

# BSS NEWSLETTER

Wednesday, September 21, 2022



CLICK HERE FOR  
**CALENDAR**



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**CAFETERIA**



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**BOOSTERS**



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**SERVICE**

## WHAT'S HAPPENING THIS WEEK?

**Thursday:**

**22**



**SPIRITWEAR DAY**

**2:15-3:15** - Junior High Quick Recall Practice

**2:15-3:15** - Sixth Grade Quick Recall Practice

**7:00-8:30** - Confirmation Parent/Student Night (*church*)

**Friday:**

**23**

**8:15** - Mass: grades K-4

**3:30-5:00** - Challenge Club Meeting (*girls, grades 5-8*)

**Monday:**

**26**

**First Grade - Johnny Appleseed Day!**

**2:15-3:30** - Children's Choir Rehearsal (*grades 5-8*)

**Tuesday:**

**27**

**2:15-3:30** - Children's Choir Rehearsal (*grade 4*)

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

**28**

**2:15-3:00** - Homework Buddies  
(*students must be signed up to attend*)

**Thursday:**

**29**



**SPIRITWEAR DAY**

**Kindergarten - Walk to Ft. Mitchell Fire House!**

**2:15-3:15** - Junior High Quick Recall Practice

**2:15-3:15** - Sixth Grade Quick Recall Practice

**Friday:**

**30**

**8:15** - Mass (*grades K-4*)

## WHAT'S FOR LUNCH?

**Th**

Confetti Pancakes, Sausage Patty,  
Smile Fries, Veggie Boat, Baked Apples,  
Fresh Fruit, Milk

**F**

Pizza Crunchers, Marinara Sauce,  
Green Beans, Garden Salad, Applesauce,  
Fresh Fruit, Milk

**M**

Chicken Tenders, Roasted Potatoes,  
Green Beans, Frozen Sidekick,  
Peach Cup, Milk

**T**

Beef Taco, Queso, Cheese Salsa,  
Sour Cream, Corn, Black Beans,  
Pear Cup, Fresh Fruit, Milk

**W**

Chicken Drumstick, Dinner Roll,  
Mashed Potatoes, Glazed Carrots,  
Pineapple Tidbits, Fresh Fruit, Milk

**Th**

Baked Ziti, Breadstick, Steamed Broccoli,  
Garden Salad, Mandarin Oranges,  
Fresh Fruit Milk

**F**

French Toast, Egg Omelet, Salsa,  
Veggie Boat, Baked Apples,  
Fresh Fruit, Milk

## 2022-2023 SCHOOL THEME



**ALL IN**  
Blessed Sacrament School

Throughout the school year, we are encouraging our students to be "all in" with school, church, extra-curriculars, and everything that they are involved in. Our school and parish are committed to being examples of this message every day.

We expect our students to always give the best of themselves and be fully present and involved in whatever they do here at Blessed Sacrament!

Thank you for your support!



# A Note From Your Administration

Dear Families and Friends,

Thank you so much to all who helped with the Ladies Fall Event, especially the Parents' Club Board, and the chair for the event, Cassie Kathman! The venue and decorations created such a fun atmosphere. The charcuterie boards were amazing, and I'm thinking about slipping the Cheese Board contact information to my family a little closer to Christmas as a not so subtle hint. Thank you to all who participated to make it such a special night.

As a Professional Learning Community (PLC) school, we meet in PLC vertical teams twice a month. Many of our teachers teach two or more subjects, so they rotate their teams. The vertical team then would consist of all the math teachers, K-8, or all of the science teachers, K-8, etc.. Occasionally, the PLC team would further divide into two (K-4) (5-8) depending on their work. Our teachers also get together within their grade at least once a week. That way, we are leveraging their knowledge and relationships with students across the curriculum, and within the grade.

Next Friday, September 30<sup>th</sup>, is Civil War Day! Thank you to Mr. Rich Ingraham for continuing this Blessed Sacrament School tradition! The 8<sup>th</sup> grade students will be outside participating in various stations where they will learn hands-on about the Civil War. We will have reenactors here as well as horses, and a canon. Mr. Ingraham has partnered with our local fire/police departments regarding safety. The rest of the students will be in their regular classrooms, and teachers will be able to teach, but there will be some noise distractions during the day (muskets/cannon one time later in the day). I have been told it's a lot of fun, but to bring ear plugs if going outside. Please pray for good weather!

Our next All-School Mass is October 7<sup>th</sup>, and there will be **no** bus service that day.

Cheerfully in Christ,

Mrs. Aideen Briggs  
Principal

*"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'"*  
- C.S. Lewis

## Did You Know...

Blessed Sacrament School uses an app called Navigate for its safety drills. With this app, we are able to send out an alarm to each staff member's phone, and then they submit their attendance to the incident commander (Mrs. Wood or me) within minutes. They can also submit comments such as, "Lizzie Student went to the nurse's office, so is not with our class." In this way, we know who is where within minutes of the drill, and we can identify individual students/staff and their location quickly.





# Thumbs Up!

## THUMBS UP for 6th grade girls volleyball: 2022 St. Pius Tournament Silver Bracket Champions!!

And a big thank you to Mrs. Woodring and Mrs. Young for coming to cheer for both of the sixth grade girls' volleyball teams last weekend. What wonderful examples of our BSS teachers' commitment to being **ALL IN** for their students!



THUMBS UP for XC - at Capitol View in Frankfort this weekend, our xc team won 4 trophies and 29 medals. Evan Cafera won the 3<sup>rd</sup>-4<sup>th</sup> grade boys race despite falling mid-race and somersaulting down a hill!

5<sup>th</sup>-6<sup>th</sup> gr girls came in **FIRST** as a team  
3<sup>rd</sup>-4<sup>th</sup> gr girls came in **SECOND** as a team  
3<sup>rd</sup>-4<sup>th</sup> gr boys came in **THIRD** as a team

**Blessed Sacramento's Cross Country team**  
currently has 3 of the top 4 middle school  
female 4K runners in Kentucky  
AND 3 of the top 5 middle school  
female 4K runners IN THE NATION!

**GO BSS XC!!!!**



# WAIT UNTIL 8TH



A parent-led initiative  
supported by Blessed  
Sacrament Administration

**CHILDHOOD IS TOO SHORT TO WASTE ON A SMARTPHONE.**

## 5-7 HOURS PER DAY

On average, 8- to 12-year-olds use five hours worth of entertainment screen media per day, and teens use an average of seven and a half worth — not including time spent using screens for school or homework



## INCREASES MENTAL DISTRESS



Evidence from a variety of studies implicate smartphone and social media use increases mental distress, self-injurious behavior and suicidality among youth

## SOCIAL COMPARISONS

Social media can affect adolescents' self-view and interpersonal relationships through social comparison and negative interactions, including cyberbullying



## EMPOWERS PARENTS



The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least 8th grade. By banding together, this will decrease the pressure felt by kids and parents over the kids having a smartphone.

## LET KIDS BE KIDS A LITTLE LONGER

Take the pledge today. Get support from other BSS families. Simply go to [www.waituntil8th.org](http://www.waituntil8th.org) to join us.

Questions? Contact Erin Barnes at  
[ebarnes@thepointarc.org](mailto:ebarnes@thepointarc.org).

[www.WaitUntil8th.org](http://www.WaitUntil8th.org)



# Math Counts

**Does your 6th, 7th, or 8th grader love math?  
Encourage them to join Math Counts!**

Math Counts begins Monday October 3. Meetings will be held every Monday in Mrs. Klensch's room from 2:15-3:15 pm.

Our team will participate in competitions with other schools, and will end the season with a regional competition at NKU. **Valuable prizes, including full-tuition college scholarships, will be awarded at regionals!**

*Students can pick up a permission slip from Mrs. Klensch*

## Info from NDA



### **Notre Dame Academy Homecoming - September 24 from 5-9 p.m.**

Notre Dame Academy invites all NDA alumnae along with their families and friends to our inaugural Homecoming event: Saturday, September 24, from 5-9 pm at NDA!

The event will kick off with the Rosary at 5 p.m. in Marian Circle at NDA. Guests can then watch our State Champ soccer Pandas as they take on Highlands and enjoy all sorts of fun including food trucks, yard games for kids, face painting and special recognition for this year's class reunions between the Varsity and JV games. Alumnae will also have the chance for a brief tour of the school building at 6 p.m. and see our beautiful new field lights during the Varsity game.

NDA Alumnae, as well as their family and friends, will have FREE ADMISSION to the soccer games with pre-registration. We welcome all NDA Pandas home for this special night to remember!

Register online here: <https://www.ndapandas.org/alumnae>



respect



life



month

BLESSED SACRAMENT SCHOOL

## *Respect Life Baby Item Drive*

**Items collected will be distributed to the Rose Garden Mission**

**Donation Items (please deliver to the front lobby at school):**

☐ Diapers (size newborn/preemie and 5/6s)

☐ Baby Basket Supplies:

~ wipes

~ onesies (newborn-9 mos.)

~ rattles

~ baby washcloths/towels

~ blankets

~ pacifiers

~ teether toys

~ baby shampoo and lotion etc.

**DONATIONS WILL BE COLLECTED OCTOBER 3-7**





# Volunteers Needed

**Looking for a way to see your kids during the school day? Just want to help out?**

*Come volunteer to serve lunch! We're looking for volunteers to arrive at 9:50 am and help until lunch is over at 12:30 pm. You must be VIRTUS trained.*

<https://m.signupgenius.com/#!/showSignUp/20F0549A4A82EA5FB6-lunch>

## Counselor's Corner

### September is Suicide Prevention Awareness Month.

While it is important to talk about suicide prevention year round, September is a dedicated time to come together to learn, discuss, and find support through a difficult topic. According to the Substance Abuse and Mental Health Administration (SAMHSA), The causes of suicide are complex and determined by multiple combinations of factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation.

#### Warning signs that may mean someone is at risk may include:

- Talking about wanting to die or kill oneself
- Talking about being a burden to others
- Acting anxious or agitated; behaving recklessly
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Looking for a way to kill oneself
- Increasing the use of alcohol or drugs
- Sleeping too little or too much
- Showing rage or talking about seeking revenge



Getting help: The 988 Suicide & Crisis Lifeline is a free, 3 digit dialing code, that connects individuals in crisis with trained counselors across the United States (SAMHSA). Calls are confidential and available 24/7. You don't have to be suicidal or in crisis to call the Lifeline. People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, illness, getting over abuse, depression mental and physical illness, and loneliness.

#### Here's more about the 988 Suicide & Crisis Lifeline:

- You are not alone in reaching out. In 2018, more than 2.2 million people called the Lifeline.
- The Lifeline is funded and managed by SAMHSA. The Lifeline is a network of over 150 crisis centers nationwide.
- Calls to the Lifeline are routed to the nearest crisis center for connections to local resources for help.
- Responders are trained counselors who have stopped over 90 percent of suicide attempts or ideation among callers.

BLESSED SACRAMENT

# SKI CLUB

Join BSS Ski Club at  
30% off if you sign up  
by Nov. 6th



Simply go to [perfectnorth.com/clubs](http://perfectnorth.com/clubs)

Club Name: Blessed Sacrament

Username: bss

Password: center

Use the 3 line menu in the upper left corner and select your pass

If you are looking to add the BSS group lessons, they will be on Tuesdays this season. These lessons are optional add on that will be just BSS ski club members. There is always a top of the hour lesson available every hour as well provided by Perfect North

The Blessed Sacrament is open to students, parents, families and friends.

Join our FB page:  
Blessed Sacrament Ski Club





# Veteran's Day

**Please mark your calendar for Friday, November 11 at 1:00 for our annual Veteran's Day Prayer Service in the church!**



*We would love to honor all of the veterans in our BSS family.*

*Please [CLICK HERE](#) to submit information for our Veteran's Day slideshow, and to RSVP to attend our Veteran's Day luncheon and prayer service.*

# 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](mailto:cpfeiffer@comey.com).



# NDA GRADE SCHOOL SOCCER NIGHT

DATE **SEPT  
28TH**

JV 6:00p  
Varsity 7:30p

Free Admission, halftime  
contest, hot dogs & goodies  
for all future Pandas

Cheer On Blessed Sacramento  
Alumnae:

Joelle Hentz  
Jane Schuh

Kendal Hemsath  
Ava Summe  
Cameron Kirtley

BSS JV Alumnae:

Sophia Karim  
Ella Long  
Molly Daniels

Chloe Fullenkamp  
Karla Pope  
Jane Schuh

Joelle Hentz

BSS Freshman alumnae will greet future pandas

Peyton Quinn  
Olivia Hetzer  
Ella Petzelt

Ellie Leen  
Sydney Sheely  
Ellie Heyob







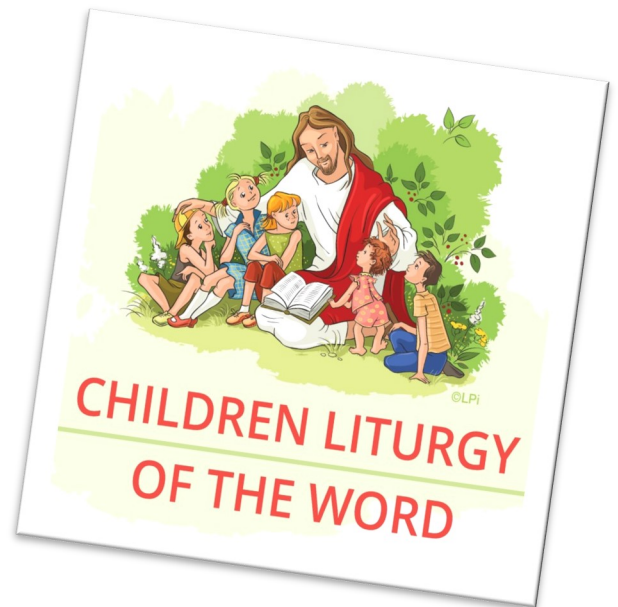
# From Our Parish

## Got Young Kids?

**WOULD YOU LIKE THEM TO HEAR GOD'S WORD IN LANGUAGE THEY UNDERSTAND?**

**THAT'S WHAT CHILDREN'S LITURGY OF THE WORD IS. COME AND SEE!**

**We will do a 20-minute demonstration on Wednesday, September 28th, at 7 p.m. in the undercroft. Afterwards, we will do a 30-minute training session for anyone interested in helping with this ministry.**



**“Then how is it that each of us hears them in our native language?”**

*- Acts 2:8*

**CALL ROSANNE IN THE PARISH OFFICE FOR DETAILS: 331-4302**

*Blessed Sacrament Church*  
BECOMING STEWARDS IN COMMUNITY





### *An Invitation to The Fatima Program*

We would love for your family to take advantage of this free opportunity to join our Fatima Program at Blessed Sacrament! Our program began in 1993 and has been going strong ever since! The program teaches families to pray together the beautiful and **powerful** prayer of the Rosary.

To enroll in this program, simply fill out the bottom portion of this sheet, detach, and return to school. Alternatively, you can e-mail [magronotte@gmail.com](mailto:magronotte@gmail.com) to enroll. Once you enroll, you will receive a gift box with a framed picture of Our Lady of Fatima, Rosaries, a CD of the prayer of the rosary, and other relics, as available.

**This whole package is to keep. It is not to be returned.** It is donated by loving donors in our Parish. The program is designed to help everyone in your family embrace the powerful prayer of the Rosary. With everything going on in the world, there are unlimited intentions to which you can dedicate your Rosary prayer, including an end to war, an end to Covid and its

infections, for Catholics to return to the Catholic Church, and many more.

#### Additional Resources:

- Formed.org – Formed is a free resource available to our Parishioners. To sign in as a parishioner, go to [formed.org](http://formed.org) and type in "Blessed Sacrament Church, Ft. Mitchell, KY" and work through the prompts.
  - Formed offers two videos focused on the Fatima story; The Day the Sun Danced (an animated video for all ages), and The 13<sup>th</sup> Day (a video for grades 5 and older).
- Website – [www.americanneedsfatima.com](http://www.americanneedsfatima.com) – Click on "Our Lady of Fatima".

Please contact me, Mary Anne Gronotte, if you have questions.

- Phone: 859-468-4732
- E-Mail: [magronotte@gmail.com](mailto:magronotte@gmail.com)

God bless you.

Mary Anne Gronotte

Blessed Sacrament Parishioner and Fatima Program Coordinator

\*\*\*\*\*Cut here and return\*\*\*\*\*

Yes! I want to participate in the Our Lady of Fatima Program!

Child's Name \_\_\_\_\_ Homeroom \_\_\_\_\_

**Parent's signature for the program:** \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_



# Community Events

**CLICK HERE for  
information about  
VIRTUS  
TRAINING**

**CLICK HERE for  
information about  
“That Man  
Is You”**

**CLICK HERE for  
information about  
“Walking  
with Purpose”**

**CLICK HERE for  
BSS CHILDREN’S  
CHOIR  
registration**

# A FEW REMINDERS...

- ❑ Please consider keeping a small hand sanitizer in backpacks and lunch boxes
- ❑ Our current arrival and dismissal procedures can be found 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](mailto: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](mailto: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://www.instagram.com/bss_ky/)



[https://twitter.com/BSS\\_KY](https://twitter.com/BSS_KY)



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

[bssky.org](http://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.**