

NEWS FROM THE HIGH HEAVENS
NO. 5

Wednesday, December 16, 2015

"A CATHOLIC LEARNING COMMUNITY"

ST. JAMES PARISH/SCHOOL AUCTION WILL BE HELD ON SATURDAY, MARCH 5th! THIS IS ONLY 11 ½ WEEKS AWAY. PLEASE PRAY FOR THE CONTINUED SUCCESS OF OUR PARISH/SCHOOL AUCTION.

"When God's people are in need, be ready to help them. Always be eager to practice hospitality." Romans 12:13

Dear Jaguar Parents:

REMINDER: St. James Catholic School will not be in session on Friday, December 18th. Teachers will be attending a Retreat Day at the Sisters of the Congregation of St. Joseph in Wichita.

ADOPT-A-FAMILY FOR CHRISTMAS THIS YEAR

St. James Catholic School wishes to acknowledge those families that donated to the adopted family for Christmas. Your donation will ensure that the family will have a much merrier holiday season. Again, thank you for your donation(s). It is amazing what our St. James families can do when called upon ☺

WEATHER CONCERNS

In the event that weather necessitates the closing of school, St. James Catholic School will abide by the decision of the Augusta Public School system (USD 402). Announcements will be made on the following radio stations: KTLI/Light 99, KKRD, KRZZ, B98-FM, KZSN, KEYN, KFDI, T-95, KHCC. Television stations are: channel 3 - (KSNW-TV), channel 10 - (KAKE-TV), and channel 12 - (KWCH-TV).

SACRAMENT OF RECONCILIATION

On Sunday evening, December 6th, the following students made their FIRST RECONCILIATION. We look forward to their continued spiritual growth toward their FIRST COMMUNION this spring. Students who made their First Reconciliation are

SACRAMENT OF RECONCILIATION CONTINUED

Taylor Barringer	Dylan Beckley	Francie Biehler
Gunner Carey	Drake Defore	Nathan Ebenkamp
Adelaide Fleming	Alicen Hughes	John Kant
Gabe Kappelmann	Madeline Kavalauskas	MacKayla Kirkpatrick
Atticus Kuhlmann	Julissa Miranda	Ambrose Pennycuff
Sam Pennycuff	Bella Phillips	Laney Ratcliff
Kirsten Sims	Luke Wilson	

St. James Catholic School congratulates our good friends in the P.S.R. 2nd grade class.

The St. James P.S.R. students receiving their First Reconciliation are

Luis Alvarado	Gentry Bergsten	Talen Berning
Mules Highbarger	Bracynd Landers	Laura Mosier
Tatum Robinson	Ninive Valente	

A special thank you goes out to Katie Schauf and Alicia Craft for preparing the children very well for this great sacrament.

YOUR DECEMBER PRESCHOOL PAYMENTS ARE DUE!!!!

AM and PM Preschool (5-day) - \$185.00 - All Day Preschool (5-day) - \$550.00. **Separate reminders will be in your Family Folders for those of you who have a balance due!!!**

CLASSROOM CHRISTMAS PARTIES

Room Mothers will need to consult with the classroom teacher to schedule treats and any activities for **Thursday, December 17th**. **PLEASE GET WITH THE TEACHERS! THIS ALLOWS THEM TO KNOW THAT EVERYTHING IS TAKEN CARE OF.** Christmas Parties begin at 2:30pm.

SERVER REMINDER

The following students or siblings of students here at St. James Catholic School are scheduled to serve during Weekend Masses, **IF YOU ARE UNABLE TO MAKE IT FOR YOUR TIME, PLEASE CALL AND FIND A SUB. PLEASE DO NOT DEPEND ON THERE BEING ANOTHER SERVER AT MASS TO TAKE YOUR PLACE...THANK YOU FOR TAKING RESPONSIBILITY AND FINDING A SUB WHEN YOU ARE UNABLE TO MAKE IT** © Saturday, December 19th 5:00pm - Juan Miranda; Sunday, December 20th 8:00am - Grace & James Allen; and Sunday, December 20th 10:30am - Anna Karkins; Tuesday, December 22nd 8:00am - Joe Kappelmann; Wednesday, December 23rd 8:00am - David Ebenkamp & Gabe Kant; Thursday, December 24th 8:00am - Juan Miranda & Joe Kappelmann; Thursday, December 24th 4:00pm - JD Biehler, Alex Jehner, Joe Kappelmann, Gabe Kant, & Solomon Korte; Thursday, December 24th 9:00pm - Aaron, Grace, Jason, & Marie Standfast; Saturday, December 26th 5:00pm - Joe Kappelmann, Ellie Craft, & Gabe Kant; Sunday, December 27th 8:00am - Aaron, Grace, Jason & Marie Standfast; and Sunday, December 27th 10:30am - Brodie Phillips.

VOLUNTEER NEEDED

St. James is looking for a volunteer(s) to work with another parent (Mrs. Jeri Biehler) to setup school assemblies during the school year. The responsibilities would be to make calls to prospective speakers, coordinate a schedule between the speaker and school, and possibly help the speaker with any activities that may involve the children after the assembly. Please contact Mr. Guy if you are interested!

CALENDAR OF EVENTS FOR DECEMBER/JANUARY

Thurs. Dec. 17 th	End of 2 nd Quarter Christmas Parties - 2:30pm
Fri. Dec. 18 th	Faculty Formation Day at the Congregation of the Sisters of St. Joseph
Fri. Dec. 18 th - Mon. Jan. 5 th	NO SCHOOL - Christmas/New Year's Break
Mon. Jan. 4 th	Faculty Work Day
Tues. Jan. 5 th	School Resumes Parish Council Meeting
Wed. Jan. 6 th	"Walk in Sister's Shoes" Begins
Fri, Jan. 8 th	2 nd Quarter Grade Cards Sent home in Family Folders St. James School/Church Faculty & Staff Christmas Gathering - Stearman Bar & Grill - Benton, KS - 6:00pm
Mon., Jan. 11 th	NUT Day - children can wear jeans and St. James T-shirt/Sweatshirt for \$2.00 (some parents have already paid for this) - Proceed go to "Walk in Sister's Shoes" Fund. White Heart Rosary - 8:00am - Church Little Flower Girls Club - 3:20-4:30pm - Community Room
Tues., Jan. 12 th	Friends of Augusta Student of the Month Luncheon - 12:00pm - AHS St. James Council Meeting- 5:30pm - School Conference Room- All are invited to join us anytime!
Mon. Jan. 18 th	School WILL be in Session!!! NO Buses running St. James Catholic School Spelling Bee
Fri. Jan. 22 nd	January Baptismal Celebration - 8:00am Mass
Sat. Jan. 30 th	St. James PTO Chili/Chicken Noodle Dinner
Sat. Jan. 30 th - Fri. Feb. 5 th	Catholic Schools Week (Schedule will be released at a later date)

RELIGION BOWL

Starting in January, the Religion Bowl Team will meet with Mr. Guy and Mrs. Lary. More information will be coming next month.

SCHOOL COUNCIL MEETING

The next School Council meeting, as noted on the school calendar, is scheduled for Tuesday, January 12th at 5:30pm. Anyone may attend and are always welcome.

OUR LADY OF GUADALUPE RE-ENACTMENT AND DINNER

A tremendous thank you to IRMA MIRANDA for coordinating the dancers and the dinner last Sunday. What a wonderful job done organizing and preparing for this event. Also, a thank you to THERESE ALLEN for organizing and directing the Our Lady of Guadalupe Re-enactment. It was very nicely done. The children did an excellent job. The event was greatly appreciated by all who attended. KWCH Channel-12 news did a wonderful story on the Our Lady of Guadalupe Dancers on Friday, December 11th. Here's the link if you would like to view the story as it was broadcast: <http://www.kwch.com/news/local-news/wichita-churches-celebrating-our-lady-of-guadalupe/36923492>.

CHRISTMAS PROGRAM

St. James Catholic School Christmas Program was held in the Augusta High School Auditorium on Monday, December 14th. Wow! What a performance your children PreK-6th gave. I want to recognize **MRS. MEGAN HILTON** for her time devoted to our Christmas program and for doing such a wonderful job. Thank you to Dr. Black and the USD402 Transportation Department for providing a bus to transport our students to the Augusta High School to practice the play.

A SPECIAL THANK YOU

A special thank you to **MICHELLE & BEN BERGKAMP** for folding the Programs for the "Carriers of the Light" Christmas Program.

A special thank you to **CON OTTO** for organizing our Hot Lunch Program and to her helpers **AMANDA GILLIAND** and **CHRISTI KIRKPATRICK**.

HOT LUNCH PROGRAM

We are looking for a volunteer(s) to help out on Friday's during January and February with the Hot Lunch Program. If you can commit once, twice, or more, please contact the school office or Mrs. Con Otto. Mrs. Gilliland is having knee surgery on 12/24. She expects to be back working by the beginning of February.

FROM THE SWELLNESS COMMITTEE

QUESTIONS TO ASK BEFORE STARTING AN EXERCISE PROGRAM

If you want to begin exerciseing regularly, stop to ask yourself some questions:

- Have you been told you have a heart condition and should only participate in physical activity recommended by a doctor?
- Do you feel pain (or discomfort) in your chest when physically active? When you aren't participating in physical activity? While at rest, do you frequently experience fast, irregular heartbeats or very slow beats?
- Do you ever become dizzy and lose your balance, or lose consciousness? Have you fallen more than twice in the past year?
- Do you have a bone or joint problem that physical activity could worsen? Do you have pain in your legs or buttocks when walking?
 - Do you take blood pressure or heart medication?
 - Do you have any cuts or wounds on your feet that don't heal?
 - Have you experienced unexplained weight loss in the past six months?
 - Do you know of any reason why you shouldn't participate in physical activity?

If you answered "no" to these questions, you likely can safely participate in at least moderate-intensity physical activity (*what you can do relatively comfortably for up to 60 minutes*). If you said "yes" to any of the questions, you may want to consult with your healthcare provider before beginning to exercise.

SEPARATING FLU FACTS FROM FICTION: (YEP, IT'S HERE. COLD & FLU SEASON.)
For all the attention that colds and flu get each year, many people still don't fully understand these contagious conditions. It's time to set the record straight so you can hopefully avoid getting sick.

Myth: You can get the flu from the vaccine.

Truth: the vaccine is made from an inactivated influenza virus that can't transmit infection. If people get sick after getting the flu vaccination, they were going to get sick anyway.

Myth: Healthy people don't need to be vaccinated.

Truth: Anyone can benefit from being vaccinated. The flu vaccine is recommended for anyone older than six months, even healthy people who might spread the virus to others who are more vulnerable to complications from the virus.

Myth: You can spread the flu if you're feeling fine.

Truth: Between 20% and 30% of people carrying the virus have no symptoms.

Myth: If you get the flu vaccination, you're covered and don't need to do anything else to protect yourself from the flu.

Truth: Even if you have had a vaccination, play it safe. Avoid contact with people who have the flu, wash your hands regularly, and avoid touching your face.

WEIGHT CONTROL: GET FULL ON FEWER CALORIES

It's easy to overdo it on eating during the holidays. If you plan ahead and are mindful, though, you may be able to conserve calories - without feeling like you're giving up anything.

- Fifteen minutes before a big meal, drink a 16-ounce glass of water.
- Take a small sampling of everything. A satisfying taste may curb your desire for more.
- After finishing your first plate, talk and enjoy the company of friends and family for at least 15 minutes before heading for a second helping. This delay can allow your stomach time to tell your brain that it's been satisfied.
- If you go for a second plate of food, select the healthiest options available, such as vegetables without added sauces.
- Start a new tradition. After the big meal, take a long walk. The exercise will burn calories from your dinner and make you feel less guilty about your splurges.

FOR PRESCHOOL PARENTS

Counting, not just reciting numbers, signals math success in school

Preschoolers who can count to 20 may be ahead of the curve when they enter first grade, according to a University of Missouri study that found such students had the highest math scores. The study looked at data for 3,000 children. "Counting gives children stronger foundations when they start school," said researcher Louis Manfras, an assistant professor in the university's department of human development and family studies. "The skills children have when they start kindergarten affect their trajectories through early elementary school; therefore, it's important that children start with as many skills as possible."

[Education Week/Early Years blog](#)

PLEASE REMEMBER THAT THIS IS WINTER TIME...THE CHILDREN WILL BE GOING OUTSIDE FOR RECESS IF IT IS NICE OUT (SUN SHINING, ETC). THE 5TH GRADE BAND WILL WALK TO EWALT EVERYDAY, UNLESS THE WEATHER IS TOO BAD. PLEASE MAKE SURE YOU SEND YOUR CHILD(REN) IN WINTER COATS, HATS, AND GLOVES. THANK YOU FOR YOU COOPERATION!

DILLONS CARDS

Our parish receives approximately \$500 per month from Dillon's. You can help out by attaching St. James to your Dillon's Plus Card as your organization of choice. We encourage our school families to utilize this great source of additional revenue. This doesn't take the place of tithing; however, we can get more additional revenue on top of your tithing. Please make a stronger effort to use your Dillon's Plus Cards. It can be used for prescription drugs, groceries, and fuel. In order to continue participating in the Community Rewards during the upcoming year, all supporters must **RE-ENROLL** (or enroll for the first time) their Dillon's Plus Shopper's card by visiting the website: www.dillons.com/communityrewards. 1) Sign in to your online account, or create a new account if you don't have one 2) Scroll down to the bottom of the page to Community Rewards 3) Click on Enroll Now 4) Find and select our organization using St. James Church or number

CHRISTMAS CRAFT DAY

Friday, December 11th, was the Annual St. James Christmas Craft Day. The St James Catholic School would like to extend a HUGE thank you to those individuals that volunteered on Friday! We definitely could not do these projects without your help. A very special thank you to **THERESE ALLEN, COLLEEN BECKLEY, JERI BIEHLER, LEAH BROWN, KIM CERVANTES, AMANDA GILLIAND, CHRISTINE & MIKE HAZARD, MARGARET HUGHES, BRIDGET KAPPELMANN, CHRISTI KIRKPATRICK, MONICA LICHLYTER, AMY LOWE, BRITTANY RIESCHICK, ERIN SANGER, and DEB SNIDER** for helping and many others who donated supplies without being identified. You all truly made the Craft Day a success. Fun was had by all!! A special Thank You also to those who dropped off cookies. The students definitely enjoyed them! St. James Catholic School would like to extend a THANK YOU out to the St. James PTO (**ANDEE KANT, KATHLEEN FLEMING, JEN MCCLURE, KELLY MCCLURE, and ALLISSA SMITH**) for the wonderful job they did in organizing and helping out during the event!

PARENTS/RELATIVES VISITING THE SCHOOL

When parents and relatives are visiting the school, such as having lunch in the lunchroom, visiting the classrooms, or attending events in the gymnasium, school policies/guidelines will still be enforced. An example would be when a parent has lunch in the lunchroom, we will still enforce the "5 minutes of silence" so children may focus on eating their lunch and 5 minutes of silence at the end of lunch, so they can eat as much of their food as possible and not be distracted by talking to their neighbor.

FIRE/TORNADO AND LOCKDOWN UPDATES

During the month of December, we have held a tornado drill (5 minutes flat) and a fire drill (1 min. 23 sec.). We held a lockdown drill on Tuesday. Everything went as well as expected.

UPCOMING SURGERIES

Please remember in your prayers the following school family members who will be having surgeries during the next month: Mrs. Christine Hazard - December 21st; Mr. Robin Smith - December 21st; Mr. Tony Kavalauskas - December 23rd; Mrs. Amanda Gilliland - December 24th; and Mrs. Allissa Smith - January 24th.

I would like to take this opportunity to thank each of you for your contributions at St. James Catholic School during the past year. Although you may not always receive the recognition deserved during the year, please know that each of you are deserving of many thanks. Thanks for the jobs you do, the time you give willingly, and most importantly, for working to make our school the best it can be.

At this time, when the warm glow of love and friendship surrounds us all, regardless of religious beliefs, take pride in all that you have done and all that you have yet to do. The staff at St. James and I wish you all a very Merry Christmas and a Happy New Year.

Have a nice day.

Yours in Jesus, Mary and Joseph,

Richard Guy, Principal
St. James Catholic School



Our Lady of Guadalupe Re-enactment



Our Lady of Guadalupe Dancers