



# Manistee Catholic Central Newsletter

April 12th, 2024

“O, Jesus, I surrender myself to you. Take care of everything.”

Dear MCC Parents,

At MCC, we are surrendering ourselves to Jesus.

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 15: PSAT 8<sup>th</sup> Grade\*
- Wednesday, April 17: PSAT 9<sup>th</sup> Grade\*
- Thursday, April 18: PSAT 10<sup>th</sup> Grade\*
- Friday, April 19: Daddy-Daughter Dance!
- Saturday, April 20: Prom!
- Wednesday, April 24: Fr. Rexroat at MCC for Vocations Awareness
- 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!
- Friday, May 10: Mother's Day K-6 celebration 10:00-12:00. Details to follow.

\*Please avoid scheduling any appointments during the week of April 15 due to the testing schedule. Thank you for your consideration.

## Hot Lunch for Next Week:

Monday, April 15th

Hamburger/Cheeseburger

French Fries, Baked Beans, Fruit & Veggies



Wednesday, April 17th

Pepperoni/Sausage Pizza

Fruit & Veggies





Dear MCC Families,

This has been an incredibly difficult week (and, indeed, months) for our MCC community, and our hearts are heavy. My fervent prayers for our students, staff, and families will continue as we navigate through this challenging transition. The most important message I want to convey is that as an MCC staff, our priority is the beautiful students who fill our classrooms. We will always protect them and teach them and pray for them, and we are committed to making sure the next two months are filled with not only lots of learning, but many opportunities to create joyful and lasting memories. As a staff, we will meet regularly to discuss and plan various activities for the remainder of the year. We will also consult with our students to gather their input and ideas to make this a memorable time.

To provide as much support as possible, we sought out community resources to help our students and staff cope with this significant change. Cheryl, a counselor with Catholic Human Services, was at school on Wednesday and Thursday this week. She was available for students and staff and will be back 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.

In addition, attached to this newsletter is an article titled “Ways to Help Kids Cope with Life Changes” as well as a list of Manistee Area Counseling services. I welcome any other resource suggestions you think would be valuable for our MCC community.

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 Schools (Y5-8<sup>th</sup> grade) @ 231-843-3188
- St. Ann’s Catholic School in Cadillac (PreK-8<sup>th</sup> grade) @ 231-775-1301
- Grand Traverse Area Catholic Schools (PreK-12) @ 231-995-8477
- 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.

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](mailto:lsummers@sabers.org)

# 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.

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- 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 1<sup>st</sup> 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

## RESOURCE LIST 2023

National Suicide Prevention Lifeline 988 or 1-800-273-TALK (8255)  
Txt 741741

Veterans Crisis Line 988 or 1-800-273-8255 Press 1

Centra Wellness Crisis Line 1-877-398-2013

Manistee Friendship Society 1-231-398-0434

### Counseling:

Be Da Bin Behavioral Health 1-231-723-8299  
(Little River Band of Ottawa Indians, LRBOI)

Catholic Human Services 1-231-723-6321

Centra Wellness 1-877-398-2013

Northern Michigan Regional Entity (NMRE) 1-800-834-3393  
(State Block grant funding for treatment), Medicaid

Munson Medical Behavioral Health, Traverse City, MI  
Center One 1-800-662-6766  
Inpatient Mental Health Services 1-800-847-8474/231-935-5000

Manistee Dial a Ride 1-231-723-6525

## Manistee Area Counselor List:

- **Centra Wellness Network:**
  - (877) 398-2013
- **Courage to Grow Counseling, LLC:**
  - (231) 907-2412
  - mmclearon@ctgcounseling.com
- **Catholic Human Services:**
  - (231) 723-3567
  - chshastings@catholichumanservices.org
- **Brave Counseling, LLC – Melissa Weipert:**
  - (567) 777-2703
- **Edward Loftus, LPC:**
  - (231) 398-0349
- **Hands in Service Christian Counseling:**
  - (231) 510-2219
  - rita@hischristiancounseling.com
- **JS Counseling Services, LLC:**
  - (231) 510-7119
  - Manistee, MI
- **Kristen Kimm, LMSW:**
  - (231) 887-4033
  - Kristenk40@charter.net
- **Michelle Ganss:**
  - (231) 299-7507
  - 50 Filer St. Suite 210F, Manistee
- **Mental Wellness Counseling:**
  - (231) 714-0282
  - 375 River St. Suite 201
- **Northern Clinical Diagnostic Associates:**
  - (231) 398-2800
  - 50 Filer Street, Suite 210, Manistee
- **Northwest Michigan Health Services:**
  - 231-947-0351
  - 148 W. Parkdale, Manistee
- **xdRainbow Counseling Services:**
  - **Amy Trebilcock, LPC**
    - (231) 690-1939

# 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

<b>CAMP DATES</b>	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

<b>CAMP DATES</b>	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](mailto:collegeforkids@westshore.edu) with any questions.

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



**If any of our 1st grade parents need to get in touch with Ms. Baribeau, her email is [cbaribeau@sabers.org](mailto:cbaribeau@sabers.org)**

A message from Athletic Director Collin Thompson:

Dear Parents,

Many of you may be wondering about athletic eligibility when your child transfers to a new school next year. With the school closing next year, students in grades 9-11 can transfer to a new school without penalty under the School Status Exception. This is found in the 2023-2024 Michigan High School Athletic Association Handbook, page 40 Section 9(A) #6. Please know this exception is for a transfer to ONE school only (example: a student transfers to MAPS without penalty. If that student then wanted to transfer to Brethren, the student would fall under the normal transfer rules). In other words, this School Status Exception gives your child one transfer without penalty. Students currently enrolled in 8<sup>th</sup> grade who enroll in 9<sup>th</sup> grade next year can transfer without penalty as usual under normal MHSAA rules.

It is important to note that if your child transfers before the end of the 2023-2024 school year, the normal transfer process is in place and no exception will be granted due to the fact the school is in operation until the end of the 2023-2024 school year.

If you have any questions, please feel free to contact me, or the athletic director at the school in which you plan to send your child next school year.

Collin L. Thompson  
Athletic Director  
Manistee Catholic Central Schools  
Phone: 231-723-2529 ext. 206  
Fax: 231-723-0669

## **Family Fun!**

### *Princess & Her Prince*

### *Glow Dance*

Friday, April 19th

6pm—8pm

MCC Cafeteria

\$10/family

Tickets available at the door

Preschool—12th grade girls and their princes!

### **Mom & Son**

### **Bowling**

Saturday, April 27th

2pm—4pm

Striketown in Manistee

Special Rate: \$7/person includes shoes rental

**\*PLEASE RSVP\***

By Thursday, April 18th with payment to

Mr. Fedder