



Saint Hilary School

Where faith, family, and academics thrive!

November 14, 2018

Dear Parent/Guardian,

St. Hilary spirit wear is back!! We will have our spirit wear sale on-line only. The link for the sale is also below. There are a few new items so you want to take a look. Payments may be made through PayPal or by credit card.

The link is <https://www.tshirtsbycleo.com/product-category/schools/st-hilary-apparel/>

I hope that you enjoy the new items and look forward to seeing everyone in their St. Hilary spirit wear. If you are unable to make payments through these methods and would like to purchase some items please let me know through email. All orders must be placed by Dec. 3rd for delivery by Christmas break.

Please support our wonderful Women's Club and stop by Oberweis on November 23rd. Who doesn't want a delicious treat when you are out shopping on Black Friday. Coupons are in this Wednesday envelope. If you don't have one stop by anyway because members will be outside passing them out!

Thank you:

Thank you to the volunteers from Kellogg School of Business Management who joined us last Wednesday. It was a wonderful opportunity to welcome friends to our school and share part of our day with them.

Thank you to our special guest readers from the Women's Club. The children love when they come and we enjoy spending this special time with our friends.

Reminders:

Each year around the holidays we participate in a community service project. This year, once again, we are going to offer a family service opportunity to you. We are partnering with Feed My Starving Child, a non-profit organization that coordinates the packaging and distribution of food to people in developing nations. We are very excited about this opportunity and hope that you are able to join us. There are only **68** spots left. Ms. Montemurro and I have already signed up and we hope that many of our families will be there as well. This unique experience will be a special time for you and your child. Please see the flyer in today's envelope for more details. This year our choir has also been asked to sing Christmas carols after our shift to welcome the volunteers for the afternoon shift. More information to follow regarding this opportunity.

Are you feeling lucky? Now is your chance to purchase tickets for our St. Hilary Queen of Hearts 50/50 Raffle. This progressive jackpot has been rolling over for a few weeks and the pot is estimated to be \$15,500.00 for this Saturday's drawing. If you have a friend, neighbor, or family member who is interested in purchasing tickets, they are always welcome to do so. Tickets are available for purchase in the main school office, after all weekend masses and at The Claddagh Ring Pub at 2306 W. Foster. You will also be receiving a flyer in this week's envelope. You are welcome to enjoy the fun of the drawing held at 9:00 pm each Saturday at the Pub.

As the weather turns the flu season will soon be here. Please keep in mind that neither children nor adults are able to focus and learn when they are not 100%. Please allow your child to regain their health and strength before returning to school; this will also help to reduce the spreading of germs to others. Children do need to be fever free for 24 hours before returning to school. We appreciate your cooperation as we continue to keep everyone's safety a top priority.

Coaches and Volunteers:

ALL Volunteers/Coaches/Scout leaders are required by Archdiocesan policy to complete a file, which includes:

- Form 7703 Archdiocesan Application for Employment Volunteer Service
- Criminal Background Check –**VIRTUS** – online application
- CANTS 689 form (Child Abuse and Neglect Tracking System)
- Code of Conduct: read signed and dated
- Safe Environment Training: Virtus/Protecting God's Children and Youth
- Sexual Harassment Training Program – found on your Virtus dashboard
- Coaches/Scout leaders are also required to complete the Mandated Reporter Training

We appreciate the gifts of time and talent our volunteers offer to the students of Saint Hilary School. You may notice that there has been an addition to the volunteer requirements; the sexual harassment training program. This program is completed on-line and you will receive a certificate which you need to submit to school and it will be kept on file. Scout leaders and coaches are also required to complete the Mandated Reporter Training. Again, this is an on-line program and your certificate also needs to be submitted to school. Please return all forms to Ms. Montemurro.

Mark your calendars:

The Annual Christmas Concert will be held on Thursday, December 13th at 7:00 p.m. in the church. All are welcome to join us as we welcome in the holidays.

Contents of this Wednesday's envelope:

- Feed My Starving Children service day
- Queen of Hearts flyer

- FSA flyer
- Women's Club Oberweis Day flyer
- Parent engagement flyer
- Schoolbelles sale flyer

Mark your calendars:

- Wed. Nov. 14 – FSA meeting 7:00 pm in caf – All are welcome!!
- Thurs. Nov. 15 – Faith Partner field trip to Cinderella
- Fri. Nov. 16 – report cards sent home
- **Sat. Nov. 17** - Queen of Hearts ♥ drawing
- Sat. Nov. 17 – Catholic high school registration
- Tues. Nov. 20 – Thanksgiving Prayer Service 2:00 pm – all are welcome
- Nov. 21 – 23 – Thanksgiving Holiday
- Mon. Nov. 26 – classes resume

Please check out the Peek at the Week for a look at the week ahead.

As always, if you have any questions please feel free to contact me at school 773-561-5885 or by email donovan@sthilarychicago.org.

Gratefully,
Mrs. Kathie Donovan, Principal

Have a Blessed Thanksgiving!





NEXT DRAWING SAT. NOV. 17th
ESTIMATED POT APPROX. \$15,500.00



There is only
ONE in a deck...
Will YOU be the one to find her?
St. Hilary School
Queen of Hearts 50/50 Raffle
 You're quest, if you choose to accept it, begins August 11th at
THE CLADDAGH RING PUB

A Peek at the Week

WEEK OF NOV. 19 - 23



St. Hilary where faith, family, and academics thrive!

MONDAY: November 19th

Altar Servers: Tyler, Nora

- ✓ Concert Band 7:00 – 7:45 am
- ✓ Cadet Band 3:00 – 4:00 pm
- ✓ Art Studio – 3rd, 4th & 5th graders
- ✓ Battle of the Books (6th – 8th grades)

TUESDAY: November 20th

Altar Servers: Melody, Aelaika

- ✓ CODAS 7:00 – 7:45 am
- ✓ No Student Council meeting

WEDNESDAY: November 21st

Altar Servers: volunteers

No School – Thanksgiving Holiday – School resumes on Monday Nov. 26th

At this time of Thanksgiving celebration our thoughts turn gratefully to you with warm appreciation and thanks for your continued support and dedication to the St. Hilary community.

Wishing you a Thanksgiving filled with warm moments and cherished memories with family and friends!

SATURDAY: November 24th

- ✓ Queen of **Hearts** drawing at The Claddagh Ring Pub 9:00 pm

SUNDAY: November 25th



St. Hilary School
Queen of Hearts 50/50 Raffle

Tickets ONLY available at

THE CLADDAGH RING PUB
 2306 W. Foster Ave., Chicago, IL

Sales begin 1 hour after pub opens.
 Drawings will be held each Saturday at 9:00pm starting August 25th.
 Prize amount rolls over each week until the Queen of Hearts is revealed.

Tickets are 6/\$5.00 ** CASH ONLY **

No single tickets will be sold



FAMILY & SCHOOL ASSOCIATION MEETING

**Wednesday, November 14
7 PM | School Cafeteria**

Your voice is important! Please join us for the monthly meeting of the St. Hilary FSA. This meeting is open to all parents and guardians of students at St. Hilary School.

Get info on our upcoming events and how you can help! Refreshments will be served, and there will be time to mingle with other St. Hilary parents and caregivers.

See you there!

ST. HILARY

Queen of Hearts 50/50 Raffle

Tickets are 6/\$5.00 **CASH ONLY**

With this special order form you can enter



Name: _____ Phone: _____

Pick available numbers from the board pictured above.

1 Line- \$5.00

2 Lines- \$10.00

3 Lines- \$15.00

4 Lines- \$20.00

Rules and details will be available at the sale location,
on the St. Hilary School Facebook page and online at sthilarychicago.org

TOTAL ENCLOSED: \$ _____



Are teaming up for **HOPE** FILLED HOLIDAYS!

St. Hilary School and Feed My Starving Children are inviting you to a **FAMILY HOLIDAY SERVICE PROJECT EVENT!**

On **SUNDAY, DECEMBER 09, 2018 FROM 9:00AM-11:00AM**, join teachers, staff, and other volunteers from the community in packing meals for starving children. In an effort to teach our children the importance of lending a hand and helping others this holiday season, we hope that you will consider joining us.

Feed My Starving Children is a Christian non-profit organization that provides nutritionally complete meals specifically formulated for malnourished children. Their mission, like ours at St. Hilary, is to follow in Jesus' footsteps and answer the call to serve those in need.

This event gives our students the opportunity to follow that call to serve and put their hands to work. They, and you, will prepare the packages of food that will be sent to children in need. We have been asked if our choir would sing Christmas carols after our session; more information to follow for choir members joining in the service day.

If you are interested in joining us, please register for this event **ASAP!** There are only 124 spots left!! They will fill quickly!

You can register at fmsc.org Click on [Get Involved](#) and select [Volunteer](#). Scroll down until you see the box that says [Looking for a Specific Group?](#)

From there, you can enter our group code, [K22YVK](#), and register. Both you and your child need to register! This is a school sponsored event, but parents must attend and help. I will receive an email notification when you are registered. THANK YOU in advance for your consideration!

Any family that attends will receive **SPECIAL RECOGNITION!**

FUNDRAISER COUPON

OBERWEIS[®]
ICE CREAM *and* DAIRY STORE

Take this coupon to the Oberweis Ice Cream and Dairy Store location below and we'll get up to 20% back on everything you buy!

Name of Organization **St. Hilary Women's Club**

Oberweis Store Location: **6469 N. Lincoln Ave. Lincolnwood, IL 60712**

Fundraiser Shopping Day: **11-23-2018**

Fundraiser Shopping Time: **10am - 9pm**

Fundraiser Code: 0051-0090 Lincolnwood

To be filled in by store employee:

Amount of Purchase (not including tax): _____

Register Transaction #: _____

Only purchases made at the Oberweis Ice Cream and Dairy Store indicated above and during the specified date and time are eligible to earn funds for your organization. Oberweis Home Delivery purchases are not eligible in conjunction with this program.

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Helping Perfectionist Teens

Jesus says, “Be perfect, just as your heavenly Father is perfect” (Mt. 5:48). Unfortunately many understand this passage within a Western cultural notion of perfection meaning, “without flaw.” Being without flaws is unattainable, yet many young people today are on a futile and potentially fatal quest to be perfect. For these perfectionistic teens, making a small mistake is the gravest of sins. As one teen told me recently after making a small error causing him to make a 98 percent on a test, “I’m better than that. I should have aced it.” Translation: I must be perfect. I’ll accept nothing less from myself.

The anxiety epidemic among youth is no surprise to you by now. What surprises many is that perfectionism is usually a form of anxiety in high-achieving teens. And that anxiety, left untreated, can lead to many other problems including adrenal fatigue, depression,

other physical ailments, and in some cases suicide. As parents, we want our children to be good. Of course we want them to do well. We don’t, however, want them to sacrifice their futures, their health and possibly their lives attempting to be perfect.

How would one, as a parent or a teacher, recognize perfectionism in a teen?

- The teen who does most things absolutely perfectly (cleanliness of their room seldom falls in this category, sorry!).
- The homework, worth few, if any, points must be completed with exacting standards.
- A teen berating herself because she “should’ve gotten that one two-point question correct. I studied it for days!”
- The boy who knows the answer, but won’t raise his hand in class because he is afraid he’ll get it



wrong.

- The teen who turns in an assignment with a depressed look on her face making the teacher think she is submitting subpar work only for the teacher to be blown away later by the quality of the work done.
- The kid who is always seeking reassurance that he's "good" and that he "did nothing wrong" and says "I'm sorry" incessantly and unnecessarily.
- The kid who is always going to confession. In religious circles this is often referred to as "scrupulosity."

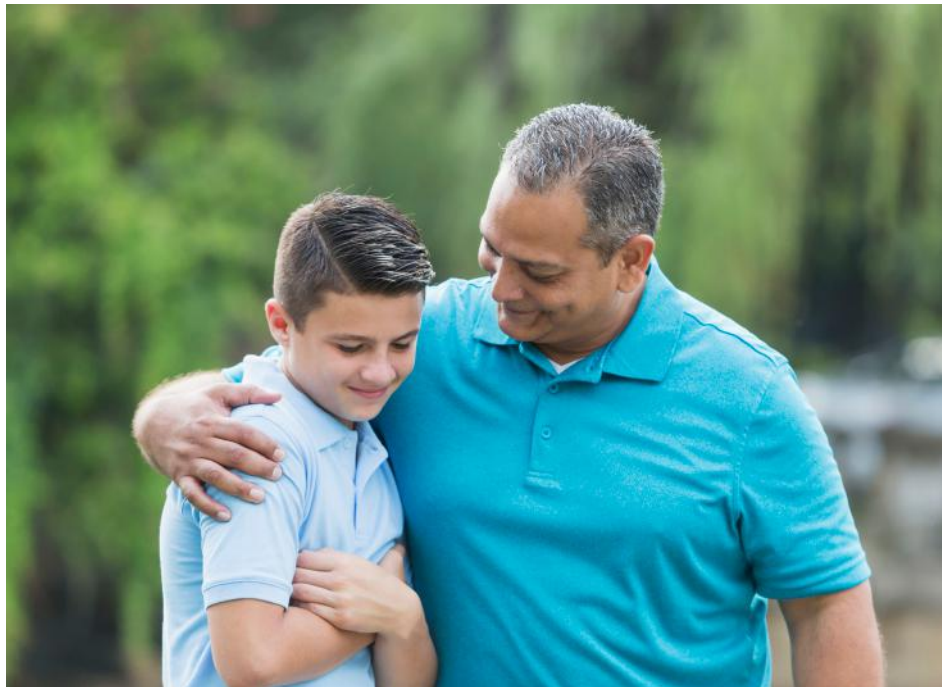
In each of these cases, anxiety is the culprit. It may not *seem* like anxiety on the surface, but it is. Against a cultural backdrop where a growing number of teens are losing interest in academic achievement, getting their driver's licenses and religious affiliation, a perfectionistic teen might seem heroic or even saintly! That's why perfectionistic anxiety is hard to identify, because on the surface it seems good.

What do parents need to know about Perfectionistic Anxiety?

- **It's about the anxiety.** These are often worried, *chronically worried*, kids whose sympathetic nervous systems are overtaxed, likely for years because of their inability to relax.
- **It's not all driven by adults.** Plenty of teens drive themselves sick despite their parents and others in their lives encouraging them and attempting to give them permission to "take it easy."
- **Perfectionism can be reinforced by religious beliefs.** Beliefs held from a young age can mask the anxiety as anxiety, instead of a virtuous work ethic.

How can adults help Perfectionistic Teens?

- **Acknowledge your own definition of "success."** Complete this sentence "I'll feel successful as a parent if/when my teen _____."
- **Have more frequent, shorter conversations.** Always say 50 percent less than you feel like



saying. This is an important subject that needs to be talked about more frequently among parents and teens.

- **Ask your teen: "What does it mean to you to be successful? What role does contribution make in your definition?"** Listen to the answers and ask follow-up questions.
- **Normalize mistakes and imperfection.** When a perfectionistic teen makes a mistake this is an opportunity to help him reframe a mistake as "normal" instead of "catastrophic" and "life threatening."
- **Be vulnerable.** Admit your own mistakes and when appropriate share with your teen what those are.
- **Acknowledge and affirm attempts to deal with their imperfection.** "I can tell you've stopped this project at the "good enough" point so you could study another subject. I'm proud of you."
- **Help teens prioritize and sequence tasks.** Though everything feels urgent, it's not all equally important nor equally time sensitive.
- **Don't cater to their perfectionistic impulses.** Don't go out of your way to accommodate their perfectionism. Set boundaries. Set and enforce end times on work.

Contributed by Roy Petitfils, MS, LPC

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www.roypetitfils.com



WINTER SALE

10 surprise, one day only, FLASH SALES
Make sure to check your inbox daily,
to find out what the special
flash sales will be!

Follow us on social media to learn about the
flash sales, one day early!

~PLUS~

November 23, 2018 - January 5, 2019

 50%

off backpacks

 40%

off hair accessories

 40%

off polos

*school customized options not included

 35%

off blouses

*school customized options not included

 30%

off girls pants

*school customized options not included

 30%

off socks & tights

 20%

off gym wear

 20%

off shorts

*school customized options not included

 20%

off doll dresses

 20%

off polyester vests

*school customized options not included

 10%

off jumpers

*school customized options not included

 10%

off skirts & skorts

*school customized options not included

Free shipping on orders over \$100
\$5.95 flat rate shipping on orders under \$100