

ALL SAINTS NEWSLETTER

10/8/26

THANK YOU ALL FOR
ATTENDING CONFERENCES
THIS WEEK. THE BEST
EDUCATIONAL EXPERIENCE
COMES FROM A STRONG
PARTNERSHIP BETWEEN
HOME AND SCHOOL.

IMPORTANT DATES

OCTOBER 9, 12, 13 **NO SCHOOL**
14 SCHOOL PICTURE RETAKE

NOVEMBER 22 CONFIRMATION 2:30PM AT SFC
23-27 THANKSGIVING BREAK

MENU



Hot ... Or ... S ... St ... Bak ... Mixed ...	12 NO SCHOOL	Grill ... Sa ... O ... H ... Ste ... Chille ...	13 NO SCHOOL	Pizza Hut Pizza Or- Tuna Salad on 9 Grain Bread Romaine Salad with Croutons Crisp Apple Farm to School	14	Popcorn Chicken with Assorted Bread Or- Asian Chicken Wrap Seasoned Green Beans Mandarin Oranges <i>Chocolate</i> <i>Chip Cookie</i>	15	Macaroni & Cheese with a Soft Pretzel Or- Turkey & Cheese Hoagie Garden Peas Craisins	16
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PICTURE RETAKE/ABSENTEE WILL BE ON
OCTOBER 14TH. USE THIS LINK TO PLACE AN
ORDER. THIS LINK IS FOR OCT 14TH ORDERS ONLY.
[ORDER LINK](#)

PLEASE CONSIDER VOLUNTEERING AT THE
ST. FRANCES CABRINI SPAGHETTI DINNER. HELP IS
NEEDED FOR DINNER PREP AND FOR DAY OF, TO
SIGN UP



[CLICK HERE](#)

SOCCER 3RD-5TH GRADE TEAM

FRI, OCT 9 [AT] 6:30 PM
LOCATION: NORTHSTAR FOUNDATION
(FIELD 1)



VOLLEYBALL

5TH GRADE TEAM
SAT 10/10 1:00 PM PIUS LEO GYM

7TH GRADE TEAM
SAT 10/10 1:00 PM THOMAS MORE GYM
SAT 10/10 3:00 PM ST. GERALD GYM

ALLSAINTSCS.ORG 402-346-5757

ALL SAINTS BOLETÍN

8-10-26

GRACIAS A TODOS POR ASISTIR A LAS CONFERENCIAS DE ESTA SEMANA. LA MEJOR EXPERIENCIA EDUCATIVA SURGE DE UNA SÓLIDA COLABORACIÓN ENTRE EL HOGAR Y LA ESCUELA.

FECHAS IMPORTANTES

OCTUBRE 9, 12 Y 13 **NO HAY CLASES.**
14 REPETICIÓN DE LA FOTO ESCOLAR

NOVIEMBRE 22 CONFIRMACIÓN A LAS 14:30 EN SFC.
23-27 VACACIONES DE ACCIÓN DE GRACIAS

MENÚ



Hot ... Or- ... S... St... Bak... Mixed...	12 NO SCHOOL	Grill... Sa... O... H... Ste... Chille...	13 NO SCHOOL	Pizza Hut Pizza Or- Tuna Salad on 9 Grain Bread Romaine Salad with CROUTONS Crisp Apple	14 Farm to School	Popcorn Chicken with Assorted Bread Or- Asian Chicken Wrap Seasoned Green Beans Mandarin Oranges Chip Cookie	15	Macaroni & Cheese with a Soft Pretzel Or- Turkey & Cheese Hoagie Garden Peas Craisins	16
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LA REPETICIÓN DE LA SESIÓN DE FOTOS O LA TOMA DE FOTOGRAFÍAS EN AUSENCIA SE REALIZARÁ EL 14 DE OCTUBRE. UTILICE ESTE ENLACE PARA REALIZAR SU PEDIDO. ESTE ENLACE ES VÁLIDO ÚNICAMENTE PARA PEDIDOS DEL 14 DE OCTUBRE.

[ENLACE PARA REALIZAR EL PEDIDO](#)

POR FAVOR, CONSIDERE SER VOLUNTARIO EN LA CENA DE ESPAGUETIS DE ST. FRANCES CABRINI. SE NECESITA AYUDA PARA LA PREPARACIÓN DE LA CENA Y PARA EL DÍA DEL EVENTO. PARA



INSCRIBIRSE,
HAGA CLIC AQUÍ

FÚTBOL

EQUIPO DE 3.º A 5.º GRADO



VIERNES, 9 DE OCTUBRE A LAS 18:30
H. LUGAR: FUNDACIÓN NORTHSTAR
(CAMPO 1)

HABILIDADES DE BOYSTOWN DE OCTUBRE
MANTENERSE CONCENTRADO EN LA TAREA.

- REVISA TU TAREA O ASIGNACIÓN.
- PIENSA EN LOS PASOS NECESARIOS PARA COMPLETAR LA TAREA.
- CONCENTRA TODA TU ATENCIÓN EN LA TAREA.
- DEJE DE TRABAJAR ÚNICAMENTE CUANDO SE LE INDIQUE.
- IGNORA LAS DISTRACCIONES E INTERRUPTIONES DE LOS DEMÁS.



VOLLEYBALL

EQUIPO DE 5.º GRADO

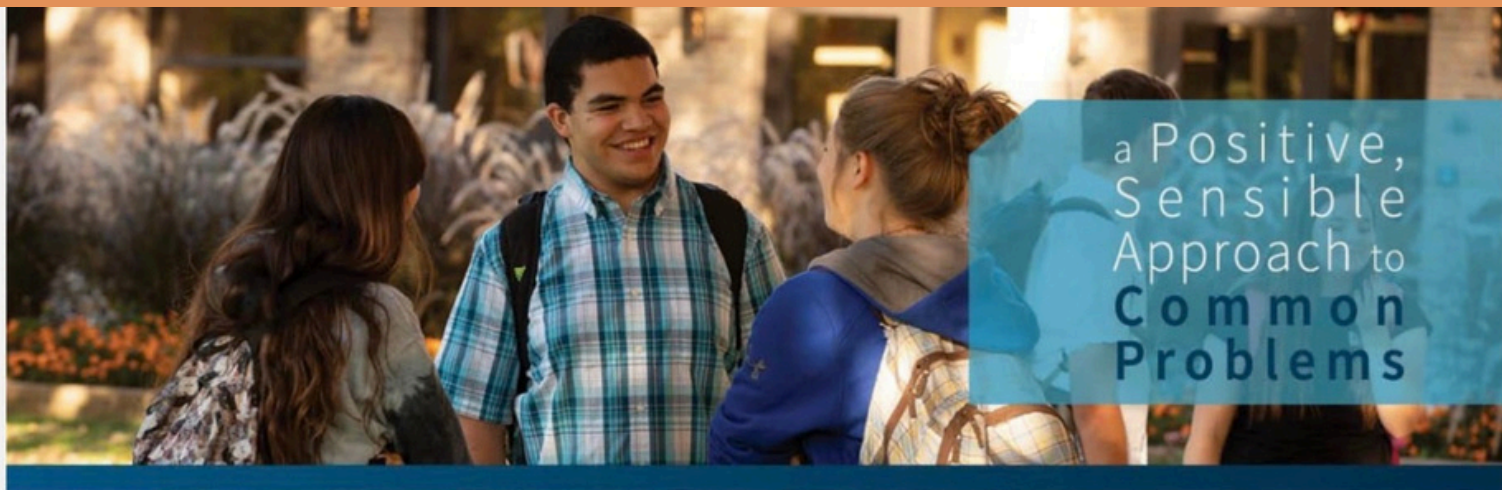
SÁBADO 10/10 13:00 GIMNASIO PIUS LEO

EQUIPO DE SÉPTIMO GRADO

SÁBADO 10/10 13:00 GIMNASIO THOMAS MORE

SÁBADO 10/10 15:00 GIMNASIO ST. GERALD

ALLSAINTSCS.ORG 402-346-5757



Boys Town

Parenting for School Success

TOPICS COVERED:

Parents as Teachers
Effective Praise
Preventive Teaching
Corrective Teaching
Teaching Self-Control
Putting It All Together

FOR MORE INFORMATION
about Boys Town Common Sense
Parenting® program and how it
can help you build and reinforce
healthy family relationships,
call us at

402-734-0155

LIFT with Boys Town and the **CUES School System** invite you to participate in our upcoming parenting class!

Common Sense Parenting for School Success (CSP)® is a six-week class that offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors at home and school. Professional parent trainers teach the course.

- **DATE:** October 13th - November 17th
Every Tuesday for 6 weeks
- **LOCATION:** Holy Name School
2909 Fontenelle Blvd. , Omaha, NE 68104
- **TIMES:** 5:30 pm - 7:30 pm
- **COST:** **FREE** to all CUES families.

Families will also receive a \$15 per hr. of class credit towards their school tuition

To register please contact **Lupe Miller @ 402-734-0155**





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
lmuel@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

LOVEMYSCHOOL.COM

#discoverthelight
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ACTIVITIES FOR STUDENTS

ACTIVIDADES PARA ESTUDIANTES

Be a Marian Girl

Attend an Event

There's something for every girl at Marian!

Mini Surprise Night | Oct. 16

All 7th and 8th grade girls are invited for a night of bounce houses, crafts, games and snacks! Register by Oct. 13.

Open House | Nov. 15

Meet teachers, coaches and students; tour the campus; and learn more about academics, activities, athletics and student life. Pre-register today!

Schedule a Visit Day

See what it's like to be a Marian girl. We'll match you with a student ambassador for the day!

★ Learn more here. →



CLICK THIS BOX TO FIND UPCOMING
CREIGHTON PREP ACTIVITIES



CREIGHTON PREP



Join us
November 1, 2026!
1 PM - 3:30 PM

- Explore our campus
- Meet our outstanding faculty and students
- Enjoy delicious refreshments
- Experience Mercy with a personalized tour!



The first 10 8th grade girls will
receive \$1,000 off tuition and
exclusive Mercy swag!

Mercy⁺

HIGH SCHOOL

CHECK OUT ALL THEIR
UPCOMING EVENTS!

CLICK HERE

BUILDING RESILIENCE: HELPING TEENS HANDLE CHALLENGES AND SETBACKS



What is Resilience?

Resilience is the ability to adapt, recover, and grow after setbacks, stress, or disappointment. It isn't something teens are born with—it's a skill that develops through supportive relationships and everyday experiences. The teen years bring academic, social, and emotional challenges. Building resilience helps teens manage stress, persevere through difficulties, and gain confidence in their ability to overcome obstacles.

Why it matters:

- Supports emotional well-being.
- Encourages perseverance.
- Strengthens problem-solving skills.
- Builds confidence through overcoming challenges.

**BE
RESILIENT!**

Helping Your Teen Build Resilience

Parents play an important role in helping teens learn how to work through challenges instead of avoiding them. Small, everyday conversations can build lifelong coping skills.

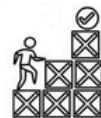
Teach problem-solving by encouraging your teen to:

- Clearly identify the problem.
- Brainstorm possible solutions.
- Weigh the pros and cons of each option.
- Choose one solution to try.
- Reflect on what worked and what they might do differently next time.



Help normalize mistakes by:

- Using words like "not yet" instead of "can't."
- Focusing on effort, persistence, and growth rather than perfection.
- Sharing stories about challenges you've faced and what you learned.
- Asking, "What did you learn from this?" instead of focusing only on the outcome.



Conversation Starters That Build Resilience:

The questions we ask can help teens develop confidence and resilience by encouraging them to think through challenges rather than immediately solving problems for them.

Try asking:

- When they're struggling: "Tell me what happened. What do you think your next step could be?"
- After a setback: "What did you learn from this experience?"
- To encourage perseverance: "I'm proud of the effort you put in. What helped you keep going?"
- To build independence: "What's one small step you can take today?"

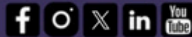
Final Thought:

Building resilience doesn't happen overnight. Every challenge your teen works through with support is an opportunity to build confidence, strengthen coping skills, and prepare for future success. By encouraging problem-solving, viewing mistakes as opportunities to learn, and maintaining open communication, parents can help teens develop the resilience they need to thrive both in school and in life.

"Resilience is not what happens to you. It's how you react to, respond to, and recover from happens to you." -Jeffrey Gitomer

ST. TERESA OF CALCUTTA CAMPUS

9223 BEDFORD AVE | 531-213-7396 | CCBHS@CCOMAHA.ORG
NATIONAL SUICIDE PREVENTION LIFELINE 988



DESARROLLANDO LA RESILIENCIA: Cómo ayudar a los adolescentes a afrontar desafíos y contratiempos



¿Qué es la resiliencia?

La resiliencia es la capacidad de adaptarse, recuperarse y crecer tras reveses, estrés o decepciones. No es algo con lo que los adolescentes nacen, sino una habilidad que se desarrolla a través de relaciones de apoyo y experiencias cotidianas. La adolescencia conlleva retos académicos, sociales y emocionales. Desarrollar la resiliencia ayuda a los adolescentes a manejar el estrés, perseverar ante las dificultades y ganar confianza en su capacidad para superar los obstáculos.

Por qué es importante:

- Favorecer el bienestar emocional.
- Fomentar la perseverancia.
- Fortalecer las habilidades para resolver problemas.
- Desarrollar la confianza a través de la superación de desafíos.

sé resiliente.

Temas para iniciar conversaciones que fomentan la resiliencia:

Las preguntas que hacemos pueden ayudar a los adolescentes a desarrollar confianza y resiliencia, animándolos a reflexionar sobre los desafíos en lugar de resolver los problemas de inmediato.

- Cuando están pasando por dificultades: "Cuéntame qué pasó. ¿Cuál crees que podría ser tu próximo paso?"
- Tras un reves: "¿Qué aprendiste de esta experiencia?"
- Para fomentar la perseverancia: "Estoy orgulloso del esfuerzo que has hecho. ¿Qué te ayudó a seguir adelante?"
- Para fomentar la independencia: "¿Qué pequeño paso puedes dar hoy?"

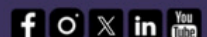
Reflexión final:

Desarrollar la resiliencia no se logra de la noche a la mañana. Cada desafío que tu adolescente supere con apoyo es una oportunidad para fortalecer su confianza, desarrollar habilidades de afrontamiento y prepararse para el éxito futuro. Al fomentar la resolución de problemas, ver los errores como oportunidades de aprendizaje y mantener una comunicación abierta, los padres pueden ayudar a sus hijos adolescentes a desarrollar la resiliencia que necesitan para prosperar tanto en la escuela como en la vida.

"La resiliencia no es lo que te sucede, sino cómo reaccionas, respondes y te recuperas de lo que te sucede." - Jeffrey Gitomer

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BUILDING RESILIENCE: HELPING KIDS HANDLE CHALLENGES AND SETBACKS



What is Resilience?

Resilience is the ability to recover from setbacks, manage big emotions, and keep trying after mistakes. These skills aren't something children are born with—they develop through guidance, encouragement, and everyday experiences.

Why it matters:

- Builds confidence and independence.
- Supports learning and problem-solving skills.
- Strengthens friendships and emotional well-being.

Helping Your Child Build Resilience

Parents play an important role in helping children develop resilience. Everyday interactions teach children that challenges are opportunities to learn, grow, and build confidence.



You can help by:

- Encouraging a growth mindset by using phrases like, "You're not there yet, but you're learning."
- Giving age-appropriate choices and responsibilities (choosing clothes, packing a backpack, helping with chores) to build confidence and independence.
- Teaching simple coping skills like deep breathing, counting to ten, taking a break, or drawing pictures to express feelings.
- Helping your child solve problems by asking questions such as, "What could you try next?" or "Can you think of another way to solve this?" instead of immediately providing the answer.
- Normalizing mistakes by reminding your child that everyone makes mistakes and that they are opportunities to learn.
- Praising effort and persistence rather than perfection by recognizing hard work, trying new strategies, and not giving up.

Everyday Ways to Encourage Resilience

The words we use can help children develop confidence and perseverance. Here are some phrases to try.

- When they're upset: "Let's take three slow breaths together."
- After a mistake: "That's okay. What can we try next?"
- When encouraging effort: "I'm proud of how you kept trying."
- To build independence: "Which step would you like to try first?"

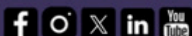
Support Perseverance By:

- Breaking big tasks into small, manageable steps.
- Celebrating effort with praise, encouragement, or a high-five.
- Teaching positive self-talk, such as "I can do hard things" or "One step at a time."
- Modeling persistence by sharing times when you kept trying even when something was difficult.



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DESARROLLANDO LA RESILIENCIA: Cómo ayudar a los niños a afrontar retos y contratiempos



¿Qué es la resiliencia?

La resiliencia es la capacidad de recuperarse de los contratiempos, gestionar las emociones intensas y seguir intentándolo después de cometer errores. Estas habilidades no son innatas; los niños las desarrollan mediante la orientación, el apoyo y las experiencias cotidianas.

Por qué es importante:

- Fomentar la confianza y la independencia.
- Favorecer el aprendizaje y la resolución de problemas.
- Fortalecer las amistades y el bienestar emocional.

Cómo ayudar a tu hijo/a a desarrollar resiliencia

Los padres desempeñan un papel importante a la hora de ayudar a los niños a desarrollar resiliencia. Las interacciones cotidianas les enseñan que los desafíos son oportunidades para aprender, crecer y ganar confianza.



Puedes ayudar de la siguiente manera:

- Fomentar una mentalidad de crecimiento mediante frases como: "Todavía no has llegado, pero estás aprendiendo".
- Ofrecer opciones y responsabilidades adecuadas a la edad (elegir la ropa, preparar la mochila, ayudar con las tareas del hogar) para fomentar la confianza y la independencia.
- Enseñar técnicas sencillas para afrontar las dificultades, como la respiración profunda, contar hasta diez, tomarse un descanso o dibujar para expresar sentimientos.
- Ayuda a tu hijo/a a resolver problemas haciéndole preguntas como "¿Qué podrías intentar ahora?" o "¿Se te ocurre otra forma de resolver esto?", en lugar de darle la respuesta de inmediato.
- Normaliza los errores recordándole a tu hijo/a que todo el mundo comete errores y que estos son oportunidades para aprender.
- Valorar el esfuerzo y la perseverancia en lugar de la perfección, reconociendo el trabajo duro, la experimentación con nuevas estrategias y el no rendirse.

Formas cotidianas de fomentar la resiliencia

Las palabras que utilizamos pueden ayudar a los niños a desarrollar confianza y perseverancia. Aquí tienes algunas frases para probar.

- Cuando están molestos: "Respiremos hondo tres veces juntos."
- Tras un error: "Está bien. ¿Qué podemos intentar ahora?"
- Al alentar el esfuerzo: "Estoy orgulloso de cómo seguiste intentándolo."
- Para fomentar la independencia: "¿Qué paso te gustaría intentar primero?"

Apoyando la perseverancia mediante:

- Dividir las tareas grandes en pasos pequeños y manejables.
- Celebrar el esfuerzo con elogios, ánimos o un choque de manos.
- Enseñar a hablarse a uno mismo de forma positiva, con frases como "Puedo hacer cosas difíciles" o "Un paso a la vez".
- Demuestra persistencia compartiendo momentos en los que seguiste intentándolo incluso cuando algo era difícil.

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