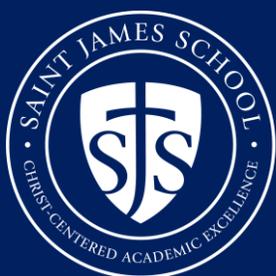


SAINT JAMES SCHOOL
JANUARY 23, 2019

- ✓ [School Happenings](#)
- ✓ [Catholic Schools Week](#)
- ✓ [Home-School Association](#)
- ✓ [Home-School Association/NUTS](#)
- ✓ [Counselor's Corner](#)



Important Dates

- 1/25: Dress Down Day
- 1/25: 6:15 PM Middle School Movie Night
- 1/27: 9:00 Mass Opens Catholic Schools Week
- 1/27: 10:00 - 1:00 Open House for ALL
- 2/1: Re-enrollment forms due at \$200 per child

FROM
THE
PRINCIPAL



Dear Parents and Guardians,

Many thanks to those parents who have returned re-enrollment forms. In order to reserve your child's spot for the 2019-2020 school year, please return your enrollment forms as soon as possible. Enrollment for new students will open after our Open House on Sunday.

Catholic Schools Week starts on Sunday and we have many fun events planned for the students during the week. We hope you will show your support of the school by going to the 9:00 Mass and then attending our Open House immediately following. I know how busy the weekends can be, but all of the children spending the opening Mass would be a wonderful way to open a very special week!

For more information about the events scheduled during Catholic Schools Week, please see the [schedule](#). Please pay particular attention to the week-long service project of which the students will be participating. They will be creating "take-home" breakfast bags for children whose parents visit the Morristown Soup Kitchen. In these days of hard times for so many, please be as generous as you can so we can help as many families and children as we can! See the list of items assigned to your child(ren)'s classes.

Thank you very much for your continued support of Saint James School and everything we try to do for your children!

Have a fantastic week!

IOWA Testing
March 11 - 15, 2019
More information will follow.

Mrs. Florendo

School Happenings

CATHOLIC SCHOOLS WEEK IS NEXT WEEK!

The week begins with the 9:00 Mass on Sunday, January 27. We'd like to see ALL of our students at the Mass. *The class with the highest participation will earn an extended period of recess!*

Mass will be followed by an Open House for all of our current families and for prospective families. See your child(ren)'s classrooms! Bring a friend!

Introducing the Tuition Transfer Grant for new students!

Students transferring to Saint James School in grades 1 – 7 from a public or non-Catholic, private school are eligible to receive a transfer grant worth \$1,000 in the first year and \$500 in the second year.

Tell a friend!

Refer-a- Family Program

Enrolling your child(ren) at Saint James School indicates your commitment to nurture and provide them with a quality Catholic education. It indicates the value you place on having your child know and love Jesus Christ, develop life-long Gospel values, become a person of faith, and assist in building the Kingdom of God here on earth. Your dedication and involvement in the life of our school and parish continue to make Saint James an excellent Catholic school.

We are always looking to attract new families who would value the experience of a Christ-centered, academic excellence educational experience for their children. As a way to thank and acknowledge your role as an ambassador for our school, we created our "Refer A Family" program.

Here is how it works...

Refer a family to Saint James School and you will receive \$500 off your tuition. New prospective families must state the referral when completing our contact form upon visiting Saint James School, enroll in grades PreSchool – Grade 8, and complete the 2019-2020 school year. We will provide \$500 for each family referred up to 3 families in the form of a tuition credit up to \$1,500 (but feel free to recommend as many families as you like!).

We believe Saint James School provides a unique experience, and we value the support of our current families, parishioners, administration, faculty and all those who continue to support our mission!

Catholic Schools Week

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SAINT JAMES SCHOOL

Catholic Schools Week Schedule

Sunday, January 27	Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
<p>Opening Day!</p> <p>9:00 AM Mass to Open Catholic Schools Week Students should attend wearing school uniforms <i>Church</i></p> <p>10 AM – 1 PM Open House for Current and Prospective Families <i>Gymnasium</i></p> <p>1:15 PM Alumni Basketball Game <i>Gymnasium</i></p>	<p>Thank you to our Parents!</p> <p>Wear Winter Uniforms</p> <p>8:50 – 9:30 AM Thank you breakfast for current parents <i>1st Floor Hallway</i></p> <p>1:00 PM Geography Bee, Grades 4-8 <i>Gymnasium</i></p> <p>Scavenger Hunt Grades PreK-3 <i>School</i></p>	<p>Thank you to our Support Staff!</p> <p>Dress Down Day – wear your favorite teams' gear!</p> <p>10:00 AM Presentation by the Harlem Wizards <i>Gymnasium</i></p> <p>Lunch Faculty Luncheon sponsored by the Saint James Knights of Columbus</p> <p>1:00 PM School-wide BINGO \$1.00 per board to benefit the Missionary Childhood Association</p>	<p>Thank you to our Students!</p> <p>Dress Down Day</p> <p>9:30 AM The Junk Jam Band Grades PS – 8 <i>Gymnasium</i></p> <p>Lunch Ice Cream Social</p>	<p>Thank you to our School!</p> <p>Wear your SJS gear</p> <p>1:00 PM Spirit Games <i>Gymnasium</i></p>	<p>Thank you to our Teachers!</p> <p>Wear Winter Uniforms</p> <p>10:15 AM School Mass and Blessing of Throats <i>Church</i></p> <p>12:45 PM Dismissal Faculty Luncheon</p> <p>6:30 PM Family Movie Night <i>Parish Auditorium</i></p>

Weeklong Service Project to support the Morristown Soup Kitchen and Outreach Center

Middle School Missionary Disciples' "Escape Room" Fundraiser for Missionary Childhood



Catholic Schools
Learn. Serve. Lead. Succeed.

Collections for the Weeklong Service Project:

Students will collect food and bags for Take-home Breakfast Bags, assemble bags, and deliver them at the end of the week.

PreSchool and PreK: Brown Paper (Lunch) bags

Kindergarten and 1st Grade: Small boxes of cereal

2nd and 3rd Grade: Shelf-stable milk boxes (individual size)

4th and 5th Grade: Fruit cups

6th Grade: Boxes of granola bars

7th Grade: Juice Boxes

8th Grade: Brown Paper (Lunch) bags

Home-School Association

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Box Tops for Education

The HSA is launching its last Boxtops for Education campaign of the school year! The class that submits the most boxtops wins a free dress down day.

Please save boxtops found on hundreds of grocery items. SJS will receive \$.10 in FREE MONEY for every boxtop we submit. Send them in to your student's homeroom by Friday, February 15th!

"Park and Pray" Wednesday Rosary

The SJS Spiritual Committee holds a "Park and Pray" Rosary at 2:30 in the Chapel every Wednesday throughout the school year. As a school family, we come together to **pray for our children, families, school and** special intentions. Please join us to recite the Rosary out loud or in silence whenever it fits your schedule.

All are welcome!

At St. James School, we are blessed to have a traveling statue of Our Lady of Fatima that is available for families to have in their home for a week. It is a wonderful experience to learn about Fatima with the DVDs, pray the rosary together and feel the joyful presence of Mary in your home. If you would like to have the statue, please email Beth DiDomenico at bethdido@hotmail.com



Treat Yourself and Your Spouse.... Spiritual Date Night

**Please Join Us for Refreshments,
Conversation and an
Inspirational Talk**

*"Living the Great Mystery of
Married Love"*

**Presented by Seamus and Jean Marie
Flaherty**

**When: Saturday, February 2nd
Time: 7:00pm**

**Where: St. James Parish Multipurpose
Room**

Cost: Free

**(Optional BYOB, Appetizer or a
Dessert)**

**Hosted by the St. James School
Spirituality Committee**

**Please RSVP to Beth DiDomenico-
bethdido@hotmail.com**

(315) 350-0092

Home-School Association

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Save
the
Date

Night Under The Stars N.U.T.S.

When: Saturday, March 30th - 7:00pm - 11:00pm

Where: Saint James School Gymnasium,
Basking Ridge, New Jersey

*****BREAKING NEWS*****

Night Under the Stars packets were sent home with your children on Wednesday, January 16.

What can YOU do to make our event a success?

- ◆ Follow our Event page on FACEBOOK, Like it Share it. (Details to follow.)
- ◆ Sell as many Raffle Books as you can! Each student will be given 1 raffle book to sell. We encourage you to sell more!
- ◆ Get involved and be on our planning committee, it's lots of fun and you'll meet new friends!
- ◆ Volunteer to help at the event. See the [sign-up genius](#) to get involved!
- ◆ Plan on attending our March 30th event.
- ◆ Check with your employer on their policy for MATCHING DONATIONS.
- ◆ Reach out to your friends and family for sponsorship opportunities, donations either monetary or in kind.

Thank you for your support!

Why Social Media is Not Smart for Middle School Kids

Tweens' brains are simply too immature to use social media appropriately. by Victoria L. Dunckley, M.D.

I really love middle school kids. I have two of them! If you have been through middle-school parenting, you may have noticed what I see: Strange things seem to happen to a tween's brain the first day they walk into middle school.

One might sum up their main goals in life this way:

To be funny at all costs. (Hence, the silly bathroom jokes, talking at inappropriate times in class, and the "anything it takes to be popular" attitude.)

To focus on SELF — their clothes, their nose, their body, and their hair.

To try new things. They are playing "dress up" with their identity, trying on things to see what fits. They are impulsive and scattered, they are up and they are down, and it even seems that they have regressed in their development on their quest for independence.

As the parent, you are changing, too, as you enter the stage of parenting when you quickly depart from the naïve platform of "My child would never..." to the realization that, "I'm sure my child did that. I'm sorry, and please excuse his behavior, he is going through a phase."

Your list of daily parenting instruction may include statements like:

- "If you can't say anything nice, don't say anything at all!"
- "How many times do I have to tell you not to use that word?"
- "Stop flipping that bottle!"
- "Stop burping the ABC's!"
- "You're acting like a 2-year-old."
- "What were you thinking?"

Then it happens: Maybe because we are exhausted from their constant begging for a phone, or because we think that all their friends have one, or because we want to upgrade ours to the latest model...we cave. We act on impulse. Our brain seems to regress like theirs, and we give them our old smartphone.

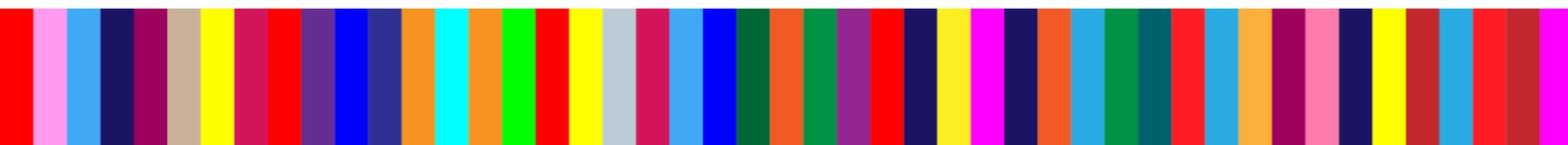
And with that one little decision comes the world of social media access—something we haven't thought about and something none of us is prepared for. Because the midbrain is reorganizing itself and risk-taking is high and impulse control is low, I can't imagine a worse time in a child's life to have access to social media than middle school. Here are just a few reasons why:

Social media was not designed for them. A tween's underdeveloped frontal cortex can't manage the distraction nor the temptations that come with social media use. While you start teaching responsible use of tech now, know that you will not be able to teach the maturity that social media requires. Like trying to make clothes fit that are way too big, they will use social media inappropriately until they are older and it fits them better.

Social media is an entertainment technology. It does not make your child smarter or more prepared for real life or a future job; nor is it necessary for healthy social development. It is pure entertainment attached to a marketing platform extracting bits and pieces of personal information and preferences from your child every time they use it, not to mention hours of their time and attention.

A tween's "more is better" mentality is a dangerous match for social media. Do they really have 1,456 friends? Do they really need to be on it nine hours a day? Social media allows (and encourages) them to overdo their friend connections like they tend to overdo other things in their lives.

[Continued](#)



Social media is an addictive form of screen entertainment. And, like video game addiction, early use can set up future addiction patterns and habits.

Social media replaces learning the hard social "work" of dealing face-to-face with peers, a skill that they will need to practice to be successful in real life.

Social media can cause teens to lose connection with family and instead view "friends" as their foundation. Since the cognitive brain is still being formed, the need for your teen to be attached to your family is just as important now as when they were younger. Make sure that attachment is strong. While they need attachments to their friends, they need healthy family attachment more.

Social media use represents lost potential for teens. While one can argue that there are certain benefits of social media for teens, the costs are very high during the teen years when their brain development is operating at peak performance for learning new things. It is easy for teens to waste too much of their time and too much of their brain in a digital world. We know from many studies that it is nearly impossible for them to balance it all.

How Can Kids Slow Down?

First, we need to slow down and rethink what we are allowing our kids to do. We need to understand the world of social media and how teens use it differently from adults. Here are a few tips that work well for many parents.

Delay access. The longer parents delay access, the more time a child will have to mature so that he or she can use technology more wisely as a young adult. Delaying access also places a greater importance on developing personal authentic relationships first.

Follow their accounts. Social media privacy is a lie: Nothing is private in the digital world, and so it should not be private to parents. Make sure privacy settings are in place but know that those settings can give you a false sense of security. Encourage your teen to have private conversations in person or via a verbal phone call instead if they don't want you to read it on social media.

Create family accounts. Create family accounts instead of individual teen accounts. This allows kids to keep up with friends in a safer social media environment.

Allow social media only on large screens. Allow your teens to only use their social media accounts on home computers or laptops in plain view, this way they will use it less. When it is used on a small private phone screen they can put in their pocket there are more potential problems with reckless use. The more secret the access, the more potential for bad choices.

Keep a sharp eye on the clock; they will not. Do you know how much time your child spends on social media a day? Be aware of this, and reduce the amount of time your child is on social media across all platforms. The average teen spends nine hours a day connected to social media. Instead, set one time each day for three days a week for your child to check their social media. Do they benefit from more time than that?

Plan face-to-face time with their friends. Remember that they don't need 842 friends; four-to-six close friends are enough for healthy social development. Help them learn how to plan real, in-person, social get-togethers such as a leave-phones-at-the-door party, a home movie night, bowling, board games, cooking pizza, or hosting a bonfire. They crave these social gatherings so encourage them to invite friends over and help them (as needed) to organize the event.

Spend more real non-tech time together. Teens who are strongly attached to their parents and family show more overall happiness and success in life. They still need us now more than ever. It is easy to detach from them: Teens can be annoying! But attaching to family allows them to detach from the social media drama. Your child needs to feel like they can come home and leave the drama of their social world behind for a few hours. They want you to help them say no to social media and yes to more time with the family. They are craving those moments to disconnect, so make plans and encourage this at home. Don't give that smartphone all the power in your home; help tweens choose healthier forms of entertainment. They have the rest of their life to be entertained by social media, but only a limited time with you.

source: psychologytoday.com

