



Happy
Thanksgiving

FROM



1335 S. 10TH STREET OMAHA, NE 68108

Phone: 402-346-5757
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WEEKLY TAKE HOME THURSDAY

ALL SAINTS FAMILY NIGHT

TODAY!

THURSDAY, NOVEMBER 16
5:00-7:00 PM

Student and Family Support
Program

GETTING AHEAD CLASSES
Starting in January

EARN \$400 by completing this
class.

Learn more about financial literacy, educational opportunities, housing programs, etc. Help ensure success for you and your children going forward. Join the 52 CUES parents who have graduated from the program.

Call or text Mr. Swanny to reserve a spot. 531-910-9173

IMPORTANT DATES

NOV. 20 - 24 NO
SCHOOL
(THANKSGIVING
BREAK)



DOUGLAS COUNTY HEALTH
DEPARTMENT WILL BE PROVIDING
THE LATEST COVID-19 VACCINE
AND FLU SHOTS AT NO COST TO
THE UN-INSURED AND UNDER-
INSURED

SATURDAY, NOVEMBER 18TH
FROM 10:00 AM

AT MOUNT MORIAH BAPTIST
CHURCH

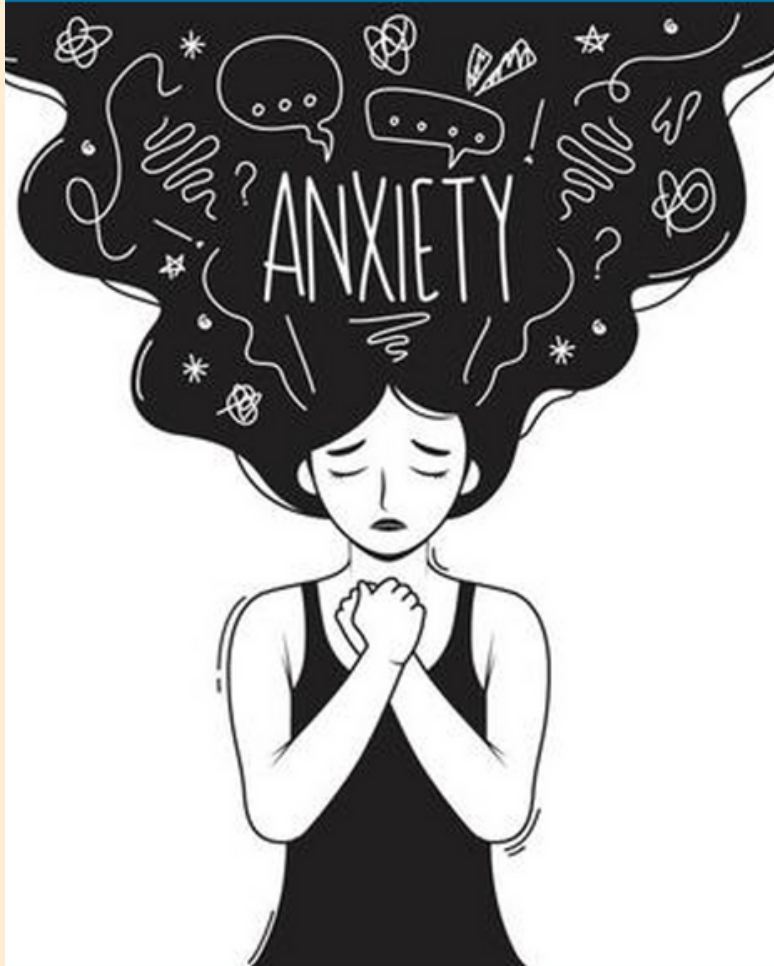


MENTAL HEALTH MEMO



ANXIETY

NOVEMBER 2023



WHAT IS ANXIETY?

Anxiety is a very general term used to describe a feeling of extreme worry or unease. Feeling anxious is natural after something upsetting happens. But when a child feels anxiety that lasts a long time and prevents them from doing things like going to school or seeing friends, then it becomes an anxiety disorder.

WARNING SIGNS

Anxiety has many symptoms and can look different from person to person. Some common warning signs of anxiety in youth are:

- Trouble sleeping
- Complaining about stomachaches or other physical problems
- Avoiding certain situations, places, or people
- Being clingy around parents or caregivers
- Trouble concentrating in class or being very fidgety
- Tantrums
- Being very self-conscious

STRESS VS ANXIETY

Stress, like anxiety, is an emotional response. **Stress** is usually caused by an external trigger, like taking an exam or getting into a fight with a friend. **Anxiety**, on the other hand, can be an internally created fear that seems to take on a life of its own. Both have a similar set of symptoms: fatigue, difficulty concentrating, anger or irritability, and trouble with sleeping. Unlike stress, clinical anxiety is not short-term and does not go away after the stressor is taken away.

COPING SKILLS

- Deep breathing
- Diffusers with smell (lavender)
- Exercise
- Talking about your problem
- Healthy eating
- Seeking professional help
- Referral to the School Mental Health Program
- Referrals to community providers
- Identify what resources are available to you
- Relaxation techniques
- Using social support
- Problem-solving techniques
- Praying

ST. TERESA OF CALCUTTA CAMPUS

9223 BEDFORD AVE | 531-213-7396 | CCBHS@CCOMAHA.ORG

NATIONAL SUICIDE PREVENTION LIFELINE 988





OPEN HOUSE
SUNDAY, NOV. 19 | NOON-2:30

GIRLS CURRENTLY ENROLLED IN 5TH THROUGH 8TH GRADE AND THEIR FAMILIES ARE INVITED TO LEARN MORE ABOUT MARIAN. A MARIAN STUDENT WILL TAKE YOU ON A PERSONALIZED TOUR OF THE SCHOOL, WHICH ALLOWS YOU TO SEE AREAS THAT ARE OF SPECIFIC INTEREST TO YOU. PREREGISTER [HERE](#) TO CHOOSE YOUR ARRIVAL TIME AND SKIP THE REGISTRATION LINE. WALK-INS ARE WELCOME!

DISCOVER MARIAN | PARENT COFFEE
FRIDAY, DEC. 8 | 8:30-9:30 A.M.

DISCOVER THE OPPORTUNITIES FOR YOUR DAUGHTER AT MARIAN! PARENTS OF JUNIOR HIGH STUDENTS ARE INVITED TO JOIN US FOR AN INFORMATION SESSION WITH OUR PRESIDENT AND PRINCIPAL.

FIND OUT HOW MARIAN ALIGNS WITH WHAT YOU'RE LOOKING FOR IN A HIGH SCHOOL PARTNER:

- ALL-GIRLS ADVANTAGE AT THE OPTIMUM SIZE
- RIGOROUS COLLEGE PREP CURRICULUM
- LEADERSHIP DEVELOPMENT & EXTRACURRICULAR OPPORTUNITIES
- CLASS A ATHLETICS
- TOP OF THE LINE FACILITIES
- SUPPORTIVE COMMUNITY

SIGN UP [HERE](#) TO DISCOVER MARIAN.

FREE WINTER COATS for ALL CUES STUDENTS

The Nebraska Knights of Columbus will have free winter coats for distribution on

Saturday, November 18th
Holy Name School (2901 Fontenelle
Blvd)
9 AM to 1 PM.

There are enough coats for all CUES Students to receive one.

Please contact Mr. Swanny with any questions 531-910-9173.





All Saints Catholic School

invites you to share in our joyous celebration of
Confirmation.

Our students will be sealed with the gifts of the Holy
Spirit on

December 3, 2023

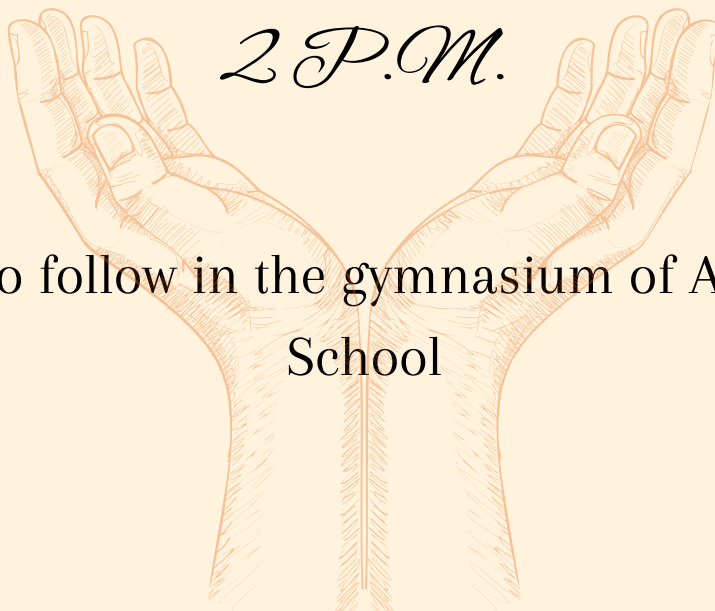
Please join us

at

St. Frances Cabrini Church

2 P.M.

Light reception to follow in the gymnasium of All Saints Catholic
School





November Lunch Menu

		Wed 1	Thu 2	Fri 3
		Pepperoni Pizza Hut Pizza Cheese Pizza Hut Pizza Yogurt & Cheese Stick Yogurt & Sunflower Seeds Tuna Salad on 9 Grain Bread WG Dinner Roll Romaine Salad w/Croutons Baby Carrots Cinnamon Applesauce	BBQ Pulled Pork Sandwich Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Soft Pretzel Seasoned Green Beans Baby Carrots Banana	Yogurt & Cheese Stick Yogurt & Sunflower Seeds Ham & American Hoagie WG Dinner Roll Tater Tots Baby Carrots Crisp Fresh Apple
Mon 6	Tue 7	Wed 8	Thu 9	Fri 10
Meatball Sub with Mozzarella Cheese Sunbutter Jelly Sandwich w/a Cheese Stick Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Italian Blend Vegetables Grape Tomatoes Chilled Peaches	WG Pancakes Turkey Sausage Patty Yogurt & Cheese Stick Yogurt & Sunflower Seeds Ham & American Hoagie WG Soft Pretzel Sweet Potato Wedge Fries Grape Tomatoes Blueberries Pancake Syrup Pancake Syrup Cup	Walking Fritos Taco Chicken Salad on 9 Grain Bread Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Chili Beans Grape Tomatoes Orange Wedges Lettuce & Cheese Cup	Diced Teriyaki Chicken Italian Hoagie Yogurt & Sunflower Seeds Brown Rice WG Dinner Roll Fresh Broccoli Grape Tomatoes Pineapple Tidbits	Hot Dog on a Bun Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Soft Pretzel Jazz'd Crinkle Fries Grape Tomatoes Crisp Fresh Apple

Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
Chicken Fried Steak Sandwich Sunbutter Jelly Sandwich w/a Cheese Stick Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Baked Beans Baby Carrots Mixed Fruit	Yogurt & Cheese Stick Yogurt & Sunflower Seeds Popcorn Chicken Ham & American Hoagie WG Dinner Roll Sweet Potato Waffle Fries Baby Carrots Chilled Peaches	Yogurt & Cheese Stick Yogurt & Sunflower Seeds Cheese Pizza Hut Pizza Pepperoni Pizza Hut Pizza Tuna Salad on 9 Grain Bread WG Dinner Roll Romaine Salad w/Croutons Baby Carrots Mandarin Oranges	Turkey & Gravy Yogurt & Sunflower Seeds WG Ciabatta Roll Mashed Potatoes Baby Carrots Apple Crisp Chicken Gravy	Pepperoni Pizza Calzone Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Dinner Roll Seasoned Green Beans Baby Carrots Strawberries

Mon 27	Tue 28	Wed 29	Thu 30	
Crispy Chicken Patty on a Bun Sunbutter Jelly Sandwich w/a Cheese Stick Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Glazed Carrots Baby Carrots Mandarin Oranges	Yogurt & Cheese Stick Yogurt & Sunflower Seeds Grilled Cheese Sandwich Ham & American Hoagie WG Soft Pretzel California Blend Vegetables Baby Carrots Mixed Fruit	Yogurt & Cheese Stick Yogurt & Sunflower Seeds Cheese Pizza Hut Pizza Pepperoni Pizza Hut Pizza Tuna Salad on 9 Grain Bread WG Dinner Roll Romaine Salad w/Croutons Baby Carrots Tropical Fruit	BBQ Roasted Drumstick Italian Hoagie Yogurt & Sunflower Seeds WG Dinner Roll Baked Beans Baby Carrots Banana Candy Cookie	