

SAINT JAMES SCHOOL  
DECEMBER 12, 2018

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### Important Dates

- 12/14: Christmas Pageant, 6:30 PM
- 12/17: Step-up day for our students
- 12/18: Advent Confessions, 9:30 AM
- 12/20: 1<sup>st</sup> Grade Retreat
- 12/21: 9:30 AM Mass; 12:45 Dismissal

Re-enrollment forms have been sent home via USPS.

Please return the blue registration form, bus and textbook forms as soon as possible.

Take advantage of the Refer-A-Family program to reduce your family's tuition bill!

## FROM THE PRINCIPAL



Dear Parents and Guardians,

We still need everyone's help and participation in the AdvancEd surveys. I know this is a busy time, but the survey is quite short. Please see the link on the "School Happenings" page. Thank you for your help in this matter.

I've been working very hard this Advent season to be patient (even when rehearsing for the pageant!), to be open, to remember what Advent means, and to always look to the light. I saw a quote on the Advent Calendar on Busted Halo on December 3 that has stuck with me:

*"Well I know I had it all on the line, but don't just sit with folded hands and become blind, 'cause even when there is no star in sight, You'll always be my only guiding light. (Mumford & Sons)"*

And the "micro-challenge" that went with it:

*"If you're struggling with a dark moment today or at any point this Advent, look for the light. Light a candle, look at lights on a tree, or stop by church for a quiet moment of prayer."*

This might be resonating with me because that's the focus of our Christmas pageant this year – Jesus as the Light of the World. It has made me keenly aware of our Christmas tree lights, the candles on our Advent wreath, and the festive lights decorating my neighbors' homes as I walk my dog in the evening. Seeing that light in the darkness and connecting to Jesus through that light has given me many moments of peace this Advent.

I wish you many moments of peace this Advent, too.

Hoping to see you all at the Christmas Pageant on Friday. Have a wonderful week!

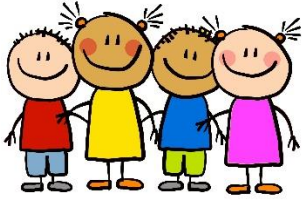
Mrs. Florendo

Are you looking for a safe, happy, learning environment for your child?

**Saint James School** is the place!

It is a place where children are loved, cared about, challenged and encouraged to grow in their Catholic faith.

If you want a school where learning is a priority then come and take a tour at **Saint James School** and see for yourself that this is the place where your child belongs.



For more information contact:  
Sr. Joann Marie Aumand, SCC  
Director of St. James School

## From the Religious Education Office

**Sunday, January 6, 2019**

2nd Grade Retreat for all students preparing for the Sacraments of Reconciliation and Communion (CCD, FCC and SJS) **and** at least one parent from **11:30AM-1:30PM** in the school gym. At least one parent/guardian must attend.

**Thursday, February 7, 2019**

2nd Grade Parents' Meeting at 6:15PM in the school gym.

**Saturday, March 2, 2019**

Celebration of the Sacrament of Reconciliation at 10AM in the Church.(All 2nd grade students - CCD, FCC and SJS)

**Wednesday, May 8, 2019 (Family Centered Catechesis and St. James School Students)**

Rehearsal for First Holy Communion from 4-5PM in the Church.

**Saturday, May 11, 2019 (Family Centered Catechesis and St. James School Students)**

Celebration of First Holy Communion, 10AM Mass in the Church

If you have any questions, do not hesitate to get in touch with us via [stjamesccd@yahoo.com](mailto:stjamesccd@yahoo.com) or 908-766-4774, ext. 30 or 32.

# School Happenings

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## CHRISTMAS PAGEANT



The students of Saint James School will present “The Light of the World,” on Friday, December 14 at 6:30 PM in the church. Students in grades PreKindergarten (4 year olds) through 8<sup>th</sup> grade will participate.

Students should wear their “Christmas Best” except the 8<sup>th</sup> graders in the tableau. Comfortable shoes are a must!

Students in PreK4 – 7 should meet their teachers in the chapel by 6:15 (latest, please). Students in grade 8 should meet in the Chapel Auditorium by 6:00.

### CATHOLIC SCHOOLS WEEK IS COMING SOON

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 win 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!

*Parents, we need your help!*



*Thank you to those who have completed our AdvancEd survey! For those who haven't, please do so as soon as possible. The survey will close before Christmas.*

<https://eprovesurveys.advanc-ed.org/surveys/#/action/84135/p33469>



## "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](mailto:bethdido@hotmail.com)*

# 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

### What is Night Under The Stars or N.U.T.S.?

Night Under The Stars or N.U.T.S. is our school's biggest and most important fundraiser and is held each spring. This year's event will be held on Saturday, March 30th in our school gymnasium at 7:00pm. The event will feature a LIVE Auction, Silent Auction, Raffle, Mystery Envelope, music by the Mr. LoveJoy Band, a signature drink, unlimited beer and wine, and passed hors d'oeuvres.

Why is the success of this event so important? Monies raised at this event are used to help offset the school's daily operating expenses.

Why is it important for you to support this event? Your support of this event is vital because Saint James School will only hold 2 fundraisers this school year. We are counting on each of our families to be involved and reach out to their friends, family, and employers for their support as well.

### 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!**



**KNIGHTS OF COLUMBUS #2393  
ANNUAL  
BASKETBALL FREE THROW CONTEST**

**Sunday January 13, 2019  
St. James School Gym, Basking Ridge, NJ**

Registration starts at 10:00 AM; Contest starts at 10:45 AM

**Cost is FREE**

Boys and Girls ages 9, 10, 11, 12, 13, 14 (age as of 1/1/18)

Will compete by age and gender. Best score wins.

All participants get recognition.

Winners move on to the District Finals to be held in February.

For Registration Information

Call Glenn Marzoli at 908-512-1119



## **Preventing Holiday Stress and Anxiety in Children**

The holidays are a fun and joyous time but also a very busy one, and holiday stress and anxiety in children can and does happen. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, it's inevitable that kids may feel some degree of holiday stress.

### **Set a Calm Example**

The most important way parents can help ease anxiety in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will definitely pick up on it, and child anxiety is more likely to be a problem in your house. To minimize anxiety in children during the holidays, take steps to handle your own stress and anxiety.

### **Set Up Conditions for Good Behavior**

Avoid taking your child to places such as the mall or holiday gatherings when he is hungry or tired. It's hard even for grown-ups to deal with noise and lots of stimulation when they're not feeling their best; kids get hungry more often and become tired more easily, and may understandably have a tough time being on their best behavior and are more likely to experience holiday stress when they're exhausted or hungry.

### **Remember the Importance of Routines**

The holidays can throw a big wrench into household routines, and that can play a role in anxiety in children. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or a church gathering goes past your child's bedtime, try to stick to quiet, calm activities the next day and get your child to bed on time the next night.

### **Watch What They Are Eating**

Another thing that can fall by the wayside amidst the holiday hubbub is healthy eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be all too easy for kids to eat less healthy foods, which can contribute to holiday stress and anxiety in children. Try packing healthy snacks when you have to go shopping or run other holiday errands and try to minimize the number of sweet treats at home. Whenever possible, offer healthy snacks, such as air-popped popcorn or apple slices with cheese and crackers and limit cookies and candy to after-snack treats.

### **Get Your Child Moving**

Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children. Make sure you schedule some time to get your child outside to run around and play.

### **Avoid Overscheduling**

As tempting as it may be to accept every invitation from friends and family, try to limit your holiday parties and activities so that you and your child are not overwhelmed. A couple of events a week may be fine, but having an obligation every day can lead to holiday stress and anxiety in children.

### **Have Your Grade-Schooler Help You**

Big kids love to help mom and dad, especially if they get lots of praise for being responsible and helpful. If you have to shop, ask your child to help you look for an item at the store (fun stocking stuffers for cousins, for example). Giving your child a task will not only boost her self-esteem, it'll distract her and help prevent any holiday stress and anxiety.

### **Schedule Some Quiet Time**

Having some peace and quiet with your child is more important than ever during the busy holiday season. Find a quiet corner and read a book with your child or create holiday pictures for grandma and grandpa. Take a walk outside in nature, away from noise and crowds and obligations.

### **Remind Your Child and Yourself What the Holidays Are Really All About**

A great antidote for holiday stress and the bloated commercialism of the season is helping others, whether it's by shoveling an elderly neighbor's sidewalk or by wrapping presents for needy kids at your local church. Helping your grade-schooler become a charitable child will help alleviate her holiday stress and anxiety.

Remember the reason for the season!

Source: [verywellfamily.com](http://verywellfamily.com)