

BLESSED SACRAMENT SCHOOL

Weekly Newsletter

FRIDAY, MARCH 14, 2025



CLICK HERE FOR
CALENDAR



CLICK HERE FOR
CAFETERIA



CLICK HERE FOR
SERVICE



CLICK HERE FOR
BOOSTERS



CLICK HERE FOR
SYCAMORE




CLICK HERE FOR
ARTSONIA

THIS WEEK AT BSS

Monday: **Happy St Patrick's Day**
17 students may wear green shirts
and accessories with uniform bottoms!
NO BUS SERVICE!
2:15-3:15 - After School Art (*Art Room*)
2:15-3:30 - BSS on Broadway K-2 Rehearsals (*Undercroft*)

Tuesday: 2:15-3:30 - Children's Choir Practice (*Church*)
18 2:15-3:30 - BSS on Broadway 6th-8th Rehearsals: Audition
Groups, Solos, and Opener (*Undercroft*)

Wednesday: 8:15 - Mass (*grades 5-8*)
19 2:15-3:00 - Homework Buddies (*Parish Center*)
2:15-3:15 - After School Art (*Art Room*)
2:15-3:30 - BSS on Broadway 3rd-4th Rehearsals
(*Undercroft*)
 5:00-9:00 - **Spirit Night at Chipotle**
(*Buttermilk Pike location - dine-in, carry out,
or online ordering using code 6B8VQTR*)

Thursday: **BSS Spiritwear Day**
20 2:15-3:15 - ISM Strings Program (*Music Room*)
2:15-3:15 - Student Council Meeting (*STEM Lab*)
2:15-3:30 - BSS on Broadway 5th-6th Rehearsals
(*Undercroft*)

Friday: 8:15 - Mass (*grades k-4*)
21 1:00-1:45 - **7th Grade Stations of the Cross** (*Church*)
6:00-8:00 - **Lenten Food Truck Night** (*Undercroft*)

WHAT'S FOR LUNCH?

M Hamburger OR Cheeseburger,
Lettuce, Tomato, Pickles, Onion,
Crinkle Cut Fries, Baked Beans,
Peaches, Sidekicks, Juice, Milk

T Mini Cinnamon Rolls OR Mini Caramel
Rolls, Egg Omelet with Cheese, Tater
Tots, Veggie Boats & Dip, Pineapple,
Strawberry Cups, Juice, Milk

W Chili Spaghetti, Shredded Cheese,
Onions, Oyster Crackers, Glazed
Carrots, Garden Salads, Mandarin
Oranges, Fresh Fruit, Juice, Milk

Th Chicken Nuggets, Macaroni & Cheese,
Green Beans, Corn, Pears, Fresh Fruit,
Juice Milk

F Cheese Bites, Marinara Sauce,
Seasoned Broccoli, Garden Salads,
Applesauce, Fresh Fruit, Juice, Milk



A NOTE FROM YOUR ADMINISTRATION

Dear Families and Friends,

My husband and I have raised three very different children. Today, I thought I would share some observations about my child who has significant anxiety which manifested in outward behaviors for many years. The terrible twos just continued with meltdowns in different places (Kroger, the library, church, etc.). Fortunately, the positive peer pressure of school in addition to wonderful teachers meant he held it together while at school, and saved his extreme behavior primarily for home.

What really stays with me is when I finally admitted to myself how bad it was. I realized I was looking forward to the summer ending and returning to school so that I could get away from him. This was a heartbreaking acknowledgement for me. The pain did cause me to take further action steps such as pursuing some testing, counseling, reading new parenting books, and sharing my struggle with others.

Things did not turn around over night, but we were finally on an upward trajectory with steps back of course on occasion. He still struggles with anxiety, but the biggest improvement came in my being able to convey to him that I was on his side for real. We were on the same team. Again, this took a long time to fully convince him and lots of prayers.

I also want to say that no kid is just one thing. Yes, he has anxiety, but he is also affectionate, athletic, and funny. He has brought me incredible joy and a deeper understanding of mental health challenges. I don't know it all, but I know more.

I share this so that you know you aren't alone, and we are praying for you! All children have challenges.

Blessings,

Mrs. Aideen O'Briggs
Principal, Blessed Sacrament School

*"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures,
He leads me beside quiet waters, He refreshes my soul. -Psalm 23*

JUBILEE YEAR INFORMATION

LEARNING GROVE SCHEDULE

UPDATED PARISH FINANCE COUNCIL INFO

TEXT MESSAGE NOTIFICATION OPT-IN

Reminders:

- March 17 – St. Patrick's Day tops with uniform bottoms
- March 21 – Lenten Food Truck Night (6:00-8:00 pm in the Undercroft)
- March 23 – Boosters Pancake Breakfast (10:00 am-1:00 pm in the Undercroft)
- March 28 – 3rd grade Doughnuts with my Dudes

IMPORTANT INFORMATION ABOUT INTERNET SAFETY!



This week, Mr. Ted Edgington spoke to 7th and 8th graders about online safety and cyber bullying. It was very informative and we hope it was an impactful presentation for our junior high students.

The Boone County Sheriff's Office is hosting an information and training session specifically designed for parents on Wednesday, March 26, at 6:30 PM. The event will take place in the training room of the Boone County Sheriff's Office, 3000 Conrad Ln, Burlington, KY 41005. Representatives from the Criminal Investigations Division, the Electronic Crimes Unit, and the Boone County Commonwealth Attorney's Office will be present. The session aims to equip parents with valuable knowledge and strategies to navigate the complexities of the internet, social media, online gaming, chat platforms, and device-specific parental controls. As this event is tailored for parents, we kindly request that children remain at home to ensure an optimal learning environment.

[PLEASE CLICK HERE TO REGISTER](#)



Congratulations to the recipients of the Christian Student Award for the second trimester!

These 4th-8th grade students were awarded this honor by their peers, and should be so proud of themselves!



Congratulations to Nollie!

She received her State Sons of the American Revolution award for her brochure design at the Annual KSSAR banquet!

BSS NEEDS YOU!

We are in search of Chairs for Evening to Treasure next year! Chairing is more manageable than ever with the full support of the Office Staff and Development Committee! Email bssoffice@bssky.org if you are interested.

PLEASE SUPPORT OUR SCHOOL!

Every year we appeal to school and parish families to donate to this year's Annual Giving Campaign. Most of our support this year has come from our wonderful parish. In keeping with our theme, *We Are One*, we ask you, our school families, to consider making a gift. Please click the image below to make a safe and secure, tax-deductible online donation



This funding is critical to ensure we can afford security enhancements, specialists' salaries, and building and technology upgrades.

Development
COMMITTEE

Parent Club Board

Rebecca Heringhaus & Brigid Brown
Co-Presidents

Abi Haggerty
Vice President

Brittany Lawrence & Sara Meagher
Co-Treasurers

Connie Polly
Teacher Appreciation Coordinator

Lauren Graden
Student Appreciation Coordinator

Ashley Witzgall
Parent Appreciation Coordinator

Jenna Burger & Megan Kapcar
Spirit Nights

Upcoming Parent Club Events

March 19: Chipotle Spirit Night
5:00-9:00 (Buttermilk Pike)

April 2: Bunches of Bows Spirit Day

April 4: Father/Daughter Event

April 10: staff appreciation lunch #4

If you have any ideas for organizations that would like to partner with BSS for a fundraiser night, please share with our Spirit Night Coordinators – Megan Kapcar and Jenna Burger

FOOD TRUCK NIGHT!

Food truck night is returning for Lent!

SAVE THE DATE:
March 21, 2025 in the Undercroft



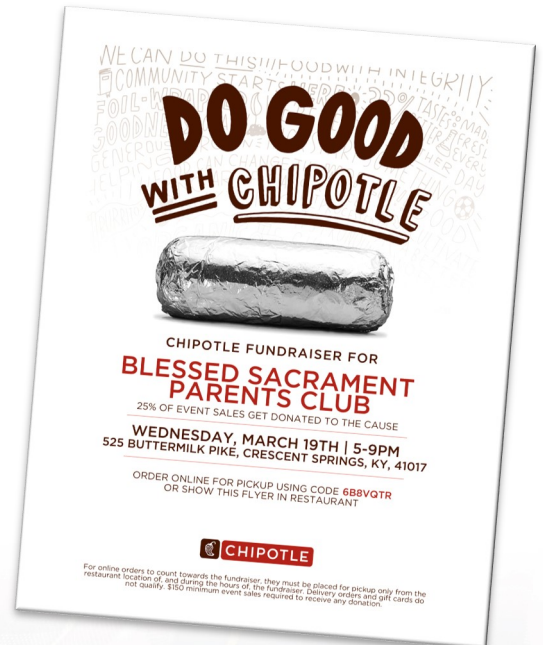
FATHER DAUGHTER EVENT!



CHIPOTLE SPIRIT NIGHT!

THIS WEDNESDAY,
March 19, from 5-9pm
at the Buttermilk Pike location!

Dine-in, Carry-out, OR
Online Ordering



Parent Club INFORMATION

March 23rd - 10am-1pm in Undercoft

Pancakes & Sausage \$6
Pancakes Only \$4

Orange Juice, Milk, Water \$2
Coffee \$1

BSS Athletic Boosters

Pancake Breakfast



All Proceeds go to BSS
Gym Vinyl Wrap
Signage

Save

2025 BSS Corn Roast

8 AUGUST
2025
5:30 - 11:30

The

Date

DCCH Fairgrounds



BSS BOOSTERS
U6 SPRING SOCCER
SIGNUPS ARE HAPPENING NOW!



Register Now for \$60!
Price goes up to \$70 March 9th!

New this season, we have partnered with **KINGS HAMMER** trainers to provide instruction on skill development in a recreational setting that is supportive and inclusive, emphasizing fun over competition.

U6 soccer is a great way for your child to make friends, stay active, learn communication and teamwork skills, and most importantly, have fun!



The U6 season is 6 weeks, with games being on Tuesdays, beginning April 1st from 6-7pm. We begin with a 30 min practice, followed by a 30 min game.

All games are played at DCCH on Orphanage Road
U6 Spring Soccer Birthdays are between 1/1/19 & 3/31/21



Registration includes a team shirt and closes on March 22.



To sign up, scan the QR code or visit our website

www.bssboosters.com

click on REGISTER at the top of the page

MEETINGS

March 26 - 7:30 pm
at the DCCH Fields Garage

KEEP IN TOUCH



Are you interested in joining the Boosters?

Please email us at bssboosters@gmail.com

Do you have any team photos or team accomplishments?

Please send to Ryan Heringhaus at rheringhaus@gmail.com so we can publish them on our sites!



BOOSTERS

INFORMATION



BSS Tennis

Grades 1-3, 4-8 – Fall Session

- Clinic runs from March 25-May 20 (8 sessions) at Five Seasons. Off April 22 for Spring Break.
- Grades 1-3: Tuesdays 4-5PM
- Grades 4-8: Tuesdays 5-6PM
- 60 min of instruction by Five Seasons
- All levels welcome – geared more to beginner and intermediate players
- Cost - \$95
- Bargain for 8 weeks of tennis!!!!

Please signup ASAP! We usually fill completely, so don't wait!
Signups close Friday, 3/21. Initially open to BSS students – will open to all 3/14 if spots remain open.

[EMAIL KDRAUD@GMAIL.COM FOR MORE INFO](mailto:KDRAUD@GMAIL.COM)

[CLICK HERE TO REGISTER](#)



Looking for a Night Out?

The Challenge Girls Club is hosting a Babysitting fundraiser!

Whether it's time for a Date night or just a chance to pause and take a break, we're here to help!

Enjoy some time away while your little ones enjoy our babysitting services.

We provide care for children aged 3 to 9 (must be potty trained). Your child will be engaged in a variety of activities, including light snacks:

Sports
Crafts
Interactive Play
Cookie Decorating
A Festive Movie

Let us take care of your kids while you enjoy your night out!
Please be sure to feed your child before the event.

March 28th, 6-9 pm
Blessed Sacrament Parish Center (South end of the school building)
2409 Dixie Highway, Ft. Mitchell, KY 41017

Donations accepted to help support the event and continue our mission of faith, service, and friendship with Christ!

[CLICK HERE TO REGISTER](#)

Questions? Please contact Becky Jehn, Challenge President
bskychallenge@gmail.com

Lent

A JOURNEY TO HOLINESS

Go and learn the meaning of the words, "I desire mercy, not sacrifice." —Matthew 9:13

Each year when we start thinking about Lent, we often seem initially drawn to the concepts of sacrifice and self-denial. These issues are significant, but they are neither the starting point nor the end of the season. The goal of Lent, in fact, is quite the opposite. Lent is first and foremost a time, not for diminishment, but for growth and development. We should aspire to expand our hearts, enlarge our souls, and enrich our minds. Perhaps the meaning of the Lord's words is this—God prefers a full heart to an empty stomach.

THE FIRST GOAL OF LENT

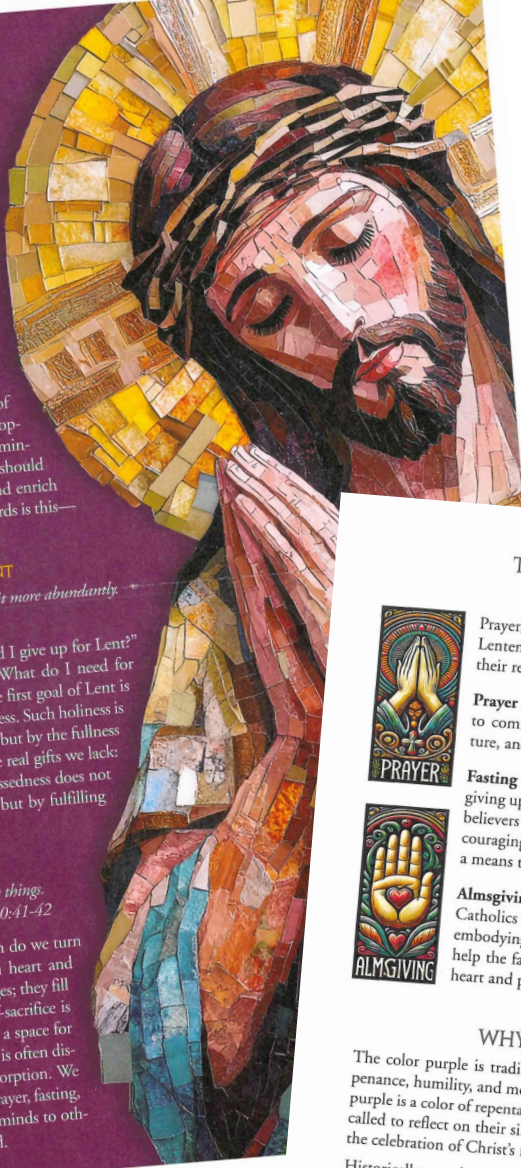
I came so that they might have life and have it more abundantly. —John 10:10

The first question we often ask is, "what should I give up for Lent?" Perhaps instead we might begin by asking, "What do I need for Lent?" or "What is missing from my life?" The first goal of Lent is holiness and the meaning of holiness is wholeness. Such holiness is measured, not by the scale of our deprivation, but by the fullness of our life in Christ. Lent is a time to seek the real gifts we lack: patience, joy, trust, and compassion. True blessedness does not arrive by denying our craving for chocolate, but by fulfilling our hunger for righteousness.

THE TOOLS OF LENT

You are anxious and worried about many things. There is need of only one thing. —Luke 10:41-42

Once we determine what we lack, only then do we turn to the question of self-denial. The human heart and soul are much like our computers and garages; they fill up with junk very quickly. The role of self-sacrifice is to discard the superfluous in order to clear a space for life's real treasures. We live in a culture that is often distracted by noise, materialism, and self-absorption. We use the three disciplinary tools of Lent—prayer, fasting, and almsgiving—to open our hearts and minds to others and to make room in our lives for God.



THE LENTEN DISCIPLINES

Prayer, Fasting, and Almsgiving

Prayer, fasting, and almsgiving are the three central pillars of Lenten observance for Catholics, guiding them in deepening their relationship with God and others.



Prayer helps the faithful grow spiritually by dedicating time to communicate with God, reflect on Scripture, and contemplate Christ's Passion.



Fasting is a form of self-denial that involves giving up certain foods or comforts, reminding believers of their dependence on God and encouraging spiritual discipline. It also serves as a means to unite with Christ's own suffering.



Almsgiving, or acts of charity, encourages Catholics to look beyond themselves and serve those in need, embodying Christ's love and mercy. Together, these practices help the faithful to refocus their lives, seeking conversion of heart and preparing to celebrate Easter more fully.



WHY PURPLE FOR LENT?

The color purple is traditionally used during Lent because it symbolizes penance, humility, and mourning. In the context of the liturgical calendar, purple is a color of repentance and preparation. During Lent, Catholics are called to reflect on their sins, seek forgiveness, and prepare their hearts for the celebration of Christ's resurrection at Easter.

Historically, purple was associated with royalty and wealth because the dye used to produce it was rare and expensive. In the Church, this association with royalty has been transformed to signify Christ as the King of Kings. It also serves as a reminder of his suffering and the sacrifice he made out of love for humanity.

Thus, the use of purple during Lent serves a dual purpose: it reflects the somber and penitential nature of the season, while also pointing to the future joy of Christ's ultimate victory over sin and death.



RULES FOR FASTING AND ABSTINENCE

The Church teaches that Catholics in good health are to observe the following practices during Lent unless for some serious reason they are unable to do so. From the *United States Conference of Catholic Bishops*:

"Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon Catholics from age 14 onwards."

The History of Lent

The Lenten season has deep historical roots that trace back to the earliest centuries of Christianity. Initially, Lent developed from the practices surrounding catechumens—those preparing for baptism—who underwent a period of intense instruction and penance before being received into the Church at the Easter Vigil. This period of preparation varied in length but eventually coalesced into a more structured 40-day observance in many Christian communities.

The significance of the 40 days is drawn from both the Old and New Testaments. In the Bible, the number 40 often symbolizes a period of testing, purification, and renewal. Examples include the 40 days Moses spent on Mount Sinai, the 40 days and nights of the Great Flood, and the 40 days Jesus fasted in the desert. By the 4th century, these biblical connections had influenced the Church to formalize a 40-day period of fasting and penance before Easter.

The Council of Nicaea (325 AD) was pivotal in establishing Lent as a unified practice for the Church. At this council, bishops from across the Christian world discussed various liturgical practices, including the observance of Lent. They sought to standardize it as a season for repentance, penance, and spiritual preparation for the celebration of Easter. Over time, Lent became a vital part of the Christian liturgical calendar, emphasizing the themes of repentance, conversion, and renewal.

By the Middle Ages, the Lenten observance had expanded to include specific liturgical rites, communal fasts, and penitential practices. The evolution of Lent continued through the centuries, adapting to different theological understandings and pastoral needs while remaining a foundational period of reflection and preparation for the Paschal Mystery.

Lent: A Journey to Holiness © Copyright 2025 by All Saints Press. (800) 923-8618 and AllSaintsPress.com. 29-271

Stations of the Cross
every Friday during Lent
at 6:00pm.

Confessions
immediately following.



Parish Office

INFORMATION

QUICK LINKS

CONQUEST

VIRTUS TRAINING

CHILDREN'S CHOIR

CHALLENGE CLUB '24-'25

SPIRIT WEAR SHOP

MUSIC SHARE INFO

IVY PROGRAM

THOMAS MORE M.A.T.

ORDER YOUR YEARBOOK

COV CATH COLONEL NEWS

AFTERCARE REGISTRATION

WALKING WITH MOMS IN NEED
SURVEY

TMC FOOTBALL CAMP

POTTERS RANCH DYSLEXIA CAMP

SPRINGER SCHOOL SUMMER CAMPS

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 **THURSDAY** 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



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

bssky.org • Diocese of Covington

A National Blue Ribbon School of Excellence • 1994, 2007, 2015, 2021



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