



ST. JAMES

Elementary School

Virtue of the Month

Justice

Being fair and giving everyone a chance.

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and love mercily and to walk humbly with your God.

Micah 6:8



Important Dates

April

7th: No School

11th: Casual for Christ

18th: No School (Good Friday)

21st: No School (Easter Monday)

30th: Early Release @ 1:30pm

April Mass Schedule

9th: Kindergarten

16th: 4th Grade

23rd: 3rd Grade

30th: NO Mass



Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of *Living Faith*, *Accepting Responsibility*, *Promoting Teamwork*, *Achieving Excellence*, and *Inspiring Leadership*.

Halo Heroes

Georgia Z
Piper B
Danica M
Emma H
Deacon S

Important Numbers

Student Transit (Bus)

715-839-5116

After School Care

507-259-2135

St. James Office

715-830-2277

HELLO SPRING

Uniform Expectations

As the weather warms up (hopefully soon!), we want to take a moment to remind everyone of our dress code policy. Shorts may be worn starting May 1st. In April, they are **only** permitted if the forecasted temperature is above 70 degrees. Please ensure that shorts are worn under dresses and skirts. Additionally, open-toed shoes are not allowed. Your child should be in uniform **everyday** unless it's their birthday, a casual for Christ day, or a classroom celebration.



April Events + Activities

SJ Families – below is a list of our planned events for April. While not all events may apply to your child, we want to keep you informed about the activities happening across all grade levels. Additional events may be added, so please stay tuned for updates!

April 4th: Tuck Everlasting Play @ The Pablo Center (4th and 5th Grade)

April 22nd: Beaver Creek Field Trip (2nd Grade)

April 22nd: Water Safety Presentation @ SJ (5th Grade)

April 22nd: EMS Safety Presentation @ SJ (4th Grade)

April 22nd: Earth Day presentation @ SJ (4K, K, 1, 3)

April 23rd: Evacuation Drill @ Delong MS. *More info to come* (ALL students + staff)

April 25th: Finding Nemo Play @ The Pablo Center (4K, K, 1st, 2nd, 3rd)



April Casual for Christ

For our April fundraising efforts, SJ is proud to support the Alzheimer's Association. Alzheimer's is a progressive condition that affects memory, thinking, and behavior, impacting millions of individuals and their families. Many of us know someone (Grandparent, relative, or family friend) who has been affected by this disease, making this cause especially meaningful.

On Friday, April 11th our school community will come together to raise awareness and funds to support the Alzheimer's Association in its mission to advance research, provide resources, and offer support to those in need.



FATHER-DAUGHTER DANCE!

REGIS HIGH SCHOOL GYM
APRIL 26TH, 2025

JOIN US FOR A FATHER-
DAUGHTER DANCE AT REGIS HIGH
SCHOOL!

THERE WILL BE SNACKS
PROVIDED!

AT THE REGIS HIGH SCHOOL GYM
2PM-5PM

\$10 PER FATHER DAUGHTER DUO

ALL MONEY WILL BE GOING TO ST.
JUDE'S CHILDREN HOSPITAL FOR
RILEY JOHNSON'S NHS PROJECT

WALK FOR VIRTUES



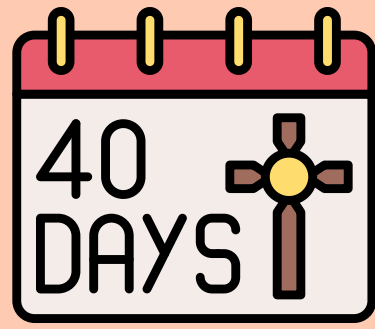
WFV is underway! This year, the funds we raise will go toward purchasing new school lunch tables, updating office flooring, and adding an outdoor shed to store our recess equipment.

Our students love getting involved in the WFV fundraiser, and there are many exciting prizes to motivate them along the way. A prize sheet is located in your child's envelope.

We're thrilled to work together toward our school-wide goal of \$12,000! We encourage you to support and inspire your child to participate.

**ENVELOPES DUE
MAY 9TH, 2025**























Family Lent Calendar

Regis Catholic Schools



Family Lent Calendar 2025

 = a day of fasting and abstinence from meat  = a day of abstinence from meat.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March			5 <i>Ash Wednesday</i> Go to Mass and receive the cross of ashes. 	6 Help children choose simple, but meaningful penances.	7 Make a Lenten home altar. Decorate a table with purple cloth, a Bible, Crucifix, and candles. 	8 Bury the "Alleluiah." Write the word "Halleluia" on a piece of paper, put it in a bag, and bury it in the yard. "Resurrect" it at Easter.
9 Stay after Mass to pray for a spiritually fruitful Lent.	10 Set out an empty jar and fill it with loose change. When it's full, empty it into the poor box.	11  Tonight, go around the table, and have everyone offer a compliment to the person on their right.	12 Enjoy pretzels — a traditional Lenten snack. The crossed "arms" reminded monks of someone at prayer.	13 Use only kind words to everyone you encounter today. 	14 Pray the Chaplet of Divine Mercy together. Find it here: www.usccb.org/prayers . 	15 Email the parish office and ask if there are any upcoming events that need your family's help.
16  After Mass, light a candle for those who have no one else to pray for them.	17 <i>St. Patrick's Day</i> Offer extra prayers for those who sacrifice to spread the Gospel.	18 Practice patience — a true act of charity.	19 <i>St. Joseph's Day</i> Happy Solemnity! Entrust fathers (including priests) to St. Joseph's care.	20 Agree that each person should perform an extra chore today, and offer the effort for the souls in Purgatory.	21   Attend a parish meatless meal together.	22  Before bed, pray an Our Father, a Hail Mary, and a Glory Be together for everyone's prayer intentions.
23 After Mass, explain Father's homily in terms children can understand.	24  Encourage children to give up a favorite toy or game, just for today, just for God.	25 <i>The Annunciation</i> We celebrate Mary's "Yes!" to God. Pray three Hail Marys to ask for help to be faithful to God's plan.	26  Get up 15 minutes early to pray as a family.	27 Check out Catholic Relief Services and see if you can help support any of their projects at https://www.crs.org .	28 <i>Family Night</i>  Turn off the TV and phone screens. Relax, order pizza and play board games.	29 Give up an hour of screen time tonight (no phones, either!) and spend it in prayer, reading Scripture, or doing a family activity.
30 <i>Laetare Sunday</i> It's the halfway point of Lent. Have a special dessert after Mass to celebrate.	31 Encourage everyone to refresh their Lenten resolutions.	1 <i>April</i> Each day remaining in Lent, put a jellybean in a jar whenever someone does a good deed. Enjoy the results at Easter!	2 Go to Confession together and experience God's mercy. Have a treat afterward to celebrate.	3 Put out a box for gently used clothes that are no longer needed. When it's full, take it to a shelter or thrift store.	4  Pray the Stations of the Cross or visit the Blessed Sacrament together to console Jesus' Sacred Heart.	5 Pray a Rosary together, in honor of Mary's Immaculate Heart. 
6  Read today's Gospel (John 8:1-11), and talk about Jesus' important message.	7 At dinner, have everyone name two blessings for which they are thankful and something they'd like to improve.	8  Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	9 Read Luke 22:39-46. Talk about the need to trust God when doing His will is difficult.	10  Go for a walk together and look for signs of Spring.	11  To prepare for Holy Week, set a family screen fast from 12:00pm to 3:00pm, the time Jesus hung on the Cross.	12  The King is coming! Tidy up the house to welcome Him.
13 <i>Palm Sunday</i> Place palms around the images of Jesus in your home to mark the start of Holy Week.	14 Offer extra prayers for those entering the Church at Easter.	15 At dinner, share one way God showed His love to each of you today. 	16  Forgive someone who hurt you. Ask forgiveness of anyone you may have hurt.	17 <i>Holy Thursday</i> Read John 13:1-11. What would you say if Jesus offered to wash your feet?	18 <i>Good Friday</i>  Pray the Stations of the Cross at church or at home. Thank Jesus for His sacrifice of love.	19 <i>Holy Saturday</i> Light a candle and renew your baptismal vows together as a family.

APRIL LUNCH MENU

APRIL 2025

Regis Elementary School Meals
Grab N' Go Breakfast and Lunch

This institution is an equal opportunity provider. Menus are subject to change

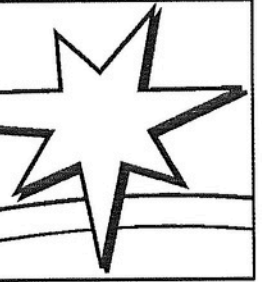


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Grab n Go 1</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Beef Nacho Bar Lettuce/Tomato/Salsa Black Bean Salad Mixed Fruit/Orange Wedges</p>	<p>Grab n Go 2</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Pizza Hut Pizza Cheese or Pepperoni Tossed Green Salad Cherry Tomatoes/Green Peas Chilled Peaches/Fresh Apple</p>	<p>Grab n Go 3</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Chicken Smackers Baked Beans Cucumber Slices Cantaloupe Wedges/ Chilled Pears</p>	<p>Grab n Go 4</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Mac & Cheese w/ Breadstick Whole Kernel Corn Baby Carrots Seedless Grapes/Pineapple Tidbits</p>
NO SCHOOL 7	<p>Grab n Go 8</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Chicken Patty on a Bun Sweet Potato Fries Steamed Carrots Banana/Chilled Peaches</p>	<p>Grab n Go 9</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Pizza Hut Pizza Cheese or Pepperoni Tossed Salad Broccoli/Cauliflower Mixed Fruit/Orange Wedges</p>	<p>Grab n Go 10</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Chicken Nuggets Baked Potato Wedges Green Peas/Baby Carrots Mandarin Oranges/Kiwi</p>	<p>Grab n Go 11</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Mozzarella Dippers w/ Pizza Sauce Salsa/Whole Kernel Corn Green Beans Chilled Pears/Fresh Apple</p>
<p>Grab n Go 14</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Cheesburger on a Bun Whipped Potatoes Cherry Tomatoes Mixed Fruit/Orange Wedge</p>	<p>Grab n Go 15</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Beef Hard Shell Tacos Lettuce/Tomato/Salsa Refried Beans/Spanish Rice Chilled Pears/Fresh Apple</p>	<p>Grab n Go 16</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Pizza Hut Pizza Cheese or Pepperoni Tossed Salad Carrots & Celery Sticks Chilled Peaches/Melon Wedges</p>	<p>Grab n Go 17</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Baked Mini Corn Dogs Green Beans Broccoli Pineapple Tidbits/Fresh Apple</p>	NO SCHOOL 18
NO SCHOOL 21	<p>Grab n Go 22</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Cheese Quesadilla Baked Seasoned Fries Green Beans/Baby Carrots Grapes/Chilled Applesauce</p>	<p>Grab n Go 23</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Pizza Hut Pizza Cheese or Pepperoni Tossed Salad/Celery Sticks Chilled Peaches Orange Wedge</p>	<p>Grab n Go 24</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Sausage, Egg and Cheese on a Bun Baked Tator Tots Tossed Salad/Cucumber Slices Kiwi/Strawberries</p>	<p>Grab n Go 25</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Fish Sticks Whole Kernel Corn Sweet Potato Fries Mixed Fruit/Fresh Apple</p>
<p>Grab n Go 28</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Mozzarella Dippers w/ Pizza Sauce Tossed Salad Celery Sticks/Tomatoes Chilled Pears/Warm Apple Slices</p>	<p>Grab n Go 29</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>*Beef Walking Taco Lettuce/Tomato/Cheese/Salsa Seasoned Refried Beans Cucumber Slices Mandarin Oranges/Banana</p>	<p>Grab n Go 30</p> <p>*Cereal Bowls or Breakfast bar Combo Kits and Fresh Fruit</p> <p>Lunch</p> <p>BBQ Pulled Pork Sandwich Baked Seasoned Fries Baby Carrots Applesauce/Orange Wedge</p>		

Milk is offered with all meals & includes a choice of Skim or Chocolate.

Director of Food Service: Alexis Toledo - 715-830-2276 ext. 2005

or email at atoledo@regiscatholicschools.com



Thoughtful Moments

St. Catherine of Siena

Born in 1347, St. Catherine of Siena experienced divine visions from a young age. Rejecting marriage over her mother's objections, she joined the Third Order of St. Dominic and embraced a life of poverty, prayer, and charity. Known for her wisdom, she became a sought-after advisor and peacemaker. Her theological contributions and spiritual writings earned her the title of Doctor of the Church, recognizing her lasting influence on Catholic doctrine and devotion.



PACT — prayers on the go

If you have just a few minutes to pray as a family, focus on the four essential forms of prayer: Petition, Adoration, Contrition, and Thanksgiving. Entrust all your concerns to God, reflect on His goodness and love, seek His forgiveness in areas where you have fallen short, and express gratitude for His many gifts – especially His mercy. Amen!

"In the world you face persecution. But take courage; I have conquered the world!" (John 16:33).



Sunday Mass: a sacred invitation – will you accept?

If a friend invited your family to dinner and told you Jesus would be there, wouldn't you do whatever it took to attend, knowing the immeasurable blessing of being in His presence? Each time Mass is celebrated, Jesus is truly present. Do whatever it takes to attend every Sunday Mass so your family is blessed by:

Nourishment for the Soul – Just as parents ensure their children eat well to grow strong and healthy, Jesus provides the spiritual food we need to strengthen our souls. The Eucharist is not just symbolic; it sustains and transforms us.

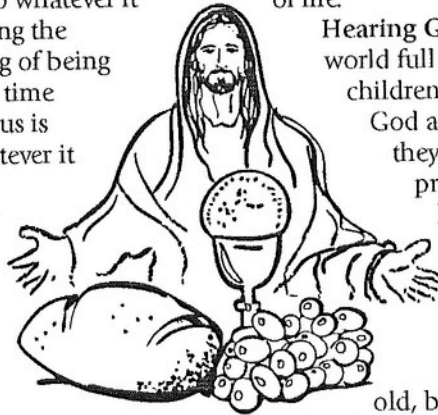
Obedience to God – He explicitly calls us to keep the Sabbath holy. Bringing children to Mass teaches them

to prioritize God's law, reinforcing the importance of obedience in all aspects of life.

Hearing God's Word – In a world full of distractions, children must learn to listen to God above all else. At Mass, they hear Scripture proclaimed, forming a habit of recognizing and responding to His voice.

Belonging to a family – Every Catholic, young and old, belongs to God's family, the Church. *"For where two or three are gathered in my name, there am I in the midst of them"* (Matthew 18:20). Children bless others simply by being active members.

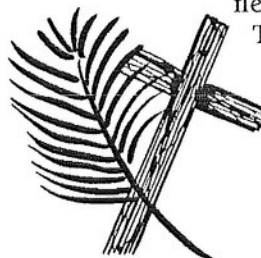
Regular Mass attendance isn't just a duty—it's a gift that helps children become spiritually strong.



Why Do Catholics Do That?

Why do Catholics commemorate Palm Sunday?

Catholics observe Palm Sunday, the beginning of Holy Week, recalling Jesus' triumphant entry into Jerusalem. Crowds honored Him with palm branches, shouting "Hosanna!" During Mass, we receive blessed palms, symbolizing victory and the



fleeting nature of human praise. The liturgy includes the reading of Christ's Passion, shifting from joy to solemnity, preparing us for His suffering and sacrifice.

This day calls for solemn and thoughtful preparation for the most solemn week of the year and the joy of Easter.

Make Easter joy last all year

Easter joy isn't meant for just one morning—it's meant to be lived every Sunday. As Pope John Paul II reminded us, "Sunday recalls the day of Christ's Resurrection. It is Easter which returns week by week, celebrating Christ's victory over sin and death" (*Dies Domini*). Keep that joy alive by making every Sunday a "little Easter."

Joy follows sacrifice. Just as darkness precedes the dawn, atonement for sin prepares us to fully experience Easter's triumph. Make Fridays penitential in your home—share meatless meals, fast from entertainment,

go to Confession, serve others through acts of charity.

Rejoice in second chances. Jesus knows our good intentions don't always hold, so He gave us the Sacrament of Reconciliation. Go as a family at least once a month. When children see you seeking God's mercy, they'll know it's there for them too.

Immerse yourself in the Mass. It's not meant to be observed but lived. Read the Scriptures beforehand, sing wholeheartedly, and pray with intention. Celebrate the Resurrection with true joy.



Scripture LESSON

John 20:19-31, Mercy triumphs over doubt

Poor Thomas! Despite his years of faithful discipleship, he will forever be known as "the Doubter." Even after witnessing Jesus' miracles firsthand for several years, he struggled to believe in the Resurrection. Not even the testimony of multiple eyewitnesses could convince him that his Lord had returned.

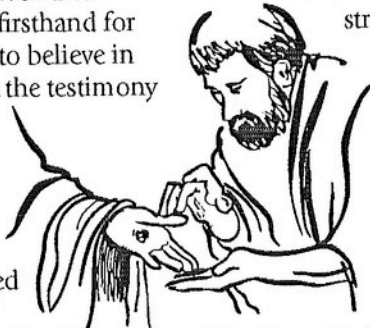
Yet Jesus, in His mercy, met Thomas in his doubt. A week later, Jesus appeared to him, offering the proof Thomas needed—even inviting him to touch His wounds. Thomas hesitated, but when confronted with the Truth, he embraced it.

What can a parent do? Remind

children that God is not troubled by our questions or doubts, especially when we say, "I'm

struggling—please help me." As we grow in faith, we will encounter ideas that challenge or confuse us. In those moments, we can turn to God in prayer and seek wisdom in the teachings of the

Church, guided by the Holy Spirit. St. Thomas' journey of doubt ultimately led him into deeper intimacy with Christ. The same can be true for us—if we are willing to seek and trust.



Feasts & Celebrations

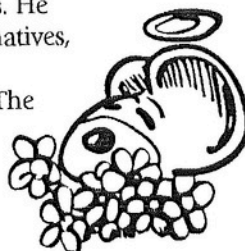
April 7 – St. Jean Baptiste de la Salle (1719). St. John was born at Rheims, France, to a noble family, and was ordained a priest in 1678. He taught groups of poor and rich children together – which was unusual for that time. He formed the Brothers of the Christian School, a successful community of educators.

April 13 – Palm Sunday. This Sunday recalls Jesus' entry into Jerusalem when He was greeted by crowds waving palms. It marks the beginning of Holy Week.

April 23 – St. Adalbert of Prague

(997). St. Adalbert was bishop of Prague, but his evangelizing activities earned him enemies and he was forced to leave. He was later invited by the Duke of Poland to evangelize Pomerania and Hungary and was martyred.

April 28 – St. Peter Chanel (1841). St. Peter Chanel entered the Society of Mary and was sent to evangelize the Marshall Islands. He baptized a few natives, including the chieftain's son. The entire island converted two years after his martyrdom.



Parent TALK

For more than a week, Tessa came home upset about the environment in her classroom. The way Tessa told it, the teacher had little control over the class, nor any idea of what the kids were up to when her back was turned. When it continued into the next week, I decided to

email the teacher to tell her I wasn't happy.

As I started typing, I realized I wasn't being fair. What if Tessa wasn't giving me the whole story? Shouldn't I be helpful rather than critical?

My email instead asked for a meeting and the teacher responded immediately. When we met, she acknowledged that there were issues in class but detailed the excellent steps she was taking to get on top of them. Further, she had suggestions for how I could support her at home.

This experience convinced me to be a partner rather than a critic.

Our Mission
To help parents raise faithful Catholic children
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