



Our Lady of Grace Catholic School

Expanding Minds • Growing Faith • Inspiring Service

Calendar Links



[CLICK HERE for the 2020-21 school calendar.](#)



[CLICK HERE for the LUNCH CALENDAR](#)



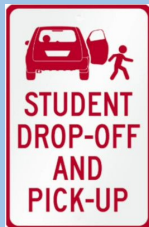
Sept. 7 No School

[EVENTS CALENDAR](#)



Weekly Bulletin

August 27, 2020



Afternoon Pick Up~Upper Lot

Thanks to everyone for your patience as we implement this new system. This is needed this year because of the amount of parents choosing to drive their children to school versus riding the bus. We want to support your decision, but it does take a little time for everyone to get the routine down.

On a very positive note, every day we have used this new routine, there have been very limited or no cars on Galbraith! That keeps our families safe! Great job!

Here are a couple things to remember:

1. Please pull up as close as possible to the car in front of you.
2. When you start to see us loading your row, please get out of your car and stand by it so your student can see you and you can help your child in the car.
3. Please stay in the row you are assigned. While we are loading one row, we are staging the next one. If you change, the student goes to the wrong row.
4. No one will be allowed to join the rows from the Library parking lot.
5. Please send your child with an umbrella. Because of social distancing, we cannot share like we have in the past.
6. If you have a situation which is holding up the line, please consider picking your students up, pulling through the line and parking in the lot by Father McCarthy's house to resolve the issue. This will move the rows out faster.

Afternoon Pick Up~Upper Lot

Please stay in your parking spot until all the kids are loaded. **DO NOT** pull up to the grassy area. The kids will walk to their cars. Once everyone is loaded, the teacher will release cars to leave the lot.

Thank you so much for your flexibility and patience. Every year brings new obstacles...this one has just brought a few more than usual.

Religious Education

Lord, Be Our Rock!

Over the Summer months, struggling to come to grips with COVID -19 and its impact on our lives, I have done a lot of reading. The Bible has been a great comfort to me – as it has outlasted countless wars and epidemics and is the spiritual rock we need in these times. I have also read lots of articles online – spiritual reflections, commentaries, and homilies both religious and secular – and the one thing they all emphasize is the need we all have right now for prayer and meditation and to look inside ourselves.

Experts tell us that there are three levels of response to the COVID-19 outbreak and how it affects us physically, mentally and spiritually. The physical response comes first, and by now everyone knows about self-isolation, social distancing, wearing masks, testing and tracing, keeping us and our families safe and providing for them, coping with work, managing our kids and school, and basically just maintaining.

The second effect is on our mental health. This, we experience personally, often with fitful answers, lost sleep, and a lot of stress. The best advice in the mental area for us is prayer, meditation, and paying attention every day to finding - not just relaxation - but joy and comfort in our lives. The good news is that prayer and meditation are great for anti-stress, which can actually help strengthen our immune systems!

But it is the third area, the spiritual effect of the virus outbreak – that needs to be a focus for each of us. Our new reality today is that we are coping with this virus as best we can – concerned with the physical response I mention above – making ends meet, paying the bills, worrying about getting our kids to school, caring for the elderly members of our family or perhaps those who are sick. With all of that, it is easy to neglect our spiritual well-being – after all, who has the time? Weariness of heart, a feeling of dread, a concern that “this will never end” – these are feelings that are real and out there. But here is what we need to hold on to: don’t spend more than a few minutes diagnosing these feelings; *everyone* is experiencing them. Nor is it necessary to enter into a deep speculation about what life is all about. Instead, you can improve the state of your soul in the following ways:

1. *Realize your sense of meaning and purpose and remember that YOU matter!*
2. *Remember that you are loving and that you are loved in so many ways.*
3. *Remember to embrace a sense of your own worth – that you matter are needed – and there is no one like you! You are doing your best. Occasionally, do something nice for yourself!*
4. *Tap into your inner peace and joy by doing spiritual reading and through prayer – spend time each day doing this –even if it’s only 5 or 10 minutes - it makes a world of difference.*
5. *Being of service to others. This is the time to find out who in your neighborhood, on your street, or wherever may need help. Have a generosity of spirit.*

These five modes of healing are based on long traditions in the Church and religious culture, both East and West. More to the point, they are practical. They give you a sense of control over your life. By bringing you closer to your soul and spirit, and giving you a higher awareness or deeper self, you can reverse any damaging spiritual tendencies that can be brought on during times of stress.

Write down how you can perform an act of kindness today, show appreciation to someone, offer help to those in need, or bring comfort to someone feeling lonely and anxious — the simple human gestures we tend to overlook. In a time of crisis, the impulse is to go into emergency mode, fear, concern and panic. *These do not feed the soul!* It has been taught in every culture that inner peace and joy are available only through looking inward. The Old Testament says, “Be still and know that I am God.” The New Testament says that the Kingdom of Heaven is within you. Eastern religious traditions tell us that happiness lies at the heart of creation.

But these universal truths don’t matter until they are true for you personally. The secret imparted by the world’s wisdom traditions is that *your sense of self is the gateway to inner peace and joy*. Meditation through prayer is nothing more than being alone in silence with yourself and letting your mind go to the place where peace and joy are eternal. That’s how you test an eternal truth and make it true for you. Among all the ways to find spiritual fulfillment, this is the most lasting, the most satisfying and the most meaningful and perhaps what we desperately need right now!

Have a blessed day.

Mark Friedman, CRE



Did you know there is a direct link between mental health and success in school?

Hi OLG Family... it's Tera from Beech Acres!

From navigating community resources to partnering with you to solve parenting challenges to helping your child cope with emotional and behavioral struggles, Beech Acres team members are here to support you and your student!

Is there anything we can help with to start your student on the right path from the start this year?

With all the stress and anxiety right now, I wanted to reach out and let you know we are currently scheduling appointments (ALL over phone and video, no in person appointments yet). Our team members will be on site everyday of the week. We are also here to provide crisis support and quick check ins for any student in need.

We are here for you and your family!!

Please do not hesitate to reach out to Tera Lampe for questions or more information about Beech Acres Programs

Direct Line: 513-931-3070 ext. 316

Tlampe@olgcs.org



Library Books Missing

We love that our students use the resources we have in our school library. Unfortunately, we lost almost \$1500.00 in books during the quarantine. We still have several students who have not returned their books from last year.

Please return all outstanding books to school by Wednesday, September 2. If you are picking up your OLG~HOME packet, please also bring books then.



IMMUNIZATIONS Needed

Parents,

Please remember to send in a current copy of your child's immunizations to the school. This applies to your child if they are new to OLG this year or in 7. grade. The 7. grade students need to have the tdap and meningococcal vaccines for entry into 7. grade. These are requirements for the first day of school in the state of Ohio. We have given families a 2 week

grace period from the start of school to get these records into school or your child will not be permitted to attend school starting on September 4. You can send a copy in with your child or fax a copy to the school at 513-931-3707. Thank you so much for your prompt attention to this.

Mrs. Shewmaker



This is a reminder that school starts at 8:00 am. Breakfast is served until 8:15. Any student arriving after 8:15 will not be offered breakfast.

All students arriving after 8:00am should enter the building through the main entrance and report to the office. Parents are asked to please stay in the parking lot until the student has entered the building. Temps will be taken in the office when they arrive.



Our Lady of Grace Athletic Association



3rd-8th Girls Volleyball

Registration ends this Friday, August 28th! Don't miss out...click the link below to sign up! Open Gyms for 5th-8th grade will be held on Monday, Aug 31st & Wednesday, Sept 2nd. Skills assessments will be held on Sunday, Sept 6th.

Both open gyms & assessments will be held at Little Flower and players must be registered to attend.

<https://olg-girls-vb-2020.cheddarup.com>



We are missing several basketball uniforms from last season. If you didn't drop off your uniform at the athletic drop off last spring, please return your child's uniform to the school office in a bag with their name on it. Thanks so much!



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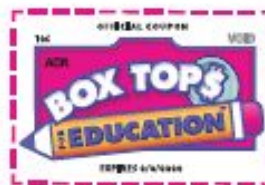


EARN

CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. You can still clip these and send them to school. Please make sure each clip has a valid expiration date.



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