



St. Therese

# LITTLE FLOWER CATHOLIC SCHOOL

*Cultivating Leaders With Servant Hearts*

## AROUND THE WORLD

Per Governor Holcomb's Friday press conference, Little Flower Catholic School will not reopen for the remainder of this school year. All schooling will be done digitally.

Thank you, parents for the excellent attendance at our two Sunday Zoom meetings. To recap:

- School days will be Monday, Tuesday, and Thursday.
- Teachers will send out a work schedule on Mondays.
- Students should strive to complete all work on day assigned but definitely by Sunday of each week.
- In addition to students completing work, parents must log in to Jupiter weekly to be counted as present for that week.
- Wednesday will be Literacy and Math Literacy Days. We challenge our student population to read 100,000 pages before the end of the year. Track and share your individual progress (all pages read count- not just Wednesdays). Math games and challenges will be posted on our website and on the All School Google Classroom.
- Formative Assessments will be assigned at least every other week. These will not be graded, but will assist teachers understanding where students are academically and how to adjust their instruction.
- Fridays will be Challenge Days. Students will receive optional challenges from PE, Music, and Art as well as additional grade level challenges from teachers or whole school challenges from Mr. Gawrys. All challenges are optional.
- **PLEASE stay in contact with your teacher(s) and the school. Let us know how things are working for your family and what we can do to help. We realize adjustments will need to made, but we need to hear from you to make them.**

**April 6, 2020**

## Calendar

### Happy Birthday!

Monday, April 6

Owen Wade  
Sariyah White

Wednesday, April 8

Nicholas Kelly

Friday, April 10

Jayden Bronson

Read Pope Francis's Holy Week message here:

<https://www.vaticannews.va/en/pope/news/2020-04/pope-francis-holy-week-2020-message-coronavirus.html>



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All School Google Classroom is now open. Password is Vrhoxvm. Must use student littleflowerparish email to enter. If you would like to sign in as a parent, send me the email you would like to use and I can invite you AFTER your child has signed in.

This classroom will have morning announcements, school challenges, updated information.

The first challenge activity is to come up with a song for this quarantine period. Write your own or use popular music and change the lyrics, like this <https://www.youtube.com/watch?v=60M7R3S1e7U&feature=youtu.be>

### Tips From Conscious Discipline

Now more than ever safety and active calming have become mission-critical for families everywhere. Regardless of how many years we've been developing our own social emotional toolset, it's difficult to help a child co-regulate when we feel anxious ourselves! It's important to remember:

- Our calm increases children's calm.
- You are the most important Safe Place for your child.
- The brain requires safety and connection. Be intentional about cultivating both.
- Create a "new normal" together using routines and play.
- Provide helpful ways for children to contribute every day.
- Consciously choose to see the best in others and circumstances.

You'll find some more specific structures and tools in this article: [COVID-19: Five Helpful Responses for Families](#). You'll also find links to other relevant, free resources like Shubert's Home, webinars, podcasts, printables and more.

### From Indianapolis Public Libraries:

How are you all doing? We wanted to check in from IndyPL. The library branches may be closed, but our website and all of our digital resources are still available at [www.indypl.org](http://www.indypl.org). If Little Flower teachers or students need library cards, please let us know and we can connect you with the right people. If your teachers or students need help accessing IndyPL online resources or have reference questions, IndyPL staff is still available to help!

Use the form on our Contact Us page: [indypl.org/contact](http://indypl.org/contact)

Leave a voicemail and get a call back: 317-275-4184

Text a Librarian: 317-333-6877

For the latest news on our status, please watch this page: [www.indypl.org/blog/for-adults/coronavirus](http://www.indypl.org/blog/for-adults/coronavirus)

I hope you and your school community are staying healthy and safe. We sure look forward to the opportunity to serve you all in person soon.



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### LITTLE WAY FAMILIES

Every other week, the Little Flower Catholic School Community will gather to discuss the traits of **The Little Way**, skills to develop them, and what it looks like in our school and community. We will share videos, articles, and activities for you to discuss with your family. Please read below each week for changing information on The Little Way.

This week we address the tenet “Make Every Day and Every Moment Count”. To do that, we look this week at Mindfulness. Mindfulness assists us in being present in the moment, to focus on what we can control now. With many kids, and families, facing new stresses, mindfulness activities help us to relax and deal with today. Anxiety or not, mindfulness will improve the behavior and emotional well-being of *all kids*.

Catholic Mindfulness. <https://www.youtube.com/watch?v=gSt3c-UdW4s>

Minions introduce mindfulness behaviors (ok, so maybe zero screen time is not currently possible). <https://www.youtube.com/watch?v=CTjLP2nUQuA>

“If you want to conquer the anxiety of life, live in the moment, live in the breath.” – Amit Ray.  
“The present moment is filled with joy and happiness. If you are attentive, you will see it.” — Thich Nhat Hanh

Here are some fun family activities to help reduce stress, add calm and be mindful of today- *This is the day the Lord has made, Let us rejoice and be glad.*

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

## THE LITTLE WAY

God is first.

Do all things with love.

Do even the simplest of things to the best of your ability.

Show integrity.

Welcome everyone.

Find the joy in everything.

Make every day and every moment count.

Serve the community.

Strive for excellence.

*“I will seek out a means of getting to heaven by a LITTLE WAY.”*

~ St. Therese