

ST. CATHERINE ACADEMY

THURSDAY NOTE



"Where every child is a gift from God"

Thursday, March 7, 2019

REPORT CARDS ARE GOING HOME TODAY!!!

RE-ENROLLMENT FORMS:

Re-enrollment forms for K-8 are due. Hard copies were sent home again today with students who have not turned their Registration Forms in. If you haven't turned these in already, please get them back to us as soon as possible. This helps us to plan for the next school year!

SNOW MAKE UP DAY:

St. Catherine Academy will now be in session on **March 8th** to make up for a snow day.

CANDY SALES:

Candy sales will end on March 8. Thank you all for your support!!

YEARBOOK ORDERS

We are getting ready to order yearbooks for the 2018-2019 school year. We will be purchasing a limited number of yearbooks. Now is the time to reserve your copy. The cost of the book is \$12.00. A form is being sent home in today's Thursday folder. You may send cash or a check. Checks should be made out to St. Catherine Academy. (Only a few extra books will be ordered.)

FISH FRY

Immaculate Conception Church will be hosting a Fish Fry at the Community Center on Friday, March 8, 15 and 22nd from 3-7pm. The menu will be Fish, Hush Puppies, Cole Slaw, and Bean Soup. The cost is \$8 per meal. Dine in or Drive Thru.

Congratulations!



Pictured about are the Jim Claypool Conservation Essay and Poster Winners. Essay: Hannah Culver (1st place in school and County!), Grant Bowling (2nd place in school), Mattie Mae Pinkston (3rd place in school). Poster Winners– Justin Covington (1st place in school, 3rd in County!), Adrianna Covington (2nd in School) and Brooklyn Loyall (3rd in School).

THANK YOU:

St. Catherine Academy would like to thank everyone who sponsored, donated, volunteered, and attended our Casino Night. We appreciate all your dedication and support to our school. It was a huge success! A special thank you to Laurie Mattingly and Devin O' Bryan for organizing the event.

TERRA NOVA TESTING:

Terra Nova testing began this week. Students in grades 3, 5, and 7 will be testing. Please make sure your child gets a good night's rest and eats a healthy breakfast in the morning prior to testing. Please do not schedule appointments in the morning. Thank you!

St. Catherine of Alexandria Academy - Thursday Note

5TH & 6TH GRADE LUNCH DAY

St. Catherine Cafeteria will be hosting 5th and 6th Grade Lunch Day, Friday, March 22nd at 11:35am. This is a good time to come have lunch with your student. Cost for guests to eat is \$4.95 (this can not be taken from students accounts). Please bring cash. If you plan to attend please let Ms. Brockman know.

BETHLEHEM SUPER RAFFLE:

Bethlehem High School's Super Raffle is under way. Winner has a choice of \$25,000, a 2019 Ford Mustang or a 2019 Ford Escape! Tickets are \$20 each and may be purchased from any Bethlehem student or online at www.bethlehemhigh.org

PARENTING POINTERS

The Spring Equinox will be Wednesday, March 20 when we have nearly equal light and dark. Why should you care? It determines the date of Easter. Easter is always the first Sunday after the first full moon following the Spring Equinox. That's why it changes every year. Explain this to your child and you'll probably sound pretty smart.

UPCOMING CALENDAR OF EVENTS

Thursday, March 7

Report Cards are sent home

Friday, March 8

Snow Makeup Day

Monday-Friday, March 11-15

Terra Nova Testing

Tuesday, March 12

8:45am Mass

Thursday, March 14

6:00pm School Board Meeting

Friday, March 15

12:45pm Talent Show in the Gym

2:00pm Stations of the Cross

Monday, March 18

\$1 Dress Down Day (Wear Green)

9:15am Conservation (4th-6th)

Tuesday, March 19th

8:45am Mass

9:30am 2nd Grade First Reconciliation

9:30am 7th & 8th Grade Reconciliation

Thursday, March 21

7:45am 8th Grade Confirmation Retreat

9:30am 3rd-6th Grade Reconciliation

SAFE ENVIRONMENT TRAINING WORKSHOP SCHEDULE:

The Archdiocese of Louisville is committed to ensuring that children and youth who worship, study or participate in church-sponsored activities can do so in the safest and most secure setting possible. In an effort to fulfill this commitment, all **employees or volunteers** who have contact with children or youth (18 and under) for ANY length of time are required to participate in one of the 2-hour Safe Environment Training Workshops.

Date	Time	Location	Comment
3/11/2019	6:30PM	St. Albert the Great, Louisville, KY 40222	Parish Life Center
3/18/2019	6:30PM	Incarnation Catholic Church, Louisville, KY 40216	Gym



Embrace Lent As A Family

LITURGICAL SEASONS ARE MORE THAN COUNTDOWNS TO UPCOMING HOLIDAYS, they are an invitation for introspection to examine our habits, faith practices and walk a little closer with Jesus. With the upcoming season of Lent, it is important not only to engage our children in conversations, rites and rituals, but to demonstrate how the season can have restorative and transformative power on us as families.

Suggested Activities for Families During the Lenten Season:

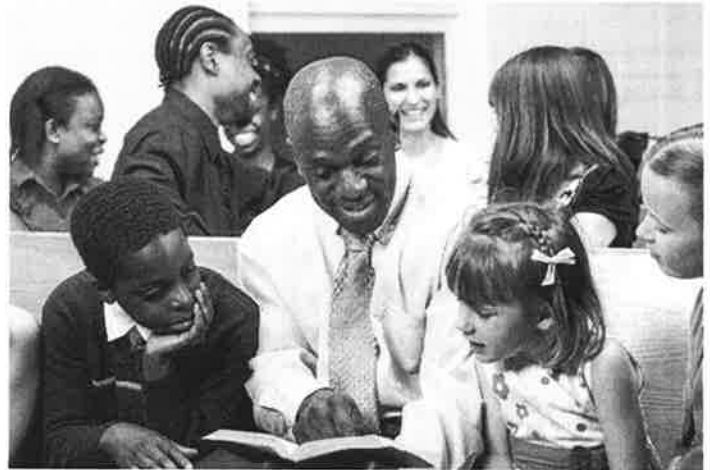
Go to Confession as a Family: Your child is most likely going to have opportunities for reconciliation in school during the Lenten season, but modeling the significance of Lent by going as a family sends a powerful message to children that it is a special time in the Church year.

Set a Family Lenten Goal: Often we focus on what to “give up” for Lent, which is a great practice to teach the habit of sacrifice, but think about what spiritual goals you can set as a family during this time. It can be something simple like praying together on the way to school or cleaning out your closets and donating all of the things you don’t need to charity. No matter the goal, being intentional by explaining to children how these small acts connect to their faith reinforces the notion of family being the domestic church.

Celebrate Saints: Lent is a time for penance and reflection but there are some exciting saints to celebrate during the season. Don’t forget to show the joy of the Catholic faith by engaging in special activities for St. Patrick’s Day and the Feast of St. Joseph. Make sure you share the stories of the saints with your children and not just the secular aspects of the holidays. Incorporate prayer into your celebrations and make special intercessions as a family part of the celebration.

Connect with a Church Community: Chances are your parish has a whole host of activities planned for Lent that you can engage in. If you haven’t been to church in a while or don’t belong to one, Lent is a great time to go back or consider checking out local parishes.

Care for the Poor: Children benefit greatly from exposing them to larger world views than their own home or school. Catholic Relief Services provides free



projects, recipes and prayers for families during Lent. There also is no shortage of need in your local area. Find a charity or cause you are passionate about and find a way to help as a family. www.csricebowl.org/families

Let Your Children Take the Lead: Parents can empower children as faith leaders by giving them some guidelines, but allowing them to decide what projects, goals or prayers to pursue. Encourage your children to come up with a Lenten plan for your family and then put it in a place where everyone is reminded of it. You may be surprised what they come up with and the exercise teaches them that you trust them to be leaders in the household.

Evangelize and Connect: If you have older children with social media accounts, consider having them curate images, prayers and posts that you can both share online. Your posts may provide an inspiration to another family and be a bright light among all of the negative media that is out there.

These are just a few ideas, but there are a multitude of free resources for parents and families to grow together in faith during the Lenten season. Denise Utter, president of the National Conference for Catechetical Leadership (NCCL) recommends a great place to start by visiting www.catholicfamily.org/lent. Do you have inspiring ideas to share? Tag @NCEATALK on Twitter or @NCEAorg on Facebook to show us how your family’s Lenten journey is going.



Honor Thy Children

Archdiocese of Louisville continuing education for the awareness and prevention of child abuse

"CAN WE TALK ABOUT THIS?"

Prevention starts with understanding

Talking to our children about child sexual abuse is never an easy task. With National Child Abuse Prevention Month just two months away, it's worth asking "is now the time to have a conversation about child safety?" When you think about it, we don't hesitate to ask our children if they have their helmet on before they ride a bike or stay away from that hot stove or you'll get burned. Granted those are everyday occurrences and most of us would agree talking about sex with our children especially abuse isn't exactly something we look forward to. We tend to think this will never happen to my child, but research has shown one in four girls are sexually abused by age 18 and for the boys that number is one in 6. Don't only talk "stranger danger". As discussed in the Archdiocese of Louisville's "Honor Thy Children" most abusers are often well known to the child and the family. It's important that children

understand and can identify their private parts using the correct names. Doing this will empower children to talk about their bodies accurately while encouraging a positive body image



and self-confidence. This also allows for open communication when talking about any sexual abuse that may occur. Be sure children understand what "safe touch" is. Do they understand what's appropriate when interacting with family members, teachers, friends and others. Help children to trust their instincts when something doesn't feel right. Even if they are around what appear to be trustable adults. They should stop, say no and go to a parent or trustable adult. Help them understand "no secrets". Many times, as a

child "keeping a secret" can be harmless play between children. Unfortunately, sexual perpetrators use the same language to make children feel special. Encourage your children to keep no secrets.

Finally, repetition is paramount. Insist on bringing up the topic of sexual abuse throughout childhood. As your child gets older you can start to talk about sexual abuse and dating. In 2013, 10% of high school students reported sexual victimization from a dating partner within the previous 12 months. See the previous comments about "doesn't feel right". Reinforce to them that just because they are dating someone that doesn't give them the right to make their partner uncomfortable. Everyone has a right to say "no". Whatever approach you take, communication is essential to preventing sexual abuse. Remind children frequently they can talk to you about anything and they will never get in trouble for informing you about anything when it comes to safety.

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If you need support or someone to talk to:

- © Prevent Child Abuse Kentucky or Indiana: 800.CHILDREN/ 800.422.4453 www.pcaky.org www.pcaain.org
- © Childhelp National Child Abuse Hotline 800.4.A.CHILD 800.422.4453 www.childhelp.org

Signs of Possible Sexual Abuse

- Unexplained pain, itching, redness or bleeding in the genital area
- Increased nightmares or bedwetting
- Withdrawn behavior
- Angry outbursts/mood swings
- Loss of appetite or difficulty swallowing
- Sudden/unexplained avoidance of certain people or places
- Sexual knowledge, language or behavior that is unusual for the child's age.

ARE YOU SAFE ENVIRONMENT COMPLIANT? DO YOU NEED TO BE?

Do you work regularly with children? If so do you know what is required of you and what you can and can't do when working with children? Remember anyone working regularly with children MUST have a background check no older than 5 years and have attended an Archdiocese of Louisville Safe Environment Training. See your parish/school Safe Environment Coordinator today for details! If you don't know who that is contact Scott Fitzgerald via email (sfitzgerald@archlou.org) or 502.471.2132.

REDUCING THE RISK OF ABUSE

Research has shown us that sexual abuse can happen to children of any race, socioeconomic group, religion or culture and unfortunately, often by someone they know.

While there is no foolproof way to prevent abuse, there are ways you can reduce the risk.

Below are some precautions you can take now before the abuse happens. But remember if you suspect something has happened to a child, you are obligated by law to report it to the authorities at 1-877-KYSAFE1. Always remember the perpetrator is to blame. Not you and not your child.

PRECAUTIONS YOU CAN TAKE TO PREVENT CHILD SEXUAL ABUSE

BE INVOLVED IN A CHILD'S LIFE

- Show interest in their daily lives: Be sure to find a good time to talk about how their day went. Who did they spend it with? Who did they sit with at lunch? For those in after school care, what games did they play after school. Did they have fun?
- Get to know the people in your child's life: Who are they spending time with (both other kids and adults). Ask your child about their friends and what they think about their friend's parents. Ask about coaches. Talk about these people with your children and ask questions so your kids feel comfortable talking about them.
- Get to know the caregivers in your child's life. Talk to them frequently. Don't be afraid to ask if they've had a background check in the last five years or if they've attended the Archdiocese of Louisville's Safe Environment training. Don't feel comfortable asking them? Reach out to your parish/school Safe Environment Coordinator and ask them.
- Educate (and re-educate yourself) on the warning signs of child sexual abuse

ENCOURAGE CHILDREN TO SPEAK UP

- Teach children about boundaries. Reinforce to them NO ONE has the right to touch them or make them feel uncomfortable (this includes hugs from family members). Also remind them they don't have the right to touch someone else who does not want to be touched.
- Teach your children how to talk about their bodies. Beginning at an early age teach your children the correct names for bodies parts.
- Be available. Find a time and place when you have your child's undivided attention. It can be anywhere or anytime, but let your children know they can come to you with anything and when they do be sure to follow through on your word.
- Remind them they won't get in trouble, no matter what they say
- Give them a chance to raise new topics by asking direct questions. "Did you have fun?" or "Was it a good time?" won't allow the answers you need. Always follow up with "Is there anything else you want to talk about?" giving them a chance to bring up their own concerns or ideas.

UPCOMING TRAININGS

A current list of trainings is always available at www.archlou.org/safe
All trainings are at 6:30p unless otherwise indicated.

3.1.19

Annunciation

(SPANISH SPEAKING ONLY)

3.4.19

Sacred Heart

(SPANISH SPEAKING ONLY)

3.11.19

St. Albert the Great

3.18.19

Incarnation

3.25.19

St. Athanasius

4.15.19

St. Joseph (Bardstown)

4.29.19

Holy Spirit (Louisville)

More trainings are being scheduled for May, June and July.

Keep checking

www.archlou.org/safe for updates as trainings cancelled due to inclement weather will be posted here

When children know they will be heard and taken seriously, they will develop the courage to speak up!



Start having conversations with them as soon as they begin to talk. If they're older start now.

It's NEVER too late!

PERPETRATORS: KNOW THE FACTS

FACT: Abusers look and act just like everyone else.

Abusers can reside in schools, sports leagues and churches. They can be neighbors, friends and family members. In some cases abusers can be other children

90%
of child sexual
abuse victims
know their abuser



FACT: About 90% of the children who are victims of abuse know their abuser.

Only 10% of sexual abused children are abused by a stranger. While approximately 30% of children who are sexually abused are abused by family members. The younger the victim, the more likely it is that the abuser is a family member. Of those abusing a child under six, 50% were family members.

FACT: Not everyone who sexually abuses a child is pedophile.

Child sexual abuse is perpetrated by a wide range of individuals with diverse motivations. There are two basic forms of child molesters:

A **preferential child molester** is a pedophile. Pedophiles have a sexual preference for children. Preferential child molesters gain ready access to children by virtue of their occupations such as teacher, day care worker, nanny, coach or youth worker. Pedophiles usually have multiple victims and often collect child pornography.

Situational child molesters may not have a true sexual preference for children, but engage in sex with children because of the availability of a child and/or their own feelings of inadequacy

MONTHLY SAFE ENVIRONMENT TIP

Spring sports season is here!



Will you be coaching (or serving as an assistant coach?)

If you are working regularly with children you must have completed the Archdiocese of Louisville's Safe Environment Training AND have completed a background check that is NOT OLDER than 5 years.



If you are unsure of your status see your parish/school Safe Environment Coordinator today!

If you don't know who that is, feel free to contact

Scott Fitzgerald
Coordinator of Safe Environment
Services (fitzgerald@archlou.org)
or phone (502) 471.2132



Parents don't hesitate to ask your son or daughter's coach if they are Safe Environment compliant.

WHEN THE CAREGIVER IS THE ABUSER

What happens when you suspect a caregiver of child sexual abuse?

First and foremost you are required by law to report the suspected abuse immediately. You can do so by contacting the Kentucky Statewide Hotline at 1-877-KYSAFE1

Remember it is better to err on the side of over-reporting than under-reporting. Persons acting upon reasonable cause in reporting are immune from civil and criminal liability. This exists with respect to the reporting,



the investigation and any judicial proceedings resulting from the report.

Also the source of a report of abuse, neglect or exploitation is kept confidential unless it is ordered released by a court order.

You can expect the caregiver to be defensive and angry. Do not confront the alleged caregiver about the abuse. Allow law enforcement personnel and investigators to handle this. Your responsibility is to ensure the safety of the child.

Martine Bacci Siegel, MSN, RN, CNS
Maloney Center
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Louisville, KY 40220

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Fax: 502.634.3381
E-mail: msiegel@archlou.org

No child or adult should ever experience abuse by anyone, especially a church minister. We all have the right to be treated with dignity and to expect our church to reflect the goodness of God in all of its dealings.

We hope that this information is helpful to all in our communities who are working to prevent and respond to childhood sexual abuse. Please let us know if you need further assistance or information by calling or emailing our victim assistance coordinator, Ms. Martine Siegel, at 502/636-1044; victimassistance@archlou.org or the Chancery at 502/585-3291.

We must heed God's call to care for the most vulnerable among us and to continue our efforts toward wholeness and health in dealing with sexual abuse.

THE COST OF CHILD SEXUAL ABUSE

Not only does child sexual abuse have long term detrimental effects on children it is costly.

Findings published in the Child Abuse & Neglect journal tell us that child sexual abuse in the United States costs \$1.1 million per death of female victims and \$1.5 million per death of male victims.

Costs include child welfare costs productivity losses,

violence/crime costs, special education costs and health care costs.

Based on data from 2015 the total lifetime cost of child sexual abuse in the United States totaled \$9.3 billion.

In nonfatal cases of abuse the estimated costs per female totaled \$282,734. The information on males was incomplete.



If you believe a child is being abused or neglected
call the Child Protection Hotline number

**1-877-KYSAFE1 or
1-877-597-2331 (Toll-Free)**