

# 7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



## PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



## BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



## STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



## DON'T WORRY

Don't feel obligated to complete every small thing on your list.



## JUST SAY NO

If you have too much on your plate, let your friends and family know.



## SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



## ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.



WE CAN DO THIS!!! FOOD WITH INTEGRITY.  
COMMUNITY STARTS HERE. 25% TASTES MADE  
FOIL-WRAP GOODNESS BETTER FRESH  
GOODNESS CAN CHANGE THE WORLD. EVERY  
GENEROUS HELPING OF FOOD CAN CHANGE SOMETHING DAY  
HELPING BURRITOS. OP. CANIC. THE. CH. RUNNING. A. BETT. VATE  
CAUSE. W. WOR. L. DEE.

# DO GOOD WITH CHIPOTLE



## CHIPOTLE FUNDRAISER FOR **LLS/TEAM DECKER**

33% OF EVENT SALES GET DONATED TO THE CAUSE

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**SATURDAY, JANUARY 13TH | 4-8PM**  
**3704 EASTON NAZARETH HWY, EASTON, PA, 18045**

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ORDER ONLINE FOR PICKUP USING CODE **NZE3T4L**  
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

**BUFFET DINNER AND BILINGUAL HOLY HOUR  
IN HONOR OF  
OUR LADY OF GUADALUPE**

**Tuesday, December 12  
St. Theresa Parish  
1408 Easton Road, Hellertown**

4:00pm dinner in Friendship Hall  
*featuring food, fellowship, and a basket raffle*

6:00pm Holy Hour  
*with Deacon Miguel Ramirez presiding*

PLEASE JOIN US IN PRAYING  
FOR OUR FALLEN-AWAY LOVED ONES'  
RETURN TO THE FAITH.

Register at  
[www.allentowndiocese.org/stmonicaministry](http://www.allentowndiocese.org/stmonicaministry)

For more information, email  
[StMonicaMinistry27@gmail.com](mailto:StMonicaMinistry27@gmail.com)

Sponsored by the St. Monica Ministry of the Allentown Diocese



NOTRE DAME HS BASEBALL

# BREAKFAST WITH SANTA



Enjoy the Breakfast while Getting Entertained by Santa

SUNDAY  
DECEMBER 17  
NOTRE DAME HS CAFETERIA  
09:00 AM - 12:00 PM



*Ticket: \$8 per person (Under 2 free)*

TICKET INCLUDES: DELICIOUS BREAKFAST  
(PANCAKES, SAUSAGE, EGGS, PASTRIES, FRUIT CUP &  
HOT/COLD BEVERAGES),  
PHOTOS WITH SANTA, ARTS & CRAFTS, AND MUCH  
MORE...

*For more information:*

CONTACT: MIKE BEDICS @  
MBEDICS@NDCRUSADERS.ORG



**School Policies in Case of Inclement Weather**  
**Please keep it in a safe place for your reference.**  
**2023-2024**

**\*\*\*\*St. Jane School K-8\*\*\*\***

If severe weather causes the school to be closed, start late or have an early dismissal, please make every effort **NOT** to call the school. Our phone lines must be open to communicate with the seven different school districts and the media.

**If weather is threatening in the morning, please make sure your child knows how they will be going home in the event of an early dismissal. Send a handwritten/typed note into school that morning if possible. Without a written note specifying otherwise, your child will be sent home their usual way.**

Parent notifications include:

1. Parent Alert will be sent via our Student Information System. PLEASE REFRAIN FROM CALLING THE SCHOOL IF YOU MISS THE CALL, a text will follow up the phone call. Check your phone. **Please do NOT call the school saying you missed a call.**
2. WFMZ/TV Channel 69 or [www.wfmz.com](http://www.wfmz.com) - if we are closed, delayed or dismissing early, I will be sure to have a notification posted here.
3. Also, once I post on WFMZ, WLEV-FM 100.7, Cat Country 96.1 and The Hawk-FM 99 and WAEB AM 790 will have notification.
4. Facebook - a message can be seen there as well.
5. If you do NOT see St. Jane Frances de Chantal School specifically mentioned, the decision of Easton Area School District will be followed.

**\*\*\*\* DELAYED START \*\*\*\***

6. Two hour delays - Children should **NOT** arrive before 9:00 a.m. There is **NOT** adult supervision before 9:00 a.m.
7. In the event of a 2 hour delay for Easton Area School District, your bus would be transported on a 2 hour delay schedule.

**\*\*\*\* Flexible Instruction Day\*\*\*\***

8. In the event Easton Area School District has an FID (Flexible Instruction Day), St. Jane School will also observe a FID (Flexible Instruction Day as well). School cannot open due to the lack of EASD transportation services.

**\*\*\*\*EXTENDED CARE\*\*\*\***

**If there is a two-hour delay, Extended Care is NOT available before school starts.**  
**If there is an early dismissal due to pending inclement weather, Extend Care is NOT**  
**available.**

**ST. JANE PRESCHOOL**

1. If there is an early dismissal for our K-8 students due to inclement weather, we will dismiss the children from our preschool **30 minutes later**. For example, if St. Jane School (K-8) is dismissing at 11:00 a.m., preschool will dismiss at 11:30 a.m. (*Preschoolers that have older siblings in the K-8 school will be dismissed right after the K-8 dismissal approximately 5 minutes after the walkers and car riders are gone*).
2. **Please do not block the front of the school until all buses and car riders from Kindergarten to 8th grade have been picked up.**
3. We ask that you **DO NOT** park in front of the school during the K-8 dismissal time.
4. Please utilize the lot adjacent to FFH or street parking. The Washington Blvd. area in front of the school buildings are reserved for buses and the car riders that follow.
5. Occasionally, on early dismissal days, buses from the sending school districts arrive at different times, therefore, please do not park in front of the school unless directed to do so.
6. There is **NO** extended care on early dismissal inclement weather days.
7. On 2-hour delay days, preschool will start at 10:00 a.m. There is **NO** before care on 2-hour delay days.

If you have any questions or concerns, please call Mrs. Okula at 610-253-8442 or email at [principal@stjaneschool.com](mailto:principal@stjaneschool.com)



**Toys for Tots!**

We have begun our collection of unwrapped toys for the U.S. Marine Corps - Toys for Tots Campaign here in Easton. If you send in a toy, have your child stop in the office. Mrs. Korp or Mrs. Civitella has a small thank you from the Marine Corp to share. We will accept **new unwrapped toys and unused toys (no stuffed animals)** now through December 15th. Thank you again for your generosity to this wonderful organization.

**Collection boxes are in the cafeteria of Father Farrell Hall and outside of Mrs Okula's office.**





# St. Jane Yearbook (2023-2024)

By:

Christmas City Studio

**Early Bird Special** (November 29 - December 22) \$30.00 each.

**Regular Price** (January 3 - May 10) \$35.00 each.

\*You do NOT need to order for your 8th grader. Yearbooks are included in their graduation fee this year. \*

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Family Name: \_\_\_\_\_ # of copies \_\_\_\_\_

Child One: \_\_\_\_\_ Homeroom \_\_\_\_\_

Child Two: \_\_\_\_\_ Homeroom \_\_\_\_\_

Child Three: \_\_\_\_\_ Homeroom \_\_\_\_\_

Cash/Check (Make checks payable to St. Jane School) Amount Enclosed: \$ \_\_\_\_\_

**Please send order and payment in an envelope to:**

**Mrs. Pacchioli  
Attn: Yearbook**