



## Immaculate Conception/St. Joseph Newsletter

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

January 7, 2021

The Bosco Catholic School System provides students and families with academic, spiritual, moral, and sacramental formation so that they are prepared to be faithful disciples who are the light of Christ in the world.

*For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11***

Wow! 2020 is finally in the books and the great news is that WE MADE IT! We are back in school and things are running smoothly!

As I think about 2020 and all of the trials and tribulations I am so grateful for God and my faith in Him! The scripture that I opened with is one of my "go-to" verses. Whenever I start to fear or have doubts, I call to mind this verse. God's promise of hope and a future sustains me and reminds me that He is in control. What a blessing that we can lay our worries in His hands so that we can then focus on the many blessings that are abundant in our lives.

So, as we embark on a new year that remains fraught with uncertainty, I hope that this verse helps you in times of uncertainty and brings you some comfort!

I also want to leave you with this quote:

**Fear** and **worry** cannot live in your mind at the same time.  
**YOU** get to choose which one lives there.

THANK YOU, Lord, for giving us the free will to choose our thoughts and to choose to follow You!

Happy New Year!  
Mrs. Douglas

**No Waterloo buses Friday, January 15**

**First Semester ends January 15, 2021.**

**No School Monday, January 18 -  
Professional Development Day**

### **Reminder**

When sending money/checks to the office, please put it in an envelope marked with a first & last name and what it is for.

### **Colder Weather**

Whenever possible all K-5 students will spend some time outdoors, so please be sure they have coats, hats, mittens, snow pants and boots.

ABC students need to be prepared to spend time outdoors as well.

**Please label your student's sweatshirts, coat, hat, snow pants, gloves, mittens, lunchbox, etc.**

*Please send all newsletter items to [icsjnewsletter@boscocatholic.org](mailto:icsjnewsletter@boscocatholic.org)  
by 3:00pm on Wednesday, January 13.*

### ***Calling on our Families and Community Members!***

As part of Catholic Schools Week, we will be celebrating vocations. We are looking for YOUR experiences! Whether you are a nurse, mechanic, astronaut, custodian, or business owner- we need you! We are looking for a variety of people interested in talking with our K-12 students about their careers. If you have any questions or would like to get further information please contact Shelby Douglas at 319-296-1089 or email at [sdouglas@boscocatholic.org](mailto:sdouglas@boscocatholic.org).

An information sheet/form regarding CSW Career Day is going home today with students. Please ask for this form.

### ***From Mr. Chicchelly....***

Our K-7 students are very excited to be sledding on the school's north side hill for the next few weeks in PE classes.

All students must have a coat, hat, gloves, snow pants, snow boots in order to participate in sledding.

\*If a student does not have either snow pants or snow boots he/she will not be allowed to sled during PE or Recess times. Please make sure your kiddo is properly geared up for the weeks ahead!

\*If your child would like to bring his or her sled for their PE day that is allowed! We ask that no sleds be taken on the school buses and that they take the sled home each day after PE.

### ***Attendance Reminder***

Parents please call the school office before 7:30am if your child will be absent. If you call before 7:00am, please leave a message on voicemail.

**St. Joseph Center (319) 233-5980**

**Immaculate Conception Center (319) 296-1089**

If you have a planned absence, the K-5 and 6-8 Absence Request Forms can be found on our school website.

Link to form - <http://www.boscocatholic.org/vimages/shared/vnews/stories/55dcc0d507de3/Absence%20Request%20form.pdf>

### ***School Bus Drivers Needed***

The Bosco Catholic School System is looking for bus drivers for our morning and afternoon routes. For those interested in driving for activities we can arrange that too. If interested call 319-296-1692 or email Casey Redmond at [credmond@boscocatholic.org](mailto:credmond@boscocatholic.org).

Remember to use Scrip!

<https://www.boscocatholic.org/vnews/display.v/SEC/Giving%7CSCRIP>

### ***Nurse's Notes***

There is a lot of information about the importance of sleep in regards to your overall health and well being. Getting enough sleep boosts your immune system, helps reduce stress and helps with weight loss or maintenance. It also helps your mental well being as well as cognitive function. The recommendation is 7-9 hours of uninterrupted sleep. Our current schedules and lifestyle habits interfere with our sleep schedule. According to the Center for Disease Control 1/3 of adults get less than 6 hours of sleep a night. Some hints to promoting a good night's sleep include setting a routine, avoiding caffeine before bed, turning off electronics about an hour before bedtime, turning down the thermostat, and darkening the room. Try some of these things to promote better sleep habits and see if it makes for a better day.

Marianne Hickey RN

### ***Ms. R's Counseling Corner***

Welcome back to school everyone! I will be starting a book discussion at the end of January that will go until the end of the year. The book we will be reading is "Odd Girl Out," by Rachel Simmons. This book is great for any Mom out there trying to help her daughter navigate the world of friendships, bullying and cliques both in the classroom and online.

As a school system, we want to gain knowledge and understanding about female aggression. With collaborations from families, we can better help our students become more successful while continuing to foster a healthier, safer, fun school environment for students to grow and learn.

Information you might want to know:

1. I have about 30 books that you are welcome to borrow for free :)
2. We will start on January 19th and will have our first book discussion zoom meeting on Monday, Feb. 8th @ 6PM to 7PM!
3. I will have group discussion questions followed up with open conversation about the chapters read.
4. If you know me or want to get to know me, I like everything planned out (ha!) so I will have a scheduled calendar with what chapters you need to have read and by when. If you don't get the chapters read, I still highly encourage you to join.
5. Last but not least - this is open to all Moms who have a student at IC/SJ. SIGN UP IS REQUIRED AND YOU MUST LET ME KNOW BY THURSDAY JAN. 14TH! This will allow me enough time to get you the book and the schedule. If you have any questions do not be afraid to ask! [mrutherford@boscocatholic.org](mailto:mrutherford@boscocatholic.org)

I'm so excited to start this and hope that you decide to join too! :)

# LITTLE DONS GIRLS BASKETBALL CLINIC

- OPEN TO GIRLS AT IC & ST. A IN GRADES 2-6
- LOCATED AT ST. MARY'S CENTER
- SUNDAY 1/3 = 1:30-3 PM
- SUNDAY 1/10 = 1:30-3 PM
- SUNDAY 1/17 = 1:30-3 PM
- SUNDAY 1/24 = 1:30-3 PM
- SUNDAY 1/31 = 1:30-3 PM
- NO COST

GIRLS WILL WORK ON BASKETBALL SKILLS WITH AN EMPHASIS ON PROPER FORM, FUNDAMENTALS, AND LEARNING RULES OF THE GAME.

BRING APPROPRIATE GYM SHOES AND A WATER BOTTLE.

CONTACT CRYSTAL FROST  
(CRYSTALEVEN@HOTMAIL.COM) OR  
JESSICA STEILS (JESS.STEILS@GMAIL.COM)  
FOR FURTHER QUESTIONS.

**Looking for a way to earn some extra money while also helping your school?** Substitute teaching could be the answer!!

Given the ongoing need for substitute teachers, the state has made some adjustments to securing your substitute teaching license.

If you have a bachelor's degree, associate's degree, or 60 hours of college credit you can take the brief, 20 hour, substitute authorization course and become a substitute teacher!

Please click on the following link to find out more information about some upcoming class offerings, some of which are virtual.

[Substitute Authorization Classes](#)

If you have any questions, please contact Shelby Douglas [sdouglas@boscocatholic.org](mailto:sdouglas@boscocatholic.org) or Casey Redmond at [credmond@boscocatholic.org](mailto:credmond@boscocatholic.org).

Thank you for considering this opportunity! What a great Win-Win for you and for our school.

Easy Ways to Help Immaculate Conception-St. Joseph School. Parents, grandparents, friends and neighbors can support our school by:

Buying Scrip: buy it often!

Recycling Pop Cans: Collection Box located on the north end of Don Bosco Catholic High School. Watch the How to Recycle video found on our website.

Box Tops for Education: Download the Box Tops app and scan your store receipt.

Hy-Vee Cash 4 Students: Save your Hy-Vee cash register receipts. Hy-Vee donates \$1 for every \$250 in receipts collected!