



Notre Dame Little Crusaders Basketball

Register today for the 2023 Season!

Competitive Boys & Girls Basketball teams for Grades 5th to 8th.

Teams will compete in the Colonial, Lehigh Valley Knee-Hi and
Rising Stars Basketball Leagues.

Third party player evaluations will be held at a future date.

Players must be enrolled in a Notre Dame High School feeder school.

Players are required to be registered and play CYO basketball.

For Information & Registration please go to ndlilcrusaders.com

13TH ANNUAL HSA TRUNK OR TREAT!



St. Jane Frances de Chantal Church

October 20th 6:00-8:00 PM

Trunk or Treat provides a safe environment for families to enjoy an evening of Halloween fun!
Children trick or treat by going from trunk to trunk.

Come Join us for a Night of Halloween Fun!

Decorate your car for our Car Costume Contest

Prizes for funniest, scariest, most original

Trick or Treating, Music, and Refreshments

\$10.00 PER FAMILY/ NOT PER CAR

- **OPEN TO THE FIRST 100 PAID REGISTRANTS**
- All cars are to enter at the S. Nulton Street entrance, all spots are reserved. If you are planning to do a theme with another car, please arrive together. There are no saving spots.
- **Please note the changes to the arrival times due to the car decorating contest.** There will be different arrival times to accommodate everyone. Please abide the time you are given, or you **WILL NOT BE ALLOWED IN!** This time will appear on your ticket.
- Trick or treating will begin promptly at **6:30PM**
- Each car/registered family **MUST** provide candy/trunk for trick or treating. Parents are asked to please keep their children in their cars until the trick or treating begins, as cars will be moving throughout the lot until all are parked.
- Cars **WILL NOT** be permitted to leave the lot until 8:00PM
- Car costume contest is **OPTIONAL**, but you still must have a trunk with candy to participate.
- This event is open to participating school families only. Announcements will be made regarding this event to keep everyone informed and please remember alcoholic beverages will **NOT** be permitted on St. Jane's Church property during this event!!

2023 Trunk or Treat FAMILY REGISTRATION FORM

Please register in advance to reserve your spot. **Return registration form and payment by October 13th**. (Cash or Checks made payable to St Jane HSA) and addressed to **Kara Meisheid c/o Collin in 7B**.

Once a paid form is received an admittance ticket will be sent back to you c/o your child on October 20th. Please remember to bring your ticket the night of Trunk or Treat for your family's admission into this event.

****TICKETS WILL BE SENT TO SCHOOL ON THURSDAY OCTOBER 19TH FOR THE TEACHERS TO HAND OUT TO THE STUDENTS ON FRIDAY OCTOBER 20th FOR YOUR ADMITTANCE INTO THE EVENT!****

****ONCE PAID THE MONEY IS NON-REFUNDABLE****

****TRUNK OR TREAT IS A RAIN OR SHINE EVENT****

\$10.00 PER FAMILY/ NOT PER CAR

Family Name _____

Number of Children Participating _____

Total Number of People Attending _____

Homeroom Section of Oldest Child _____

Participating in the Car Costume Contest YES / NO

(You will receive a time slot to arrive on your ticket. Please arrive at your allotted time)

If Your Child is Attending with Another St Jane's Family, Please Let Us Know Which Family Will Be Responsible for Them

Child is Attending with _____ Family

Please contact Kara Meisheid with any questions at 610.504.1986 or meisheidfamily@gmail.com



CYO NEWS

2023-2024 Winter Sports Registration

St. Jane's Winter Sports Registration is currently open!

Pep Squad Girls – Grades K thru 3
Registration open through October 15th
Coordinator: Jessica Patel jessicalspatel@gmail.com

Instructional Basketball Boys and Girls Grades 1-2
*****Now open to Kindergarten*****
Registration open through October 22nd
Coordinator: Nolan Van Wert NolanVW@gmail.com

Early Bird Registration Discount available until October 1st.

CYO Boys/Girls Basketball Grades 3-4
Registration open through October 15th
Coordinator: Nolan Van Wert NolanVW@gmail.com

CYO Boys/Girls Basketball Grades 5-6
Registration open through October 15th
Coordinator: Mike Huber mwh0501@yahoo.com

CYO Boys/Girls Basketball Grades 7-8
Registration open through October 15th
Coordinator: Mike Huber mwh0501@yahoo.com

CYO High School Boys Basketball Grades 9-12
Registration open through November 12th
Coordinator: Mike Huber mwh0501@yahoo.com

To register visit our website and click on Winter Sports Registration: <https://sjhawks.com>

Payment is via square link provided at the end of the registration form.

Questions? Email: stjanecyo@gmail.com





St. Jane Frances de Chantal School

1900 Washington Blvd., Easton, PA 18042

610-253-8442

www.stjaneschool.com

Field Trip Permission Slip

I (we) grant permission for my (our) child, _____ (Participant) to participate in this parish/school event that requires transportation to a location away from the parish/school site. This permission includes all related programs or events associated with the event. This activity will take place under the guidance and direction of parish/school employees and/or volunteers from St. Jane School. My (our) child understands and agrees to abide by all rules and regulations established by the school/parish pertaining to such field trips. I (we) hereby warrant that to the best of my (our) knowledge, my (our) child is in good health, and I (we) assume all responsibility for the health of my child.

Description of Activity: 40 hours - Adoration

Date: Friday, October 27, 2023

Destination of event: St. Jane's Main Church - Hartley Avenue

Estimated time of departure: 8AM Estimated time of return: 1PM

Travel information: Bus transportation - each class will have a designated time

As parent(s) and/or legal guardian(s), I (we) remain legally responsible for any personal actions by the above named minor ("participant"). In consideration for my (our) child's participation, I (we) and my (our) child, agree and understand that we assume the risks inherent in the field trip, and with full knowledge of the risks, we and our heirs, successors and assigns, agree to release and to hold harmless and defend:

St. Jane Frances de Chantal School, and the Diocese of Allentown, Bishop Alfred A. Schlert, D.D., J.C.L., and all of their employees and representatives, including chaperones, volunteers or any other representatives associated with the trip (all of whom are collectively referred to as the Diocese) from claims or related to my (our) child's participation, or in connection with any illness or injury (including death) or cost of medical treatment in connection therewith, and I (we) agree to compensate the Diocese for reasonable attorney's fees and expenses incurred by the Diocese in any action brought against the Diocese as a result of such injury or damage, unless such claim arises from the negligence of the Diocese.

☐ Please make the following changes to the Emergency Card on file: _____

☐ No changes are needed to the Emergency Card on file.

* Participant's Signature: _____ Date: _____

* Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Phone Number: _____

☐ Special health concerns listed on the back of this sheet.

Medications: My (our) child is taking medication at present. My (our) child will bring all such necessary medications, and such medications will be well-labeled. Names of medications and concise directions for seeing that child takes such medications, including dosage and frequency of dosage, are as follows:

FALL SERVICE HOURS OPPORTUNITY



WHO: St. Jane's 7th and 8th Graders

WHEN: Sunday, October 15, 2023

1pm – 5pm

WHAT: Volunteer in the CYO Snack Stand at St. Jane Church Fields during the XC Meets!

To Sign Up or have any questions, Email:

phanaticphillyguy@gmail.com Kenny Slutter

kylesten@rcn.com Kyle Stencovage



FOR MORE INFORMATION
VISIT CVCLV.ORG
OR CALL 610-437-6610

CRIME VICTIMS COUNCIL OF THE LEHIGH VALLEY'S

1ST ANNUAL

CARESFEST

SATURDAY | OCTOBER 21 | 11:00-3:00

RAFFLE BASKETS

LOCAL VENDORS
& ARTISANS



GAMES & PRIZES

MUSIC BY DJ ROB



SWEETS & TREATS

BATCH MICRO-CREAMERY
WICKED SWEET LLC



FOOD TRUCKS

GRUMPY'S WORLDLY Q
QUEEN V WRAPS

FREE ENTRY

JOIN US FOR A DAY OF FAMILY-FRIENDLY FUN

Event Location - 2132 S. 12th St. Allentown, PA 18103

ST. JANE SCHOOL

PICTURE DAY

October 5, 2023

It's right around the corner!



To prepay for your order go to:
ORDERS.CHRISTMASCITYSTUDIO.COM
and enter your School Code: **STJANE23**

PREPAY EXPIRES AT MIDNIGHT ON PICTURE DAY,
orders placed after prepay expires may incur shipping fees.



CHRISTMAS CITY STUDIO

3200 Farmersville Rd., Bethlehem, PA 18020 • christmascitystudio.com • 610.691.2109





St. Jane Frances de Chantal School

1900 Washington Blvd. • Easton, PA 18042
610-253-8442 • www.stjaneschool.com
principal@stjaneschool.com

A Catholic Tradition in Academic Excellence

October 3, 2023

Dear Parent/Guardian,

We will be presenting the yearly *Circle of Grace Child Protection Catechesis Training* to all students the week of October 23, 2023. Grade-appropriate modules are designed for K - 12 students. This training emphasizes dignity and respect for one's body, appropriate boundaries, and awareness of child protection topics. Children learn to recognize when they are safe or unsafe and know how to bring their concerns, fears, and uncertainties to the trusted adults in their lives.

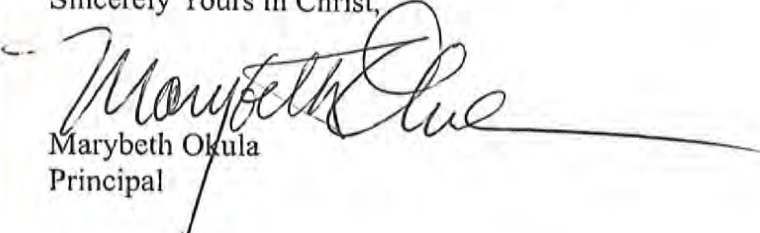
Circle of Grace equips children with essential knowledge and safety skills rooted in the Catholic faith. Genesis 1:27 tells us that we are created "male and female in God's image" and God saw this as "very good." In that goodness, we are meant to respect ourselves and everyone else as persons created and loved by God.

Circle of Grace assists the children in recognizing God's love by helping them to understand that each of us lives and moves in a Circle of Grace. One can imagine their own *Circle of Grace* by putting their arms above their head and then circling down in front of their body, including side to side. This circle holds our very essence in mind, heart, soul, and sexuality. *Circle of Grace* brings God into the center of child protection catechesis by teaching God's presence and assistance in difficult or confusing situations, respect for self and others, and skills for good decision making.

If you do *not* wish for your child to receive this *Circle of Grace Child Protection Catechesis Training* in school, please submit a written request to the office no later than October 16, 2023 requesting this curriculum be sent home. If you opt-out of this in-school training, you will be asked to review the material with your child at home. Your child will then be asked to complete and return the training evaluation form to their teacher.

We look forward to providing the children with this important training. Please contact me if you have any questions about the *Circle of Grace* program or child protection catechesis in the Diocese of Allentown. The safety of our students is always a top priority.

Sincerely Yours in Christ,


Marybeth Okula
Principal

CYO Coaches Clinic

All coaches must attend this clinic within the 1st year of coaching in order to remain eligible to coach. This clinic is required one time only and costs \$25.00.

Updates will be provided when registration is available.

The clinics for 2023-2023 are as follows:

Saturday, October 21, 2023

9:00 AM to 12:00 PM

Registration Deadline: October 16, 2023

St. Thomas More Family Center
1040 Flexer Avenue
Allentown, PA 18103

Saturday November 11, 2023

9:00 AM to 12:00 PM

Registration Deadline: November 6, 2023

St. Benedicts Parish
2020 Chestnut Hill Road
Mohnton, PA 19546

Saturday, March2, 2024

9:00 AM to 12:00 PM

Registration Deadline: February 26, 2024

Our Lady of Perpetual Help
3221 Santee Road
Bethlehem, PA 18020

NJHS Fundraising for Dream Come True

This is the 15th year that St Jane School has participated in the activity. Our goal is to raise \$1000.00 like last year. This is such a great opportunity to help local children because all the money raised stays in the Lehigh Valley

#1 Once again NJHS will be collecting change during the month of October. The class with the highest total will get a special treat of the teacher's choosing.



#2 Fall Dress Down Day on November 16, 2023

#3 If you wish, you can donate by writing a check to St. Jane School or sending a cash donation.

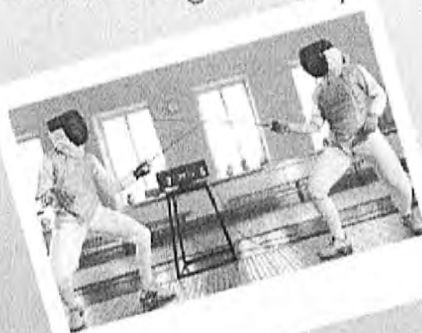


AFTER SCHOOL FENCING

Fencing is an exciting sport that will challenge your child mentally and physically.

Introduction to Foil

Students will learn footwork, bladework, rules of play, and strategy. Focus will be on a combination of drill work, games, and bouting to develop the skills needed to participate in a beginner competition at conclusion of the session. Ages 7 & up!



CONTACT US

614-202-9578

info@fatesfencingacademy.com

\$150

Online Registration
Six Weeks every
Tuesday 2:15-3:15pm

STARTING October 10th

Class will canceled if there are fewer than six students register; class size will be limited to twenty

To register please
visit us at:

<https://app.upperhand.io/customers/1686-fates-fencing-academy/events/99454-after-school-st-dot-jane-francis-de-chantal>



NOTRE DAME HIGH SCHOOL

CHEERLEADING FALL CLINIC

Interested in learning what it takes to be an ND cheerleader and perform in front of a crowd?
Sign up for the ND cheerleading fall clinic!

OCTOBER 18 AND 19 • 4-5:30 PM

NOTRE DAME GYMNASIUM

**FINAL PERFORMANCE FRIDAY 10/20 AT THE ND
FOOTBALL GAME**

We are looking for any girls in grades K-8 who are interested in learning from our varsity squad.

Bring a water bottle and a positive attitude!

-\$50 per child (t-shirts will be provided)

\$25 if your child attended the summer clinic in July

Registration can be paid through **Venmo** at:
@NotreDame-HighSchool

Be sure to indicate that the payment is for the cheer clinic.

SAVE
THE DATE

BARNES & NOBLE BOOKFAIRS

St. Jane Frances de Chantal School

Thursday, October 19th, 2023

6:00pm – 8:00pm

Barnes & Noble (Southmont Center)
4445 Southmont Way, Easton, PA

CAN'T ATTEND OUR BOOKFAIR AT BARNES & NOBLE?

Visit BN.COM/bookfairs to support us online from 10/19/2023 to 10/24/2023
by entering Bookfair ID 12664728 at checkout.

A percentage of your Barnes & Noble purchases will benefit our school/organization.

#BNBOOKFAIRS



Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student athletes safe while practicing or playing. The Act requires:

- Any student athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

☐ I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA.

SIGNATURE

DATE

PRINTED NAME

Parish/School Name

Location

District



SUPPORTING A CULTURE OF VOCATIONS

Pray for Our Seminarians

At the request of Bishop Schlert, St. Jane School will be participating in three (3) days of prayer, collecting money, and a dress-down day to help with the building of the new St. Charles Seminary being built in Lower Gwynedd, PA.

We will have our prayers on November 1st, 2nd, and 3rd; bring our collection to chapel for the liturgy on November 1st; and have our dress-down day on Friday, November 3.

Although NJH usually ask \$1 for a dress-down day, we would gladly welcome more for this very worthy cause.

Thank you for your support and generosity in this special Diocesan activity.