

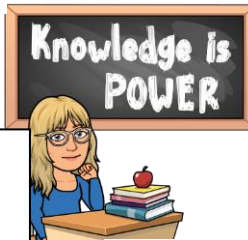
# † Assumption Catholic School

Ukrainian Catholic Church of the Assumption



## Principal's Newsletter

March 10<sup>th</sup>, 2023



Dear ACS Parents,

So much to tell and so little time! First, ACS was visited by the Diocese of Metuchen. We were blessed to welcome Sr. Mary Louise, the Director of Curriculum and Mr. Diskin, the new Assistant Superintendent of Schools. They toured our school, visited each class and gave us amazing feedback and compliments. Our students were so welcoming and we received a wonderful review.

Second, as a whole school we have placed a Math Focus on measurement. We have noticed that it is an area of weakness overall. It is also a big topic on the HS entrance exam. It is a two week unit so parents, brace yourselves.

Lastly, cell phones. As parents, we have all fallen into the "not my child" trap. As a mother of four, trust and believe sometimes (sometimes several times lol) our children just fall into following the crowd. Whether it be laughing, liking a comment or sometimes just watching and not stepping away. Everyone feels they need to be accepted - it is normal and a part of fitting into the bigger world. It's our job as teachers and parents to help them navigate these decisions. The cell phones make parenting more difficult, and my teachers are definitely feeling the tension it is creating in friendships and our student's wellbeing. I ask that you not be afraid to ask for those passwords and be a part of that world. It's ok to be nosey when our children are involved - Mrs. Shumny said so.

As we end the third marking period (March 24<sup>th</sup>)

God Bless,  
Mrs. Shumny

## First Holy Communion:

If your child is making their First Holy Communion with our school, you should have returned the paperwork to Mrs. K (Phyllis).

**If your child is not baptized by April 15<sup>th</sup> they will have to wait until next year.**

## Reminders and Concerns:

Recipe Reminder - Please email to Mrs. Shumny  
[lshumny@assumptioncatholicschool.net](mailto:lshumny@assumptioncatholicschool.net)

More and more research shows that our children are experiencing higher levels of stress, anxiety, and depression than in past generations. The daily factors contributing to this sharp rise are not going away any time soon. It is almost impossible to control every factor creating increased distress. We can help our children by teaching them about their emotions and how to cope with them in safe and healthy ways.

We use read aloud in school to teach children how to follow rules in class, use comprehension strategies, and become better writers. We will also use read-aloud texts to teach children about their feelings and how to manage them in a healthy way. Books are a great resource to start discussions with students about all kinds of difficult situations, emotions, feelings, and problems. If your child comes to you, talking about some of the fun books we are reading - listen to them and let them know that understanding, managing, and coping with our feelings is very important.

### **Other happenings:**

- \*Collecting Jackets or \$3 for purchases to send to an orphanage in Ukraine until Monday
- \*Clothing Drive - clean out those closets -March 30
- \*Want any more chocolate boxes? Call me!

## Dates to Remember:



Friday, March 17<sup>th</sup>, wear your GREEN for St. Patrick's Day  
FSA will be sponsoring a GREEN Pancake Breakfast  
(Free of charge)



Monday, March 20<sup>th</sup>, no classes Teacher Professional Development Day

Wednesday, March 22<sup>nd</sup>, Free Throw Contest sponsored by the Knights of Columbus (must wear phys ed clothes)

Friday, March 24<sup>th</sup> is the End of the 4<sup>th</sup> Marking Period, also \$3 dress down day



## From the Office



\*Please call Mrs. Phyllis Kwiecinski: 732-826-8721 with billing questions.  
Bills for 2023 balances were sent out and emails concerning lunch bills as well.

## Family School Association

\*Bingo Assignments - Please pay attention to your dates! Clothing Drive - bring in your clothes!  
Gertrude Hawk Candy CLOSED! Thank you for your support! We have more chocolate boxes!

## Church News

Ukrainian Catholic Church of the Assumption of the Blessed Virgin Mary: DIVINE LITURGIES FOR THIS WEEK: 684 Alta Vista Place, Perth Amboy \*If you do not have a Parish please join us: Saturdays at 5:00pm or Sundays at 11:30am.

**Lenten Obligations so that our church may be spiritually one in a common observance of Lent, the following obligations are to be observed by all Catholics who enjoy the blessings of good health:**

- The days of fast and abstinence are Clean Monday, the first day of Lent and Good Friday.
- All other Fridays of Lent are days of abstinence.
- The obligation of fast applies only to Catholics between the ages of 18 and 59.
- Fasting in the Catholic tradition means to limit oneself to one full meal and two smaller meals which together are not equal to a full meal, so as to experience hunger.
- The obligation of abstinence applies to all Catholics who have reached the age of 14.

Abstinence in the Catholic tradition means to abstain from meat.

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In response to the tragic humanitarian crisis in Ukraine, the Assumption of the Blessed Virgin Mary parish in Perth Amboy, NJ of the Ukrainian Catholic Archeparchy of Philadelphia recently purchased an ambulance to help save the lives of Ukrainians. With the assistance of Bishop Hryhoriy Komar, Auxiliary Bishop of Sambir-Drohobych Eparchy in Ukraine, an ambulance has been purchased in Italy with the donation from the Medical Career Institute, NY and proceeds from the New Year's Dance (Zabava) fundraiser that took place in the parish on December 31, 2022. An ambulance for Ukraine as it defends itself against Russia's invasion was purchased for 13,000 euros (\$14,500) and was delivered to the city of Kramatorsk, eastern Ukraine for the A7015 Tank Brigade. God Bless America and God Protect Ukraine!

