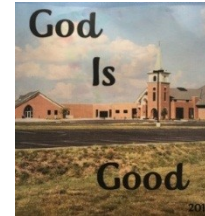




Immaculate Conception School
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 Tammy Hoeflinger, School Board President

Celebrating 166 years of Mission, Community, Service.

The mission of Immaculate Conception School is to provide experiences to inspire, challenge, and nurture the mind, body, and spirit of our students within the framework of the Gospel of Jesus Christ and the tradition of the Catholic Church.



"God is good!"

Bienvenido el parrochia!

V. 45 #38

March 20, 2020

Dear Parents, Guardians, and Friends,

MASS THIS WEEKEND: Jesus cures the man born blind. No small feat! Lord, help us to see!

4 PM Saturday. Login is in this weekend's bulletin. Go to the parish website. Fr. Gary will have the Mass as Fr. Carl is hunkered down. Thanks to Karen Lundy for the music and Dave Boser on camera duty.

Our current academic efforts are good practice for what may be e-Learning for everyone if this extends.

The Bishop has suspended all Masses indefinitely. That does not stop our ability to take time out to pray. This can be a real bonding time for families and a chance to show spiritual leadership and build good habits. (I can't have my coffee until I say the Morning Offering.) Say a rosary together. Create your own prayers. Make a gratitude list. Lay your hand on last Sunday's bulletin or the letter home sick list and pray for everyone at once.

As I previously stated, this historical moment must not be a hysterical moment. Keep your sense of humor and determination that we can handle this. Our children will feed off our fears. Remember that "Courage is fear that has said its prayers".

ARE YOU BEING CALLED TO SERVE?

We are currently collecting names to be drawn for new School Board and Pastoral Council members on 5/2.

What's involved in serving on the School Board?

- ◆ Serve as an advisory group to support the Principal and Pastor in developing and implementing school policies.
- ◆ Meet 3rd Tuesday of the month, 3 year term beginning in June

What's involved in serving on the Pastoral Council?

- ◆ Serve to recommend policy to the Pastor for parish spiritual, educational and financial matters.
- ◆ Meet 4th Tuesday of the month, 3 year term beginning in June

Please **prayerfully** consider **placing your name in the discernment box** for School Board or Pastoral Council (located in the gathering space in the back of Church). New members will be drawn from the boxes at the end of the 5PM Mass on May 2nd. If you have any questions or want to **submit your name via email**, you may contact Toby Ellner at 618.615.2868 or toby.ellner@gmail.com regarding School Board or Lauren Powers at 314.402.8009 or L1POWERS@yahoo.com regarding Pastoral Council.

Catie Tyler's dad (Grandpa to Joe, Emma, and Louis) went into the hospital on Saturday and is extremely sick. Please keep him in your prayers.

PRAYERS: Special Intention Lindsay White, George Perry, Seth Conner, Geraldine McCoy, Kathy Neal, Logan Eichenseer, Patrick Kish, Danielle Dorlac, Marian Wickersham, Lauren Darr, Ashley Burris, Tom Keeven Sr., Ed Schaefer, Dan Hoeflinger, Libby LoPorto, Tom Giovanni, Dion Scherr Miller, Donna Kania, Owen Jordan, Anthony Hendricks, Mark Fiore, Shawn Eichoff, Charlie Stockes, Angela Roepke, Jan Hoffmann, Bill West, Jennifer Nesser, Tom Kish, Patti Rottler, Mike Taylor

As always, God is in the details of our lives!

Mike Kish

Principal

PS from Wet County Psychological

Seeking Normalcy Amid COVID-19
By Lynette Dixon, PhD, LPC, NCC, CRAADC

We are living through uncharted times. We have not faced anything quite like what we are experiencing with COVID-19. The Centers for Disease Control (CDC) is encouraging us to stay in our homes, and recommending that no more than 10 people gather together at one time. In an effort to decrease the number of people who will contract COVID-19, drastic measures are being taken. Stores are closing, dental offices are limiting appointments to emergencies only, and many schools and workplaces are moving to online/work-from-home formats for weeks to come, or even for the remainder of the school year.

A lot of information is being shared regarding how to prevent contracting or spreading COVID-19. It is important to take this information seriously and exercise precaution, but it is also important not to panic and to help maintain a sense of normalcy for ourselves and our children. How can we do this? One of the best ways is to establish routines for everyone. Create structures that will allow for the adults in your household to be productive and actually be able to work from home, and help our children transition to the online learning format that will be new territory for many of them. Here are some ideas to help everyone make these changes as painless as possible:

- First, be open and willing to acknowledge what everyone is feeling. This is not an easy pill for most of us to swallow. Many of us struggle with change, and that is okay. We may feel angry, frustrated, anxious, and isolated. Share those feelings with those close to you, but especially when talking with children, focus on how we will get through this by supporting one another and sticking together.

- Establish new routines. Many of us thrive on structure, and adjusting to these changes can be difficult. Set up schedules for yourself and for your children with times for school work, times for meals, times for exercise, and times for play. Many classroom teachers post visual schedules for students to follow. Consider doing this for your children as well. For adults, working from home with your children can be especially difficult. Start by having a conversation with your children about how you will need to have certain quiet times to get work done. Set up a home office for yourself and classroom space for them. Use your time wisely by prioritizing what must be done and focusing on that first. If possible, partner with your spouse so that one of you can

watch the children while the other works and then switch. Another option is to work after the children are asleep at night or while they take naps during the day.

- While a necessary precaution, social distancing can lead to feelings of isolation for all of us. Take extra time as a family to reconnect. Play games with each other, have a picnic lunch in the backyard or in the family room, build a blanket fort, eat dinner as a family, or go for walks together. Use technology with apps like Facetime so that you can stay connected with friends and family. Use your imagination, and keep your sense of wonder and adventure. Doing so will not only help you but will help your children see this as an opportunity to experience something new. While it may feel like we have lost a lot, we have also been gifted with the chance to demonstrate our ability to come together as families and communities, to demonstrate our strength and resilience, and to take a moment to focus on what is most important.

We are living through a challenging and uncertain time, that is true. We do not need to minimize that, but we also want to remember that these precautions will be temporary. Practice good self-care and reach out to those around you for support. If you do find that anxiety is starting to overwhelm you and weigh you down, we have therapists available and ready to meet with you. We have telehealth options available as well as in-person appointments, as long as no symptoms are present.

For fun...from one of my favorite children's composers Tom Chapin:

In the nick of time...

<https://youtu.be/tM8iyAopHNQ>

Mrs. Lundy encourages you to SURPRISE US!!

Can you be inspired to learn something new or do something over this next 2 weeks that is a new skill you worked on?

Surprise us!

Join the Surprise Project!

Let us know what you are working on, which can be any of the following or your own idea:

1. I am following a daily routine that keeps my skills sharp and helps me stay current with my classes.

-AND/OR-

2. I am developing new/different study skills (tell us what has changed).

-AND/OR-

3. I am learning the new skill of _____ (cooking, cleaning (____)), laundry to help around the house.

-AND/OR-

4. I am practicing my instrument every day for _____ minutes

-AND/OR-

5. I am exercising every day this way: (give examples)

-AND/OR _____ for this many minutes_____.

6. Did you learn about someone who lived with a challenging situation and inspired you?

-AND/OR _____

7. Surprise us with your own ideas.

We are excited to hear from you! We will be looking for someone with the most unique new skill. All who submit a "surprise" skill will be publicly acknowledged.

The class with the most participants can win it's own dress down day.

The class with the most unique "surprise" can win a choice of pizza party or ice cream party for their class.