

February 9, 2023



**Holy Spirit School**  
***Inspiring Minds/Igniting Hearts***  
**2022/2023**  
**"Joy"**

## Super Bowl Fun

Earlier in the week the below message came from Bishop Burbidge. Very fun!

**A reminder that regardless of outcome, Holy Spirit IS closed on Monday, February 13th as a result of the tremendous support of this year's Booterthon fundraiser.**

Should the Eagles win - we will look at the calendar and pick an additional day.

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Dear School Leaders,

It is my hope that you had a very blessed Catholic Schools Week. I had the opportunity to visit a few of our schools last week and had some fun talking with students about the Super Bowl and, of course, the Eagles (Some of my brother priests have humorously told me that "I have no shame!" When it comes to the Eagles, they may be right!)

My sense is that quite a few students in our schools are, like me, all-in for the Eagles. Building on that energy, I make the following simple proposal:

***If you have some of your faculty, staff and students rooting for the Eagles, and the***

***Eagles win, a bishop's holiday for this semester will be granted to your school.***

Should anyone need assistance learning the Eagles fight song, it is available here: <https://www.youtube.com/watch?v=6SosmpnWET4>

Of course, this proposal is meant to be fun and bring some additional excitement to the Super Bowl.

Know of my deep gratitude for your faithful witness and dedicated service.

Bishop Burbidge



Want to learn the Eagles fight song? Click above.

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**GRANDPARENTS DAY IS TOMORROW!  
WE ARE LOOKING FORWARD TO SEEING EVERYONE!**



**February 10th  
is  
GRANDPARENTS DAY at Holy Spirit School!**

9:00 AM Mass (in the church) followed by a reception

Grandparents and their grandchildren should arrive together in time for the 9:00 am Mass and go directly to the church.

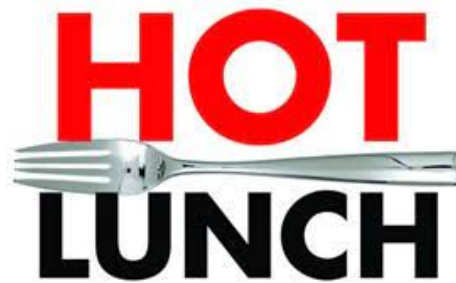
Any student who will not have a guest that day should arrive at school at regular time and those

students will attend Mass with their homeroom.

After Mass all grandparents and their grandchildren are invited to attend a reception in the gymnasium where we will have a breakfast "treat" and a planned activity.

Grandparents and grandchildren will also have the opportunity to attend the Book Fair in the library, if that is something they would like to do.

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While preparing for the current academic year, Holy Spirit was faced with the challenge of revamping the school's hot lunch program. In order to conform to the advice of the Diocesan Chancery Offices, the parish/school no longer rents out the kitchen space to a catering company and thus, after interviews with several companies, entered into a year-long arrangement with School Eatery to provide student lunches.

The platform used by School Eatery is similar to those of other companies in the same industry (Yay Lunch; Fairfax Food Service) and pricing was found to be similar.

We know the change was a big one for our returning families and got off to a bit of a rocky start. Having settled into the year and new platform, and as said at the start of the year, we are seeking feedback from the parent community about the experience with School Eatery in order to guide us in discussions with the company and for future decisions regarding a hot lunch program.

Responses will be collected from Thursday, February 9 - Thursday, February 16, 2023.

Thank you for your participation.

Hot Lunch Program  
Survey

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February 16 is the next PTO Spirit Gear day.

Monday, February 20th is also a no school day for Presidents Day.

February 22 is Ash Wednesday. We will attend Mass at 10:15 am.

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# VALENTINE'S THEMED DRESS DOWN

**FEBRUARY 14**

**DRESS IN YOUR BEST  
VALENTINES THEMED  
WEAR!!**

**SPONSORED BY NJHS**

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# Hot Chocolate At Lunch

February 21

Sponsored by NJHS



\$1 for Hot Cocoa



Whipped Cream,  
Marshmallows, and Peppermint  
Sticks are included!!



# Dr. Seuss

## Dress Up Day

Thursday March 2<sup>nd</sup>

Spend the day dressed as  
your favorite Dr. Seuss character

*Put a Wocket in your pocket*

*Be a Lorax*

*Wear a cat's hat*

*Be creative...there are so many possibilities!*



\*This is NOT a regular dress down day. You must be in costume to participate.  
Volunteers will be needed for this fun day! Please visit Connect 1 for opportunities  
to help (sign-up coming soon).

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# PARENTS IN STEM NEEDED!

MISS STEVENSON INVITES PARENTS WITH CAREERS IN STEM TO SPEAK TO HER TECHNOLOGY CLASSES ABOUT THEIR CAREER AND THEIR JOURNEY.

**VOLUNTEERS NEEDED FOR THE TIMES:**  
**FEB 27 9:45-11:15 (2 CONSECUTIVE CLASS PERIODS)**  
**FEB 27 12:00-12:45 (1 CLASS PERIOD)**

For interested volunteers, please go to Connect! to register for a time slot.  
Email Miss Stevenson with any questions: [estevenson@holyspiritflames.org](mailto:estevenson@holyspiritflames.org)

## Doodle for Google Contest 2023

The Doodle for Google Contest kicked off for 2023. The theme this year is "I am grateful for." For the contest, students use their imagination to create a google doodle based on what they are grateful for.

The contest is open now through **March 7th, 2023** to students in grades K-12. There will be a state winner from each state/territory, national finalists, and one final national winner. If you have any questions or if your student is interested in participating, please feel free to contact Mrs. Liss [iliss@holyspiritflames.org](mailto:iliss@holyspiritflames.org). She is happy to help guide, answer questions or give feedback.

This is the link for more information and to enter the contest.

<https://doodles.google.com/d4g/>

## Partners in FAITH™

Helping our children grow in their Catholic faith.

February 2023

Holy Spirit School

### Thoughtful Moments

#### Instill confidence in prayer

Many Catholic parents worry their children will be tempted away from the Faith. The good news is that children who grow up with a strong prayer life, regular Mass attendance and Confession often are likely to stay Catholic. Youngsters who turn to God from an early age grow up to revere and lean on Him. Teach children to pray and have prayer aids handy. Pray regularly as a family, and stay close to the greatest Catholic prayer – the Mass.

#### Love of God and others

Christian parents, by example, can help their children live the greatest commandments – love of God and neighbor. By creating a home where tenderness, forgiveness, respect, and humility flourish, the family places the spiritual above the material aspects of society. Children learn to love as God loves – freely, confidently, and without limits.

"Discipline your children, and they will bring you comfort, and give delight to your soul" (Proverbs 29:17).



### Four holy habits to teach children during Lent

The season of Lent is a call to change our ways and repent. It's also a chance to help our youngsters grow in holiness. In turn, we will find ourselves becoming more virtuous as we "train a child in the way he should go" (Proverbs 22:6).

**Patience:** Children often have trouble waiting, but impatience can make us sad or mad, and lead us to stop trusting in God. Teach patience by calmly waiting your turn, don't complain when enduring difficulty, and encourage children to pray while waiting.

**Kindness:** Flowing out of the virtue of charity, it is best learned by feeling it so it can be reproduced. Make kindness a signature virtue your family shares.

**Honesty:** Deception in any form is sinful. Children may lie to get out of trouble, to get something they want, to avoid upsetting others. When they admit to wrong doing, extend mercy. If you uncover a lie, require an apology and impose steps to repair damage done.

**Obedience:** Our fallen nature means that disobedience is more natural to us than submitting to authority, but obedience recognizes rightful authority, but authority encourages us to submit to God's will – a critical life skill. We can model obedience when we seek God's will in prayer and Scripture, pray for His guidance, and model those habits for our children.

### Why Do Catholics Do That?

Each color highlights a particular aspect of the season and helps us enter the mystery we're celebrating. Green symbolizes spiritual growth and is worn during Ordinary Time. Purple (or violet) is for the penitential seasons of Lent

### Why do we use different colored vestments during Mass?



and Advent. White and gold signify joy and glory and are for Christmas and Easter. Red, recalling Christ's blood, is worn on Good Friday and the feasts of the martyrs. It also recalls the Holy Spirit and is worn on Pentecost and Confirmations.

## Family Lent Calendar 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 26	February 27	February 28	March 1	March 2	March 3	March 4
<p>Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Sunday). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying" (Catechism of the Catholic Church).</p> <p><b>26</b> <i>Shrove Tuesday</i>          Write the word, "shrove," on a piece of paper. Put it in a bag and bury it in the ground to let it "shrove" on Easter.</p> <p><b>5</b> <i>After Mass</i>, light a candle for someone who passed away recently. Your parish family will join their prayers to yours.</p> <p><b>12</b> After Mass, explain the homily in terms children can understand. Come up with a meditation for the week.</p> <p><b>19</b> <i>Lactare Sunday</i>          Today, we look forward to Easter! Have a treat after Mass to celebrate the midpoint of Lent.</p> <p><b>26</b> <i>Spiritual Respite</i>          Have each person choose a prayer to offer daily for your pastor. Send a card with everyone's promises.</p> <p><b>2</b> <i>Palm Sunday</i>          Palm fronds were a sign of victory and triumph. Decorate the exterior and interior of Jesus around your home with palms.</p>	<p><b>27</b> Make a Lent prayer chain. Write 40 intentions on slips of paper. Each day, choose a slip, add a prayer for the intention and add it as a link to the chain.</p> <p><b>6</b> Set out an empty box, through Lent, add any unusual clothes, books, or toys that are in good condition.</p> <p><b>13</b> Devote to one only kind words today.</p> <p><b>20</b> <i>St. Joseph's Day</i>          St. Joseph worked, protected, and cared for Mary and Jesus. Enlist others in making promises to his care.</p> <p><b>27</b> Get up 15 minutes earlier than usual today and pray as a family.</p> <p><b>3</b> Tonight and every night this week, say a special prayer for those entering the Church during the Easter Vigil.</p>	<p><b>28</b> Give up a favorite snack today for the week in Purgatory.</p> <p><b>7</b> Pick someone in the news and pray for them.</p> <p><b>14</b> Movies would not do and we'd like to know "prayer" some – now known as prayers. Enjoy this traditional Lenten snack.</p> <p><b>21</b> Refresh any Lenten commitments you made.</p> <p><b>28</b> Practice patience – a form of almsgiving that is especially pleasing to God.</p> <p><b>4</b> Go for a walk and look for signs of new life.</p>	<p><b>22</b> <i>Ash Wednesday</i>          Receive ashes at Mass and keep them on all day.</p> <p><b>1</b> <i>March</i>          Check out Catholic Relief Services and see if you can help support any of their projects. Look here: <a href="https://www.catholicrelief.org">https://www.catholicrelief.org</a></p> <p><b>8</b> Each day remaining in Lent, put a jelly bean in a jar whenever someone does a good deed. Share the jelly beans at Easter!</p> <p><b>15</b> The Our Father is the perfect prayer given by Jesus to us. Play the Our Father together and talk about what it means.</p> <p><b>22</b> See if short prayer in front of each cross or crucifix in your home.</p> <p><b>29</b> Give up a favorite toy or treat just for today.</p> <p><b>5</b> Using crayons or colored markers, draw Easter symbols. Hang them up to decorate for Easter!</p>	<p><b>23</b> Help children choose offerings of prayer, penance, and almsgiving. Make sure they are age appropriate.</p> <p><b>2</b> At dinner tonight, encourage everyone to think of a person he or she doesn't like and say three nice things about that person.</p> <p><b>9</b> At dinner, share one way God showed His love to each of you today.</p> <p><b>16</b> Prepare meals for Easter! Ask each family member to make an examination of conscience using the Ten Commandments and eight Beatitudes as guides.</p> <p><b>23</b> At dinner, go around the table and share something for which you are each grateful.</p> <p><b>30</b> Deliver the box you started on March 6 to its destination.</p> <p><b>6</b> <i>Holy Thursday</i>          Read the story of the Last Supper (Matthew 26:26-35). Wash and dry each other's feet as Jesus washed the feet of his Apostles.</p>	<p><b>24</b> Today, have a simple meal together. Pray for those who aren't home and as a regular part of their data.</p> <p><b>3</b> <i>First Friday</i>          Abandon Mass or make a visit to the Blessed Sacrament in church. Pray for a fruitful Lent.</p> <p><b>10</b> Consider fasting from screens tonight. Play board games, draw pictures, do puzzles, read books together.</p> <p><b>17</b> <i>St. Patrick's Day</i>          In St. Patrick's honor, pray for Catholic missionaries and those involved in religious education.</p> <p><b>24</b> Go on a screen-free (from recreational use) from noon to 3 p.m. in memory of the three hours Jesus hung on the Cross.</p> <p><b>31</b> Eat pizza, relax and play board games together.</p> <p><b>7</b> <i>Good Friday</i>          Pray the Stations of the Cross together. Thank Jesus for His sacrifice on the Cross for us.</p>	<p><b>25</b> Get up a prayer corner. Shape a small table in people's path. Include a Bible, a candle and a pillow. Meet there at night for family prayer.</p> <p><b>4</b> Pray a family Rosary together in your prayer corner.</p> <p><b>11</b> Family story night. Cuddle up tonight and read Easter-themed books, such as the Gospel of the Three Marys or The Word That Lent to Easter.</p> <p><b>18</b> Go to Confession as a family. Go out for a special treat afterwards to celebrate God's forgiveness.</p> <p><b>25</b> <i>Annunciation of the Lord</i>          We celebrate Mary's "Yes" to God. Pray these Holy Marys for help to be faithful to God's plan.</p> <p><b>1</b> <i>April</i>          Dust, vacuum, clean and get your home ready to celebrate Holy Week – the holiest time of the year.</p> <p><b>8</b> <i>Holy Saturday</i>          Light a candle and remove your baptismal robes together as a family, promising to be faithful to God.</p>

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–Maureen Ashby

Principal

Holy Spirit School PTO



### Upcoming Events:

February 5th – 10th – Book Fair, our school library will receive 25% of all sales!!

February 28th – Panera Bread Fundraiser! See the flyer below.

April 29th – Art Show Sign-up. See the flyer below.

April 29th – Talent Show Volunteers Needed! See the flyer below.

**PTO Meeting:** The February PTO meeting will be on February 21, 2022, at 6:30 pm. This is a great opportunity to learn about upcoming events, meet fellow parents, and to get involved. Additionally, the meeting attendance counts towards the PSSC hours. This will be an online meeting. The link for the meeting is as follows

:

[https://holyspiritflames.zoom.us/j/87077053723?](https://holyspiritflames.zoom.us/j/87077053723?pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09)

[pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09](https://holyspiritflames.zoom.us/j/87077053723?pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09)

Meeting ID: 870 7705 3723

Passcode: 483688

## Connect1:

If you need more assistance with Connect 1 you can either contact Tom Fields at [PTOPSSC@holyspiritflames.org](mailto:PTOPSSC@holyspiritflames.org) or visit <https://app.connect1.io/volunteers/gmgujg6pp>

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The flyer features a green background. At the top, the Panera logo is in white, with 'FUNDRAISING' in bold white capital letters below it. Below the logo is a photograph of two Panera sandwiches on a wooden board. The sandwich on the left is a chicken sandwich with lettuce and sauce. The sandwich on the right is a chicken sandwich with sauce and a pink sunburst graphic above it. Below the photo, the text 'Help support us!' is in a pink script font, followed by 'HOLY SPIRIT SCHOOL' in large white capital letters. To the right of the text is a yellow circular badge with '20% OF SALES WILL BE DONATED' in black. Below this, the event details are listed in white: 'February 28, 2023', '4:00 pm to 8:00 pm EST', and '6230 W Rolling Road Suite V'. Below the details is the instruction 'Use code FUND4U at online checkout, in the Panera App, or at the kiosk in-cafe.\*'. Further down is the instruction 'Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.\*\*'. Below that is the link 'Learn more at fundraising.panerabread.com'. At the bottom, in small white text, is '©2022 Panera Bread. All Rights Reserved.' followed by a disclaimer: '\*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. \*\*Services vary by café.'

**Panera**  
**FUNDRAISING**

*Help support us!*  
**HOLY SPIRIT SCHOOL**

**20%**  
**OF SALES**  
**WILL BE**  
**DONATED**

**February 28, 2023**  
**4:00 pm to 8:00 pm EST**  
**6230 W Rolling Road Suite V**

Use code FUND4U at online checkout, in the Panera App,  
or at the kiosk in-cafe.\*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the  
promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your  
organization gets a portion of the proceeds.\*\*

Learn more at [fundraising.panerabread.com](http://fundraising.panerabread.com)

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\*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. \*\*Services vary by café.

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## Holy Spirit School's Annual Talent ShowCase & Dance



**Saturday, April 29<sup>th</sup>, 2023**



### **ART SHOW SIGNUP**

The Lobby Art show is looking for works of sculpture, photography, writing, painting, drawing or other displayable media. If you have a talent for creating, the lobby show is looking for you!!

**Requirements for Submission:**

Flat work no larger than 22 X 24 including mat/frame, needs to have hanging hardware attached. Sculptures no bigger than 24 x 20 with a weight limit of 10 pounds, must stand on it own.

Please include a title, description, and your name and grade on a card with the work submitted.

**Deadline for submission:** March 29th. Please **submit all works to Mrs. Liss by April 26th.**

NAME \_\_\_\_\_

grade/teacher \_\_\_\_\_

Type of work: \_\_\_\_\_



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## Holy Spirit School's Annual Talent Showcase



**When: April 29, 2023**



### **WE NEED VOLUNTEERS!!**

Volunteers are needed to help make this year's talent show awesome!! All manner of jobs from small to large are needed, and all help is appreciated. If you signed up at the PTO Fall Fair, your signup has been transferred to Connect 1 for your convenience. To volunteer for this event, Please click the signup link below:

<https://app.connect1.io/volunteers/kKPf0p4TN>

any questions, email Joe Terpenning at  
[jterpenning@infinetech.org](mailto:jterpenning@infinetech.org)

**CHECK CONNECT 1 FOR VOLUNTEER OPPORTUNITIES**

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## PTO Board 2022 - 2023

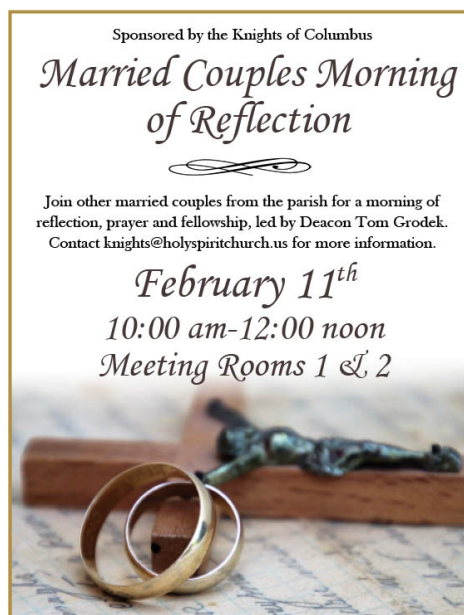
President - Christine Ploschke - [PTOPresident@holyspiritflames.org](mailto:PTOPresident@holyspiritflames.org)  
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Volunteer Coordinator - Mary Sonnen - [PTOVPMembership@holyspiritflames.org](mailto:PTOVPMembership@holyspiritflames.org)  
Fundraising Coordinator - Toni O'Neill - [PTOVpDevelopment@holyspiritflames.org](mailto:PTOVpDevelopment@holyspiritflames.org)  
Homeroom Parent Coordinator - Valerie Overstreet - [PTOHomeroomCoordinator@holyspiritflames.org](mailto:PTOHomeroomCoordinator@holyspiritflames.org)

## Volunteering

Please remember that you must be fully compliant with the Child Protection policies of the Diocese in order to perform recess duty and to volunteer in activities where students are present.

# Parish Happenings!



# Community Happenings!



## FAMILY FOLDER

The following flyers may be found in the folder labeled "February 9, 2023" on the website. For your convenience, some flyers are repeated.

Family  
Folder

School Flyers:

1. Grandparents Day flyer
2. Doodle for Google contest information flyer
3. Valentines Day Dress Down
4. Hot Chocolate Day
5. PTO Panera Fundraiser
6. PTO Talent Showcase Art Show Signup
7. PTO Talent Showcase Volunteer Signup
8. Partners in Faith (February) newsletter
9. Partner in Faith Lenten Calendar
10. Diocese of Arlington Tuition Assistance Overview

Parish Flyers:

1. Married Couples Morning of Reflection flyer

Community Flyers: