

Eagle's Nest News

St. Joseph Catholic School

We are a Christ-centered community dedicated to empowering students to learn, serve, lead and succeed.



March 30, 2020

School Hours:

**Monday - Thursday
7:50 A.M. - 3:00 P.M.**

**Friday
7:50 A.M. - 12:30 P.M.**

***School Mass* every Friday at 8:15 A.M.
followed by Adoration. Please join us!**

***Extended care* available at 6:30 every
school morning and until 6:00 P.M.
every school day**

School Office Hours:

**Monday - Thursday 7:30 - 3:30
Friday 7:30 - 1:00**

***School Phone:* 747-3060**

215 S. Craycroft Rd. Tucson 85711

School website:

<https://saintjosephstucson.weebly.com/>

Dear St. Joseph Families,

I hope you are well. As we embark upon the use of online or distance learning activities, it is important to remember and stress the importance of abiding by the Acceptable Use Policy guidelines expressed in our St. Joseph Catholic School Parent/Student Handbook and agreed to by all parents and students. Information Technology resources are to be used ethically and legally at all times. Students are responsible for thoughtful, considerate behavior on information technology resources as they are for their general classroom behavior. Any activity deemed inappropriate by St. Joseph Catholic School is prohibited even though not expressly set forth in the school's Acceptable Use Policy. Acceptable uses include, but are not limited to:

- accessing educational material with a teacher's permission
- sending appropriate messages and pictures with a teacher's permission
- using polite language on-line and showing respect to others
- protecting and using safely all information technology resources
- following applicable copyright laws
- using your own identity, work, mail, files, and folders or shared files and folders with a teacher's permission
- notifying an adult if one becomes aware of any technology problems or violations

Please be conscious and conscientious of your use of online resources at all times.

As we move through these uncertain time, we want you to know we think of you and miss your children every day.

Thank you for your continued prayers and support.

I have a very open door policy! I have a strong commitment to Catholic education and the importance of Catholic schools. I am committed to creating a community of faith, compassion, respect, and collaboration.

Peace and joy,

Mrs. Van Loan, Principal

Please see this information from our Bishop -

1. Nurture your spiritual life. We have an abundance of biblical images that show people coming to a deeper awareness of God's never-ending love during challenging times. Schedule a time of daily prayer, even if only five minutes. Read scripture, meditate on a psalm, pray for others, go to your parish web site or the Diocesan web site and access the daily Mass, etc. Nurturing the spiritual life is critical in challenging times and God will give us strength.

2. Stay healthy. God calls us to take care of our physical bodies. There are three basic practices proven to improve our physical health, reduce stress, and improve our mental abilities. They also result in more optimism, hope, and compassion toward others. They are:

- **RESTFUL SLEEP:** sleeping less than 7-8 hours per day leads to reduced energy. Moreover, you must refrain from television or internet for an hour before going to bed. Too, if possible, turn off your phone 30 minutes before going to bed. Sleep is critical.
- **EAT SMART:** in stressful times we tend to overeat the wrong foods or to indulge. Plan what you eat and pace your eating. If possible, increase fruits and vegetables in your daily diet.
- **MOVE AROUND,** do not remain idle for long periods of time. Daily physical activity will improve your mood and cognition, as well as your sense of hope. Anything counts! A 5-minute stretch, a short walk outside if possible (taking in a healthy amount of sunshine), or even a walk around the house will make a difference.

3. Stay connected with others. Behavior science has proven that reaching out to others is crucial for our well-being in times of adversity. Human beings are communal by nature; it is critical that we not isolate. While observing proper social distancing, make an effort to call someone, talk with a neighbor across the fence, contact co-workers, or reach out to someone you haven't spoken with in a long time.

4. Help others. Volunteering your time to help others is a proven way to reduce anxiety and improve health. It also restores our sense of being connected to others. While you might not be able to volunteer in the ordinary ways try to be creative, consider contacting an elderly neighbor who may not be safe shopping at present.

5. Try something new. If you're not ordinarily a reader, read a book; tell your children or grandchildren happy stories of your childhood; draw your family tree; write a letter to someone who has impacted your life.

6. Turn off the television and the phone. The average adult in the US spends 5 hours daily on their cell phone. In a time of crisis that number increases! Every unnecessary hour on the phone is time away from connecting with God, nature, those nearest to you, or yourself. And **be smart about media and how you absorb news.** **Schedule a reasonable amount of time receiving media on television or internet and then turn off the television or computer.** If in doubt, go back and try 1 through 5 above.

St Teresa of Avila

May today there be peace within.

May you trust your highest power that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance.

It is there for each and every one of you.

Amen.”

Spring pictures are on hold until schools are back in session. We will keep you updated as we hear more from Life Touch.

Fundraiser to benefit our 8th grade!

Thursday, April 2, 2020

Time: 11:00am – 8:00pm

Peter Piper Pizza 5925 E. Broadway Blvd.

(520) 886-5566 **Carry Out Orders Only!**



ENJOY GREAT FOOD & FUN
and **RAISE SOME DOUGH**

15% of all food, beverage