Friday, 12/16, as they will be wrapped and

Thank you for supporting Youth Homes and our school outreach program.



January SEEDs Thursday Pizza Fundraiser

We will have our Pizza Fundraiser on THREE Thursdays in January. Orders need to be placed before we leave for Christmas break.

Order deadline is Monday, 12/18

[Pizza Order Link](#)



Order Your Student Sweatshirts & Outerwear

The Gryco order link is now open for you to order students sweatshirts, fleece jackets, rain jackets, etc. Don't miss this opportunity to keep your growing kids all set for the cold winter months!

Order link closes on December 15th!

[Gryco Order Link](#)

A Note From Ms. Tamara, our school counselor

December

Did you know that anxiety occurs because the Amygdala, a small part of our brain, kicks into protection mode. While our Amygdala is a warrior protecting us from harm, the problem occurs when it misfires thinking there is harm but there really is no danger at all. When the Amygdala senses danger, our ancient survival mechanisms kick into action so we can fight, run, and survive. Our heart beats faster so we can pump blood to the parts of the body responsible for fighting or running, our breath gets shallow so we don't use up oxygen causing dizziness as the balance of oxygen to carbon dioxide is disturbed, and we sweat so our body cools down.

Last week, our 5th, 7th and 8th graders learned all about this mechanism and were introduced to the power of self-talk and deep breathing to calm down anxiety. For instance, when the Amygdala starts firing, we can talk to our Amygdala and let it know we are safe while restoring the balance of oxygen and carbon dioxide and activating our rest and restoration nervous system with deep breathing. To help students understand this concept, an amazing book named 'hey Warrior' was used which clearly explains the underlying reasons for anxiety and how they can manage it. To keep up the message at home, I recommend reading this book or watching a video on the cycle of anxiety and how our Amygdala operates so that you can help your children affirm that they are safe and ok by talking to their brains and taking deep breaths.

Sign-Up to be a Hot Lunch Volunteer ~ slots open for January - May

Many, Many THANKS to our parents who stepped up to be Hot Lunch Leads for January - May: Laura Koob, Shirlee Guggiana, Adam Kellerman, Liz Colhoun, and Chrystal D'Amato!

These fabulous parents need volunteers to assist them during hot lunch service . Below you'll find

Hot Lunch Volunteer Sign-Ups



Teacher Highlight ~ Mrs. Jessica Semenchuk

Christmas in TK! Oh, so magical. Our Christmas artwork fills the room, Santa hats, a Christmas tree, all adorned with thumb prints tiny, 20 reindeer, one per child, and an elf named Pikachu!

Giving is our focus every Christmas season. We collect diapers for the Foster Care Network of Contra Costa, make Christmas cards for a senior living home in Concord, this year we give special thanks to the

8th graders, who helped us write notes of good tidings and cheer. We will continue spreading Christmas cheer through carols and song, first, at the Principal's meeting and then in every grade.

As we count our blessings this season, let us remember the less fortunate and share a little bit of our time and ourselves with them.

We wish you all a Merry Christmas!!



Christmas Sharing is coming soon!!

Mark your calendars for this heart-warming event on Thursday, December 21st.

The performance will take place in the Church beginning with the TK at 10:30 a.m. and finishing with our wonderful community sing-a-long of the Twelve Days of Christmas. Come early to get a good seat!



Panther House After-School Care

Panther House after school care is available. Please take time to review the [program details](#). If you are interest in enrolling your child(ren), please fill out the [enrollment form](#) (required for all students).

Submit forms via email to pantherhouse@stperpetuaschool.org.

[January Parent Calendar](#)

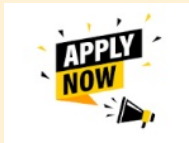
Junior High Service Hour Opportunities

We are proud of our Junior High students for their involvement in the community. Don't forget their 10 hours are due November 15th and there are [many opportunities](#) available.

- [Sign Up for Donut Service](#) at mass
- [Create Birthday Bags](#) for Monument Crisis Center
- [Monument Crisis Volunteer Opportunities](#)
- [Youth Homes Organization](#)



[Service Hours](#)



Application for 2024-2025 School Year

[Application Link](#) for **NEW STUDENTS** interested in the upcoming school year

Contact Gretchen Trapp, our Admissions Director gtrapp@csdo.org for more information on class availability or to set up a tour.



Volunteer Opportunities and Links

We need your help at St. Perpetua. Please review the [volunteer participation agreement](#) and sign up now to complete your hours and get to know our wonderful St. Perpetua school community.

Sign Up Now to Volunteer

- [Hot Lunch Volunteers Needed](#)
- [Yard Duty Volunteer](#) - 2 required for each family
- [Crosswalk Volunteer](#) - 1 required for each family
- [Become an 'All Clear' volunteer](#)

[Log Volunteer Hours](#)

Important Links

- [Choice Lunch Service](#)
- [PowerSchool Login](#)
- [Family Directory](#)
- [Scrip Obligation & ordering information](#)
- [2023-2024 Parent & Student Handbook](#)
- [Faculty Directory](#)
- [Attendance Policy](#)
- [Uniform Policy](#)
- [Printable School Calendar](#)
- [Archived Constant Contact Newsletters](#)



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