



1335 S. 10TH STREET OMAHA, NE 68108

## WEEKLY TAKE HOME THURSDAY

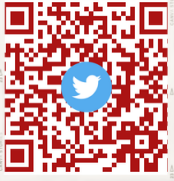
### Important Dates



**Dec 15:** Early Out; 12:30 pm  
Dismissal

**Dec 18 - Jan 2:** No School  
Christmas Break (School  
Resumes January 3, 2024)

Phone: 402-346-5757  
Fax: 402-346-8794



# Student and Family Support Program

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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

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All Saints Catholic  
School  
Confirmation

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



# Creighton Athletics.

## Faith and Family Fun Day women's basketball game

Sunday, December 3rd at 1:00 PM.

Special ticket deal for you through the  
link that is provided below!

Go Jays!

<https://fevo-enterprise.com/Faithfamily777>



# GIRLS VOLLEYBALL

## 4th to 8th Grades

January 13, 2024 to  
April 6, 2024

Nathan Hale Magnet  
Middle School  
6143 Whitmore Street

Tuesdays & Thursdays  
6:00pm to 7:45pm

Saturdays  
9:00 am to 11:30am

To REGISTER  
Scan the QR  
CODE:



 **IVYLEAGUE**  
YOUTH SPORTS ACADEMY

[WWW.IVYLEAGUESPORTSACADEMY.ORG](http://WWW.IVYLEAGUESPORTSACADEMY.ORG)



**REGISTRATION  
FEE \$150**

- Build critical skills
- Increase volleyball IQ
- Prepare mentally and physically
- All skill levels welcome



**Deck the Halls!** – Friday, December 1; 6:00 p.m. - 8:00 p.m.

Who: 7th and 8th grade girls

What: A merry holiday party with themed treats and a festive craft!

More information and registration through the following link: [Deck the Halls!](#)

**Future Cardinal Basketball Fan Night** – Thursday, December 7; Game time: 6:30 p.m.

Who: 5th – 8th grade girls

What: Be our guest at a home varsity basketball game for an exciting night including pizza and a meet-and-greet with the team!

More information and registration through the following link: [Basketball Fan Night](#)

**Duchesne Dance Clinic**– Saturday, December 9, 2023; 9:00 a.m.-12:00 p.m.

Who: K-8th grade dancers

What: A dance clinic and performance that is a fundraiser for the team

More information and registration through the following link:  
<https://dashomaha.org/danceclinic2023>

**8th Grade Entrance Exam** – Saturday, January 13, 2024; 8:30 a.m. – 1:00 p.m.

Who: 8th grade girls

What: Entrance and scholarship exam for current 8th-grade girls

More information and registration through the following link: [8th Grade Exam](#)

**7th Grade Practice Entrance Exam and Parent Meeting** – Saturday, January 20, 2024;  
12:00 p.m. – 3:45 p.m., Parent meeting 12:15 p.m. – 1:00 p.m.

Who: 7th grade girls, optional meeting for 7th grade parents

What: A practice entrance exam for 7th-grade students and a parent information meeting with the Head of School, Principal, and Admissions Team

More information and registration through the following link: [7th Grade Practice Exam](#)





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

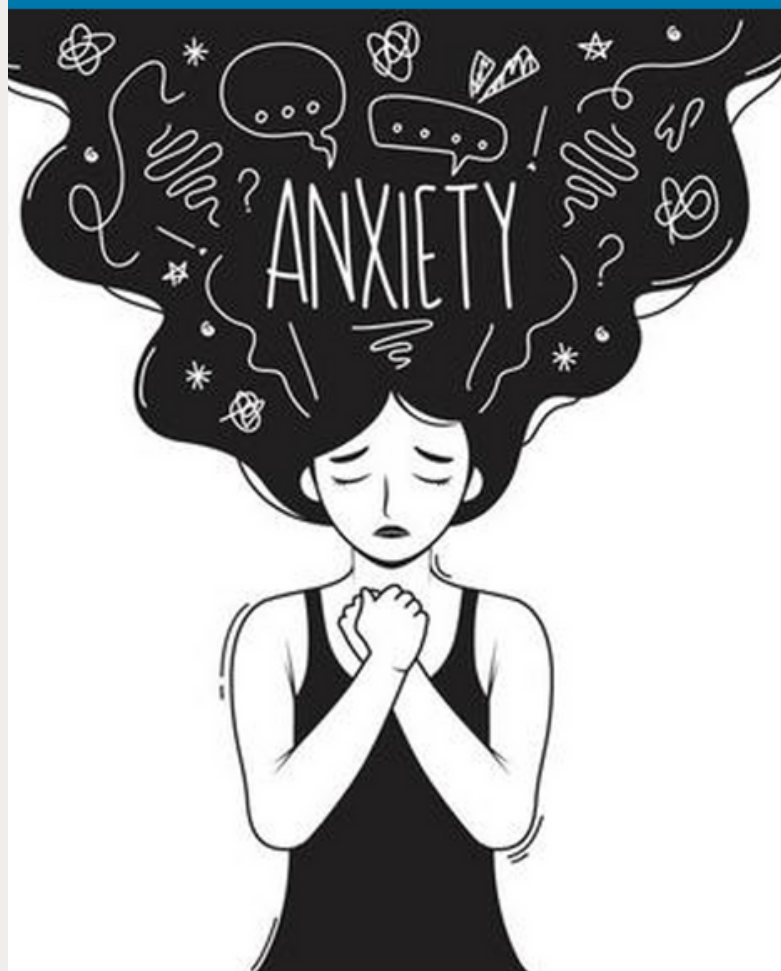
SIGN UP [HERE](#) TO DISCOVER MARIAN.

# 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





# December Lunch Menu

					<b>Fri 1</b>
					Cheeseburger on a Bun Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Dinner Roll Jazz'd Crinkle Fries Baby Carrots Cinnamon Applesauce
<b>Mon 4</b>	<b>Tue 5</b>	<b>Wed 6</b>	<b>Thu 7</b>	<b>Fri 8</b>	
Meatball Sub with Mozzarella Cheese Sunbutter Jelly Sandwich w/a Cheese Stick Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Seasoned Green Beans Grape Tomatoes Chilled Pears	Popcorn Chicken Yogurt & Cheese Stick Yogurt & Sunflower Seeds Ham & American Hoagie WG Dinner Roll Baked Beans Grape Tomatoes Chilled Peaches	Cheese Pizza Hut Pizza Pepperoni Pizza Hut Pizza Yogurt & Cheese Stick Yogurt & Sunflower Seeds Tuna Salad on 9 Grain Bread WG Dinner Roll Romaine Salad w/Croutons Grape Tomatoes Crisp Fresh Apple	Sliced Ham, Cure 81 Yogurt & Sunflower Seeds WG Ciabatta Roll Au Gratin Potatoes Grape Tomatoes Strawberries Sugar Cookie	Macaroni & Cheese Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Soft Pretzel Steamed Carrots Grape Tomatoes Mixed Fruit	
<b>Mon 11</b>	<b>Tue 12</b>	<b>Wed 13</b>	<b>Thu 14</b>	<b>Fri 15</b>	
Breaded Mozzarella Sticks w/ Pizza Sauce Sunbutter Jelly Sandwich w/a Cheese Stick Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Steamed Broccoli w/Olive Oil Baby Carrots Mandarin Oranges	Sweet & Sour Diced Chicken Yogurt & Cheese Stick Yogurt & Sunflower Seeds Ham & American Hoagie Brown Rice WG Dinner Roll Cucumber Slices Baby Carrots Pineapple Tidbits	Pepperoni Pizza Calzone Chicken Salad on 9 Grain Bread Yogurt & Cheese Stick Yogurt & Sunflower Seeds WG Dinner Roll Baby Carrots Baby Carrots Banana	Homemade Texas Chili Italian Hoagie Yogurt & Sunflower Seeds Mini Cinni's Cinnamon Rolls Chili Beans Baby Carrots Chilled Pears	Fried Chicken Drumstick Yogurt & Cheese Stick Yogurt & Sunflower Seeds Turkey & Cheese Hoagie with Lettuce WG Dinner Roll Mashed Potatoes Baby Carrots Orange Wedges Chicken Gravy	