



ANNOUNCEMENTS

- December 2 - Breakfast with Santa
- December 8 - Immaculate Conception of Mary Mass
- December 12 - Christmas Program, Kindergarten through 4th grade
- December 21 - January 3 - Winter Break

FROM THE PRINCIPAL'S DESK

Dear Raven Families,

Advent begins this Sunday, December 3, and our staff and students are preparing for this beautiful season. This Advent season reminds us about the importance of Christ in our lives and prepares us to celebrate Christ's birth at Christmas.

Beginning Monday, December 4, a giant Advent calendar will be displayed in the conference room above our Raven TV desk. Each morning during announcements a student will open a window and read the kind act that a grade level will be working on during this Advent season. Our hope is to fill our Advent calendar with acts of kindness and gratitude throughout this season and share these projects within our parish and school community.

Within our holiday newsletter, you will see we have many opportunities this month for families to take advantage of. Merry Christmas, our hope is that this holiday season is a special time for your families to gather and enjoy the beauty of Christmas.

Anchored in Faith,
Laurie Schopmeyer

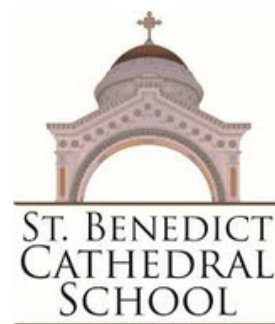
We still have "Doves" in need!

If you would like to participate in our Dove Tree Christmas Giving Program and help a family in need this holiday season, there are still many unclaimed Doves located on the Dove Tree near the east vestibule entrance to the church, or you may visit our online link [HERE](#).



Choose a Dove, purchase the item(s) on the Dove, and return to the church or parish office by December 6th! Want to help but don't have time to shop? Donations are also accepted!

Please contact Angie Wellmeier at awellmeier@evdio.org with any questions.



OFFICE STAFF

Laurie Schopmeyer
Interim Principal
lschopmeyer@evdio.org

Bart Burke
*Dean of Students
& Keyway*
bburke@evdio.org

Ami Pitt
Administrative Assistant
apitt@evdio.org

SOWING SEEDS OF KINDNESS!

Last week, all Ravens participated in our "Sowing Seeds of Kindness" food drive for St. Vincent de Paul's food pantry. Together, students in PK-8th grade collected over 2,400 food items! Each morning on Raven TV, celebrity "turkeys" would pop in to encourage our students to keep spreading kindness. The winning homeroom was 6B who contributed 317 items. The 6B students also helped load the St. Vincent van this morning. Way to go, Ravens!



- Congratulations
- to our Serra Club of
- Evansville Vocations
- Award recipients:
- Natalie and Owen!

IMPORTANT DATES



- December 20: End of 2nd Quarter
- January 4: Return to school

LEARNING IS FUN AT ST. BEN'S!

.....See what students have been up to recently.....



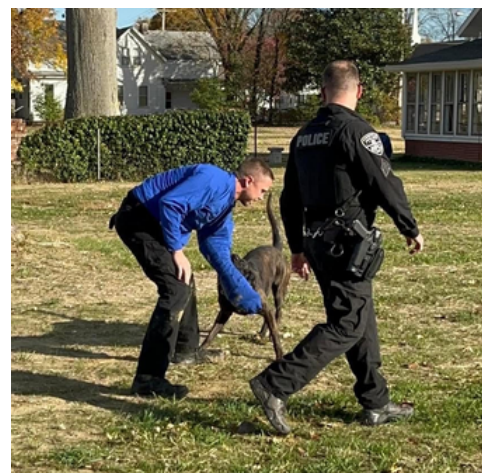
All 50 Operation Christmas Child boxes were filled and ready for shipping! Huge thank you to everyone that made the 8th Grade Leadership/Service project a success.



Our 2nd annual Saints Gallery recently took place in the Woodward Center! Friends and family of current 4th graders got to visit the gallery to hear the Saints tell all about their lives. Way to go 4th grade!



K9 Officer Cash and his handler, Officer Offerman, along with K9 Officer Boomer and his handler, Officer Keen, came by for a visit to St. Ben's last week! Kindergarten through 5th grade enjoyed hearing about what the K9 Officers do to help the Evansville Police Department. They had fun seeing the demonstrations and learned they are very obedient and great dogs. Boomer is a K9 bomb dog (his nose is great!) and Cash is a part of the K-9 unit used to find drugs and bad guys. Thank you EPD!!





HOLIDAY STRESS AND YOUR ANXIOUS CHILD

No school, sweet treats, presents, and parties, you might think this is every kid's dream! If you have a child with anxiety, however, you know this combination can be a huge trigger. While a long school vacation might feel like a relief for many kids, the break in routine can be difficult for those with anxiety. The parties, loud noises, and bright lights can create sensory overload for anxious kids. For children who struggle with social anxiety or who are simply more introverted, the constant going and socializing can be very overwhelming. To minimize meltdowns, tantrums, and stress for the whole family, work on coping ahead with your child by employing some simple strategies.

1. Identify the warning signs. Talk with your child about how their body feels when they are anxious. Are they sweating, heart racing, butterflies in their bellies? Pay attention to your child's behavior during anxious times. Some warning signs may be:

- Excessive tears or clinging to parents
- Isolating
- Psychosomatic complaints (headaches, stomachaches, random pains that cannot be explained)

2. Create coping strategies. Once you and your child understand the warning signs, know what to do to decrease anxiety before it spirals. The more a child can practice their coping skills, the better at them they will become. Make sure your child's favorite coping tools go with you to events and outings. Some easy skills to try are:

- Journaling
- Music
- Art expression
- Exercise
- Deep breathing
- Fidgets or stress balls

3. Set expectations. Let your child know what the schedule for the day is. Describe the events you will be attending, who will be there, and what your child may enjoy while there. This helps your child feel more in control and less anxious.

4. Make time to reconnect. With the holidays full of busy schedules and lots of family and friends, it can be hard to have meaningful 1:1 time with your child. An anxious kid craves that slow-paced rest and relaxation time spent with you as their safety net. Find time to recharge with your child each day, talk through how they are feeling, and identify any needs they have.

Children thrive on routine. Finding ways to maintain some form of normalcy during this chaotic time can be extremely beneficial for an anxious child. Try to ensure your child continues to get plenty of restful sleep and eats nutritious meals, even if bedtimes and mealtimes must be shifted to accommodate events. Remember you are your child's best advocate. If there is an event that just does not work for your family, it is ok to maintain boundaries and not attend.

Brooke Skipper is the Youth First Social Worker at St Benedict Cathedral School. She is in the building Monday/Tuesday/Friday 7:30-3:30. You can call the school to reach her personal extension or send her an email at bskipper@youthfirstinc.org. All contacts are confidential.

PAPAJOHNS®

Give Back Program

Please Join us at:

Papa John's Pizza & Raise 20%!

Benefiting

ST BENEDICT SCHOOL

Use promo code **STBEN30** online, in person or over the phone to receive **30% off** regular menu price.

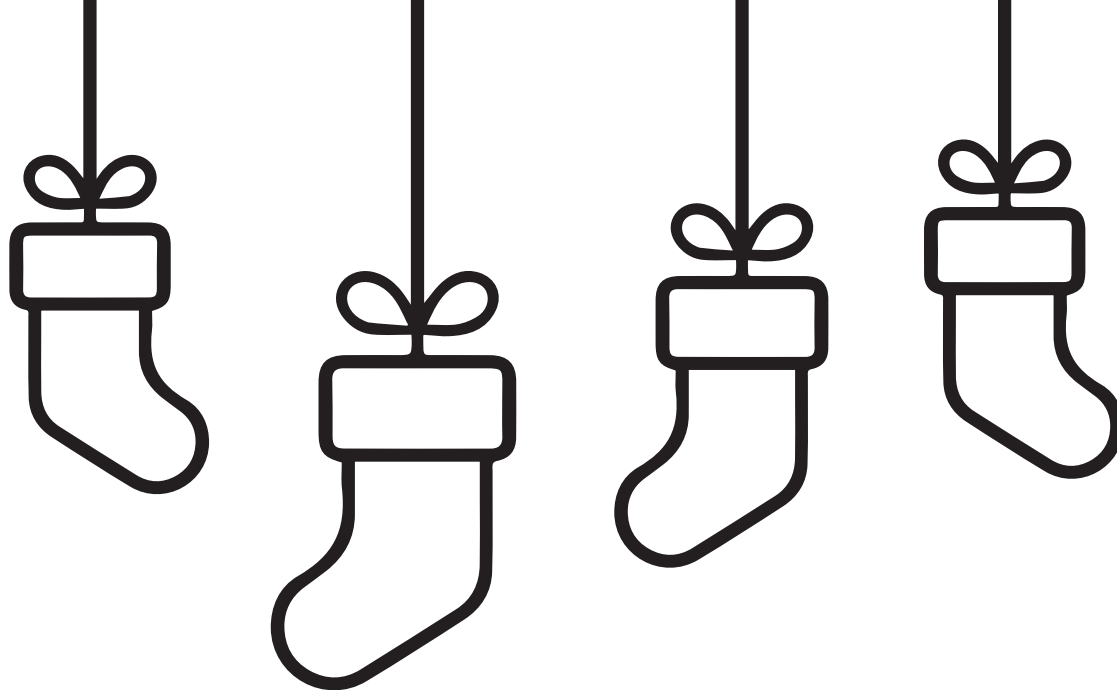
20% of the net sales to be donated to

St Benedict School

When: 12/4 through 12/17

**Where: Offer Is Available in Newburgh,
Henderson, Owensboro, and ALL Evansville
Locations**





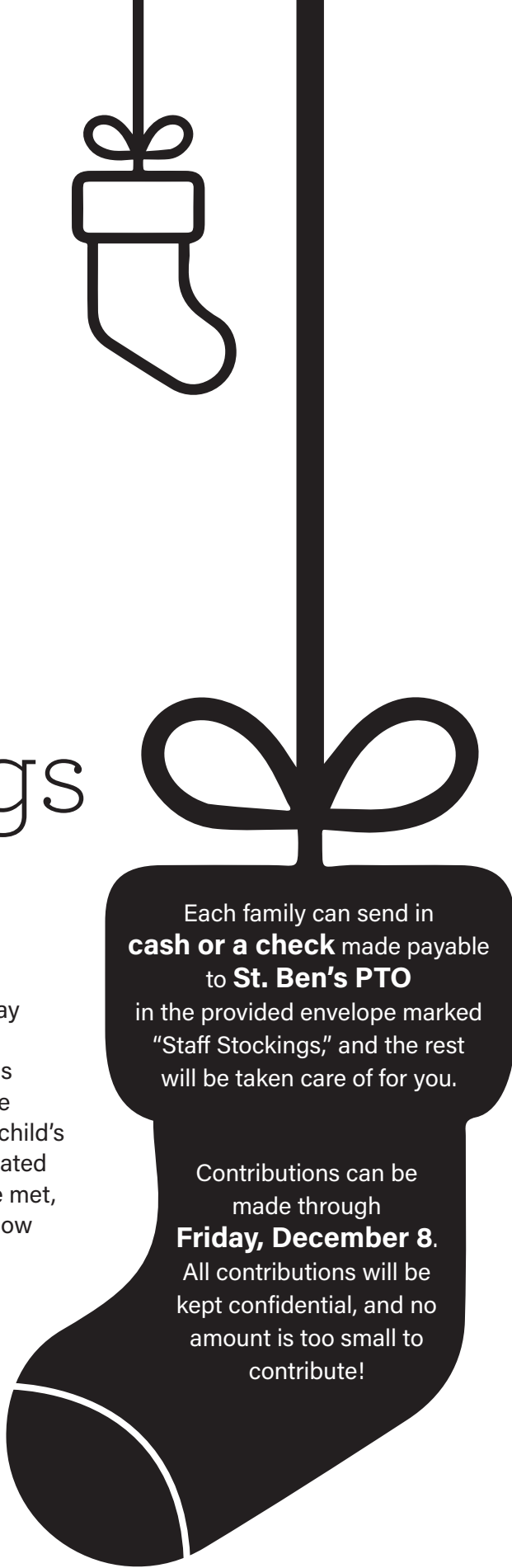
Staff Stockings

In effort to make the holidays less stressful for our St. Ben's families, our PTO is coming together to make shopping for our school staff effortless!

Families can make a voluntary donation to be put into one holiday fund for our staff. The donations will be used to purchase gift cards that will be divided amongst all of our St. Ben's faculty. This will include not only your child's homeroom teacher, but all of the teachers and staff that have such an amazing influence on your child's educational experience. There are so many wonderful and dedicated staff members who work hard to ensure our children's needs are met, and the holiday season is the perfect time to let each of them know how much they are appreciated.

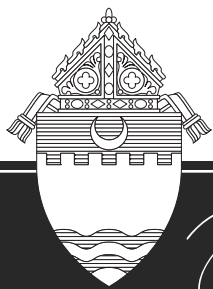
If your child wants to do something for a teacher, a handwritten note/card would be a wonderful idea, but no other gift is necessary. Please consider your ability to give to the Staff Stockings. Let's take this opportunity to celebrate our wonderful teachers and staff and let them know how much we greatly appreciate all that they do!

St. Ben's PTO wants to thank each of you for your generosity and support and would like to wish all of our Raven's family a very Merry Christmas!



Each family can send in **cash or a check** made payable to **St. Ben's PTO** in the provided envelope marked "Staff Stockings," and the rest will be taken care of for you.

Contributions can be made through **Friday, December 8.** All contributions will be kept confidential, and no amount is too small to contribute!



2023

Christmas Coloring Contest

The MESSAGE

Annual coloring contest open to children in kindergarten through grade 5

Children in kindergarten through fifth grade are invited to participate in the annual **Message** Christmas Coloring Contest.

Entries may be colored with markers, crayons, pencils or watercolors and will be judged on neatness and creativity. You may enter as many times as you wish, but you can win only one prize.

To be eligible, your name, address, school or parish, age, grade and phone number must be printed and legible in the spaces provided.

Entries must be received at **The Message** by 5 p.m. CST, December 11. Winners' names will be published in **The Message** on December 22.

Prizes will be mailed after publication of names.

Sponsored by

The **MESSAGE**

and



Note: Due to delays in mail service, we highly recommend mailing entries **as early as possible**. All entries must be received on or before Dec. 11 to be considered eligible.

Prizes and Categories:

Four prizes will be awarded in each of **three grade levels:**

kindergarten/first grade,
second/third grade and
fourth/fifth grade.

**Prizes: Amazon gift card AND
Bonus Ritzy's gift card**

Grand prize: \$75 Amazon card
plus \$20 Ritzy's card

First prize: \$30 Amazon card
plus \$10 Ritzy's card

Second prize: \$20 Amazon card
plus \$5 Ritzy's card

Third prize: \$10 Amazon card
plus \$5 Ritzy's card

Name _____

Age _____ Grade _____

Home Address _____

Home Phone _____

School/Parish _____

To be eligible, your name, home address, school or parish, age, grade and phone number **must** be printed and legible in the spaces provided.

Mail to: **The Message**, P.O. Box 4169,
Evansville, IN 47724-0169.

Entries must be received at **The Message** by 5 p.m. CST, December 11. Winners' names will be published in **The Message** on December 22.

2023 Christmas Coloring Contest



The MESSAGE



MEMORIAL TEENPOWER CLUB HOSTS

SNOW FLURRY

5&6TH GRADERS

SATURDAY DECEMBER 16TH 9AM-1PM

SNOWFLAKE

7&8TH GRADERS

SATURDAY DECEMBER 16TH 2PM-9

Snowflake is mini leadership conference that is a full day of fun for Memorial partner schools and a way to form relationships with kiddos in our community. The day is filled with team builders and speakers teaching about peer pressure and leadership skills.

Reitz Memorial High School

WINTER

DANCE

CLINIC

MHS feeder schools ages K-8

January 6th

9am - Noon



SCAN ME

*Clinic will be held at
Memorial High
School*

REGISTRATION:
\$40/person
INCLUDES FREE
TISHIRT

**PARTICIPANTS WILL
LEARN A DANCE
ROUTINE TO PERFORM
WITH THE
TIGERETTES DURING
HALFTIME AT THE
GAME ON JANUARY
6TH**

*For more info please email
paige.perkins@eusck12.com or
mtaylor@hsc CPA.com*

Saint Benedict Cathedral School Club Registration Form
Spring Semester, Grades K-8

Who I Am: Coach Logan has been a professional chess coach with nearly a decade of experience in teaching chess to kids and students of all ages. I have competed in national chess competitions from childhood into adulthood with strong performances in a variety of large tournaments. While I understand not every child is going to be a national champion, teaching chess to kids offers me an amazing opportunity to teach a game I enjoy to young people and help students develop themselves as thinkers and problem-solvers. The curriculum I have designed is highly accessible so that students with no experience or years of experience can continue to earn the benefits of playing chess.

Benefits of Chess: Students that participate in chess programs have been shown to have increased abilities in Problem Solving and Math throughout high school. Chess also teaches valuable life skills such as *Patience*, the *Value of Hard Work*, *Delayed Gratification*, among many others!

Please let me know if you have any questions about the Chess Club by sending me an email at CoachLoganChess@gmail.com, and I will be happy to answer your questions. I am looking forward to a great semester!

Student's Name: _____

Grade: _____ Chess Experience (beginners welcome!) _____
This class is taught from the ground up and involves each student based on their needs.

Parent/Guardian Name(s): _____

Parent/Guardian Phone Number(s): _____

Parent/Guardian Email(s): _____

Contact information is kept strictly confidential by the Chess Coach. Contact information will not be shared to any third parties for advertisement purposes and will only be used in regards to functioning of the class and as necessary for the benefit of the student. There will be no spam.

After Chess Club, my child will be:

Picked up by Parent/Guardian: _____ Going to After-Care: _____

Chess Club will meet on Fridays at school, starting January 12, 2024.

- K-5 2:05-2:35 6th-8th 1:30-2:10

The Tournament Schedule for this year is listed below.

Attendance is Not Mandatory. Players do not have to attend the entire event.

Date(s): All dates and details found on website CoachLoganChess.com

Time: 10am-2pm.

Sections: K-5 (Beginner), K-8 (Intermediate), K-12(Advanced). Awards will be given to the top players in each section.

Registration starts at 9:30am at Location. Cost \$12 cash or check accepted.

Additional information and FAQs found at CoachLoganChess.com/tournaments

Chess Club fees are \$65.00 for the Spring Semester 2024.

Please make checks payable to Coach Logan Chess and provide the completed registration form and payment to the Front Office.

MyMommyStyle.com



Momables.com



TheFirstYearBlog.com



Wondermomwannabe.com



Nobiggie.net



Celebrate Healthy Holidays







 Your health. Your way.
UpgradeTM

Please Note:

**THERE
WILL
BE NO
PICKLEBALL**



**AT ALL
AT ST. BEN'S DURING
DECEMBER & JANUARY.**

Monday	Tuesday	Wednesday	Thursday	Friday
<div>December 2023</div>				
				<div>1</div> <div> Papa John's Pizza Alt: Uncrustable Mixed Fresh Veggies Shredded Lettuce Fruit Milk Chocolate Chip Cookie </div>
<div>4</div> <div> Alt: Uncrustable w/ String Cheese Chicken Taco Salad Shaker Salsa Fruit Tortillas Chips Milk </div>	<div>5</div> <div> Corn Dog Alt: Uncrustable w/ String Cheese Baked Beans French Fries Fruit Milk </div>	<div>6</div> <div> Salisbury Steak with Roll Alt: Uncrustable w/ String Cheese Green Beans Mashed Potatoes Fruit Milk </div>	<div>7</div> <div> Alt: Uncrustable w/ String Cheese Chicken Alfredo with Bosco Stick Salad Shaker Baby Carrots Fruit Milk Chocolate Chip Cookie </div>	<div>8</div> <div> Mini Waffles Ham, Diced Egg Patty Tater Tots Fruit Milk Fat Free White Milk </div>
<div>11</div> <div> Alt: Uncrustable w/ String Cheese Cheeseburger Nachos Salsa Shredded Lettuce Refried Beans Fruit Tortillas Chips Milk </div>	<div>12</div> <div> Alt: Uncrustable w/ String Cheese Ham & Cheese Sandwich Salad Shaker Tomato Soup Fruit Goldfish Graham Milk </div>	<div>13</div> <div> Alt: Uncrustable w/ String Cheese Chicken Nuggets Mixed Vegetables, Canned Mashed Potatoes Fruit Roll Milk </div>	<div>14</div> <div> Breakfast Surprise (Manager's Choice) PB&J Sandwich w/ cheese stick Tater Tots Fruit Milk Fat Free White Milk </div>	<div>15</div> <div> Papa John's Pizza Alt: Uncrustable w/ String Cheese Mixed Fresh Veggies Shredded Lettuce Fruit Milk Chocolate Chip Cookie </div>
<div>18</div> <div> Manager's Choice Alt: Uncrustable w/ String Cheese Fruit Milk </div>	<div>19</div> <div> Manager's Choice Sandwich Alt: Uncrustable w/ String Cheese French Fries Baked Beans Fruit Milk </div>	<div>20</div> <div> Papa John's Pizza Alt: Uncrustable w/ String Cheese Mixed Fresh Veggies Shredded Lettuce Fruit Milk Chocolate Chip Cookie </div>	<div>21</div> <div>  </div>	<div>22</div> <div>  </div>
<div>25</div> <div>  </div>	<div>26</div> <div>  </div>	<div>27</div> <div>  </div>	<div>28</div> <div>  </div>	<div>29</div> <div>  </div>

December Service Project

In anticipation of Baby Jesus' birthday at Christmas time, we are asking for disposable diaper donations. (Pampers, Luvs, Huggies) The diapers will be donated to our local Birthright of Evansville which is a service that assists expectant mothers who are struggling and need support. They need diaper sizes for newborns and sizes 3-5. You can put them in the green tubs outside at morning drop off or send them in with your child from December 1-20.

Thank you for your generosity and support!

The Preschool and Pre-K classes

