

BSS NEWSLETTER



**NEW VIRTUS
BULLETIN
THIS WEEK!**

Wednesday, March 2, 2022

 [CLICK HERE FOR
CALENDAR](#)

 [CLICK HERE FOR
CAFETERIA](#)

 [CLICK HERE FOR
BOOSTERS](#)

 [CLICK HERE FOR
SYCAMORE](#)

 [CLICK HERE FOR
ARTSONIA](#)

 [CLICK HERE FOR
SERVICE](#)

WHAT'S HAPPENING THIS WEEK?

Thursday:  **SPIRITWEAR DAY**

3

Friday:

4

Monday: **2:30-3:30** - Children's Choir rehearsal (*grade 5-8*)

7

Tuesday: **12:15-1:45** - Confession (*grade 7*)

8

2:30-3:30 - Children's Choir rehearsal (*grade 4*)

Wednesday: **FIRST GRADE WACKY WEDNESDAY!**

9

8:15 - Mass (*grades 5-8*)

2:30-3:15 - Homework Buddies

2:30-3:30 - Lego Robotics

12:15-1:45 - Confession (*grade 3*)

Thursday:  **SPIRITWEAR DAY**

10

12:15-1:45 - Confession (*grade 2*)

Friday: **8:15** - Mass (*grades k-4*)

11

WHAT'S FOR LUNCH?

Th Chicken Nuggets, Mac & Cheese,
Baked Beans, Veggie Boat with Dip,
Mandarin Oranges, Fresh Fruit, Milk

F Pizza Crunchers, Marinara Sauce,
Green Beans, Garden Salad,
Pineapple Tidbits, Fresh Fruit, Milk

M Mini Corn Dogs, Mac & Cheese,
Green Beans, Broccoli with Dip,
Frozen Sidekick, Diced Peaches,
Fresh Fruit, Milk

T Chicken Patty on Bun, Potato Wedges,
Baked Beans, Diced Pears,
Fresh Fruit, Milk

W Turkey Roast, Mashed Potatoes with Gravy,
Dinner Roll, Green Beans, Garden Salad,
Pineapple Tidbits, Fresh Fruit, Milk

Th 3- or 4-Way Chili Spaghetti, Kidney Beans,
Diced Onions, Oyster Crackers,
Glazed Carrots, Veggie Boat,
Mandarin Oranges, Fresh Fruit, Milk

F Big Daddy's Cheese Pizza OR
Cheese Breadstick w/Marinara,
Steamed Broccoli, Garden Salad,
Applesauce, Fresh Fruit, Milk

WEEKEND MASSES

**WE WOULD LOVE
TO SEE YOUR FAMILY
AT MASS THIS WEEKEND!**

Saturday:
4:00pm

Sunday:
9:00am, 11:00am

A Note From Your Administration

Good afternoon, parents,

THANK YOU for the support last Saturday at our 29th Evening to Treasure. We are truly humbled by our community's immense generosity. Because of your consistent dedication to BSS, we are able to move ahead with our science lab renovation! Your contributions will also continue to help fund the salaries of our specialists. These teachers are instrumental to our students' success because of the intervention and enrichment they provide for your learners. Thank you for your donations, attendance, time, and kindness. All of these contributions contribute to our community. Finally, one more time because it can't be said enough, THANK YOU to our chairs Ellen Carlson, Connie Polly, and Erin Woods. It was truly an unforgettable night with friends!

Today is Ash Wednesday, which marks the beginning of the Lenten Season. As we enter solemnly into this holy season of fasting and sacrifice, we also look forward with anticipation and joy towards Easter and Christ's victory over sin and death! While we fast and repent this Lenten season, we work to give up the things that distract us from our focus on Jesus and ask for forgiveness as we prepare for His return. As a school this Lenten season, we will be focused on cleansing our hearts and minds for the return of Jesus Christ at Easter. Lent is essential for evaluating our relationship with God and making conscious efforts on how to strengthen our bond and relationship with Him. Please join our school as we embark on this Lenten journey.

Read on for reminders and updates:

After-Care Director needed:

We need your help to start an after-care program! This position would be perfect for a grandparent or parishioner looking to get more involved in our school community! Please encourage anyone that you think might be a good fit to reach out for more information.

Blessed Sacrament School is seeking an after-school program director for the 2022-2023 school year. The primary responsibility of this position is managing the operation of the after-school program. Experience in childcare is preferred, but not required. The aftercare program will run every school day, Monday - Friday, 2:00 - 6:00 PM. Interested candidates should email Principal Dan Steffen at dsteffen@bssky.org.

Spring Spirit Wear Sale:

A Spirit Wear sale is currently open! You can purchase items [here](#). The site is open to take orders through March 13 for delivery April 4.

Registration:

Registration for the 2022-2023 school year was due 3/1. You can register via a paper packet or online [here](#). Class lists cannot be altered after the end of the school year, so, if you have any accommodations that need to be taken into consideration, please email them to the administration as soon as possible. As a reminder, we do not take requests for teachers.

Tech Tuesdays:

March is technology awareness month for the Diocese of Covington, and yesterday was our first Tech Tuesday! This week's theme is "Family Crisis: Too Much Technology?" Be sure to check out the attached flyer to learn about the latest research and statistics on our use of technology and the impacts it may be having on our daily lives. In the coming weeks, additional information and resources will be shared to educate and equip our community to continue to navigate the ever-changing world of technology. Stay tuned for more information and additional resources!

The flyer references two links which can be accessed below:

- ❑ Article: <https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>
- ❑ Documentary: <https://www.childhood2movie.com/>

Covid Reporting:

We have zero positive cases and zero quarantines.

Dates to Remember:

- ❑ 3/7: 4th grade field trip to the Museum Center
- ❑ 3/8: 7th Grade Confessions
- ❑ 3/9: 1st Grade's Wacky Wednesday, 5-8 Mass @ 8:15, and 3rd Grade Confessions
- ❑ 3/10: 2nd Grade Confessions
- ❑ 3/11: K-4 Mass @ 8:15
- ❑ 3/13: Confirmation Retreat 10:30-4:00
- ❑ 3/15: 8th Grade Confessions
- ❑ 3/16: 4th Grade Confessions, 5-8 Mass @ 8:15
- ❑ 3/17: Wear Green for Saint Patrick's Day!, 6th Grade Confessions
- ❑ 3/18: No Bus Service, K-4 Mass @ 8:15
- ❑ 3/21: NO SCHOOL (Teacher Professional Development)

**REPORT CARDS HAVE
BEEN PUBLISHED.**

*Click [HERE](#) for
information on how to
access via Sycamore.*

Thank you for your support!

Mr. Steffen and Mrs. Geiman



Tech Tuesday: A Family Crisis?

Consumed with Tech

BY KENDRA MCGUIRE

Every Tuesday during the month of March, we will share information about the use of technology and its impacts on the lives of our students, families, and our schools. This week, we focus on the amount of time we all use technology and what the latest research is telling us about this constant connection.

Our Faith

"For by his innermost nature man is a social being, and unless he relates himself to others he can neither live nor develop his full potential."

-Gaudium et Spes, 12

Too Much Technology

- In a 2020 Pew Research Center survey, 71% of parents were concerned that their child may spend too much time in front of screens.
- In a 2018 Pew Research Center survey, 95% of teens reported that they have a smart phone or access to one.
- According to the CDC, the average amount of time children spend in front of a screen is as follows:
 - Ages 8-10, 6 hours per day
 - Ages 11-14, 9 hours per day
 - Ages 15-18, 7.5 hours per day

Happiness & Mental Health

- A survey of 14-24 year-olds by the Royal Society for Public Health found that Snapchat, Facebook, Twitter, and Instagram all led to increased feelings of depression, anxiety, poor body image, and loneliness.
- Individuals ages 8-12 that spend considerable amounts of time using computers and smart phones describe themselves as less happy and less socially comfortable. (*Developmental Psychology, 2012*)
- The number of teens who get together with their friends nearly every day dropped by more than 40% from 2000 to 2015. (*Dr. Jean M. Twenge, 2017*)

Human Relationships

- The majority of parents agree that parenting today is harder than it was 20 years ago, citing technology and social media as the first and second reasons why.
- 68% of parents said that they "at least sometimes" feel distracted by their phone when spending time with their kids.
- 59% of U.S. teens have been bullied or harassed online, and a similar percentage say it is a major problem for people their age.

Source: Pew Research Center

Addictiveness

- Using smart phones/technology can stimulate the same reward centers of the brain as substance abuse. (*Child Mind Institute*)
- Psychiatric clinics are seeing continually increasing instances of children who have trouble disconnecting from technology and exhibiting troubling behavior when being forced to do so. (*NPR*)
- TikTok, a popular app, has been intentionally designed with an algorithm that makes it very hard to disconnect by tracking the user's every movement and bombarding the user with content it knows he/she will be interested in. (*Protect Young Eyes*)

Technology Impacts on School

BY JILL LONNEMANN & DAN STEFFEN

The COVID-19 pandemic forced teachers and students to find ways to connect from afar, but that process may have had lasting, negative effects on students. After months of relying on computers, many students have struggled to re-acclimate to in-person classroom instruction and are behind on social skill development. Some challenges include: verbally expressing needs and emotions, reading non-verbal cues, collaborating with others, communicating with empathy, and managing the routines of day-to-day life. Students need increased focus on executive functioning skills, peer relationships, grit, and rigor in order to catch up to where they need to be.

Our students seem to know and use the latest apps and websites before their parents and teachers are aware of their existence. What students view as harmless sources of communication or entertainment may actually be harmful to their lives and social development. Children are often faced with peer pressure, social media challenges, dangers, and decisions that could have long lasting impacts on their lives. Parents have a difficult time keeping up and educators are looking for ways to balance the amount of technology used in the classroom. All of this leads many people to feel that they are in a chronic state of crisis regarding technology. The challenge that everyone faces is balancing the beneficial uses of technology while minimizing its harmful side effects.

Children often develop a dependence upon their devices, which causes them to crave more and more time on them. According to Dr. Nicholas Kardaras in *Glow Kids*, the blue light emitted from screens causes the brain to release dopamine, which causes many children to become addicted to the technology they are using. Studies have shown that teenagers who regularly use the internet and consistently log onto social media are more likely to present psychological issues such as anxiety, depression, mania, paranoia, aggressiveness, antisocial behavior, narcissism, impulsivity, moodiness, trouble focusing, and increased substance use. These students are more likely to express feeling bored or unhappy at school.

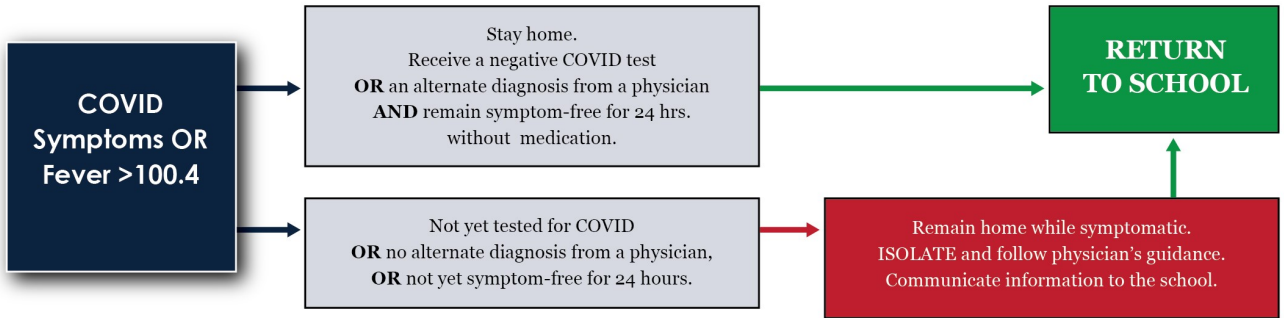
(Adrienne Albarado Ortiz, West Texas Counseling & Guidance 2018)

A Look Ahead & Further Learning

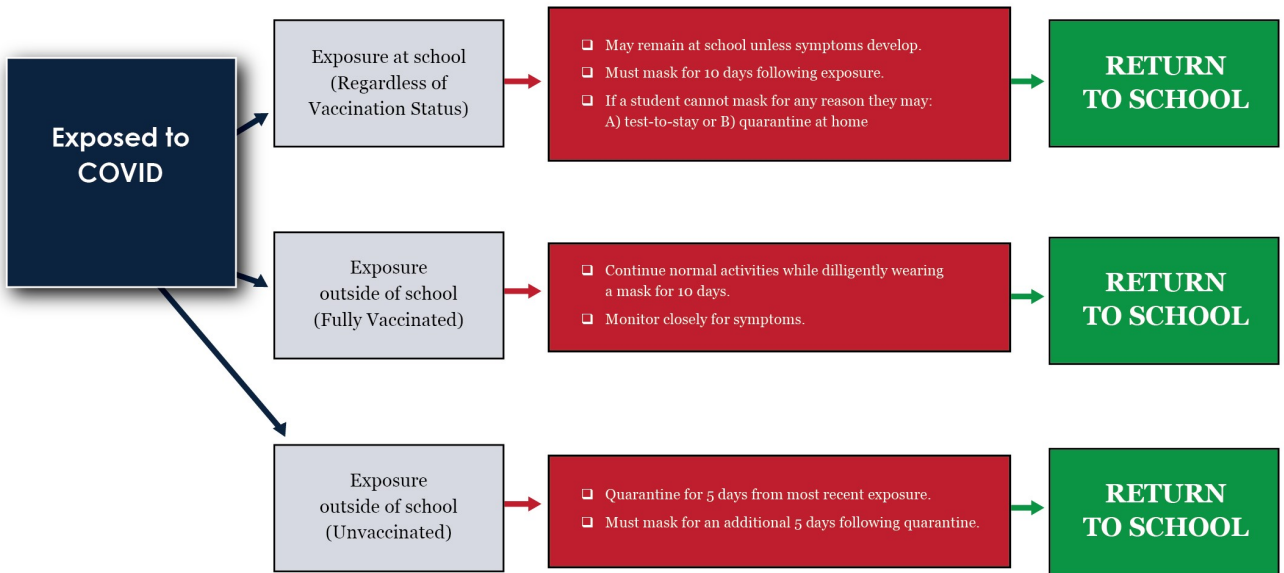
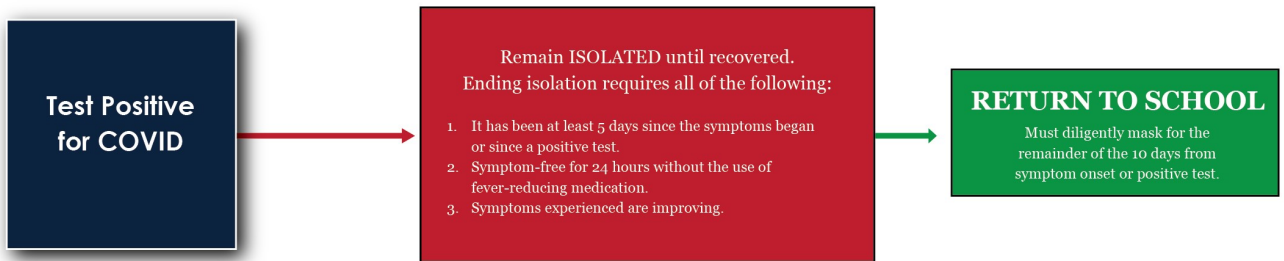
Technology has quickly changed our world and our daily lives. Finding balance and seeking the positive aspects of technology will be key to our successful use. Next Tuesday, we will dive into the dangers that exist on every device. Stay tuned!

Can't wait until next week? Take a look at these resources:

- **Online Article:** "Has the Smartphone Destroyed a Generation?" by Dr. Jean Twenge, *The Atlantic*, September 2017.
- **Documentary:** *Childhood 2.0: The Living Experiment*, by Directors Jamin & Kiowa Winan and Robert Murature, 2020.

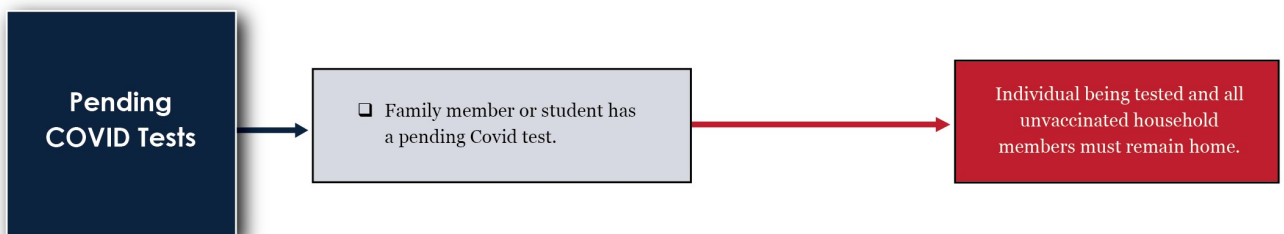


COVID-19 symptoms include: fever (above 100.4°F), chills, shortness of breath, fatigue, muscle/body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea and a new, uncontrolled cough that causes difficulty breathing.



“Close contact” is defined as an individual within 3 feet of someone who has COVID for a total of 15 minutes (cumulative) over the previous 24 hours.

The CDC now considers those who are **“fully vaccinated”** as having the booster vaccine, completed the 2 dose series of Pfizer or Moderna within the last 6 months, OR completed the J&J vaccine within the last 2 months.



Thumbs Up!

Thumbs Up for the following 7th grade students who medaled at the Regional Science Fair!

Lucy Middendorf - 1st place, Animal Sciences

Ruth Maier - 1st place, Behavioral & Social Sciences

Alexis Abdrabbo - 2nd place, Behavioral & Social Sciences

Ella Epplen - 3rd place, Behavioral & Social Sciences

Jack Dusing - 1st place, Computer Science

Michael Eubank - 1st place, Energy & Transportation

Will Adair - 1st place, Environmental Management

Jackson Eilers - 1st place, Physics & Astronomy

Ben Kunkler - 2nd place, Physics & Astronomy

Finn Carran - 3rd place, Physics & Astronomy

Paisha Parks - 1st place, Plant Sciences

Kate Wells - 2nd place, Plant Sciences

The following students also received special awards at the Regional Science Fair!

Ruth Maier - American Psychological Association Award, Broadcom Masters Nomination

Paisha Parks - Lemelson Early Inventor Prize, US Metric Association Award



Thumbs Up!



Thumbs Up for BSS 2nd grade girls basketball!

There was an ALL-BSS tournament final at the Mary Queen of Heaven Tournament this past weekend, and the winning team ended their season UNDEFEATED!

We are so proud of ALL of our girls!

Thumbs Up for BSS 3rd grade indoor soccer!

These amazing girls won their league championship this past weekend!

Congratulations ladies!



Be the WHY

You are part of the WHY that allows each of us at Blessed Sacrament School to strive for excellence every day. Your support motivates us to continue to aspire towards greatness.

We would like to thank everyone who has already donated to this year's Annual Giving Campaign. The generosity and support of many parish families, in addition to 36% of our school families, is greatly appreciated.

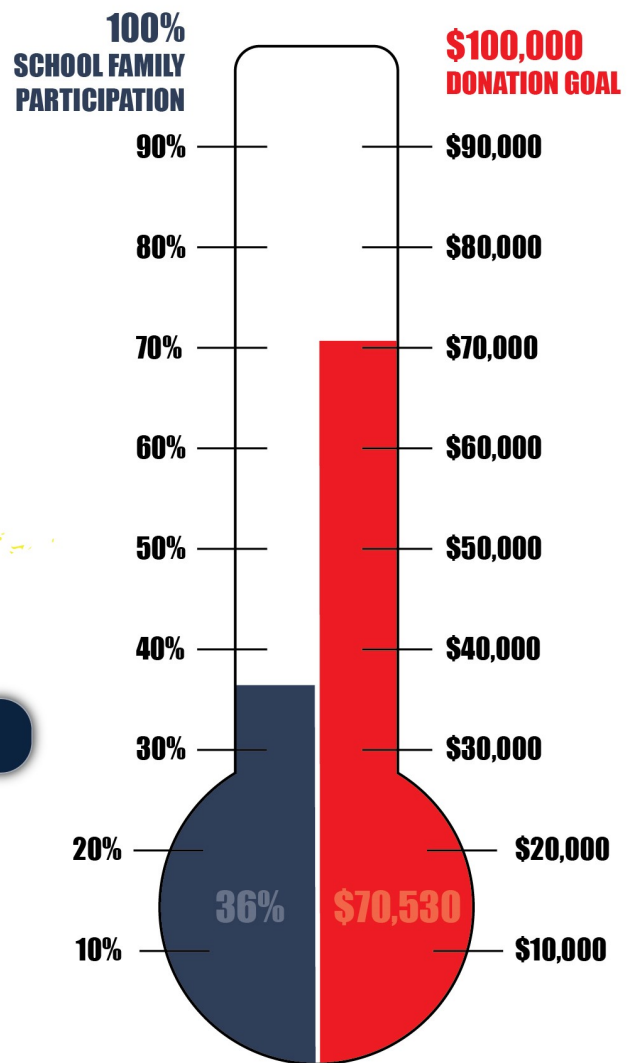
Imagine what we can accomplish with 100% school family participation!

If you have not already contributed, please prayerfully consider making a donation. We would like to challenge the remaining 64% of school families to each make a donation to help us achieve our financial and participation goals!

[CLICK HERE TO DONATE](#)



BLESSED SACRAMENT SCHOOL
ANNUAL GIVING CAMPAIGN
2021 - 2022





Info from Boosters

Baseball Registration is open for Spring 2022!

Registration can be found at <http://www.bssboosters.com/demosphere-registration-site>

Flag Football Registrations are open!

Register using code **SP22BSS** at

<https://playfanatics.com/youth-sports-2/registration-page/>

The Boosters are looking for the following positions:

- | | |
|---|--|
| <input type="checkbox"/> Board Members | <input type="checkbox"/> Soccer Directors for U6, U8, U10 and U12-U14, |
| <input type="checkbox"/> Boys Basketball Director | <input type="checkbox"/> Girls Basketball Director. |

Interested? Please contact Jeff Epplen at epplenj@gmail.com or 859-445-5422.



Yearbook Photos

ARE YOU THE PARENT WHO ALWAYS CAPTURES SPECIAL MOMENTS ON FILM?

We need pictures for the 2021-2022 BSS Yearbook!

Please start gathering your digital photos and feel free to email photos to Parents Club at yearbook@bssky.org.

We will provide information soon with a link for easily sharing photos.

Please ensure that photos are of school events only (classroom parties, after school clubs, BSS sports teams, etc.).

Parents' Club News

Parents' Club Mission Statement

The purpose of the BSS Parents' Club is to enhance the students' spiritual, emotional, and academic experience through parental support. This is achieved by parents assisting the faculty and staff with classroom activities and school wide events. In addition, Parents' Club will further enhance learning by offering financial support, with money obtained through fundraisers, for enrichment programs that benefit the students of our parish school.

Board Members 2021-2022

Maydie Conkin, President
maydiemack@hotmail.com

Katie Miller, Co- Treasurer
katieersp@gmail.com

Cassie Kathman, Vice-President
cassie13kathman@gmail.com

Rebecca Herringhaus, Co-Bookkeeper
rheringhaus@gmail.com

Brittany Lawrence, Co-Treasurer
brittanymccune@sbcglobal.net

Brigid Brown, Co-Bookkeeper & Secretary
thebrowns1229@gmail.com

Welcome to the first Edition of Parents' Club News! This page will make appearances in the BSS newsletter and will update you on all things Parents' Club, including spirit nights, volunteer opportunities, upcoming events, and board member contact information so that you can reach out to us with any questions, ideas, or concerns at any time! We also want to make sure that everyone is aware of the Parents' Club email address, parentsclub@bssky.org, that you can reach out to at any time as well. In the next few editions of Parents' Club News, we will be introducing ourselves and our duties, and highlight some of the great things that Parents Club is able to do for BSS students, staff, and the school community because of your ongoing support! Thank you!

Upcoming SPIRIT NIGHTS

Chipotle 3/15/2022

SPIRIT NIGHT Updates

City Bird \$100

Skyline \$120

Chipotle \$459.90

Chick-fil-A \$190

Cici's \$84

City Bird \$140

Skyline \$130

TOTAL: \$ 1223.90

We would like to extend a HUGE THANK YOU to Jill Crossen and Jellybean's Sweet Treats for the very generous Valentine Cookie Fundraiser, we raised \$490!!

STAFF APPRECIATION WEEK 5/2-5/6
Mandy Zimmer, Chair

FATHER/SON
TBD Spring

Anne Arnsperger & Lindsey White, Chairs

MOTHER / DAUGHTER CHAIRS NEEDED!!!

Contact parent's club via email for more information or to express interest



BSS Tennis

Grades 1-3, 4-8 – Spring Session

- Clinic runs from March 15 - May 10 (8 sessions) at Five Seasons. Off 4/19 – spring break.
- Grades 1-3: Tuesdays 4-5PM
- Grades 4-8: Tuesdays 5-6PM
- 60 min of instruction by 5 Seasons pros
- All levels welcome – geared more to beginner and intermediate players
- Cost - \$85
- Super bargain for 8 weeks of tennis!!!!
- No makeups or refunds for weeks missed.

Please signup ASAP!

We usually fill completely, so don't wait! Signups close Monday, 3/7.

From Mrs. Miller

**THE ART ROOM NEEDS FLATTENED CEREAL BOXES,
NEWSPAPER, AND PACKING PAPER!**

When donating cereal boxes, please remove the bag, open the bottom of the box so that it will lay flat, and send flattened boxes in to the art room.

Please send newspaper and packing paper to the art room in a bag or box.

Thank you!

Ski Club

JOIN US ON MARCH 10
AT 6:00PM IN THE LODGE
FOR THE BSS SKI CLUB
HOT CHOCOLATE
SOCIAL!



Community Events

The Kenton County Public Library is excited to partner with the Kentucky Science Center's traveling exhibit, Science in Play2Go, a miniature version of Kentucky Science Center's signature Science in Play exhibit.

This hands-on exhibit that allows children to engage in learning activities while playing will be at the Covington location of the Kenton County Public Library until May 28.

*Please join us at **10 am, Thursday, March 3** for the VIP event prior to the exhibit opening to the public.*

The Covington Branch is located at 502 Scott Boulevard, Covington, KY 41011.

For details on the interactive exhibit, visit <https://bit.ly/3sOXIXO>

Help Wanted

Catholic schools in the Diocese of Covington are seeking to fill a number of immediate openings. These include classroom teachers, counselors, instructional aides, and substitute teachers.

Many positions need to be filled beginning in January through the end of the 2021-22 school year.

Visit the "Employment" page on the Diocesan website, www.covdio.org/schools/employment, under "Teacher Openings" and "School-Related Openings", to view the postings and for information on how to apply.

Questions may be directed to skoplyay@covdio.org.



Basketball

INTERESTED IN SOME FRIENDLY COMPETITION AND EXERCISE ON THE HARDCOURT?

All parishioners and BSS parents are invited to play basketball on Wednesday nights in the BSS basketball gym.

No commitments required - time of play is dependent on gym usage & weekly participation. A waiver is required for participation.

Contact Chris Pfeiffer for more details at 513-374-6494 or shoot him an email at cpfeiffer@comey.com.



Tuition Assistance

SEEKING LOWER TUITION PAYMENTS??

Parishioners of St. Thomas (POST) is a non-profit group based in St. Thomas Parish, Fort Thomas, that provides opportunities to school families to reduce tuition costs or for parish members to meet personal tithing goals by working Reds and Bengals games. Any family member of a Diocese of Covington parish or school is eligible to participate. Training is necessary.

Currently we are looking for anyone interested in working Reds games. Opening Day is March 31!! For more information, contact Oak Martin at poststthomas@gmail.com.

Have you ever wished that your family could be included in the tile mural near the BSS entrance? Now is your chance!



At Fine Arts Night, we will once again be painting tiles in the cafeteria, with the help of the *Color Me Mine* ceramics shop. Mark your calendar for Thursday, May 12, from 6:00 - 7:30 pm.

If interested in reserving a tile, [complete the form \(here\)](#) and send it to the office with your payment by Thursday, 3/31. No orders or payments will be accepted after this date.

A copy of the 6" x 6" design template is [here](#). Create your design ahead of time and bring it to the Fine Arts Night. A *Color Me Mine* associate will help you transfer the design to your tile and have supplies available for you to paint your tile.

[CLICK HERE FOR ORDER FORM AND TEMPLATE](#)

GRIFFIN ELITE

2022 Summer Camp Schedule

ALL CAMPS INCLUDE T-SHIRTS

June
8th-10th

YOUTH SOCCER CAMP: S1
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

June
15th-17th

YOUTH BASKETBALL CAMP: S1
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

June
22nd-24th

SURVIVOR CAMP: S1
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

July
6th-8th

YOUTH SOCCER CAMP: S2
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

July
13th-15th

YOUTH BASKETBALL CAMP: S2
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

July
20th-22nd

SURVIVOR CAMP: S2
9am-Noon | \$85/Camper | \$70/Camper for 2+ Siblings

New Option:

MULTI-PACK FOR INDIVIDUAL CAMPERS WHO WANT
TO ATTEND MORE THAN ONE OF OUR CAMPS

Single Camper (2) Camp Pack: \$158

Single Camper (3) Camp Pack: \$225

CAN BE APPLIED TO ANY OF THE SUMMER CAMPS
OF YOUR CHOOSING!

How To Register:

DOWNLOAD OUR GRIFFIN ELITE APP

VISIT WWW.GRIFFINELITE.COM/EVENTS

CALL (859) 331-0979



From Our Parish



**We are all
searching
for
meaning!**

It isn't too late to join "The Search"

The Search is a 7-part video series with prayer and discussion. We have groups you can join on Monday, Tuesday, or Thursday evenings or Thursday mornings. There is room for YOU on this journey.

For information and details on how you can participate: 859-331-4302.

See the parish website and upcoming bulletins for information on our online discussion group. Questions? Contact Rosanne Thomas: rthomas@bscky.org

Blessed Sacrament Church

BECOMING STEWARDS IN COMMUNITY



A FEW REMINDERS...

- ❑ Please remember to keep extra masks in backpacks
- ❑ Please consider keeping a small hand sanitizer in backpacks and lunch boxes
- ❑ Our current arrival and dismissal procedures can be found [HERE](#) in the handbook (see page 28)
- ❑ Please make sure that snacks and are peanut-free. A list of safe options can be found [HERE](#), but please check labels as there may be other items that are not included on this list.
- ❑ Your children are **AWESOME** and we are **SO HAPPY** that they are here!

THANK YOU FOR ALL THAT YOU DO EVERY DAY!

WE APPRECIATE YOU!

If you have a great idea to share, feedback on an event, questions on upcoming events, or want more information on how to get involved please contact the BSS Parents Club at parentsclub@bssky.org.

If you would like to submit an article or flyer to our weekly newsletter, please send information to Annie Ernst at annernst@bssky.org.
All information MUST be submitted by 12:00 pm on Monday to be printed in that week's newsletter.
(Submissions made after the deadline will run in the following week's newsletter.)

Check us out on Social Media



<https://www.facebook.com/BSSKY>



https://www.instagram.com/bss_ky/



https://twitter.com/BSS_KY



Blessed Sacrament School • 2407 Dixie Highway, Fort Mitchell, Kentucky 41017

school.bssky.org • Diocese of Covington

A National Blue Ribbon School of Excellence • 1994, 2007, 2015



The mission of Blessed Sacrament school is to spiritually, academically, and personally develop active Catholics using the Gospel teachings of Jesus Christ.