



Manistee Catholic Central Newsletter

April 19, 2024

“Let us run to Mary, and as her little children, cast ourselves into her arms with a perfect confidence.”

~St. Francis de Sales

Dear MCC Parents,

At MCC, we are casting ourselves into the arms of Mary.

Our MCC 3 C's:

- Catholic: Please join us for Mass at St. Joseph Parish on Tuesdays at 8:15 AM.
- Community: We are in this together. Thank you for your partnership.
- Curriculum: High expectations in a Christ-centered environment. A perfect combination!

UPCOMING DATES TO NOTE:

- Monday, April 22: **Cheryl from CHS here**. Please call the office to schedule an appointment*
- Wednesday, April 24: Fr. Rexroat at MCC for **Vocations Awareness**. Special lunch for our 9-12 grade young men
- Thursday-Friday, April 25-26: **Senior Retreat** at Camp Daggett
- Saturday, April 27: **Mother-Son Bowling!**
- Wednesday, May 1: **May Crowning!**
- Wednesday, May 1: **Senior Decision Day!**
- Thursday, May 2: **Education Open House** 5:30-6:30 in the MCC Library**
- Friday, May 10: **Mother's Day K-6 celebration** 10:00-12:00. Details to follow.
- Monday-Wednesday, May 13-15: **Senior Exams**
- Friday, May 17: **Mackinac Island for 7-11 grade students!** Thank you to the Fischer family for sponsoring this great trip! More info. forthcoming.
- Monday, May 20: **John Ball Zoo in GR for 2-6 grade students**. Thank you to the Fischer family for sponsoring this wonderful trip, too! More info. forthcoming.
- Tuesday, May 21: **Spring Concert** 5:30 PM
- Wednesday, May 22: **Baccalaureate Mass** @St. Joseph Church @ 5:30
- Friday, May 24: **Graduation** @ MCC @ 7:00 PM
- Wednesday, May 29: **Lewis Farms for K-1 grade students**. Thank you to the Fischer family for sponsoring this fantastic trip, too! We are so appreciative of your generosity! More info. forthcoming.
- Thursday, May 30: **Preschool last day!**

*Cheryl, a counselor with Catholic Human Services, will be at MCC on Monday, April 22, scheduling half-hour appointments from 10:00-12:00 and 12:30-4:00. If you and/or your child are interested in scheduling an appointment with Cheryl, please call the MCC office at 231-723-2529.

**We will be hosting a Parent Information Open House to present different educational options for your family on Thursday, May 2, from 5:30-6:30, in the MCC Library. This will be a very informal format, so you are welcome to stop by at any time during that hour. The following schools will have information available for you:

- Ludington Area Catholic School (Y5-8) @ 231-843-3188
- St. Ann's Catholic School in Cadillac (PreK-8) @ 231-775-1301
- Grand Traverse Area Catholic Schools (PreK-12) @ 231-995-8477
- St. Mary Lake Leelanau (PreK-12) @ 231-256-9636
- Queen of All Saints Online Academy (K-12) <https://www.qasonline.org>

If there are other options that you have researched, please share with us, and then we can get that information to our families.

Our students are ready to wear shorts! We can start this next week (April 22). Please remember that students are not to wear shorts to Mass, though, so no shorts are allowed on Tuesdays.



We will continue to surrender ourselves to Jesus and to trust in His providence as it is through prayer and quiet adoration that God's presence and will is known. As always, please join me, the clergy, and the MCC staff in committing all our prayers and petitions to God to find the peace that only He can provide.

In Christ today and always,
Mrs. Leslie Summers
Principal, Manistee Catholic Central
lsummers@sabers.org



Science Olympiad Success!

Congratulations to Mrs. Allen and her Science Olympiad state qualifiers! On March 16th, Trinity Hurford and Pyper Earhart won first place in Dynamic Planet, while the duo of Trinity Hurford and Raquel Gilliland won first place in Fossils at the Region 3 Tournament held at Mid Michigan College. These ladies will go on to compete at the Michigan Science Olympiad State Tournament at Western Michigan University on May 4th.

Good Luck!

LUNCH

MAY 2024
Manistee Catholic Central

Menu may change without notice
Please call with questions or concerns
Stephanie Travis 231 723 2529 X127
stravis@sabers.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pumpkin Baked Oatmeal Bars Sausage Links Warm Cinnamon Apples	2 Chicken Nuggets Fries Corn	3 Pizza Day by Mike & Mark Fisher!
6 Turkey Or Ham Sub Sandwiches Chips Potato Salad	7 Spaghetti w/ Meat Sauce Garlic Bread Side Salad	8 Hamburger/Cheeseburger Fries Baked Beans Texas Sheet Cake	9 Italian Pasta Bake Garlic Toast Side Salad	10 Mother's Day Program Menu TBD
13 Breaded Chicken Drumsticks Green Beans Fries	14 Nachos Black Beans Topping Bar	15 Senior's Lunch Choice Chicken Parm Sandwiches Kale Chips Potato Wedges Fruit Bowl Chocolate Chip Cookies	16 Chicken & Dumplings Mashed Potatoes Corn	17 Bacon, Egg & Cheese Biscuit Sandwiches Hashbrowns
20 Sheet Pan Pancakes Sausage Patties Applesauce	21 Polish Sausage & Sauerkraut Mashed Potatoes OR Hot Dog on a Bun	22 Pepperoni or Cheese Pizza Homemade Ranch	23 Chicken Salad Chips Sweet Potato Fries	24 Pepperoni or Cheese Pizza Homemade Ranch
27 No School	28 Baked Potato Bar Toppings Broccoli	29 Pulled Pork Sandwiches Potato Salad	30 Hot Ham & Cheese Sandwiches Chips	31 Pepperoni Pizza Cheese Pizza Veggie Pizza Meat Trio Pizza

LUNCH

JUNE 2024
Manistee Catholic Central

Menu may change without notice
Please call with questions or concerns
Stephanie Travis 231 723 2529 X127
stravis@sabers.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 Clean out the Freezer Day!	4 Field Day	5 Last Day of School ½ Day No Lunch I will miss you all.	6 [Enter Menu Items]	7 [Enter Menu Items]
10 [Enter Menu Items]	11 [Enter Menu Items]	12 [Enter Menu Items]	13 [Enter Menu Items]	14 [Enter Menu Items]
17 [Enter Menu Items]	18 [Enter Menu Items]	19 [Enter Menu Items]	20 [Enter Menu Items]	21 [Enter Menu Items]
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It's SUMMER

WSSCC Kids Summer Camps



COLLEGE FOR KIDS UNLIMITED **\$140 per week**

- Dropoff: 8:30-9am | Pickup: 3:30-4pm
- AM Session: 9am-12pm | PM Session: 12:30-3:30pm
- Ages 9-15 | Free Breakfast and Lunch Provided

CAMP DATES	June 10-13	July 8-11	August 5-8
	June 17-20	July 15-18	August 12-15
	June 24-27	July 22-25	

Created to provide maximum exposure, this camp offers the opportunity to explore multiple pathways throughout the summer.



COLLEGE FOR KIDS **\$175**

- Dropoff: 8:30-9am | Pickup: 3:30-4pm
- AM Session: 9am-12pm | PM Session: 12:30-3:30pm
- Ages 9-15 | Free Breakfast and Lunch Provided

CAMP DATES: July 29-August 2

CFK's traditional one-week intensive program! Select 2 of 20+ class options designed to provide more in-depth experience within chosen pathways.



SCHOLARSHIPS AVAILABLE

To be considered, select transportation request during registration.

Recipients will be notified by June 3.

Scholarships funded under grants awarded by Lake County Community Foundation, Mason County Promise, and the Michigan Department of Education in collaboration with Michigan Department of Lifelong Education, Advancement, and Potential.



TRANSPORTATION PROVIDED

Select transportation request during registration.

Mason & Oceana County: June 10-13, 17-20, & 24-27

Manistee & Lake County: July 8-11, 15-18, & 22-25

All Counties: July 29-August 2

Transportation funded under a grant awarded by the Michigan Department of Education in collaboration with Michigan Department of Lifelong Education, Advancement, and Potential.

DISCOVERY QUEST **\$140 per week**

- Dropoff: 8:30-9am | Pickup: 3:30-4pm
- AM Session: 9am-12pm | PM Session: 12:30-3:30pm
- Ages 4-9 | Free Breakfast and Lunch Provided

CAMP DATES	June 10-13	July 8-11	July 29-August 2
	June 17-20	July 15-18	August 5-8
	June 24-27	July 22-25	August 12-15

*Scholarships and Transportation are unavailable for this program.



Contact Us

Email collegeforkids@westshore.edu with any questions.

Register at
<https://www.westshore.edu/kids-summer-programming/>

WAYS TO HELP KIDS COPE WITH LIFE CHANGES



Change is inevitable.

Even when change is positive, that doesn't mean it's easy. It usually means some upheaval to our sense of structure and stability.

Change is even more challenging for our kids because they haven't yet built their resilience, which comes from previous adverse life experiences they learn to deal with and cope with.

Children also don't have much control over their lives when significant changes occur. Letting them know they are not alone and feeling confused and upset is normal. And together we will navigate this change and it will become easier.

A sense of routine and predictability helps children feel safe and secure because they know what to expect. A sense of no control or confused with the changes that can lead to confusion, a feeling of being overwhelmed and feeling distressed.

Change means you step outside of your comfort zone into the unexpected. Children like consistency and routine. Change challenges all of this.

[Changes your child might experience along the way:](#)

- A friend moving away.
- Moving into a new home.
- New teacher, new friends.
- Hospital stays.
- Parents separating or divorcing.
- A death in the family.
- Illness.
- A new sibling.

- Meeting new people.
- A parent taking a new job or losing a job.
- A parent making new childcare arrangements or adjusting to new nannies or caregivers.
- Change in financial circumstances.
- Change in a routine or schedule.
- Moving to a new place or visiting new settings.

Change for kids have an impact. Some kids react strongly to change while others may not react. Kids that are sensitive to change will find change harder.

Signs of Difficulty Coping with Change are:

- Loss of appetite.
- Sleep problems.
- Becoming withdrawn.
- Anxious, clingy, exhibit anger or aggressive behavior.
- Complaints of headaches, stomach pains, or over sensitive to minor situations.
- Loss of interest in things that earlier interested them.
- Poor concentration at school or with activities.
- Poor listening, attention seeking or temper tantrums.

As parents you will need to find ways to help and support children that are coping with change. Each child is different with what they need to help with the change in their life.

Learning to cope with change is a skill that will help your children all through their life.

Children learn to cope with changing ups and downs of life by developing and building resilience. They develop resilience when parents listen and guide them. They feel good about themselves, have the ability to focus, develop good social skills and sense of independence.

** If your child continues to struggle, or see changes to their usual personality, sleep patterns or eating patterns, if they seem markedly different than their normal selves, don't hesitate to seek professional support for your child.

Here are a few ways of helping children cope with change and the ever-changing world we live in:

1. Give them time to prepare. Give them as much advance warning that a major change is coming. This allows them time to process and begin to accept the change.

(For a new school, arrange for your child to meet the teacher in advance. Ask the teacher to talk to your child about what a typical day might look like at the new school. Ask for a brief tour of the classroom and fun activities they may be involved in.)

2. Listen to their concerns. Take time to address any questions or concerns your child may have. Help them work through the emotions that they are feeling. If they find it hard to name the feeling, help them label the emotion. (e.g., sad, scared, anxious, sad, worried, etc.) Example - "Going to a new school can feel scary and it's ok to feel that way. We can handle this together. We are here to help with this change."
3. Share with your children the change in life you have undergone and how you managed it. By talking openly about your experiences with them and being there for them, will help them adapt to the change in front of them.
4. Keep routines the same. Give your child as much consistency and stability as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for kids, it provides a sense of safety.
5. Provide connection and play. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.
6. Share what to expect. We don't always know what to anticipate with changes, but we do know that changes will occur. Take the time to share what you do know about the change or even share what you don't know. But let them know you will always be there for them.
7. Give them choices and ask for help. - What color do they want to paint their bedroom? - What should you cook for dinner? - What outfit do they want to wear on the first day of school?
8. Talk about other changes. Talk about things they have successfully coped with in the past. Examples: Getting a new pet, joining a team, going to 1st grade, starting school, learning to ride a bike, etc.
9. Don't forget to attend to your own self-care. Change can impact everyone in the family. Make time to manage your well-being. Our kids need us to be healthy in every way so that we can support them.
10. The Good News – children are quick to adapt to change with support and guidance and with examples of how to cope with change.

"All kids need is a little help, a little hope and somebody who believes in them."

--Earvin "Magic" Johnson