

SABER NEWS & NOTES

Friday, September 24, 2021

We are off and running into the 2021-22 school year with academics, testing, sports, activities and prayer. As I have observed the students and staff this year, it is refreshing to see the collective commitment to the mission of Catholic Education. Our staff, in their own unique ways and teaching strategies, share their faith with our students every day. The creativity I have seen in the classroom brings a level of inspiration all of our students need. “Those who lead many people to righteousness will shine like the stars forever,” Daniel 12:3.

Earlier this week I helped a couple students understand the importance of Christian values in the classroom and on the playground. We reviewed the Circle of Grace idea of respecting ourselves and others as persons created and loved by God. It is important that our students remember this idea. If you would like more information regarding this program or lesson content, please go to <https://dioceseofgaylord.org/safe-environment-programs> . A truly safe and protected environment is one where children recognize when they are safe or unsafe and know how to bring their concerns, fears, and uncertainties to the trusted adults in their lives. The policies we have in place ensure a safe school for your children, but it takes everyone following these policies and fostering a respectful environment to make this happen.

Last week, after a few walks through the school, I noticed the graffiti that has been written on bathroom stalls, library tables, classroom counters and cafeteria tables. I have brought this to the attention of the students. It is important that our students feel they have a voice, but graffiti is not the way to have a voice. Graffiti can be seen as vandalism or defacement of property and is not appropriate in our school. Children and young adults, need to feel heard and understood within their families first so that they learn the power of expressing themselves authentically and not inappropriately. Having a voice gives an individual personal power, confidence, and a way to express his or her beliefs in an appropriate way. Sometimes the things that affect our children are not things that would upset us. Listening to children vent their feelings of wrongdoing or injustice can be all they need to recover themselves and even problem solve without much guidance at all.

At MCCS respect and accountability are expected. As we clean up the graffiti and offer new ways for our students to be heard, please join our efforts by talking with your children and sharing with them ways to be heard respectfully. Together we will continue to build on the pride of our school families and enjoy a successful school year with respect and dignity for everyone.

Blessings,

Catherine Grinn, Principal



3 Research-Based Strategies for Helping Your Students Find Their Voice

Highlights' 2018 annual State of the Kid survey of 2,000 boys and girls ages 6–12 revealed who and what influences kids today and do kids feel heard and empowered. In partnership with Jennifer Miller, M.Ed., author of *Confident Parents, Confident Kids*, here are some great tips for helping your students find their voice.



1. Give students something to care about

What we heard: We are raising a generation of upstanders. 93% of kids said they would take action if they saw someone doing or saying something mean.

Kids want to make the world a better place. Help your students feel empowered by giving them the tools and the responsibility to act on those feelings. For example, give them something specific to care about. Do your students love dogs? Learn about, visit, and volunteer at a local animal shelter. Lead by example, showing them how they can make an impact in a positive way, and let them make decisions, as well as learn how to deal with consequences.



2. Build community with a daily morning meeting

What we heard: 79% of kids say they worry and 11% say they worry about violence/safety.

Today, kids are inundated with negative news. How can you help kids manage this information? A morning meeting establishes a safe space for you to share any news and the day's priorities, and for students to share their thoughts and feelings. If you use that time to make personal connections between students and build a sense of classroom community, students will feel less worried and anxious, and more prepared to learn. It also creates a culture of respect and trust.

If a tragedy should strike, you already have a vehicle established for coming together, so kids will be reassured. Include discussions about specific, small ways students can contribute to creating a safer, more caring school community and make plans to take action together.



3. Embrace what students love

What we heard: There are many outside influences that impact kids' choices. Increasingly, celebrities are influencing our kids' lives. 15% of kids cited admiring celebrities — up from 4% in 2009.

Rather than discourage the role celebrities play in kids' lives, embrace what your students are excited about and use it to leverage learning. Most kids love gaming, so why not engage them by imitating the gamers on YouTube? On a smartboard, have a student "expert" who is good at, say, math games, demonstrate to others how to play and win. Together, map out learning about problem-solving and memory strategies. Students will pick up on the player's skills and want to practice their own. For inspiration, search for what YouTubers call "playthroughs" or "watch me play."

In partnership with C+R Research

To see the full Highlights State of the Kid report with other insights, visit [Highlights.com/StateOfTheKid](https://www.highlights.com/stateofthekid).

Divine Mercy Parish Calendar

Please check the Divine Mercy Parish Calendar often to see important scheduled events.

<http://www.calendarwiz.com/calendars/calendar.php?crd=catholiccommunityofmanistee>

Important Upcoming Events and Reminders

9/24 No School - Teacher Professional Development Day

9/25 JV Volleyball away vs. Mancelona 9:00am - 11:30am

9/25 V Football Home vs SJLMC 2:00pm - 4:00pm

9/27 Gym Closed 8:00am - 4:00pm

9/27 NHS Blood Drive 9:00am - 2:00pm

9/28 JV/V Volleyball away vs. Marion 6:00pm - 8:30pm

9/29 MS Football vs Brethren Home 6:00pm - 8:00pm

9/30 Football Pics at MCC Football Field 3:30pm - 4:30pm

9/30 JV/V Volleyball Home vs Bear Lake 6:00pm - 8:30pm

10/1 JV/V/MS Volleyball Pics at MCC Gym 3:15pm - 4:00pm

10/2 Varsity Football Home vs. Marion 2:00pm - 4:30pm

10/2 MCC Hall of Fame Dinner (MCC) Keynote Speaker Fr. Alex Kowalkowski 5:30pm

September 20-24, Virtue of the Week was Prayerfulness

Mark 6: 46” And when He had dismissed them, He went up to the mountain to pray.”



PRAYERFULNESS

INTRODUCTION

This week our strength building on the virtue of Faith is PRAYERFULNESS.

The strength by which I spend time alone talking with God.

Prayer isn't just another good thing to do; it's absolutely necessary if we want to know God's will in our lives and draw closer to him.

Let's encourage one another to find the time and the willpower to pray.

Let's be more intentional about embracing a life of prayer!

Help Needed in the Kitchen

We are in desperate need of help in the kitchen. Please consider helping for a few hours once a week or even once a month until we get this position filled. Please contact Mrs. Lind if you are interested, hours can be flexible.

Apply here: <https://dioceseofgaylord.org/job-opportunities>

Also, please be patient, this will likely cause slow downs in the lunch line.

Saber Cafe - Hot Lunch Menu

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|  Chicken and waffle corn on the cob southern style greens 27 |  Cheese Quesadilla 28 black beans salsa tomato slices |  Italian pasta bake 29 garlic toast roasted broccoli and cauliflower |  Turkey or salami sub 30 chips potato salad |
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Daily alternates: #1 PBJ, #2 chicken caesar salad Daily fresh fruit and veggie bar Local milk from cream cup dairy skim daily and chocolate on Tuesday and Friday
Prices: K-5 \$3.00, 6-12 \$3.25 cup of soup \$1.00 included with High School meal Ala Cart (6-12): Entree \$2.50 milk \$.50, fruit \$.50, Staff and guest \$4.25 (tax included)

2020-2021 Yearbooks Are Here!

All students who pre-ordered and paid for a yearbook should have already picked it up, but if you missed out on ordering last year, we do have a few available for purchase.

2020-2021 yearbooks are \$47.70 including tax. Please send cash or a check made payable to Manistee Catholic Central and see Mrs. McComb to purchase.

Orders for the 2021-2022 are happening now! If you'd like to purchase the 2021-2022 yearbook at the lowest price of \$42 + tax, please go to www.jostens.com/yearbook and follow the prompts.



MCC CHICKEN DINNER

Monday, Oct. 4, 2021 • 4:30-6:30 p.m.

MCC Cafeteria

Take Out Available

\$15 per ticket

Meal Prepared by
Jerry Zupin & Crew

*Baked Chicken • Fresh Polish Sausage
Cabbage Rolls • Real Mashed Potatoes
Sweet & Sour Cabbage • Butter Squash
Whole Kernel Corn • Rolls & Butter*

Chicken Dinner

Tickets may be purchased at the MCC office, with any MCC coach or Athlete, and at the parish office.

The MCC Hall of Fame Dinner

The MCC Hall of Fame Dinner is Saturday, October 2nd. Tickets are \$15 each. The meal will be catered by Jerry Zupin and crew. Appetizers start at 5:30pm and dinner will be served at 6pm. Tickets are available in the school office.

Prayer

Thank you, Lord, for this day, this week, this opportunity, this time together. Strengthen our wills and forge our resolve to be PRAYERFUL as we seek to grow in virtue.