



**CELEBRATION OF THE EUCHARIST:** Fr. Steve reminded us that when we are weak we need the strength of someone strong like St. Januarius and that we follow Jesus by helping others.. Fr. Eric told us that our “play/imagination” is a great gift that can become real in our world through God.

**(The students get these reminders during the week. Hopefully they are getting another reminder each weekend during the Celebration of the Eucharist with you.)**

**NO BUS SERVICE:** There will be no dismissal bus on FRI, SEP 29.

**BAGS & BUBBLY:** (SEE FLIER BELOW)

**PANERA FUNDRAISER:** The 8th grade class made \$309.34 in their Panera fundraiser this week. Thanks for all you participated. They are working on a Pizza Hut fundraiser in Oct. Details will be out soon.

**YEARBOOK:** We know that many of you are eagerly awaiting the arrival of last year’s yearbook. So are we. Josten’s claims they were delivered in August but we did not get them. They tell us they will be here in a few weeks. As soon as we get them we will let you know. If you are wanting to order one for next year you can order online or send back the form your child received with cash or check. If you send a check please make it out to ICS.

**YOUNG AUTHORS:** Fall Young Authors submissions will be due Monday October 2nd. Any parents interested in assisting with judging the submissions can reach out to Susie Funk [medic4837@gmail.com](mailto:medic4837@gmail.com). (GUIDELINES FLIER BELOW)

**IOWA TEST:** Next week students in grades 2-8 will be taking the Iowa standardized tests. The more rest and healthy foods they eat this week the better they will feel. I know the rest part can be a challenge but please send healthy snacks with your child next week. This isn’t usually an issue with the younger students but when the older students pick out their own snacks they seem to be on the unhealthy side. (Ms. Shea has more pointers below.)

### ICS EVENTS:

September 25: IOWA Testing Week

September 28: Bags & Bubbly

September 29: No Bus at 3:00

October 4-5: 5th Grade - Camp Ondessonk

October 5: 8th Grade - Springfield

October 5: 1st Grade - Zoo

**October 6: Teacher Institute No students in attendance**

**October 9: NO SCHOOL (Columbus Day)**

October 13: Diocesan Convocation **No students in attendance**

October 18: 2:00 Dismissal

October 19: 2nd Grade - Botanical Gardens

October 20: End of Qtr 1, No Bus at 3:00

October 20: 6th Grade - Memphis

October 24: Parent/Teacher Conferences, 2:00 dismissal

October 26: Parent/Teacher Conferences, 2:00 dismissal

**October 27: NO SCHOOL**

### SNEAKERS RECYCLE:

**LIONS OF ILLINOIS FOUNDATION**

**getsneakers?**  
A Sneaker Recycling Organization

The Lions of Illinois Foundation is partnering with [getsneakers.com](http://getsneakers.com) and will be collecting used sneakers as we travel throughout Illinois communities. These sneakers will then be turned in for funds to support the Mobile Screening Unit.

Seating People with Vision and Hearing Needs  
LIONS OF ILLINOIS FOUNDATION  
Since 1974

If you have any old sneakers at your house (all of us do) please consider donating them. You can drop them off at ICS until the end of October.

- Sneakers must be paired and tied together by the laces
- The nicer the sneaker the larger the donation
- **PLEASE have them in a plastic bag**

**PARENTS AND FRIENDS TRIVIA NIGHT: (SEE FLIER BELOW)**

**GIBAULT INFO: Oktoberfest 2023:** Mark your calendars for October 21 for this year's Oktoberfest - "*Havana Nights!*" For full event info, including ways to get involved, visit [www.Gibault2023.givesmart.com](http://www.Gibault2023.givesmart.com).

**OPEN HOUSE:** Save the date for Open House 2023 on November 5! We'll have more event information for our Future Hawks soon!

**SHADOW VISITS:** We're excited to announce we are officially scheduling shadow visits! On select Tuesdays and Fridays, your 7<sup>th</sup> or 8<sup>th</sup> grader or current high school student can spend the day living like a Gibault Hawk. Shadow visitors will be matched with a current student with similar interests and together, they'll attend classes, meet teachers, enjoy lunch in our cafeteria, and more! Get started at: <https://bit.ly/GCHSInquire>

**NOTES FROM MS. SHEA (Mrs. Christensen):** Test anxiety IState Testing Week is next week.. As parents it can be hard to know what to do to help your child cope with school anxiety, so I've compiled a few tips that can help:

- Talk to them! This may seem intuitive, but ask them how they're feeling about their grades. Talk with them about how they felt when they had their best grade yet. Brain-storm ways to recreate that situation, whether it be studying for 5-10 minutes each night, having a specific meal that is comforting to them, or even doing something fun the night before to get their minds off of their stress.
- Give them brain breaks. Between extra-curricular activities, social media and friend time, eating meals, and regular chores, sitting down to do homework for several hours at a time can be overwhelming. Make sure they have water and a snack on hand, and if needed set a timer for 30 minutes to remind them to get up and stretch. Using a timer is my favorite way to study, as it gets them to concentrate as much as possible for that amount of time. If 30 minutes is too much, start slowly with 10-15 and work up to 30-40 minutes.
- Breathe. I know what you're thinking – Mrs. Shea, that's the most stereotypical counselor thing to say. Hear me out though: when a person engages in deep breathing, it forces them to slow their heart rate down and, as a result, their brain is able to get oxygen more efficiently. It is also shown, when done properly and for enough time, to have a "reset" effect on a person's emotions and thereby allows a person to move from a reactive state in their "emotion brain" (amygdala and hypothalamus) to using their focused "rational brain" (frontal lobes). Here's how to do deep breathing using the 3-4-5 method: inhale for three seconds, hold your breath for four seconds, then slowly exhale for five seconds. Repeat this as many times as needed until the person feels calmer.

In the end, while grades are important, it is even more important to remind your kids that they are worth more than the scores they get on their test or homework. Never underestimate telling your kid you love them no matter what...it can do wonders.

**QUOTES OF THE WEEK:** A parent came in the office to pick up his son (1 of 3) who was sick. The son just “emptied his stomach” in the office trash can. When Mrs. Epplin told the dad that he replied, **“Yah, he’s our best puker.”** (I get some good quotes from everybody.)

A 1st grade boy was walking down the hall and he told me he lost a tooth yesterday. I asked if he put it under his pillow for the tooth fairy. He said, “Yes”. I asked him, “How much?” He replied, **“Just one.”**

A teacher’s child visited me after school in my office and on my desk was a bull horn. She asked what I needed that for. I told her I needed it for the cross country meet on Saturday. She replied, **“Oh, like where people just meet?”** (I guess you don’t learn if you don’t ask.)

Mrs. Neff’s students each brought in some fruit to make “friendship salad”. As each student contributed their fruit they had to say what makes a good friend. There were the usual responses: “nice”, “inviting them to play”, “sharing” (all good) then a boy says, **“If they are stuck on a cliff, you help them.”**

**PRAYER LIST:** Mike Neal, Jill Dalke, Jamie Moravec, all those serving in the military. (If you would like a loved one added to this list please email me.)

**ETERNAL REST:** Please keep Karen Weiler (ICS teacher), Peyton Weiler (5th grade), Michael Weiler (3rd grade) and their families in your prayers as they mourn the passing of her father and the kid’s grandfather, George Perry.

***“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.”***

TICKETS  
AVAILABLE  
NOW!



DOORS OPEN:  
6:00PM FOR SPONSORS & VIP  
6:30PM FOR GENERAL ADMISSION

@THE FALLS  
300 ADMIRAL WEINEL BLVD  
COLUMBIA, IL

ALL TICKETS INCLUDE ADMISSION,  
APPETIZERS & OPEN BAR  
\*\*TICKETS ARE NON-REFUNDABLE AND  
NON-TRANSFERRABLE.

RAFFLE TICKETS:  
1 FOR \$25, 3 FOR \$70, 5 FOR \$100

# BAGS & Bubbly

## DESIGNER PURSE RAFFLE

THURSDAY  
SEPTEMBER 28, 2023





WE ARE "FALLING" FOR TRIVIA!

# ICS TRIVIA NIGHT



NOVEMBER 10, 2023

DOORS AT 6 P.M., TRIVIA STARTS AT 7 P.M.

REGISTER HERE:



\$200 PER TABLE OF 10  
MULLIGANS, 50/50 AND GAMES AVAILABLE FOR  
PURCHASE

OUTSIDE FOOD AND DRINK WELCOME

Immaculate Conception Garden Level  
409 Palmer Road, Columbia IL

QUESTIONS? EMAIL JACKIE WEAVER,  
SCHMIDJK@GMAIL.COM



## Young Authors Fall 2023

Sharpen your pencils, for it is time to prepare for the Fall Young Authors' program!

The fall turn-in day will be **Monday, October 2nd**. Please give your submissions to your teacher (5<sup>th</sup>-8<sup>th</sup> grade students please give your manuscript to your English teacher). For judging purposes, do not write your name on your story. We ask that you attach your name on a separate piece of paper (with a paper clip or stapled), or on a Post-It note adhered to your manuscript. The chairperson will record the titles and names, and then remove the names from the stories before giving them to the judges. The following information may answer any questions you have.

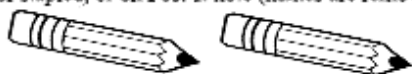
If you have other questions, please email Susie Funk at [medic4837@gmail.com](mailto:medic4837@gmail.com) or Jessica Dickman at [jmdickman12@gmail.com](mailto:jmdickman12@gmail.com).

Thank you!

### How should my work be packaged?

Your submission should include the following:

- A front cover with the title of your manuscript (it can be a simple title page, with no name)
- Your name on a separate piece of paper attached by paper clip or stapled, or on Post-It note (names are removed for judging)
- Pages securely fastened by staple or other means



### What should I write, and how will it be judged?

The emphasis of the Young Authors program is on creativity. A parent volunteer will judge your work based on its originality, its organization (does your story have a beginning, middle, and ending?), and on its use of clear, descriptive words. Stories are evaluated based 75% on creativity and 25% on grammar and punctuation.

You may also enter a poem. It will be judged based on its creativity, how well it flows, and on the strength and clarity of its message. For upper grade students, a poem or collection of poems should have at least 20 lines total.

Any submission may be written at home or as part of a classroom assignment. Please do not submit work that has been entered in the Young Authors competition in a previous year.

### Can my parents help me?

Young Authors is designed to encourage you to write, and so the work must be your own. You can try out your ideas on your parents if you like, and they can help you with proofreading grammar, punctuation and spelling. Very young authors may tell their story to a parent while the parent writes it down. The child may then write out the story, or the parent may write it or type it. It is important that the story be "in the child's own words," which is the state rule for the Young Authors program. Parents should encourage their children to work on their submissions as independently as possible.

### What if I win?

Congratulations! You may win a Young Authors' trophy once each school year. If you win a trophy, be sure to keep entering! Your future submissions are still eligible to win runner-up awards.

By entering repeatedly, you are also eligible to receive special awards at the end of the year.