



1335 S. 10TH STREET OMAHA, NE  
68108

## Weekly Take Home Thursday

- **SEPT. 28 - NO SCHOOL; PARENT-TEACHER CONFERENCES (8:00 AM-7:00 PM)**
- **SEPT. 29 - NO SCHOOL (NO STAFF)**
- **OCT. 6 - NO SCHOOL**
- **OCT. 9 - NO SCHOOL**

**CONFERENCES ARE TODAY!!!  
WE HOPE TO SEE YOU ALL HERE.**

PHONE: 402-346-5757  
FAX: 402-346-8794





# SPAGHETTI DINNER OCTOBER 15

THERE ARE OPPORTUNITIES FROM  
OCTOBER 7TH ALL THE WAY UP TO THE  
DINNER ON THE 15TH!! PLEASE SIGN UP.

<https://www.signupgenius.com/go/70AoF48ADAB2DA46-stfrances#/>



# ALL SAINTS COUNSELOR CORNER

Ms. Ervin: October Newsletter

## Themes

Throughout October your Students will be finishing up Growth Mindset. Students' have learned ways to set goals, grow their brains, and the importance of practice. Students will begin learning about Emotional Regulation and how our emotions effect our every day lives.

## At Home

Here are some helpful tips to help your student with Emotional Regulation at Home.

- Reassure your child that all feelings are valid.
- Practice deep breathing.
- Be an example for your child.
- Allow your child to feel their emotions.
- Prepare your child for negative emotions.

## Contact Me

If you have any questions or concerns about your child, please feel free to reach out to me. My contact information is below:

- [hervin@allsaintscs.org](mailto:hervin@allsaintscs.org)
- 402-346-5757 ext. 2016

## Resources

Here are a few Resources for you and your child.

Catholic Charities:

- We are excited to be partnering with Catholic Charities again this year. Our In-School Therapist is Jamal Morton. If therapy for your child is something you would be interested in please contact me.

Teammates:

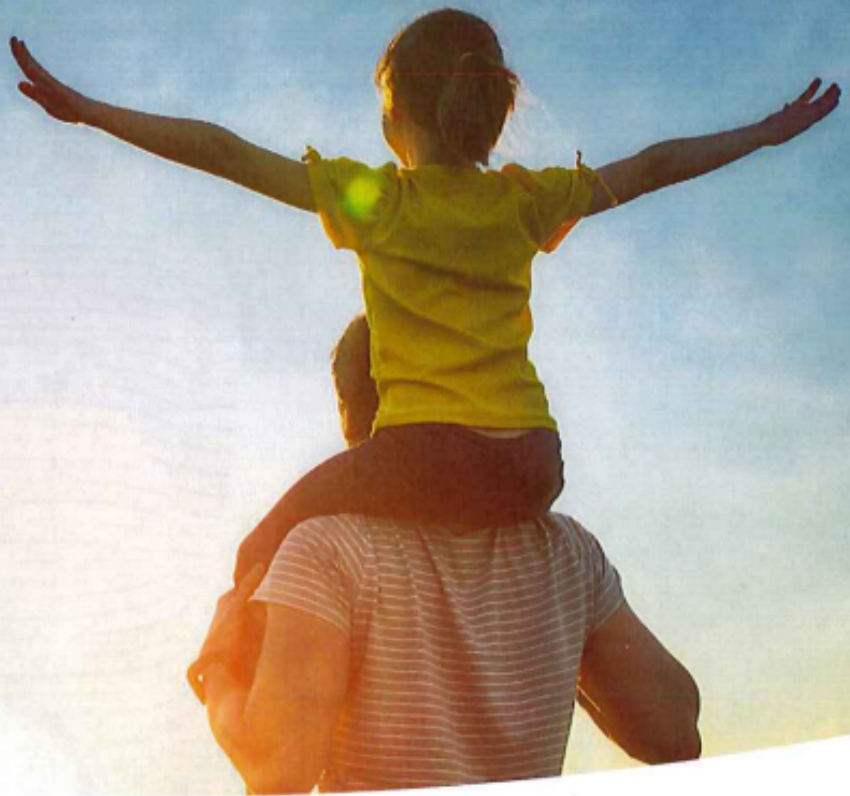
- We are excited to welcome the Teammates Mentoring Program back to All Saints! Any student from grades 3-8 can have a mentor. Teammates gives students an opportunity to work with an adult mentor to build leadership and other life skills. If you or your child are interested please contact me.

How to Help Kids Understand and Manage their Emotions:

- <https://www.apa.org/topics/parenting/emotion-regulation>







Parent Education Support Group

# Parents In Crisis

A group of parents, guardians, foster parents, grandparents and caregivers of children with mental health needs.

CHI Health Behavioral Health is excited to offer a parenting support group designed to promote personal exploration and expression of parenting successes and challenges. Within this supportive and caring environment education, guidance, panel discussion, guest speakers and open conversation will be utilized to strengthen parenting.

A child's behavioral or mental health problems affect significant others and all family member. This includes parents. The goal of the Parent Support Group is to be a resource for patients as they support their child while they interact on a daily basis.

## FREE EVENT

**Parents In Crisis Support Group meets on the second Tuesday of the month from 6 - 7 p.m.**

The meetings are being held via Zoom at this time. If interested, please email [parentsincrisiseducationsupportgroup@commonspirit.org](mailto:parentsincrisiseducationsupportgroup@commonspirit.org) for zoom login information.

Hello humankindness®





## Parents in Crisis

### Parent Education Support Group Meeting Schedule

- 6:00 - 6:10 Introductions/Group Guidelines
- 6:10 - 6:40 Educational Presentation/Parent Support
- 6:40 - 7:00 Discussion/Wrap-up

Facilitated by therapists and several CHI Health specialists and community specialists.

**For more information or if you have questions, please contact us at the following email:**  
[parentsincrisiseducationsupportgroup@commonspirit.org](mailto:parentsincrisiseducationsupportgroup@commonspirit.org)

**or visit:**  
[CHIhealth.com/ParentSupportGroup](http://CHIhealth.com/ParentSupportGroup)

**If in need of resources contact:**  
[emily.ramsey900@commonspirit.org](mailto:emily.ramsey900@commonspirit.org)



## Meeting Dates

Second Tuesday of each month

2023	2024
July 11	January 9
August 8	February 13
September 12	March 12
October 10	April 9
November 14	May 14
December 12	June 11
	July 9

## Upcoming Topics

Communication	Relationships
Boundaries	Step-Parenting
Social Media	Addictions
Trauma	Bullying
Life Transitions	Foster Parenting
Grief	Choices
Healthy Activities	Legal System/Probation
Suicide/Self-Harm	Eating Disorders
School Relationships	LGBTQ+

\* Speakers available bi-monthly



treering



**10% OFF**

purchase by  
September 30

**CAPTURE YOUR MEMORIES  
IN THIS YEAR'S**

**ALL SAINTS CATHOLIC SCHOOL  
YEARBOOK!**

### Customize Your 2 Free Pages

Add photos from your computer, Facebook, Instagram, Google Drive & more.

Answer fun Memory Questions to help remember the year.

The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$0.99.

### To Purchase & Customize Your Yearbook

Must be a parent or student 13 years or older.

- 1 Go to: [www.treering.com/validate](http://www.treering.com/validate)
- 2 Enter your school's passcode:  
**1015828224843051**

Regular price: **\$14.10**

Create Custom Pages by: **Mar 25**





## **CUES High School Information Evening!**

All middle school students (6th, 7th, and 8th grade), and their parents, are highly encouraged to attend.

**WHAT:** Meeting with Catholic High Schools (Creighton Prep, Duchesne, Gross, Marian, Mercy, Mount Michael, Roncalli and Skutt) and other community partners such as Step Up Omaha, Upward Bound, Quest Forward Academy and others.

**WHERE:** Holy Name (2909 Fontenelle Blvd, Omaha NE 68104)

**WHEN:** Thursday, October 5th, 2023

**TIME:** 6:30 to 7:30 PM

FREE FOOD provided by the Holy Name Men's Club - Thank you Men's Club!

# Follow us on social media



 **ALL SAINTS**  
CATHOLIC SCHOOL

 **CUES** SCHOOL SYSTEM | SACRED HEART  
ALL SAINTS  
HOLY NAME





# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPV – Baby Carrots</b> <span style="float: right;"><b>2</b></span>  <b>Hot Dog on a WG Bun</b> <b>Or- Sunbutter &amp; Jelly Sandwich with a Cheese Stick</b> Baked Beans Mandarin Oranges	<span style="float: right;"><b>3</b></span>  <b>Crispy Chicken on a WG Bun</b> <b>Or- Turkey &amp; Cheese Hoagie</b> Potato Wedges Chilled Pears 	<span style="float: right;"><b>4</b></span>  Pizza Hut Pizza <b>Or- Tuna Salad Croissant</b> Romaine Salad with Croutons Cherry Flavored Craisins	<span style="float: right;"><b>5</b></span>  <b>Big O’ Meatball with WG Garlic Bread</b> <b>Or- Italian Hoagie</b> Green Beans Crisp Apple <span style="background-color: yellow;">Farm to School</span>	<span style="float: right;"><b>6</b></span>  <b>WG French Toast Sticks with a Sausage Patty</b> <b>Or- Ham &amp; Cheese Hoagie</b> Glazed Carrots Strawberries
<b>National School Lunch Week Oct 9<sup>th</sup> – 13<sup>th</sup></b>				
<b>SPV – Grape Tomatoes</b> <span style="float: right;"><b>9</b></span> <b>Breaded Mozzarella Cheese Sticks with Pizza Sauce</b> <b>Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick</b> Golden Corn Chilled Blueberries	<span style="float: right;"><b>10</b></span>  <b>Chicken Pot Pie with a WG Biscuit</b> <b>Or- Turkey &amp; Cheese Hoagie</b> Mixed Vegetables Chilled Peaches	<span style="float: right;"><b>11</b></span>  <b>Pepperoni Pizza</b> <b>Calzone</b> <b>Or- Chicken Salad Croissant</b> Fresh Broccoli Orange Smiles	<span style="float: right;"><b>12</b></span>  <b>BBQ Chicken on a WG Bun</b> <span style="background-color: yellow;">Farm to School</span> <b>Or- Italian Hoagie</b> Sweet Potato Fries Pineapple Tidbits	<span style="float: right;"><b>13</b></span>  <b>Mini Corn Dogs</b> <b>Or- Ham &amp; Cheese Hoagie</b> Baked Beans Crisp Apple <span style="background-color: yellow;">Farm to School</span>
<b>SPV – Baby Carrots</b> <span style="float: right;"><b>16</b></span> Crispy Fish Sandwich <b>Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick</b> Green Beans Mandarin Oranges 	<span style="float: right;"><b>17</b></span>  <b>Grilled Cheese Sandwich</b> <b>Or- Turkey &amp; Cheese Hoagie</b> Sweet Potato Wedges Chilled Pears	<span style="float: right;"><b>18</b></span>  Pizza Hut Pizza <b>Or- Tuna Salad Croissant</b> Romaine Salad with Croutons Mixed Fruit	<span style="float: right;"><b>19</b></span>  <b>Crispy Beef Tacos w/a Lettuce &amp; Cheese Cup</b> <b>Or- Italian Hoagie</b> Seasoned Black Beans Banana	<span style="float: right;"><b>20</b></span>  <b>Chicken Fried Steak with Gravy And a WG Ciabatta Roll</b> <b>Or- Ham &amp; Cheese Hoagie</b> Mashed Potatoes with Gravy Crisp Apple <span style="background-color: yellow;">Farm to School</span>
<b>SPV – Grape Tomatoes</b> <span style="float: right;"><b>23</b></span> <b>Cheese Dunkers w/Marinara Sauce</b> <b>Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick</b> Steamed Carrots Chilled Pears	<span style="float: right;"><b>24</b></span>  <b>Cheeseburger on a WG Bun</b> <b>Or- Turkey &amp; Cheese Hoagie</b> <b>Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel</b> Chili Beans Strawberries	<span style="float: right;"><b>25</b></span>  <b>Cheesy Chicken Philly Sandwich</b> <b>Or- Chicken Salad Croissant</b> Jazz’d Crinkle French Fries Tropical Fruit	<span style="float: right;"><b>26</b></span>  <b>Popcorn Chicken with a WG Biscuit</b> <b>Or- Italian Hoagie</b> Romaine Salad Orange Smiles	<span style="float: right;"><b>27</b></span>  <b>Macaroni &amp; Cheese with a WG Soft Pretzel</b> <b>Or- Ham &amp; Cheese Hoagie</b> Mixed Vegetables Crisp Apple <span style="background-color: yellow;">Farm to School</span>
<b>SPV – Baby Carrots</b> <span style="float: right;"><b>30</b></span>  <b>Crispy Chicken on a WG Bun</b> <b>Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick</b> Baked Beans Pineapple Tidbits	<span style="float: right;"><b>31</b></span>  <b>Frightful Fried Chicken Drumstick with WG Bread</b> <b>Or- Italian Hoagie</b> Witchy Sweet Potato Waffle Fries Chillingly Good Peaches Frightful Fruit Rollup 	<span style="float: right;"><b>1</b></span>  Pizza Hut Pizza <b>Or- Tuna Salad Croissant</b> Romaine Salad with Croutons Cinnamon Applesauce	<span style="float: right;"><b>2</b></span>  <b>BBQ Pulled Pork Sandwich</b> <b>Or- Turkey &amp; Cheese Hoagie</b> Green Beans Banana	<span style="float: right;"><b>3</b></span>  <b>Tot-Chos with Beef &amp; Cheese With Assorted WG Bread</b> <b>Or- Ham &amp; Cheese Hoagie</b> Tater Tots Crisp Apple <span style="background-color: yellow;">Farm to School</span>

8 oz. nonfat flavored or 1% unflavored milk served daily. Menu subject to change. Denotes PORK in main entrée. Denotes BEEF in product **WG** = Whole Grain  
 Please note: Menus are subject to change based on product availability. Please visit <https://westsidecommunityschoolsnc.mealviewer.net/#home> for the most up-to-date menus.  
 This Institution is an equal opportunity provider.