



AQUINAS & ST. MARY'S CATHOLIC SCHOOLS

THE TORCH

www.aquinas-catholic.com



June, 2022

2021-22 Theme

Dear Friends of Aquinas Catholic Schools,

I am very grateful to have been fortunate enough to serve as the Aquinas superintendent for the past eleven years. It does not seem like it has been that long, but looking back, there was a lot of different things that we were able to accomplish together. I will always be thankful for your generosity and collaboration.

I have had the wonderful opportunity to work with some great administrators. Dave McMahon, Carm Fiala, Fr. Hoelsing, Sarah Zook, Spencer Zysset and Fr. Ventre have been extremely good to work with. They all have different, but amazing skill sets. I have learned a lot from you, and admire your many and various talents. Thank you for all of your help in leading Aquinas Catholic Schools.

Teaching students is why we are here, and Aquinas Catholic has some of the very best teachers. I have always been impressed by not only your strong work ethic, but most importantly by the Christ-like love that you exhibit towards our children. It is obvious that you care for them and want them to succeed. Thank you for answering God's call to be a Catholic school teacher.

If the teaching is the why we are here, the support staff members are the foundation and the engine for making everything happen, every single day. Without bus drivers, secretaries, cooks, bookkeeping, maintenance, custodial, advancement and coaches I don't know what we would be, but it would not be good! Thank you for your hard work in the Catholic education of our kids.

Dear students, thank you for giving all of us great hope for the future. The last few school years have not been easy for you, but you have persevered and made great strides in spite of it. I am excited to see what plans God has for you in your future!

Finally, thank you to all of our parents, grandparents, alumni, and the many, many volunteers who make Aquinas Catholic a fantastic school system. The contributions that each of you make to Aquinas creates a faith-filled home away from home for our students, and that is something that money alone could never buy. I am grateful for your prayerful support of Aquinas yesterday, today, and tomorrow.

God bless you,

A handwritten signature in cursive script that reads 'Fr. Sean M. Timmerman'.

Fr. Sean Timmerman

Dear Aquinas Catholic Schools Families,

While I have been here for two years, as of June 20th, I will be stepping into a new role at Aquinas as the new Chief Administrative Officer (CAO). These last two years I have taught eighth grade and freshmen theology. I have been the assistant golf coach and served on our technology committee. Moreover, I've participated in meetings from Board of Advisors, Finance Council, School Council Meetings and Foundation Board meetings and I feel ready to assume this role.

Additionally, this month, I will also be transitioning from pastor of Presentation Parish in Bellwood to being in residence at St. Mary Parish in David City. The title "in residence" means I am not in charge of anything at the parish; rather, I will live at the rectory as I serve as the CAO of Aquinas. However, I do plan on helping out at weekend Masses since close to 53% of our student population are from St. Mary's. I hope to also be of assistance to my brother priests in the Deanery to cover for them when they need. This will give me the opportunity to meet as many of our families as possible from the 13 parishes that support Aquinas.

A little bit about myself: I am from Cincinnati, Ohio, and am 38 years old. My parents are Joe Ventre and Patty Feucht. I am the only child of my parents, but I do have both half and step siblings. I have four sisters: Michaela, Lena, Maria and Holly and two brothers: Bryan and Kyle. I am also blessed with ten nieces and nephews. All my family still live in Ohio.

I attended St. Dominic Catholic School for elementary, and Delhi Junior High for seventh and eighth grade. I then attended St. Maximilian Kolbe High School and graduated in 2002. During my time at St. Max I was blessed to be taught by the Franciscan Friars of Mary Immaculate. These men not only taught me my Catholic faith but it was during these four years that my vocation began.

After I graduated in 2002, I made a trip to Lincoln with the Friars and visited the seminary in Seward. It really was a good fit for me. In March of 2003, I began classes at Southeast Community College and entered the seminary at St. Gregory in August of the same year. I graduated from St. Gregory's in 2007 with a B.A. in Philosophy and took some time off. I was actually out of the formation program for three years, and during that time I did Totus Tuus in Denver the summer of 2007, worked for the Diocese of Cheyenne (2007-2008) in their Education Office, served as their Coordinator of the Totus Tuus program, and MC'd for the Bishop during the confirmation season.

Finally, in 2010, I came back to Lincoln and attended St. Charles Borromeo Seminary for my theology studies and graduated in 2014 with a Masters in Divinity and M.A. in Sacred Scripture. I was ordained a priest for our diocese on May 24, 2014. My first assignment was St. Mary's Parish in Nebraska City from 2014-2017 as well as teaching sixth grade and seniors at Lourdes Central Catholic. In 2017, I was named pastor of St. Joseph Parish in Paul and St. Bernard's in Julian, while I continued to teach at Lourdes. At that time, I began my studies in Education Administration at the University of Mary in Bismarck, ND. In 2020, I completed my Master's degree and was named pastor of Presentation Parish in Bellwood and Assistant CAO at Aquinas Catholic Schools.

I truly do look forward to working with you all in the years to come. Additionally, I do want to thank Fr. Timmerman for his 14 years of service to this school. The field of education is a challenge as is running schools with over 100 staff members. During this time, there have been two additions and growth at Aquinas. Fr. Timmerman has done this with integrity and great character. He has also served this school as a man of faith. We wish him all the best in Plattsmouth.

Fr. Ventre

Middle/High School Principal letter- June 2022

Current news

- **6-12 Student Orientation and school pictures-** This will take the place of a first day of school assembly, plus we will get pictures taken care of so the first day of school can be less stressful and hectic for students and teachers both. Topics will include technology changes and expectations, handbook changes, behavior expectations, school safety and response protocols, and
- **Transportation department changes and request-** Beginning this summer, Aquinas MS/HS maintenance director Cliff Kovar is adding Transportation Director responsibilities to his current duties. One small change for the 2022-2023 school year will be for **ALL PARENTS OF STUDENTS NEEDING TRANSPORTATION** to fill out the transportation request form by clicking on the link below. This will take the place of filling out a hard copy form and returning it to the school office. Even if your family has received transportation previously, please fill out the form. If there is an issue when you are filling out the form, please call (402)367-3175 or email me at spencer-zysset@cdolinc.net.
 - [Transportation request form](#)

Upcoming events

- **Handbook Open Forum-** Wednesday July 6th, 7:00pm
 - An opportunity for parents to provide feedback on proposed handbook changes
- **Activity Physicals-** Monday July 11th, 6:00-8:00pm (Witter's Family Clinic)

Schedule changes/reminders

- **Tuesday August 16th-** 6-12 Student Orientation and school pictures
 - Specific time TBD, but it will be a few hours in the morning
- **2022-2023 school calendar-** The 2022-2023 school calendar will be sent out again in mid-July as families start to look ahead to next year.

God Bless!

Spencer Zysset

Spencer Zysset, Principal



QUARTER FOUR HONOR ROLL

Freshman Honor Roll: Isabella Comte, Isaiah Coufal, Flora Dalton, Caleb DeWispelare, Isabella Kadavy, Karmen Karpisek, Marcus Krivanek, Avery Oltmer, Kaleb Palik,, Alexandra Prochaska, Elizabeth Roh, Molly Ruiz, Bryant Stouffer, Tylee Truksa, Traeton Vandenberg Reese Woolsey.

Sophomore Honor Roll: Dylan Andel, Rebecca Andel, Josiah Brezina, Timothy Duke, Gianna Frasher, Tate Hain, Ryan Hein, Jakob Kavan, Jacob Moravec, Emma Prochaska, Bianca Romshek, Cecilia Sisco, Caroline Slama, Clayton Zavadny.

Junior Honor Roll: Delayne Adamy, Aletha Breiner, Lacie Hartman, Brooke Hoelscher, Colin Hough, Allisen Jelinek, Zander Kavan, Natalie Kovar, Krae Lavicky, Adam Oltmer, Luke Sellers, Jocelyn Stara, Margaret Svec, Antonia Wachal, Rachel Wacker, Claire Wisnieski, Mara Yindrick.

Senior Honor Roll: Michael Andel, Trista Birkel, Meredith Dalton, Marcus Eickmeier, Xavier Fiala, Curtis Humlicek, Benjamin Lyons, Ella Moravec, Aubrey Novacek, Olivia Perske, John Prochaska, Grace Reiter, Caleb Thege, Hunter Vandenberg, Matthew Vrbka, Gracyn Wollmer, Hailey Woolsey, Hannah Woolsey.

Freshman Honorable Mention: Alan Antholz, Kurtis Baer, Miriam Frasher, Sydney Hartman, Keltie Hein, Jacksen Jelinek, Garrett Novacek, Sara Schmid, Matthew Storm, Brooklyn Stutzman, Finley Zook.

Sophomore Honorable Mention: Wesley Miller, Robert Pytlik, Luke Reiter.

Junior Honorable Mention: Ava Hilger, Jaylin Jakub, Mackenzie Kobza, Joshua Palik, Grady Romshek.

Senior Honorable Mention : Jayden Bollig, Jeremy Drozda, Shae Junck, Christopher Nickolite, Jaxon Ondracek, Hunter Reisdorff, Ethan Schmid, Rowdy Truksa.

AQUINAS MIDDLE SCHOOL
QUARTER FOUR ACADEMIC ACHIEVEMENT

Improving:

Grade 6: Allisson Alcantara, Carter Cech, Elijah Janak, Emmett Kadavy, Allie Kudlacek, Damian Miratsky, Kolbe Pytlik, Amir Rerucha, Gregory Sisco, Sarah Storm.

Grade 7: Brookelynn Banholzer, Madelyn Hein, Kaela Karpisek, Myles Kobza, Mason Krivanek, Gunner Marushak, Troy Masilko, Annastasia Meysenburg, Brayden Nuttelman, William Podolak, Landon Pohl, Aiden Rerucha, Kalen Stouffer, Cash Truksa, Rose Wessling.

Grade 8: Kaleb Anzel, Dillon Bohuslavsky, Bella Fontenot, Seth Hlavac, Evan Hoelscher, Kenadi Hotovy, Michael Kunasek, Miranda Novacek, Noah Polacek, Jonathan Pytlik, Kaitlyn Schneider, Jarin Thege, Allen Wachal, Drew Wachal.

Honor Roll:

Grade 6: Jacqueline Comte, Kristin Coufal, Robert Dalton, Royce Fontenot, Natalia Lopez, Rebekah Masek, Gregory Sisco.

Grade 7: Riley Campbell, Sarah Coufal, Tristan Davis, Dayne Jakub, Mary-Kate Moravec, Max Oliver, Anna Schmid, Kade Semin, Taylor Smith, Jordyn Vandenberg, Skyler Vandenberg, Jacob Wacker.

Grade 8: Oliver Antholz, Lilly Collins, Nathaniel Hain, Grace Masek, Lauren Meister, Lydia Meysenburg, Colby Miller, Marissa Miratsky, Becca Podolak, Violet Schmid, Sydni Svoboda, Madison Vandenberg, Rebecca Wacker, Ainsley Wollmer, Augustine Yindrick.

AQUINAS HIGH SCHOOL
SEMESTER TWO HONOR ROLL

FRESHMEN HONOR ROLL: Isabella Comte, Isaiah Coufal, Flora Dalton, Caleb DeWispelare, Jacksen Jelinek, Karmen Karpisek, Marcus Krivanek, Garrett Novacek, Avery Oltmer, Kaleb Palik, Alexandra Prochaska, Elizabeth Roh, Molly Ruiz, Tylee Truksa, Traeton Vandenberg.

FRESHMEN HONORABLE MENTION: Alan Antholz, Kurtis Baer, Miriam Frasher, Sydney Hartman, Keltie Hein, Isabella Kadavy, Sara Schmid, Matthew Storm, Bryant Stouffer, Brooklyn Stutzman, Reese Woolsey.

SOPHOMORE HONOR ROLL: Dylan Anzel, Rebecca Anzel, Josiah Brezina, Timothy Duke, Gianna Frasher, Tate Hain, Ryan Hein, Jakob Kavan, Jacob Moravec, Emma Prochaska, Bianca Romshek, Cecilia Sisco, Carline Slama, Clayton Zavodny.

SOPHOMORE HONORABLE MENTION: Wesley Miller, Robert Pytlik, Luke Reiter.

JUNIOR HONOR ROLL: Delayne Adamy, Aletha Breiner, Lacie Hartman, Brooke Hoelscher, Colin Hough, Allisen Jelinek, Zander Kavan, Natalie Kovar, Krae Lavicky, Adam Oltmer, Luke Sellers, Jocelyn Stara, Margaret Svec, Antonia Wachal, Rachel Wacker, Claire Wisnieski, Mara Yindrick.

JUNIOR HONORABLE MENTION: Ava Hilger, Jaylin Jakub, Mackenzie Kobza, Joshua Palik, Grady Romshek.

SENIOR HONOR ROLL: Michael Anzel, Trista Birkel, Meredith Dalton, Marcus Eickmeier, Xavier Fiala, Benjamin Lyons, Ella Moravec, Aubrey Novacek, Olivia Perske, John Prochaska, Grace Reiter, Caleb Thege, Hunter Vandenberg, Matthew Vrbka, Gracyn Wollmer, Hailey Woolsey, Hannah Woolsey.

SENIOR HONORABLE MENTION: Jayden Bollig, Jeremy Drozda, Curtis Humlicek, Shae Junck, Christopher Nickolite, Jaxon Ondracek, Hunter Reisdorff, Ethan Schmid.



What a refreshing summer!

The school is getting some fun updates this summer in the way of **hallway painting, technology, and gym updates**. I also recently attended a workshop on our **Virtues-Based Discipline program** we will be starting this fall. I am confident that this will be beneficial in enhancing our school environment to more positively work on student behavior and help students end bad behaviors. That is what I find so exciting! It is never fun to try to change behavior over and over and not see results. It relies on strong accountability for their actions in a Christian environment. This will be a powerful way to impact morale, engagement, behavior, as well as faith formation.

In this mailing you should find:

School supply list

Class Lists **Preschool and Pre-Kindergarten: This is the first draft of the class lists for the fall. IF YOU SEE ANY MISTAKES or CHANGES that need to be made, please let us know. We don't want to miss anyone.

Reminder that Tommy Hilfiger has their uniform sale. For the elementary: **Anything plaid and classroom cover-ups must come from Tommy uniforms** (globalschoolwear.com, school: AQU103)

Upcoming for this fall:

PTO is working on a **Movie Night this summer**. Watch for more information on that.

Back to school night will be on Aug. 16. Students can come to drop off supplies and find their desk, their locker, and meet their teacher. We will send more info as the times get set in conjunction with PTO.

Get involved. School works better with more parents in the mix. As you prepare for a great new school year, please consider how you might be able to help out around the school. We will be sending out a volunteer survey to see what might work for you. Current volunteer opportunities:

Paint the hallways, Mon-Thu 9-2. Any period of time you have available. Any little bit helps!!
VERY EASY! (no edging needed)

Repaint the parking lot and light poles: Evening of June 29, 6:00-8:00. Bring a brush or roller handle/tray if you have one.

Email sarah-zook@cdolinc.net if you can help so we make sure we are ready for you!!

Get your name to the PTO (Parent-Teacher Organization) officers—they can use any help as well. (email: Jackie DeWispelare at jandedewisp@me.com, or text at (402) 290-7842.

As you plan for next year, we will have PTO meetings on the same night each month—students earn rewards for parents attending! (and they are fun—with snacks provided)

We are so blessed to have the chance to create an amazing Catholic school environment for your children.

Many blessings to you and your families.

Mrs. Zook

Aquinas

Boys & Girls

2022-23 Sports Physicals

Grades 7-12

6:00 p.m.-8:00 p.m.

Witter Family Medicine Clinic

Monday July 11

\$20.00



We have a few Aquinas soft side coolers left from the Gold Rush Raffle. These can be purchased at Aquinas for \$30. They feature a zip out lining for easy cleaning, shoulder strap and backpack straps



Welcome!

Hi, I'm Michaela Moravec the new Advancement and Alumni Director. I am married to Trevor Moravec '06 graduate of Aquinas and we have 3 children. 1 son and 2 daughters. I am looking forward to a great year here at Aquinas! Please keep sending your news, weddings, births and deaths. You can send this information to [michaela-](#)



.....from everyone at

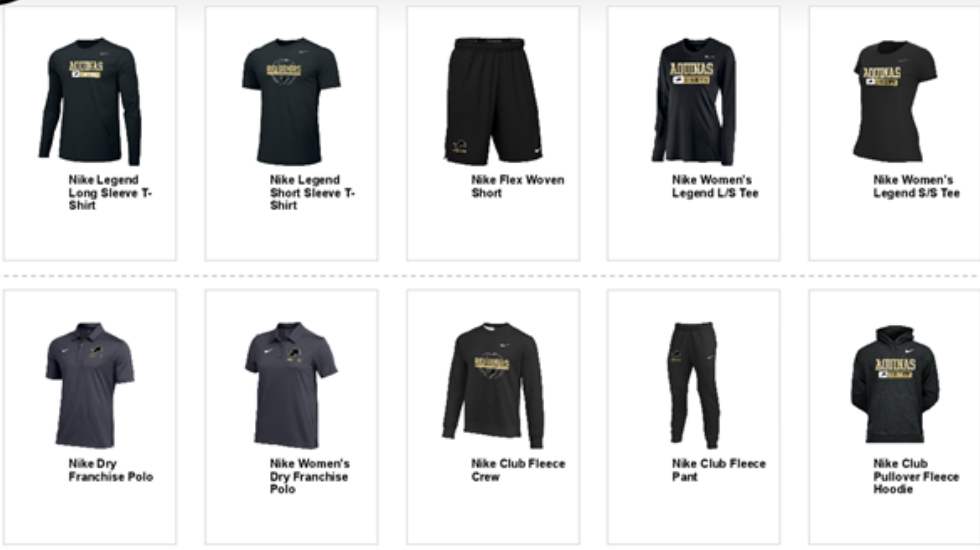
Aquinas Catholic Schools!

All the teachers and staff would like to thank everyone that gave to Tip-the-Teacher during the 2022 Gold Rush event! It was such a pleasant surprise and is greatly appreciated!

Shop the MONARCH FALL APPAREL 2022 Store!

YOUTH Sizes

Hurry, shops closes 06/30/2022.



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UPCHARGES APPLY FOR LARGER SIZES



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Team Coordinator Michaela Moravec michaela-moravec@cdolinc.net



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No orders will be accepted after the deadline.

TOTUS TUUS

Summer Catechetical Program

The parishes of St. Mary's, Assumption, St. Francis (all David City), Saint Peter, Saint Joseph, Presentation (Bellwood), Saint Anthony (Bruno), Saints Peter & Paul (Abie), and immaculate Conception (Ulysses) will be sponsoring this summer Totus Tuus, a unique summer catechesis program. Program limited to 90 students per day, so sign up quickly.

TOTUS TUUS is a Catholic youth organization dedicated to all grade school and high school youth and their families through God's Word, Christian Witness, and Eucharistic Worship.

The TOTUS TUUS team consists of four college age students (2 men and 2 women) committed to serving the young people of our Diocese for the summer.

The aim of TOTUS TUUS is to put all youth and young adults not only in touch with, but in communion, in intimacy with, Jesus Christ. Only Jesus can lead us to the love of the Father in the Spirit and make us share in the life of the Holy Trinity. TOTUS TUUS strives to bring forth a balance between the knowledge of and practice of the Sacraments, bringing our Faith alive.

The methodology, structure, content, and enthusiasm of TOTUS TUUS are concerned not only with teaching the faith to the youth, but also with arousing it in them unceasingly with the help of grace. TOTUS TUUS works to open the heart, to bring about conversion, and to encourage total adherence to Jesus Christ on the part of those who are still on the threshold of faith.

Grade School Program

Students entering Grades 1-8
Monday to Friday July 25th - 29th
\$25.00 registration fee
11AM - Daily Confession
11:30AM - Daily Mass
Children bring sack lunches
Children bring bats, balls, gloves for
break Parishes sponsors a Wednesday
potluck 6PM-7:30PM

High School Program

Students entering Grades 9-12
Sunday to Thursday (July 24-28) 5PM-10PM
\$25.00 registration fee
Tuesday night - Benediction with Confession
Parish supplies refreshments at 9PM on Sunday
Monday and Wednesday

Help is needed to provide Team Housing and Meals

1. Two host families will be needed to house the two men and two women team members from Saturday evening to Saturday afternoon. The host families provide breakfast and snacks each day.
2. Other parish families provide lunches, suppers, snacks and other support.
3. If you would be able to help, please indicate on the registration form.



Art Day Camp organized and sponsored by the Butler County Arts Council returns to the Aquinas Art room this July with a choice of up to six different sessions with activities taught by excellent art instructors. There are two 2 hour sessions per day beginning on Wednesday, July 27th at 10 am with Diane Noonan teaching origami (the art of folding paper into shapes) to create unique works of art. That afternoon at 1 pm – Addie Zook leads how to draw cartoon portraits on shrinky-dink sheets to make your own keychain or charm. Thursday, July 28th at 10 am - Sarah Juranek teaches how to make a woven hoop wall hanging utilizing a hula hoop as a frame, material, yarn and beads. At 1 pm - Addie Zook will teach how to create colorful beads in polymer clay. The unique items created with these will be done after the beads are fired & cooled. Friday, July 29th at 10 am – Gabrielle Comte will introduce a simple screen printing method which uses easily found equipment and can be used on paper and fabrics to create multiples of a design. 1 pm - Diane Noonan will lead creation of pop-up cards which delight people of all ages.

The Art Day Camp instructors this year include:

Sarah Juranek who is a recent graduate of the studio art program at UNK returning for her 5th year of summer teaching for this program.

Diane Noonan is a new art day camp instructor but an experienced art teacher from David City H. S., a member of Columbus Area artists for over 20 years & board member for Association of Nebraska Art Clubs.

Gabrielle Comte is a returning art instructor and UNL grad in Visual Arts employed full time by Bone Creek Art Museum.

Addie Zook is a gifted artist & graduate of Aquinas who taught art day camp last year and is now a graphic design major at Benedictine College.

From the summer sessions samples of the artwork will be on view in the library during the month of August. Direct any questions to Anna Nolan (anolan@bonecreek.org) who is volunteer administrator of the Butler County Arts Council and can be reached by text or call at 402-641-6458.

Pre-registration required

Sign in between 9:15 am and 10 am each day

Fees include art materials.

Participants are responsible for noon lunch.

Students will be able to take home a finished artwork from each session.

Registration form must be signed by parent or guardian.

Applications will be online with Butler County Arts Council website and Bone Creek Art Museum website and available in the David City library and at the Aquinas office window and in the Bone Creek Museum of Agrarian Art at 575 E Street, David City, NE 68632.

<https://bonecreek.org>

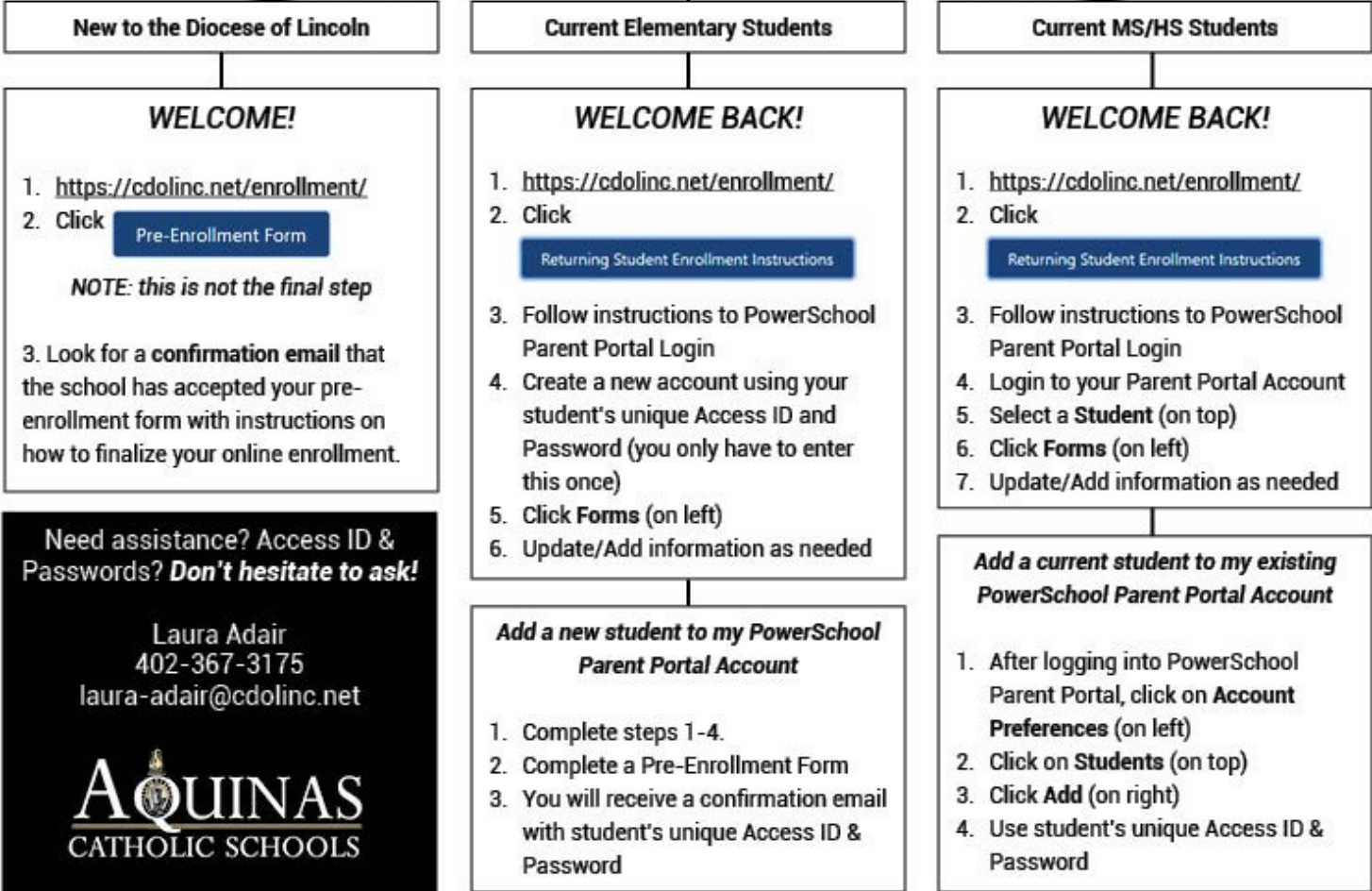
How to Set-Up Tuition Payments

Aquinas Catholic FACTS Link <https://online.factsmgt.com/signin/43NG4>

If you need to create a new account, follow detailed prompts using your e-mail address and a personal password

1. Once signed in, under Payment Plan & Billing select [Set Up a Payment Plan](#)
2. Select correct school year term
NOTE: if you had a payment plan the previous year it will roll over and you do not need to re-enroll unless you need to make changes (add a new student, edit payment schedule, etc.)
3. Follow the progress tracker and continue until you get to the Thank You page

What Enrollment Steps Apply to Me?



Detailed visual guides and FAQs can be found at <https://cdolinc.net/enrollment/>

more info in next torch

Preschool Open House TBD

Aquinas Catholic Preschool/Pre-K Student Enrollment

for the 2022-2023 School Year

You must complete the following steps, in order to complete your child's registration and save your child's spot in Mrs. Rachel's Class

01 Online Enrollment

Through Diocese of Lincoln Enrollment Express
<http://www.cdolinc.net/enrollment>

These entries are connected to School Messenger, the emergency contact system

must be completed online must be completed online must be completed online must be completed online

These are the following class options when filling out your **registration online**

PRESCHOOL

PS 2 Day: T/Th Morning 8:00 AM - 11:15 AM

PS 2 Day: T/Th Afternoon 11:45 AM - 3:15 PM

PRE-KINDERGARTEN

PK 3 Day: MWF Morning 8:00 AM - 11:15 AM

PK 5 Day: M-F Afternoon 11:45 AM - 3:15 PM

must be completed online must be completed online must be completed online must be completed online

02 Tuition Payment

Four Tuition Payment Options Available

Payments are made through FACTS Tuition Management System.

<https://online.factsmgt.com/signin/43NG4>

03 Documents

Present original **Birth Certificate** to the Office.

Baptism Certificate and updated **Immunization Record** may be uploaded during online registration or copies may be turned into the Office.

Turn in this **Enrollment Sheet** and **Registration Card** (1/2 sheet)

If you would like assistance or schedule a time to use a school computer, please contact Laura at 402-367-3175

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Impacting what matters
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Aquinas Catholic Busing Information

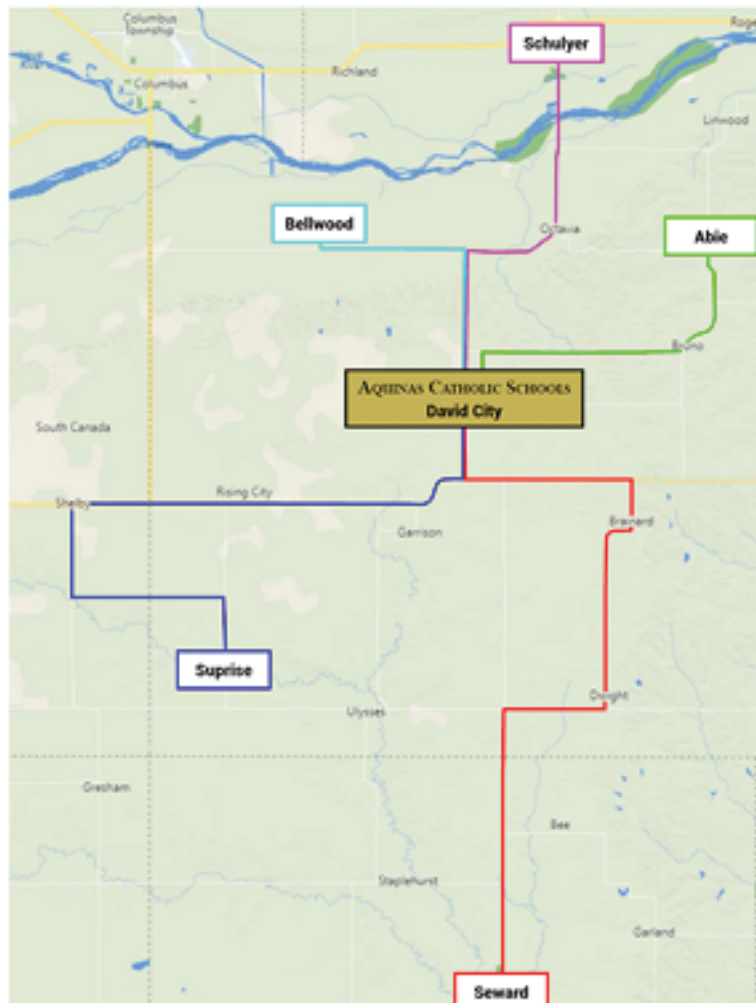
**Make drop-off and pick-up easier.
Parents, you only need to do ONE drop off and ONE pick-up.**

All students may ride a bus from one school to the other before & after school for free. You do not need to fill out a bus registration form, but the bus will not wait.

Morning Pick-up: 7:35 AM | After-school Pick-up: 3:20 PM



Aquinas Catholic Schools offers free busing service from pick-up points along paved roads. **You must fill out a Bus Registration Form, found online at www.aquinas-catholic.com/bus no later than July 27th.**



Schuyler/Octavia- Leaves the Oak Ball Room at 7:10am. Picks up in Octavia, then drops off at Aquinas Elementary, then Aquinas MS/HS.

Bellwood- Leaves St. Peter's Bellwood at 7:20am. Drop off at Aquinas Elementary about 7:20am, then drop off at Aquinas MS/HS.

Shelby/Surprise- Begins in Surprise and follows Surprise Highway and Highway 92 to Shelby, picking up at Wacker home. Picks up at Rising City Pit Stop, then continues to Aquinas MS/HS at 7:40am, then to Aquinas Elementary.

Brainard/Dwight/Bee/Seward- Leaves from St. Vincent's Seward at 6:50am. Goes through Dwight and Brainard, stopping at Pytlík and Schommer homes. Pick up at Benes Service. Drop off at Aquinas MS/HS about 7:45am, then drop off at Aquinas Elementary.

Abie/Bruno Route- Leaves at 7:10am, stopping on the Bruno Spur. 2 stops on 11th St. in David City (11th and M, 11th and Bemis). Drop off at Aquinas Elementary then Aquinas MS/HS.

2022-23 Aquinas Catholic Elementary School Supply List

Pre-School/Pre-kindergarten

- Book bag – regular sized please
- Pre school and 3 day Pre K bring 1 1/2" three ring binder
- 5 day Pre K bring 2 1/2" three ring binders
- 4 glue sticks (small)
- 1 can of Play-Dough
- Pre K students 1 box tissues and 1 roll paper towels
- Preschool students bring big container of Clorox wipes and 1 pack (100) paper plates, not styrofoam
- All need to bring 3 bottles of white Elmer's school glue (4 oz size) (No glitter, clear, or other brands please)
- (Bring Clorox wipes if/when you can find them)
- NO PAINT SHIRT

Kindergarten

- Pencil box (approx. 8" X 5")
- 2 large boxes Kleenex
- 2 boxes 24 crayons
- Book bag
- Small pillow - Optional
- Paint shirt
- 12 glue sticks
- Elmer's school glue (4 oz)
- Fiskar scissors
- 12 yellow #2 pencils (no character pencils)
- 2 pink erasers
- 2 - 8 packs of washable markers
- 2 folders with pockets, no prongs

1st Grade

- Paint shirt
- 2 folders (no prongs, just 2 pockets)
- 2 large boxes Kleenex
- Book bag
- Small pencil box Approx 8" X 5" and please all plastic, no zippers or metal locks
- 1dozen yellow #2 pencils
- 1 pink eraser
- 3 small glue sticks
- 1 box of 24 crayons
- 1-1/2" three ring binder (durable)

2nd Grade

- 3 dozen yellow #2 pencils
- 3 pink erasers
- Box of 24 crayons
- 4 glue sticks
- 4 folders with pockets
- Small pencil box
- 2 large boxes Kleenex
- Book bag
- 1 wide lined spiral notebook
- Markers
- Paint shirt

3rd Grade

- 1 dozen yellow #2 pencils
- 1 box of 24 crayons
- 1 box of 24 colored pencils
- 6 glue sticks
- Metal scissors
- 2 red pens
- 2 large boxes Kleenex
- Small pencil box (approx. 8" X 5") or pouch
- 1 folder with 3 prong fasteners and pockets (plastic)
- 1 folder with pockets and no prongs (plastic)
- Book bag
- Paint shirt
- 1 pkg. wide ruled loose leaf paper
- 1-1/2" three ring binder
- 2 book covers

Items NOT allowed:

- * Mechanical pencils
- * Zippered binders/Trapper Keepers
- * Gel, scented, or "clicky" pens
- * Pencil grippers
- **Please keep supplies simple so they don't become a distraction.

4th Grade

- 12" ruler with inches and cm **For home use. Do not bring to school.)
- 2 pkgs wide lined notebook paper
- 2 -1 subject wide lined spiral notebooks
- 3 large boxes Kleenex
- 1 folder with 3 prong fasteners and pockets (plastic)
- 5 folders with pockets
- Book bag
- Paint shirt
- Washable markers (8 in package)
- Zipper pencil pouch
- 1 glue stick
- 6 red pens
- Colored pencils (24 pack) not erasable
- 1 box 24 crayons
- (Pencils and erasers are provided)

5th Grade

- Red pens (pkg of 10)(Bic style – No clicking pens)
- 4 folders with 3 prong fasteners and pockets
- 1 fine line black permanent marker (Sharpie)
- 4 large boxes of Kleenex
- 1 Elmer's school glue, white, 4 oz
- 1 glue stick
- Scissors
- Book bag
- Colored pencils
- 3 pkgs wide lined notebook paper
- Colored markers (8 in a pkg)
- Paint shirt
- 4-1 subject wide lined spiral notebooks
- 2 highlighters
- 10 #2 pencils
- 3 large book covers

Aquinas Middle School- 2022-2023

SUPPLIES NEEDED BY GRADES 6, 7 AND 8

PUT YOUR NAME ON ALL YOUR POSSESSIONS.

NOTE: All textbooks will need to be covered with your own paper or book covers.

We request that students **NOT** use White-Out (liquid paper correction fluid). Do **NOT** bring White-Out. Do **NOT** bring a compass.

GRADE 6

2 3-ring binders (1-2”rings) Inexpensive one will be fine.

1 storage binder for carrying paper, folders, etc.

3-hole loose-leaf notebook paper (white and wide-ruled or college-ruled)

4 Spiral Notebooks (single subject notebooks) without perforation so pages won't rip out easily.

1 Spiral Notebook for math; the pages should **NOT** be perforated. These will be used throughout the entire year and pages should not fall out!

1 3-subject notebook for Social Studies—without perforation so pages won't rip out easily.

3 Portfolios (folders) with pockets and paper fasteners (for classwork)

Pencils and pens (**black or blue ink**) **No neon or gel pens. Red pens for checking**

3 packages of 3x5 lined notecards

1 pkg (5) of full-page subject dividers (for Social Studies)

Pencil case (one with 3 holes that can be inserted in binder for organization)

Scissors and Large Pink Eraser

2 regular-size boxes of Kleenex

Colored pencils (small Box)

The New American Bible (Students who don't have one from 5th grade will receive one.)

For P.E. – gym shoes – can be old ones, but these shoes need to stay here at school for use in the gym only

GRADE 7

3 3-ring binders (1-2”rings) for Social Studies and English/Reading and Science. Inexpensive ones (hard-back) will be fine.

3-hole loose-leaf notebook paper (white and wide-ruled or college-ruled)

3 Spiral Notebooks (single subject notebooks) without perforation so pages won't rip out easily.

1 Spiral Notebook for math; the pages should **NOT** be perforated. These will be used throughout the entire year and pages should not fall out!

1 3-subject notebook for Social Studies—without perforation so pages won't rip out easily.

3 Portfolios (folders) with pockets and paper fasteners (for classwork)

Pencils and pens (**black or blue ink**) **No neon or gel pens. Red pens for checking**

3 pkg. 3 X 5 lined notecards for (English and Social Studies)

1 pkg (5) of full-page subject dividers (for Social Studies)

Pencil case (recommended one with 3 holes that can be inserted in 3-ring notebook for organization)

Small Box of Highlighters

Scissors and Large Pink Eraser

2 regular-size boxes of Kleenex

Colored pencils

The New American Bible (Students who don't have one from 6th grade will receive one.)

Dictionary (Bring your dictionary received in 6th grade. New students will receive one.)

For P.E. –shorts, t-shirt (no advertising or inappropriate slogans), socks, gym shoes

GRADE 8

2 3-ring binder (1-2”rings) for Social Studies and Science. Inexpensive ones (hard-back) will be fine.

3-hole loose-leaf notebook paper (white and wide-ruled or college-ruled)

3 Spiral Notebooks (single subject notebooks) without perforation so pages won't rip out easily.

2 3-subject notebook for Social Studies and Math—Without perforation so pages won't rip out easily.

5 Portfolios (folders) with pockets and paper fasteners (for classwork)

Pencils and pens (**black or blue ink**) **No neon or gel pens. Red pens for checking**

3 pkg. 3 X 5 lined notecards for (English and Social Studies)

Pack (5) of full-page subject dividers

Pencil case (recommended one with 3 holes that can be inserted in 3-ring notebook for organization)

Scissors and Protractor

1 small box of highlighters

2 regular size boxes of Kleenex

Colored pencils

The New American Bible (students who don't have one from 6th grade will receive one.)

Dictionary (Bring dictionary received last year. New students will receive one)

For P.E. –shorts, t-shirt (no advertising or inappropriate slogans), socks, gym shoes

HIGH SCHOOL SUPPLIES: A 3 ring binder, folders, pens, pencils, etc. as main supplies for all classes, one spiral bound notebook for each class. Teachers will let you know if you need anything else for their specific class.



May 2022

2021-22

Theme

Dear 2023 Seniors and Parents of 2023 Seniors,

Next year your son/daughter will be a senior. One of the most lasting and treasured reminders of this year will be the senior pictures which will be taken over the summer or the first part of the school year. You will be responsible for getting the following senior pictures to Mrs. Pokorny by **November 1, 2022**.

You need to have your photographer email your colored formal pose picture in a vertical billfold sized JPEG file at 250 dpi to me for the yearbook, composite, alumni board, press releases, and class video. This picture should be the colored formal indoor pose with a plain background. (This should be a head shot with no hands or lower arms visible please.) You are responsible for making sure the school has this by November 1st. They may email this to Mrs. Pokorny at teresa-pokorny@cdolinc.net

If we do not have your print by November 1st, you may miss out on being in the composite, yearbook, etc. or have to pay for the late fee to be included. Be sure to schedule your pictures to be taken by September 1st.

As we at Aquinas should always strive to live up to Christ's example of modesty and Christian decency, we ask that no inappropriate pictures be submitted for publication. This would include:

1. **Females-no off-the-shoulder dresses or blouses**
2. **Females-no tops with an immodest/low cut (cut of the top must be 1 inch above the line of cleavage); no spaghetti or thin straps on shoulders for dresses or blouses**
3. **Males-wear a collared shirt and tie. (A jacket is preferred but optional.)**
4. **Nothing that goes against the current dress code, for example-tattoo/body piercing, hair length (MUST be above the collar of the shirt), 'fad' hair styles, facial hair, etc.**

***Remember that by a colored formal pose, we are asking for a head shot with no hands or lower arms visible in the picture. The background should be plain/one color and NO outdoor shots.**

Again, remember to have your photographer email your colored formal vertical pose picture in a billfold sized JPEG file at 250 dpi to Mrs. Pokorny by November 1st.

The administration reserves the right to refuse any portrait deemed unacceptable or immodest. Please read and follow the instructions we have provided and there should be no problems.

Please note that you **MUST** sign the publicity permission form sent out at the beginning of the school year in order to have the senior picture as part of our composite, yearbook, and any other publications who might ask for the formal shot.

If you don't plan to have senior pictures taken, Ms. Brown will take a formal head shot picture, but this must be arranged with her before November.

If you have any questions, please contact Mrs. Pokorny at 367-3175. Best wishes and have an enjoyable summer.

Sincerely,
Teresa Pokorny
Senior Class Moderator Aquinas High School

How to Help Your Child Make Good Choices

Students making choices is always difficult, not only for the students but also for the adults in their lives who want what is best for them. It is especially hard when students don't want to talk about those choices with adults, or they think they "know best". It is hard for adults to sit by and let students make mistakes that they will learn from, even though the adult knows or can accurately predict how their choice will play out. Students do not always value the life experiences an adult has had because they think "it's different now than it was when you were a kid". So, what can you, as the caring adult, do to not only open that communication with your student, but also have your input heard and valued and hopefully influence them for the better?

One big barrier youth face when it comes to making decisions is their impulsivity. They may feel excited, anxious, upset, etc. when they think about a choice and its outcomes which can cause them to make rash decisions. The part of the brain that controls decision making skills is still developing in your student. Encouraging your student to stop and take some time to think about everything before making a decision will help them make more appropriate decisions. Help them see that they are making an impulsive decision when they make decisions too quickly and that they are making decisions based on emotions rather than rational thoughts.

There are five steps your student should go through when making a decision. The first step is to identify the decision. This is looking at how the student feels in the moment. Are they making an impulsive decision or do they need to take some time to think about their decision? You can do this by asking three questions: What feelings are you having right now? What is the strongest emotion you are feeling? and When did you notice you were feeling this way? Taking a step back and taking some time will help them gain a better understanding of the problem they are trying to solve, what they want to accomplish and what the best possible outcome would be.

Step Two is helping the student understand their options. This can be done in many ways, like simply talking through the decision and the options that the student faces. The best way to encourage a student to come to you when they have a hard decision is to make sure there is open communication. Create a no judgment zone so that the student feels like their opinions and wants/needs are valued. Do not lecture them or come into the conversation with a "know it all" attitude. Guide the decision but do not make the decision for your student.

The Third Step is to make the decision. Some questions you could ask to help your student make a decision are: Will it help you achieve your goal? Is it honest? Will it create a problem for someone else? and Is it safe? It is very important to help your student understand that with every decision comes a responsibility they will have as a result of that decision. Help guide the student to see if they are ready for that responsibility and help them decide for themselves if they think they can handle the outcome. Then if your student handles the responsibility in a good way, praise them. Help them see what they did well and it will encourage them to continue making good choices. Try not to intervene unless they or someone else is in danger. Let your student make little mistakes that they can learn from.

The next step is acting on the decision. This includes following through on the decision that the student has decided to make. Make sure that your student knows that no matter what the outcome is, you will be there to support and help them. Cultivate your relationship by talking with them and checking that they are ok after the fact. This will help the student feel like if something goes wrong, they can come to you for help. Or maybe they will be excited with how well the decision is going and want to share their experience with you. If that is the case, praise them for making good decisions to reinforce that behavior.

The last step is to reflect on the decision with the student. Help the student think through their decision-making process in order to see if there was anything they could do better in the future. Some questions to ask are: What did I learn about myself? What's important to me? What was hard about what I did? What was easy about what I did? The next time I have to make a decision, what would I do the same? and What might I do differently next time?

Decision-making skills are hard for youth to learn on their own because they may not make decisions by actually thinking about them but rather make decisions based on emotions. Taking these steps and helping students develop their skills while they are young will help them be able to make good decisions as adults. Their brains are still forming and they are learning these skills either on their own or with the guidance of caring adults. This is one skill that they will need to become a self-functioning adult who makes good decisions for the long-term.



I will look after my sheep, says the Lord, and I will appoint a shepherd to pasture them, and I the Lord, will be their God.

Ez 34:11, 23-24

**AQUINAS CATHOLIC
ELEMENTARY**

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