

THE DUTCHMEN DETAILS

ST. JOHN NEPOMUCENE SCHOOL

UPCOMING EVENTS

December 5

8AM All-School Mass- Gr 8 Lead
Hot Dog Day; Hot Dog Day Rules Apply

December 8

8AM All-School Mass- Gr 6/7 Lead

December 11

K-8th Grade Christmas Concert 1:30pm & 6pm

December 12

PreK 4 Christmas Concert 10AM
Early Dismissal at 11:30AM for All Students

December 16

PreK 3 Christmas Concert 10AM & 2PM

December 18

Home & School Meeting 6:30PM

December 19

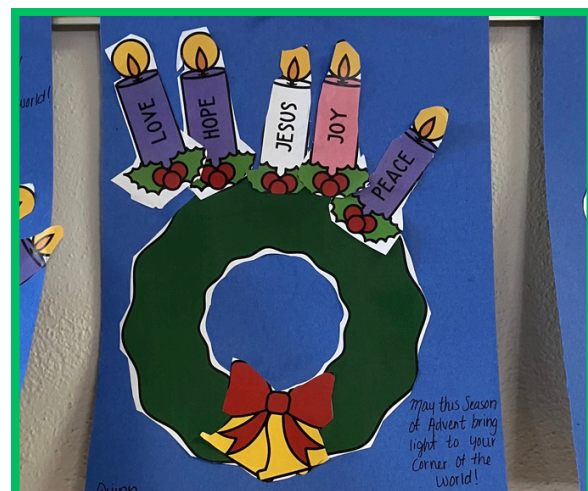
8AM All-School Mass- Gr 4 Lead

December 22 - January 2

Christmas Break; No School; School Office Closed

January 5

Classes Resume



FROM THE PRINCIPAL MR. KAPINOS

As we enter the beautiful season of Advent, our school is filled with a sense of hope, anticipation, and joy. This is a special time for our St. John Nepomucene community—a time to slow down, reflect on God's presence in our lives, and prepare our hearts for the coming of Christ.

Throughout these weeks, our students and staff will be participating in prayer, service, and meaningful traditions that remind us of the light Christ brings into the world. It is truly a gift to walk this journey of faith together as a school family.

Thank you for the many ways you support our mission and help make St. John's a place where children grow not only in knowledge, but also in faith and love.

May this Advent season bring peace to your homes, joy to your families, and a renewed sense of hope to us all.

-Mr. Kyle Kapinos



#godutchmen #honorGodtoday #sjsgreatplacetobe

REMINDERS

- When your child is or will be absent for any reason (not feeling well, doctor or ortho appointments, etc.), email schooloffice@stjn.org or call 920.788.9082.
- If you are planning on taking a family vacation when school is in session, please be sure to submit a vacation request form to the school office well in advance. Request forms are located on the website under [Family Resources](#).

SPECIAL NOTES

The uniform store will be closing tomorrow for November orders! It will then re-open soon for December orders. [Please click here to order.](#)

Just a friendly reminder that the Staff Christmas Scrip Form is due tomorrow, Friday, Dec. 5th!

SAVE THE DATES

Friday, Dec. 5th - Hot Dog Day; Hot Dog Day Rules Apply

Thursday, Dec. 11th - Kinder - 8th Grade Christmas Concert (1:30pm & 6pm)

Friday, Dec. 12th - PreK 4 Christmas Concert (10am), Early Dismissal at 11:30am for all students

Tuesday, Dec. 16th - PreK 3 Christmas Concert (10am & 2pm)

Thursday, Dec. 18th - Home & School Meeting (6:30pm)

Monday, Dec. 22nd - Friday, Jan. 2nd - Christmas Break; No School; School Office Closed

Monday, Jan. 5th - Classes Resume

UNIFORM POLICY

Just a reminder that it is very important to adhere to the [uniform policy](#). The policy is located on the school's website under Family Resources.

HOME & SCHOOL

The next Home & School meeting will be on Thursday, December 18th at 6:30pm in the Parish.

Cookies with Santa will be on Friday, December 19th from 9am - 11am.



COUNSELOR CORNER

Welcome to the Counselor's Corner! On this special page we share new exciting things happening in the Student Services department, events to look forward to, along with some useful resources for parents. Things were put on a brief hold to start our school year, but now our second trimester, as well as Advent, has commenced, and Counselor's Corner is BACK!

This year I am continuing to teach guidance classes to each classroom once every other week.

Parents, please feel free to contact me during school hours through email, aduggan@stjn.org, or by calling the school office if you ever have a concern. They will transfer you to my office. If I'm not available at the time, please leave a voicemail and I will get back to you by the following school day at the latest. Thank you!!

Middle School:

In the beginning of the year for middle school we've been exploring empathy, and did some activities revolving around National Bullying Prevention Month last month. 8th graders took a trip to the Diocese Vocation Fair at St. Mary's and had a great time learning about all the vocations in our Catholic faith. They were amazing representatives of our school! In the next month, we'll be working through our Safe Environment Training, as well as starting our new Career Pathways program, Xello.

Elementary:

In the primary levels we've been diving deep into our emotions, having a growth mindset, being an upstander, as well as the golden rule and using the gift of gratitude. Students even learned a bible verse and worked to memorize it with a high five! "Be Thankful at all times!"-1 Thessalonians 5:18. I'm so proud when I see them in the hallway and they're able to give me a high five and recite the verse! They're doing amazing!

Looking ahead:

Starting December 8th, all students will receive Safe Environment Training through lessons regarding safe adults, safe/unsafe touches, boundaries, secrets, and strategies to help all our kids recognize safe and unsafe situations and to use their powerful voices as a tool. Grades K-1 will watch "Safeside Superchick" to teach them about "stranger danger". "Stranger danger" can seem like a very scary topic for all kids, so they'll learn about how to keep themselves safe from "Don't Knows" and how to tell if a "Don't Know" means harm and what to do to get away. These Safeside videos use humor for the littles in a very kid friendly way to teach this tough topic of safety.

Parents, you do have the option to opt your child out of the training. If you would prefer your child not to participate, just come and see me for an opt out form.

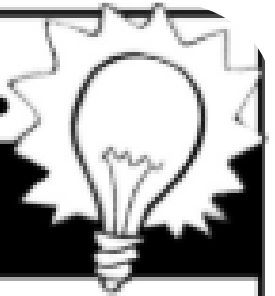
December:

- Friday, December 5: Hot Dog Day
- Thursday, December 11: Christmas Concert 1:30 and 6:00 p.m.
- Friday, December 12: Early Dismissal at 11:30
- Friday, December 19: Cookies with Santa
- December 22 - January 2: Christmas Break
- January 12 and 13: Jennifer Schunk from Harbor House presenting to K-8

COUNSELOR CORNER CONTINUED...

Parent Tip: Screen Safety

supporting kids with... SCREEN TIME



highlights

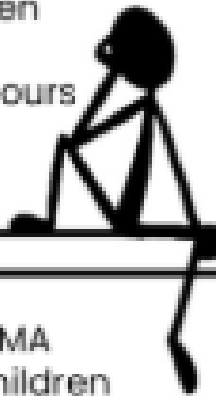
Encourage your child's healthy screen usage by setting **clear limits**, **monitoring content**, encouraging **balance**, and being a **role model** with your own screen usage.

screen time statistics 1

According to the American Academy of Pediatrics, children aged 2 to 5 years should have no more than one hour of screen time per day.

statistics part 2

A 2023 report by Common Sense Media found that children aged 8 to 12 spend an average of nearly five hours per day on screens for entertainment.

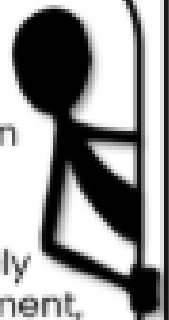


statistics part 4

A study published in JAMA Pediatrics found that children who spend more than seven hours per day on screens are twice as likely to be diagnosed with anxiety or depression compared to those who spend an hour or less.

did you know?

In today's digital age, managing screen time for your child can be a challenge. While all screen time isn't bad, studies show that excessive screen time can negatively impact a child's development, sleep, and physical health. This handout includes practical tips to help you guide your child's use of screens, ensuring it is balanced and beneficial.



statistics part 3

Research from the National Institutes of Health indicates that children who use screens more than two hours per day are twice as likely to experience sleep difficulties.

statistics part 5

Research from the National Institutes of Health showed that children who spent more than two hours per day on screens scored lower on language and thinking tests.

Tips For Helping Your Child Develop Healthy Screen Time Habits

monitor content

Use **parental controls** to block inappropriate content.

Regularly review what your child is watching or playing to ensure it is age-appropriate.

Teach your child about **online safety**, including the importance of not sharing personal information.

set clear limits

Establish **consistent rules** for when and how long your child can use screens.

Create **house rules** that include screen-free times, such as during meals and before bedtime.

Consider designating certain areas in your home, such as the dining room and bedrooms, as **screen-free zones**. This may also help keep all family members accountable with their screen use.

You might create rules in your home where certain things have to happen before screen time starts, such as responsibilities (cleaning room, homework) or non-screen time activities (playing outside, building with blocks).

encourage balance

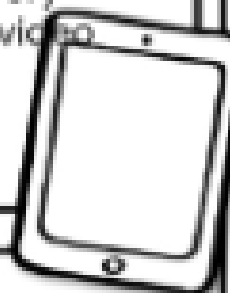
Encourage a variety of activities to ensure your child has a balanced daily routine. Help them engage in things like outdoor play, reading, and spending time on hobbies, in addition to screen time.

Plan family activities that do not involve screens such as board games or post-dinner walks.

Also think about balance *within* screen time. Not all types are created equally! Video chatting with friends, doing homework, and making stop motion videos are all very different from playing video games, watching videos or scrolling on social media.

be a role model

Demonstrate **healthy screen habits** by limiting your own screen time and modeling for your child how to **balance screen** use with other activities. This might be a real challenge! Many (if not most) adults aren't aware of how many times they pick up their phone each day.



NOVEMBER GOD WINK WINNERS

Students earn God Winks for getting caught doing random acts of kindness. Several students were caught in the month of November and the two winners from the drawing were Lucas Locy and Faith Vosters. Thank you to all November God Winks for being disciples of Jesus!



NOVEMBER DUTCHMEN DOLLAR WINNERS

Students earn Dutchmen Dollars by living out the SJS Mission Statement, helping others. The November Dutchmen Dollar winners are Emma Rhoades, Emma Vanden Hogen, Alaina Lloyd, Anna Lamers, Parker Schultz, Ezio Vanden Heuvel, Willow Heideloff, and Henry McGregor.



WHAT'S HAPPENING?



#GODUTCHMEN #HONOR GOD #GREATPLACETOBE

