



St. Leo Catholic School

Tomorrow, Wednesday, March 18th, is the day that we will start FID packets!
Reminders:

- Confirm the attendance of your child by either email (kucenskil@eccss.org) or phone call to the school Wednesday morning by 10am.
- Students should begin work on packet #1 (orange cover sheet marked "Day 1")
- Teachers can be reached via email from 7:55am-3:10pm with questions. *If you are completing the packet with your child during nontraditional hours and have questions for the teacher, you can still email them. They will be sure to answer you first thing in the morning.*

Preschool parents who have requested electronic packets, please refer to Miss Aiello's email that she sent you today. If you have not received her email, please contact her to let her know. Those who requested to pick up their packets may find them located on the front porch of the preschool. Thank you.

Are you still wondering how your next 2 weeks will go? Don't worry, we've got you covered! See the article below!

A Classical Approach to Surviving the Quarantine

We have our packets from school, so now what? It is tempting to turn to electronic devices to solve our practical problems and account for the extra time our children are spending at home, but easy does not mean better. Here is a way to approach the extra time with control and a positive outlook.

Wake up and get dressed- Set a time for school to begin in your home. Your children are used to beginning their school day with prayer and the pledge of allegiance. That is a great way to start. You can decide which subject to start with and go from there. The packets are a great resource and a base for keeping education as the focus of the day. Parents are still working in some homes, so remember, school does not have to be done first thing in the morning. Many may have to approach education at a different time of day, but it can be done. As long as the kids know what to expect, and you are driving the bus, they will follow.

Games and books-In addition to the packets, you can have a successful day if you fill the school day in with games, reading time and projects like painting, playdough, card tricks, Legos, kinetic sand, knitting etc. If you are looking for ideas, you can find plenty of lists and ideas online for games, activities and printables.

Chores and household responsibilities-Don't be afraid to make household chores like cleaning, laundry and food preparation part of your school day. Kids really thrive on routines, and this will be a big help to you as well.

Exercise-Family walks are a great way to get outside, blow off some steam and keep everyone from getting crazy and or lazy! Consider spending some time outside as part of your "school day" as well.

Prayer-Because your children are classically trained, they are able to do a lot of things. They are accustomed to memorizing verses, saying decades of the rosary, listening to stories about the Saints etc. SLS students hear about the saint of the day every morning, so consider adding this to your day as well. There are lots of Saint movies available on Formed! They have many of their prayers memorized, so prayers before lunch and prayers to end your school day will keep the routine familiar.

Lions unite! Mrs. Messineo, our guidance counselor has provided this little school day protocol in the hope that it might help you tackle your new "school day" reality. She would also like to extend her support to any student who is experiencing difficulty with the quarantine. If your child is feeling sad, confused, or afraid and you don't know what to do to help them, feel free to email her at messineog@eccss.org. And remember, if you have any questions at all, don't hesitate to call the school. We are heading into this uncharted territory together!

I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world. ~John 16:33

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