

DMCS eNewsletter September 11, 2020

Dear Parents-

Happy Thursday! The gloomy, cold weather sure has me thinking about the cold that will be coming, but it also has me thankful that the heat has passed on. The building has been so much more comfortable this week.

Thank you for all your help the first two weeks with attention to mask cleaning and symptom checking each day. We will need to continue to partner together as we navigate the coming months. With the cold weather comes cold and flu season as well, and we expect children will get sick with the usual things. The Minnesota Department of Health has released new guidelines that split Covid-19 symptoms into “more common” and “less common”. More common symptoms are fever greater than 100.4 degrees, **new onset** or worsening of cough, difficulty breathing, and new loss of taste or smell. Less common symptoms are sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, **new onset** of severe headache, **new onset** of nasal congestion, or runny nose. With this division of symptoms, we are better able to guide people through regular illness cycles. Working together will help us all stay as healthy as possible.

The Covid pandemic and all the life changes that have come because of it, has made so many things more stressful in life. To help manage this stress and the anxiety it causes, the Catholic Schools Center for Excellence (CSCOPE) has made the following presentation from Dr. Jules Nolan available to parents of children attending Catholic School in our Archdiocese.

Stress and Anxiety in School-Aged Children

Even before COVID, anxiety had become the most commonly diagnosed issue in classrooms across this country. Given the stress of this time, of disrupted school and more pressure on families, we are seeing a rise in the stress and anxiety demonstrated by children. In this session, you will learn concrete strategies to help your children become more resilient to stress and to better endure normal anxious feelings. You will also find tips to differentiate “normal” stress and anxiety responses from more serious symptoms, how to intervene without interfering, and when to seek help.

September 15, 6:30 p.m.

September 21, 6:30 p.m.

September 29, 6:30 p.m.

[Click here to reserve your spot](#)

If this would be of value to you, I encourage you to sign up by clicking the link above. The presentations will be via an online platform so you can attend from the comfort of your own home! As we enter the 7th month of this challenging time, I am becoming more and more aware of the toll this has taken on the mental well-being of many of us. The stress and challenges have affected us all. I am hopeful you can find some relief with the help of Dr. Jules.

Blessings to you-

Mrs. Ashley

Every child is a Vision of Hope!

Student Pictures - September 22nd & 23rd! Mike Oldenberg from Oldenberg Photography will be at DMCS to take student pictures September 22nd & 23rd. *Look for the picture order forms sent home today with each child!*

Students may wear **school appropriate** clothing of their choice on their picture day.

Tuesday, September 22nd - Gr. K-5

Wednesday, September 23rd - PreK & PreK Readiness





What is P2 for Families?

The Positivity Project had instituted a new parent resource. Here is the information:

We recently released [P2 for Families](#), which will help connect P2 to students' homes through 1 quote, 1 video, and 3 questions. This is designed to be easy for parents to use to lead conversations around the importance of character strengths and positive relationships. It will be differentiated for grades Pre-K-2, 3-5, 6-8, and 9-12. Most of these webpages are password protected and the password (very simple) is: P2

Turn shopping into earnings for your child's tuition!

Raise money for you child's tuition by using gift cards to turn everyday shopping into earnings. With more than 750 top brands to shop, there's a gift card for everything on your list.

How it works:

1. Earn on every gift card you buy

Choose from all your favorite brands and earn from 1.25% to 20% on each gift card you purchase. You can earn \$50 to \$1,000 or more every year in tuition credit. It's up to you!

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Get gas, groceries, clothes, your morning coffee—everything you're already buying. It's easy, it's rewarding, and it fits right into your busy schedule. Plus, you don't have to spend any extra money.

3. How to get started

Create an account on [MyScripWallet](#) or [Shop With Scrip](#) using our organization's enrollment code: **4419172C78L**

Seamlessly check out and receive eGift cards faster by securely paying online with a linked bank account or credit card.

If you have any questions, please contact Peggy Johnson in the DMCS Business Office at (507) 334-7706 ext: 2206 or pjohnson@dmcs.cc.

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Dates to Remember



Sept. 14	NWEA Testing Continues
Sept. 16	8:30 Mass Gr. 4D Host
Sept. 22	K-5 Student Pictures
Sept. 23	PreK & K Readiness Student Pictures 8:30 Mass Gr. 4P Host
Sept. 25	Dress Code Reward Day