ALL SAINTS NEWSLETTER

11/5/26

REMINDER

REPORT CARDS ARE GOING TO BE DIGITALLY ACCESSIBLE ON FRIDAY VIA SYCAMORE. STEPS ARE ATTACHED. CLICK HERE

IMPORTANT DATES

NOVEMBER	16-20	SCHOLASTIC BOOK FAIR
	19	FALL FAMILY ENGAGEMENT NIGHT/READ AND FEED
	22	CONFIRMATION 2:30 PM AT SFC
	23-27	THANKSGIVING BREAK
DECEMBER	15	CHRISTMAS CONCERT 2PM
		SECOND GRADE FIRST RECONCILIATION 7PM

MENU

9	10	11	Thanksgiving Meal 12	13
Meatball Sub with Mozzarella Cheese Or-Sunbutter & Jelly Sandwich w/a Cheese Stick Carrot Sticks Fruit Slushy	Crispy Chicken Sandwich Or- Ham & Cheese Hoagie Cowboy Beans Chilled Pears	Pizza Hut Pizza Or- Tuna Salad on 9 Grain Bread Romaine Salad with Croutons Craisins	Roasted Turkey with Gravy & a Ciabatta Roll Mashed Potatoes with Gravy Apple Crisp	Popcorn Chicken with Orange Sauce & Rice Or- Turkey & Cheese Hoagie Asian Vegetables Mandarin Oranges Adult Salad: Chicken Caesar



CREATE YOUR CHILD'S BOOK FAIR EWALLET SO THEY CAN SHOP CASH-FREE, WORRY-FREE, AND INDEPENDENTLY! IT'S EASY TO SET UP AND EASY FOR OTHERS TO CONTRIBUTE FUNDS!

[https://account.scholastic.com/my-scholastic/profile/ewallet.html?fairID=6228329&sUCN=600071035]. #ScholasticBookFairs

Welcome

WE ARE EXCITED TO INTRODUCE ELIZABETH HERNANDEZ TO OUR FRONT OFFICE TEAM! WE ARE HAPPY TO SHARE THAT ELIZABETH IS BILINGUAL IN ENGLISH AND SPANISH. SHE WILL BE IN THE BUILDING ON MONDAYS, WEDNESDAYS, AND FRIDAYS. PLEASE JOIN US IN GIVING HER A WARM WELCOME!

COOLER WEATHER IS HERE

REMEMBER TO CHECK THAT YOUR STUDENT IS DRESSED FOR THE DAILY TEMPS. WE WILL GO OUTSIDE AS OFTEN AS POSSIBLE. PLEASE, ALSO CHECK THAT ITEMS ARE LABELED WITH NAMES SO WE CAN GET LOST ITEMS BACK TO THEIR OWNER.

Native American Heretiage Month

STUDENT WILL PAY TRIBUTE TO NATIVE AMERICAN CULTURE DURING OUR MORNING GATHERING/PRAYER.

NOVEMBER'S SKILL IS ASKING PERMISSION.
-LOOK AT THE PERSON
-USE A PLEASANT VOICE
-SAY "MAY I..."
-ACCEPT THE ANSWER CALMLY.

ALLSAINTSCS.ORG 402-346-5757

ALL SAINTS BOLETÍN

5/11/26

RECORDATORIO:

LAS BOLETAS DE CALIFICACIONES ESTARÁN DISPONIBLES DE FORMA DIGITAL EL VIERNES A TRAVÉS DE SYCAMORE. SE ADJUNTAN LOS PASOS A SEGUIR. HAZ CLIC AQUÍ.

FECHAS IMPORTANTES

NOVIEMBRE	16-20	FERIA DEL LIBRO DE SCHOLASTIC
	19	NOCHE DE INTEGRACIÓN FAMILIAR DE OTOÑO / LEER Y COMER
	22	CONFIRMACIÓN: 14:30 H EN SFC
	23-27	VACACIONES DE ACCIÓN DE GRACIAS
DICIEMBRE	15	CONCIERTO DE NAVIDAD, 14:00 H
		PRIMERA RECONCILIACIÓN PARA SEGUNDO GRADO, 7 P. M.

MENÚ

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IMPERDIBLE ENTUSIASMA A LOS NINOS CON LA LECTURA Y RECAUDA FONDOS PARA LA ESCUELA. RESERVE LOS DIAS NOV. 16 - NOV. 20 Y COMIENCEN A EXPLORAR JUNTOS: [https://account.scholastic.com/my-scholastic/profile/ewallet.html?fairID=6228329&sUCN=600071035]. #ScholasticBookFairs

Bienvenido

WE ARE EXCITED TO INTRODUCE ELIZABETH HERNANDEZ TO OUR FRONT OFFICE TEAM! WE ARE HAPPY TO SHARE THAT ELIZABETH IS BILINGUAL IN ENGLISH AND SPANISH. SHE WILL BE IN THE BUILDING ON MONDAYS, WEDNESDAYS, AND FRIDAYS. PLEASE JOIN US IN GIVING HER A WARM WELCOME!

EL CLIMA MÁS FRESCO YA ESTÁ AQUÍ.

RECUERDEN COMPROBAR QUE SU HIJO/A ESTÉ VESTIDO/A ADECUADAMENTE PARA LAS TEMPERATURAS DEL DÍA. SALDREMOS AL AIRE LIBRE CON LA MAYOR FRECUENCIA POSIBLE. POR FAVOR, VERIFIQUEN TAMBIÉN QUE LAS PERTENENCIAS ESTÉN ETIQUETADAS CON EL NOMBRE DEL DUEÑO PARA PODER DEVOLVER LOS OBJETOS PERDIDOS.

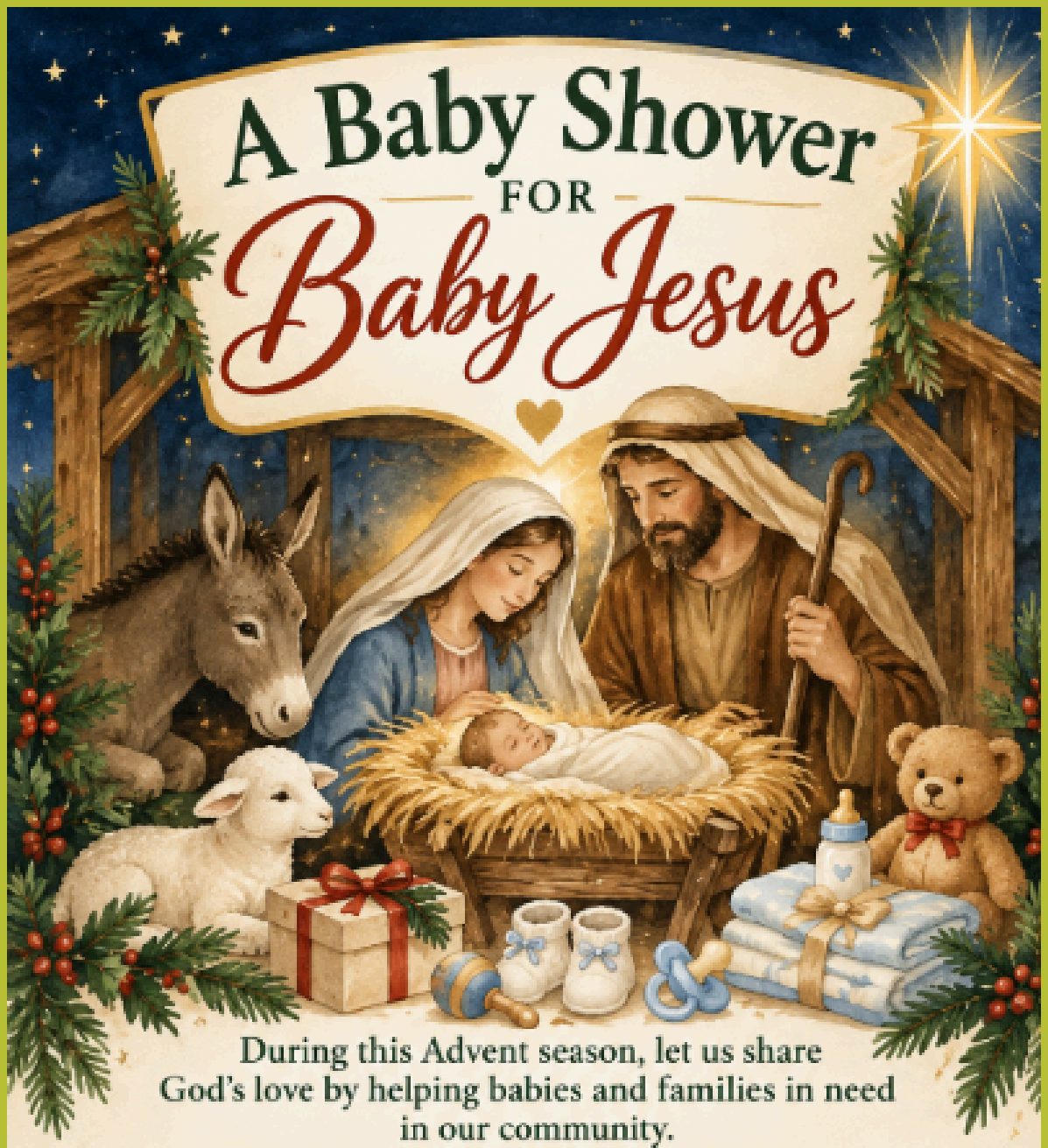
Mes de la Herencia Nativa Americana

LOS ESTUDIANTES RENDIRÁN HOMENAJE A LA CULTURA NATIVA AMERICANA DURANTE NUESTRA REUNIÓN/ORACIÓN MATUTINA.

LA HABILIDAD DE NOVIEMBRE ES PEDIR PERMISO.
-MIRA A LA PERSONA
-UTILIZA UN TONO DE VOZ AGRADABLE
-DI "¿PUEDO...?"
-ACEPTA LA RESPUESTA CON CALMA.

ALLSAINTSCS.ORG 402-346-5757

JOIN OUR SCHOOL-WIDE ADVENT PROJECT



During this Advent season, let us share
God's love by helping babies and families in need
in our community.

COLLECTION DATES:

November 30 – December 16

GIFT IDEAS:

Pacifiers | Onesies | Bottles | Rattles | Blankets | Baby Socks

CATHOLIC CHARITIES OF OMAHA
100 years of hope

NOVEMBER 2026

MENTAL HEALTH MEMO

GRATITUDE, CONNECTION, AND MENTAL HEALTH: STRENGTHENING FAMILY RELATIONSHIPS



Why is Connection Important?

One of the greatest gifts we can give our children is the feeling of being loved, valued, and connected. Strong family relationships help children feel safe, build resilience, and support positive mental health. Whether your child is 5 or 17, meaningful time together strengthens trust and communication. Remember, connection doesn't require grand gestures—it grows through small, consistent moments.

Ways to Connect as a Family

Building stronger relationships doesn't have to take a lot of time. Try incorporating these simple ideas into your week:

- Spend 10–15 minutes of uninterrupted one-on-one time with each child.
- Put away phones during meals or family conversations.
- Read together, play a board game, or work on a puzzle.
- Take a family walk after dinner.
- Ask open-ended questions like:
  - "What made you smile today?"
  - "What was something challenging today?"
  - "How can I support you this week?"
- Laugh together by sharing funny stories or watching a favorite family movie.
- Celebrate small accomplishments and everyday efforts.

Remember: Children often spell love T-I-M-E.

Why Does Gratitude Matter?

Gratitude helps families focus on the positive moments that often get overlooked in busy daily life. Practicing gratitude doesn't mean ignoring challenges—it means noticing the people, experiences, and moments that bring joy and connection.
Research shows that practicing gratitude can:

- Improve mood and emotional well-being.
- Reduce stress and anxiety.
- Increase empathy and kindness.
- Strengthen family relationships.
- Build resilience during difficult times.

Try These Family Gratitude Activities

- Share one thing you're thankful for during dinner.
- Keep a family gratitude jar and read the notes together each month.
- Write thank-you notes to teachers, neighbors, grandparents, or friends.
- Make it a habit to notice and appreciate each other's everyday efforts.

Create Routines That Strengthen Connection

Predictable routines help children and teens feel safe, supported, and connected. Even small daily traditions can strengthen family relationships and support emotional well-being. Try building connection into your day:

Morning
- Eat breakfast together when possible.
- Share one positive goal for the day.

After School
- Check in before discussing homework.
- Offer a snack and time to wind.

Evening
- Eat meals together when you can.
- Share the day's "highs and lows."
- Read, talk, or relax together before bedtime.
- Keep a consistent bedtime routine.

Weekly
- Plan a family game night, movie night, or cook a meal together.



Remember: Strong family relationships aren't built in a single day—they grow through everyday moments of connection, gratitude, and time together. Small, consistent efforts can have a lasting impact on your child's mental health and well-being.

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NATIONAL SUICIDE PREVENTION LIFELINE 988

CATHOLIC CHARITIES OF OMAHA
100 years of hope

NOVIEMBRE 2026

NOTA DE SALUD MENTAL

GRATITUD, CONEXIÓN Y SALUD MENTAL: Fortaleciendo las relaciones familiares



¿Por qué es importante la conexión?

Uno de los mayores regalos que podemos dar a nuestros hijos es que se sientan amados, valorados y conectados. Las relaciones familiares sólidas ayudan a los niños a sentirse seguros, a desarrollar resiliencia y a tener una buena salud mental. Ya sea que tu hijo/a tenga 5 o 17 años, pasar tiempo de calidad juntos fortalece la confianza y la comunicación. Recuerda que la conexión no requiere grandes gestos; crece a través de pequeños momentos constantes.

Formas de conectar como familia

Fortalecer las relaciones no tiene por qué llevar mucho tiempo. Prueba a incorporar estas sencillas ideas a tu semana:

- Dedicar entre 10 y 15 minutos de tiempo individual e ininterrumpido a cada niño.
- Guardar los teléfonos durante las comidas o las conversaciones familiares.
- Leer juntos, jugar a un juego de mesa o hacer un rompecabezas.
- Después de cenar, den un paseo en familia.
- Haz preguntas abiertas como:
  - ¿Qué te hizo sonreír hoy?
  - ¿Qué fue lo más difícil del día de hoy?
  - ¿Cómo puedo ayudarte esta semana?
- Ríanse juntos compartiendo historias divertidas o viendo su película familiar favorita.
- Celebrar los pequeños logros y los esfuerzos cotidianos.

¿Por qué es importante la gratitud?

La gratitud ayuda a las familias a centrarse en los momentos positivos que a menudo pasan desapercibidos en el ajetreo diario. Practicar la gratitud no significa ignorar los desafíos, sino apreciar a las personas, las experiencias y los momentos que nos brindan alegría y conexión.
Las investigaciones demuestran que practicar la gratitud puede:

- Mejorar el estado de ánimo y el bienestar emocional.
- Reducir el estrés y la ansiedad.
- Fomentar la empatía y la bondad.
- Fortalecer las relaciones familiares.
- Desarrollar resiliencia en tiempos difíciles.

Prueba estas actividades de gratitud como familia:

- Compartir algo por lo que estés agradecido durante la cena.
- Guardar un frasco de agradecimiento familiar y leer las notas juntos cada mes.
- Escribir notas de agradecimiento a maestros, vecinos, abuelos o amigos.
- Acostumbarse a notar y apreciar los esfuerzos cotidianos de los demás.

Crear rutinas que fortalezcan la conexión

Las rutinas predecibles ayudan a los niños y adolescentes a sentirse seguros, apoyados y conectados. Incluso las pequeñas tradiciones diarias pueden fortalecer las relaciones familiares y favorecer el bienestar emocional. Intenta incorporar la conexión a tu día a día:

Por la mañana
- Desayunar juntos siempre que sea posible.
- Compartir un objetivo positivo para hoy.

Después de la escuela
- Conversar antes de hablar sobre la tarea.
- Ofrecer un refrigerio y un momento para relajarse.

Por la noche
- Comer juntos siempre que puedan.
- Compartir los "momentos buenos y malos" del día.
- Leer, conversar o relajarse juntos antes de ir a dormir.
- Mantener una rutina constante a la hora de acostarse.

Semanalmente
- Organizar una noche de juegos en familia, una noche de películas o cocinar juntos.



Recuerda: Las relaciones familiares sólidas no se construyen de la noche a la mañana; crecen a través de momentos cotidianos de conexión, gratitud y tiempo compartido. Pequeños esfuerzos constantes pueden tener un impacto duradero en la salud mental y el bienestar de tu hijo/a.

CAMPUS DE SANTA TERESA DE CALCUTA
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Archdiocese of Omaha Catholic Schools

Explore What A Catholic High School Education Can Do For You

OPEN HOUSE

Creighton Prep
Open House:
November 1st • 11:30 a.m. - 2 p.m.

Contact:
Josh Luedtke '90
Director of Admissions
jluedtke@creightonprep.org
402.548.3872

Duchesne Academy
Open House:
November 1st • 10 a.m. - 1 p.m.

Contact:
Lauren Mueller A'00
Admissions Director
lmueller@duchesneacademy.org
402.810.9966

Gross Catholic High School
Open House:
November 8th • 11 a.m. - 2 p.m.

Contact:
Ryan Larson
Director of Admissions
larson@gcgmail.org
402.734.2000

Marian High School
Open House:
November 15th • 12 - 2:30 p.m.

Contact:
Katy Core '02
Director of Recruitment
kcore@omahamarian.org
402.934.1065 X1161

Mercy High School
Open House:
November 1st • 1 - 3:30 p.m.

Contact:
Ms. Sammi Marousek
Director of Admissions & Recruitment
marouseks@mercyhigh.org
402.553.9424

Mount Michael Benedictine School
Open House:
November 8th • 1 - 4 p.m.

Contact:
Tim Carlson '10
Director of Enrollment
tcarlson@mountmichael.org
402.238.1457

Roncalli Catholic High School
Open House:
November 8th • 10 a.m. - 1 p.m.

Contact:
Allie Petry
Director of Admissions
apetry@roncallicatholic.org
402.571.7670 x105

Skutt Catholic High School
Open House:

November 15th • 12 - 3 p.m.

Contact:
Tim Bloomingdale
Director of Admissions
timbloomingdale@skuttcatholic.com
402.934.9085

Archdiocese of Omaha

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ACTIVITIES FOR STUDENTS
ACTIVIDADES PARA ESTUDIANTES

Mercy HIGH SCHOOL

CHECK OUT ALL THEIR UPCOMING EVENTS!

CLICK HERE

- **Mini Monarch Basketball Night (December 11) - LINK**

CLICK THIS BOX TO FIND UPCOMING CREIGHTON PREP ACTIVITIES

CREIGHTON PREP

8th Grade Fun Night: Friday, November 13

Future Jr. Jays Pep Band Night: Saturday, December 5





