



Immaculate Conception School  
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 Tammy Hoeflinger, School Board President

**Celebrating 165 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.**

*Merciful God, you are the Divine Builder, who calls us to build your Church. Guide us in building our new **Catholic Education & Activity Center**, so that we can build the Church of the future by passing on the treasure of our faith to future generations. Bless the work of our hands, and keep us strong in faith, hope and love, so that all we do might bring glory and honor to you, forever and ever. AMEN*



**"God is good!"**

September 18, 2019

Bienvenido el parrochia!

V. 45 #12

Dear Parent,

**Columbia/Monroe County Field Trip** 6:30 depart from lower lot tomorrow. BYO lunch. Water provided. Focus on me please!

**Friday:** Early release at 11:20. School Improvement Day. Latchkey provided. BYO lunch!

**24<sup>th</sup> Annual ICS/Joe Hoguet Memorial Golf Tournament**



**Joe's family** Joe did it all for our school and parish and founded our Soccer Program. I still miss him but am so grateful he was in our life! (L-R) Wes Degener, Carley Swisher, Susie (Hoguet) Degener, Tim Degener, Shannon Degener, Nolan Degener, Jake Degener, and Brayden Degener.



The Champs! Bob Glazebrook Jr., Craig Glazebrook, Steve Glazebrook, Kevin Schwartz  
**Thanks to the ICS Fathers Club for a great day!** Devin Dalpoas led the charge and we netted \$12,000 for our athletic and technology programs! Whoever was in charge of the weather did the best job ever!

**IOWA TESTING** will start next week. 6+ hours of testing over 7 day period. A good night's sleep. Breakfast, #2 pencil, best guess if you don't know, positive attitude...all will help our scores which we use for internal improvement. Generally, our scores are terrific. They are also subject to what goes on in life---belly aches, mind on recess, "I don't like math", etc. These tests are good for all the tests we take in life. The most important test will be our last question: *How did you treat the least amongst us?* Till then, we'll take lots of tests.

**SENSE OF URGENCY** Time is any school's biggest enemy. Not enough of it. Too much curriculum. Yet our goal is to *learn how to learn* and become a lifelong learner. Today is DAY 24. Time for some of use to settle down and settle in and get moving so the fun can continue!

**TEST READERS FOR IOWA ACCOMODATIONS** We have some students who need tests read to them. If you can help, please contact Diane Zika at [dzika@icsmail.org](mailto:dzika@icsmail.org) .

**VOLUNTEERS** We could use some volunteer help in our PreK/PreS Programs. If you love little children and have lots of patience, and have Child Protection clearance, we need you. Please contact the office at 281-5353. Thanks! Share yourself with others---satisfaction guaranteed!

**BUILDERS CLUB OFFICERS FOR 2019-2020** Ms. Kailey Walker, Past President of the Murphysboro High school Key Club, is our new Builders Club Advisor. The Club is gearing up for another exciting year and have selected officers. The good thing about Builders Club is that you don't have to be an officer to Chair activities and we try to get everyone involved. This year's leadership team:

President: Kyra Newton                      Vice-President: Kristina Videmschek  
Secretary: Maddi Swip                      Treasurer: Aubrey Thompson  
Service Director: Rhyan Ward      Fund Raising: Marisa McGill  
Talent Show: Lily Barrett      Social Director: Allison Stark      Talent Show: Olivia Blaskiewicz

**PEDAL THE CAUSE** Aidan Howard-Maull, ICS 6<sup>th</sup> Grader, is a cancer survivor and a bona fide hero. He is again challenging us to help him raise funds to beat cancer. 100% of your donation goes to research as all expenses are undewritten. We will hold a dress down day (donation)in Aidan's honor on Friday, September 27. Go Aidan! [Click Here](#)

**CEAC DEDICATION BOOK** Lizanne Young, Lauren Powers, Penny Prindiville, John Conrad and Megan Gilbreth get much of the credit for our keepsake. Sponsors will receive a free copy and we are selling them for \$10 each. These are great keepsakes for our EPIC event!

**EXTRA CREDIT CONCERT** – Don't forget to pick up some culture on October 4 at the St. Louis Symphony Orchetra's Extra Credit night on October 4. Free admission! Make a reservation at

**JAZZ AT THE BISTRO SEPTEMBER 27** Our Jazz Band will have lunch at The Bistro and mix it up with some Jazz greats that day. Another great opportunity! [Click Here](#)

**Entertainment Books** Buy a book \$30, use it 3 times and you already got your purchase price back! Shannon and Jeff Howard are chairing. Everyone gets one to sell. If you can't, please return but please ask others to buy before returning so we get the incentives for volume!

**GRANDPARENTS DAY** This year we will celebrate Grandparent's Day on Thursday, September 26th with the entire school to help show it off and since we have the space. The plan as of now is to have students attend Mass with grandparents. Afterwards, they will have

refreshments and visit their grandchild's classroom. Details are still being organized and will be sent with more information in the future.

**SCHOOL COUNSELING** can be a way to provide support for you child in times of stress whether things are going on at home or at school. All people can benefit by having a safe and confidential place to talk. **Data and Statistics on Children's Mental Health**  
**(See this entire article with citations at [cdc.org](http://cdc.org))**

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, causing distress and problems getting through the day.<sup>1</sup> Among the more common mental disorders that can be diagnosed in childhood are attention-deficit/hyperactivity disorder (ADHD), anxiety, and behavior disorders.

There are different ways to estimate which children have difficulties with mental health. CDC uses surveys, like the National Survey of Children's Health, to understand which children have diagnosed mental disorders and whether they received treatment. In this type of survey, parents report on the diagnoses their child has received from a healthcare provider. Learn more facts about children's mental disorders below.

Facts about mental disorders in U.S. children

- ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children
  - 9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis.
  - 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem.
  - 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
  - 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- Some of these conditions commonly occur together. For example:
  - Having another disorder is most common in children with depression: about 3 in 4 children aged 3-17 years with depression also have anxiety (73.8%) and almost 1 in 2 have behavior problems (47.2%).
  - For children aged 3-17 years with anxiety, more than 1 in 3 also have behavior problems (37.9%) and about 1 in 3 also have depression (32.3%).
  - For children aged 3-17 years with behavior problems, more than 1 in 3 also have anxiety (36.6%) and about 1 in 5 also have depression (20.3%).
- Depression and anxiety have increased over time
  - "Ever having been diagnosed with either anxiety or depression" among children aged 6–17 increased from 5.4% in 2003 to 8% in '07 and to 8.4% in 2011–12.
  - "Ever having been diagnosed with anxiety" increased from 5.5% in 2007 to 6.4% in 2011–2012.
  - "Ever having been diagnosed with depression" did not change between 2007 (4.7%) and 2011-2012 (4.9%).
- Treatment rates vary among different mental disorders
  - Nearly 8 in 10 children (78.1%) aged 3-17 years with depression received treatment.
  - 6 in 10 children (59.3%) aged 3-17 years with anxiety received treatment.
  - More than 5 in 10 children (53.5%) aged 3-17 years with behavior disorders received treatment.
- Mental, behavioral, and developmental disorders begin in early childhood
  - 1 in 6 U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder.

- Rates of mental disorders change with age
  - Diagnoses of depression and anxiety are more common with increased age.

Behavior problems are more common among children aged 6–11 years than children younger or old

**SNAPCHAT** Reminder to parents and guardians to monitor social media:

A big part of any system is life outside the system and how it impacts inside the system. We have had a snapchat issue this week and we are working on it. As with any issue impacting school from outside incidents, you have to research and seek a solution. Text-based communication does not always relay what is intended nor it it a shield to allow us to say anything we want. Vigilance on all social media, and sticking together as parents and students will help us become better people.

Judge Heinz Rudolph and Judge John O'Gara will be here on October 18 to help us understand the legalities of cyber-bullying. Parents are reminded to monitor all social media and gaming. Many of the cases involving profane language and threats arise from gaming. Social media has become the new hearthstone where many bad habits and language is learned. And it is also something that can be used for good if balance is kept in mind.

**SOMETHING TO THINK ABOUT** Since the 1950's when Regional Superintendent Norman Beck started providing bus service to the Catholic students in Monroe County, we have enjoyed a safety feature that not all schools have. In thinking about our morning bus service, we had 14 riders this morning and a maximum of 17 so far. Arrival time has varied from 7:59 to 8:08. Time on task is a big reason for much of our success. Starting school on time at 8:00 and starting Mass on time at 8:07 are important. This is **not a "have to"** but if everyone came by car to school it would lift a burden off the District and allow us to all start on time together. The District is in need of drivers. If you know anyone, please have them call 281-6555. Thanks to Director of Transportation Mark Keiser for all his help! **Something to think about...**

**YOUNG AUTHORS** Thanks for chairing Carrie Stark! Turn in date for the fall Young Authors contest will be Monday, September 30<sup>th</sup>. This will also be the jeans day for students turning in a story. We will again **need parent volunteers for judging**. Please contact Carrie Stark: [cbraun79@aol.com](mailto:cbraun79@aol.com) if you'd like to be a judge this year.

**DINE AND DASH** SWIC is hosting event for education coming up at SWIC October 18th. It's a 5k, car cruise, food trucks, live music, **family fun event**. The link is to the registration form for the race, but info can be found on the website.

<https://www.swic.edu/wp-content/uploads/2019/08/Registration-Form.pdf>

**KNIGHTS OF COLUMBUS CAR, TRUCK AND TRACTOR SHOW OCTOBER 12<sup>TH</sup> 2019**. This event raises funds that help the K of C to meet their financial obligation of supporting our CEAC. Third year---expecting larger turnout this year---takes up the entire upper lot in front of the Church and School---Kid Friendly-Family event. Share with friends/spectators: <https://www.facebook.com/events/641319156348963/>

**CHILD PROTECTION POLICY** Training at 6:00 tonight. Hope you pre-registered!

**MAGAZINES** Publishers may have already asked you to renew your subscription. Please consider renewing through the SHOP NOW button [www.gaschoolstore.com](http://www.gaschoolstore.com) The school I.D. # is 2710556. Search Immaculate Conception School, Columbia, IL. Shop---pick a student to give the credit. This will ensure needed funds, 40% of your purchase, will go to IMMACULATE CONCEPTION SCHOOL. Renewing your subscriptions through the publisher will not help them raise funds.

**THE SPORTING NEWS... The Diocesan Soccer Tournament** will be held at Oerter Park this year. Please step up and help our Soccer Coordinattor Brian Boyd make this a success!

### **GIBAULT CATHOLIC HIGH SCHOOL NEWS...**

**Doubt, A Parable** If you've seen a GCHS theatre performance, you know this is an event not to be missed! *Doubt, A Parable* is a one-act play, but the show will feature two acts, with the first featuring monologues from Gibault theatre students.

September 25, 26, 27 (7PM) and September 29 (2PM)

### **Be a Hawk for a Day**

Ever wondered what high school life at Gibault Catholic is like? Come find out! Gibault's shadow program invites 6-8 grade students to follow our modular schedule, attend classes, eat lunch, learn about clubs, and spend time on the patios first established by our founder, Fr. Ed., all alongside a current GCHS student. Contact Kara Hoke, Director of Enrollment (khoke@gibaulthawks.com) for more information and to arrange your student's shadow visit.

### **NATIONAL MERIT SCHOLARSHIP CORPORATION**

**COMMENDED STUDENTS IN THE 2020 NATIONAL MERIT® SCHOLARSHIP PROGRAM** Spencer Biske(ICS '17) and Joshua Eichholz have been named Commended Students from Gibault Catholic High School in the 2020 National Merit Scholarship Program. About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Commended Students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®). Spencer was 3 points off being a finalist in Illinois. His score in Missouri would have put him there. This is a national test with a formula per state. We are proud of you Spencer!

**St. Vincent DePaul** Friends of the Poor Walk which will be held on Saturday, September 21, 2019. Pat Hogrebe and Joe Hubbard at St. Vincent de Paul tell me of the growing number of requests they receive each day from people in need...many who lack the basic necessities of life – food, clothing and shelter. All proceeds from the walk remain here in our Belleville Diocese and go directly to serve people in need. Pledges can be designated for a parish's St. Vincent de Paul Conference or for the St. Vincent de Paul Belleville Council. Please consider participating in the walk at the Shrine or hosting a satellite walk in your local community. If you have questions, please don't hesitate to call Pat Hogrebe or Joe Hubbard at St. Vincent de Paul – 618-394-0126.

**HOLY FAMILY QUILT BINGO** October 27 th 2019 St. James Church Millstadt ILL Doors Open 10:30 am Bingo starts at 1:00pm BASKETS, RAFFLES HAND MADE QUILTS

### **SISTER THEA BOWMAN CATHOLIC SCHOOL 2020 CASH "MEGA" RAFFLE\***

\$10,000 grand prize---\$1,000 second prize---\$500 third prize ticket cost: \$100.00  
buy 1 ticket – get 1 free buy 2 tickets – get 3 free buy 3 tickets – get 5 free Send an email to either Karen Waide at cooperwaide@aol.com or Roberta Trost at roberta\_trost@yahoo.com. \*If 230 tickets are not sold by auction night, Sister Thea reserves the right to withdraw prizes and split 50/50 with a winner.

**ANTHONY HENDRICKS,** cousin to Anna, Mimi, and Steven Hornacek has started having a lot of seizures and they can't figure out why. Please include him in our prayers.

**Donna Kania(Archambault)** is having surgery 9/23 to rebuild her vocal chords and remove her trache. Prayers please-please-please. Cards would be appreciated! Send to school and we

will deliver. Donna was a big supporter for us while Emilia and Alicia attended and did a lot of health work for us as a nurse. She specifically asked for our prayers. Don't let her down!

**Danielle Dorlac** Please continue to pray for her and her caregivers, especially Constance.

**LINDSAY(BRANDON)WHITE** Mason's Mom is in Texas for cancer treatment. Please continue to keep her and the family in your prayers.

John Csik's Mom **Maria Csik** has died at age 86. John and Helen Csik have been very good to our parish in leadership roles. Visitation will be Sunday, September 22, from 2-6pm at Hoffmeister Colonial Mortuary, 6464 Chippewa Street, St. Louis Missouri 63109. A Mass of Christian Burial will be celebrated on Monday, September 23 at 10am at Cure' of Ars Catholic Church, 670 South Laclede Station Road, 63119. Interment immediately following Mass at Sunset Memorial Park Cemetery, 10180 Gravois Road 63123. Please include her and the family in your prayers. Allison, Emily, and Danny's grandmother.

**PRAYERS: Special Intention** Anthony Hendricks, Donna Kania, Lindsay White, Mark Fiore, Danielle Dorlac, Shawn Eichoff, Charlie Stockes, George Perry, Angela Roepke, Jan Hoffmann, Bill West, Jennifer Nesser, Patrick Kish, Tom Kish, Owen Jordan, Patti Rottler, Mike Taylor, Richard Prater, Donna Kania, Libby LoPorto, Lindsey Herbeck

*Mike Kish*

Principal

**Ps Blue Mass on Sunday.** This Sunday we will honor our First Responders who do all they can to keep us safe. God bless and keep them! **9:00 Mass**

**PS SECOND COLLECTION** ON SUNDAY September 28-29 to help our brothers and sisters in the Bahamas.

**PS** Early Release on Friday at 11:20! Don't forget!