

BSS NEWSLETTER

Wednesday, September 28, 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:

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

CIVIL WAR DAY (8th grade)

8:15 - Mass (grades K-4)

Monday:

3

2:15-3:15 - Math Counts

Tuesday:

4

Wednesday:

5

PICTURE DAY!

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

Thursday:

6



SPIRITWEAR DAY

Kindergarten - Benton Farm Field Trip!

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

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

Friday:

7

NO BUS SERVICE

8:15 - All-School Mass

WHAT'S FOR LUNCH?

Th

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

F

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

M

Mini Corn Dogs, Mac & Cheese,
Corn, Broccoli w/Dip, Peach Cup,
Frozen Sidekicks, Milk

T

Hamburger or Cheeseburger,
Potato Wedges, Baked Beans,
Pear Cup, Fresh Fruit, Milk

W

Salisbury Steak w/ Dinner Roll OR
Chicken Patty on Bun, Mashed Potatoes,
Green Beans, Pineapple Tidbits,
Fresh Fruit, Milk

Th

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

F

Cheese Bites with Marinara Sauce,
Steamed Broccoli, Garden Salad,
Applesauce, 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 to all who provided feedback regarding Curriculum Night and Preschool! We appreciate you taking the time to share your insights and concerns. A similar survey was sent to our faculty and staff. Mrs. Wood and I will look these over together to plan for next year.

We were recently contacted by Kenton County Transportation regarding a change in their policy. They let us know that students can only ride the bus to which they are assigned. Therefore, students cannot go home with a friend on their bus. If they are assigned to that particular bus, they can get off at a friend's stop with written documentation. They take their responsibility seriously and are sufficiently challenged in ensuring the safety of the students assigned to their particular bus.

Our next All-School Mass is Friday, October 7th, and there will be no bus service that day.

Cheerfully in Christ,

Mrs. Aideen Briggs
Principal, Blessed Sacrament School

"The deepest level of communication is not communication, but communion. It is wordless. It is beyond words. It is beyond speech. It is beyond concept. Not that we discover a new unity, but we discover an old unity. My dear brothers and sisters, we are already one. But we imagine we are not. And what we have to recover is our original unity."

– Thomas Merton

Did You Know...

BSS Cross Country Teams are AMAZING! The girls swept the Williamstown Invitation on Saturday by winning all three team divisions: 7-8th grade, 4-6th grade, and k-3rd grade. At last night's Regionals, Middle School Girls came in 1st place, 5-6th grade boys came in 3rd place, and 5th-6th grade girls came in 2nd place!



Thumbs Up!



Shout out to Ms. Martin for
coming to one of the 3rd grade
girls volleyball games
last Friday night!

**Thank you for being
ALL IN
for your students!**



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 to join us.

Questions? Contact Erin Barnes at
ebarnes@thepointarc.org.

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 Boosters

BLESSED SACRAMENT BOOSTERS 4th Annual Golf Outing

Friday October 14, 2022
Twin Oaks Golf Club

11:00 AM: Lunch & Registration
12:00 PM: Shotgun Start

***Registration:** \$100/Golfer and includes:

- 18 Hole Scramble with Cart
- Tee Gifts & Awards
- Coney Bar Lunch, Beer & Soda

***Hole Sponsorships:** \$150 Each

Please E-mail bdyas@sterlingcutglass.com to submit signage artwork

BSSBOOSTERS.DEMOSPHERE-SECURE.COM

REGISTER ASAP TO SECURE YOUR SPOT!



BLESSED SACRAMENT
BOOSTERS

*Thanks for your ongoing
support & we hope
to see you on the course!*



**Mark your calendars for
the Boosters Golf Outing!**

Click the flyer for more
information, or simply
[CLICK HERE](#) to register.

We hope to see you there!



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.



Music Share Day

Calling ALL musicians and music lovers!

Mark your calendars for
October 20th, January 19th, and March 23rd
(after school until 3:30 PM in Music Room)



Any student currently studying privately for voice and/or other instruments are invited to share a song they are working on in their lessons.

Also open to students who just enjoy listening to music!
Students will stay after school to share their musical “gifts” with Mrs. Weber and school mates. All levels are invited.

A snack will be provided and we will all participate in a final piece together!
Students must have permission slip to attend.

Click [HERE](#) for Permission Slip

BLESSED SACRAMENT

SKI CLUB

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



Simply go to 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.

TONIGHT!!!

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





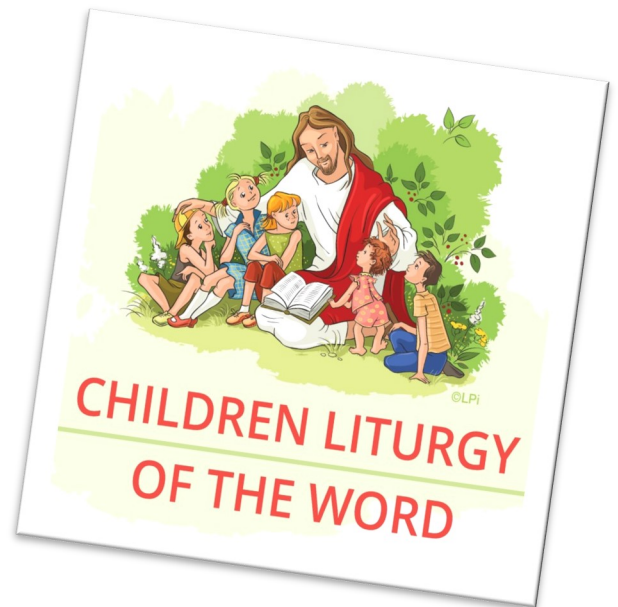
From Our Parish

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

This program began in 1993 at Blessed Sacrament School. We hope that you will keep it going for many more years to come.

Our Fatima Program teaches families to pray together the beautiful and powerful prayer of the Rosary. Included in this package is a beautiful 21" statue of Our Lady of Fatima, a DVD of the story about Fatima, and Rosaries with a CD recording of praying the Rosary. The CD can be prayed in the car on the way to/from school, on the way to sports practices and in your home to pray for those people who need your prayers - the sick and deceased in your family, the soldiers and their families, family, friends, and especially your own intentions.

IMPORTANT: You can learn about the Fatima story through one of 2 DVDs, (1) The Day the Sun Danced, a cartoon video for all ages, and (2) The 13th Day, for grades 5-8. The cartoon video is a very wonderful video for all ages to watch and to learn about what our Blessed Mother is asking of us, even now. The 13th Day is a black and white video that has color when the Blessed Virgin appears. It also is very powerful in showing the three children's strength throughout this time.

A great website for explaining any part of the video is: www.americanneedsfatima.com. Click on "Our Lady of Fatima" to the right of "Home" on the bar. It explains each apparition, what was said, what Our Lady of Fatima asked of the children, what the children saw, heard, and a lot more. It is helpful and can be easily understood. All items in this package are marked whether to keep or to return with the package, as well as a note reminding you when to return it to school. **Please, it is important to return the package on time for the next family's visit.**

Also, this program is for everyone in your family. The package is delivered to the classroom and the child brings it home. It starts on Tuesday and is kept for a week, bringing it back on the next Tuesday. You may have numerous turns throughout the school year. You can assign anyone's name in your family-grandparents, older brothers and sisters, etc., but it comes to you through school. I will assign a date for you and send that date back to you through email for you to OK or change. If you would like a specific date, birthday, Easter or Christmas break, your own May crowing in May, or any 13th of the month in honor of Our Lady's apparitions on the 13th of May through October (Oct. 7th is the Feast of the Most Holy Rosary), just write the date anywhere on the form below.

I hope you welcome our Blessed Mother into your home and pray the simple but powerful prayer of the Rosary.

God bless you.

Mary Anne Gronotte, Coordinator [859-468-4732](tel:859-468-4732), magronotte@gmail.com

Cut here and return to school -----

Yes! I want to have Mary visit our home. Please include grade level and homeroom.



Name _____ Boy ___ Girl ___ *Homeroom _____

Name _____ Boy ___ Girl ___ Homeroom _____

Name _____ Boy ___ Girl ___ Homeroom _____

Name _____ Boy ___ Girl ___ Homeroom _____

More visits can be listed on the back.

Parent's signature for the program: _____

Phone # _____ email _____

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.

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

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.