

Little Flower Catholic Elementary School - Memo for Friday, April 22, 2022

School phone: 701-776-6258, Rugby, ND

Principal: Kim Anderson: kim.anderson@littleflowercatholicschool.com Pastor: Rev. Franklin Miller
Advisory Board President: Nick Schmaltz Business Mgr.: Linda Schneider
Secretary: Rita Mitzel, rita.mitzel@littleflowercatholicschool.com,

Mission Statement: Little Flower Catholic Elementary School, a partnership of parents and parish, nurtures a Sacramental life rooted in Jesus Christ and Catholic teaching, pursues academic excellence, and promotes a life of faith, integrity, and service.

Please use our Little Flower School Website www.little-flower.k12.nd.us to keep up with the latest updates at our school, including the Advisory Council minutes.

NEW FOR 2022!! Our Pray 365 goal has always been to fill all 365 days with prayer and 2022 is no different! To help accomplish this goal, the donation amount to sponsor a day in 2022 has been changed to **\$25!!!!** Contact Jennie to reserve your dates! A day of prayer is a wonderful gift for a loved one for a birthday, anniversary, recovery from illness, thinking of you or anything else you can think of!

There will be an open position on the School Advisory Council. If you are interested in serving on the council, please contact the school office.

Reminder LFS Marathon is Friday, May 6th starting with a blessing from Father Miller outside of the school at 12:30 p.m. All friends and family are welcome to attend the biking marathon. Ice cream social to follow at 2:15 in the church basement. Thank you for all your donations and support for making this fundraiser a great event for our school.

LFS Academy Day is Friday, April 29th. There will be busing on this day!

LRDHU-Pierce County Health Nurse, Samantha Wentz along with the Lions of ND will be providing FREE vision screening to your child on Wednesday, April 27th at LFS starting at 9:00 a.m.

Happy Easter! Time to return our Lenten Giving boxes. All boxes should be returned by the end of April to office at LF school, teachers at Sunday School or before or after Masses, in the special Catholic Charities of North Dakota baskets, found at the front entrance to the church and downstairs in the lunchroom. All funds will go to those who do so much at Catholic Charities of North Dakota. Thank you for your generous participation this Lent.

Skill of the Week: Using an Anger

1. Identify the situation, person, or circumstance that is making you angry.
2. Monitor your physiological responses (heart rate, breathing, ect.) and give yourself instructions to relax.
3. Engage in self-talk or focus on what the other person is saying.
4. Take several slow and easy breaths.
5. Take a few minutes to cool off (if this is possible).
6. Continue to use other anger control strategies.
7. Select and use a problem-solving activity if necessary.

Using an Anger Control Strategy

1. Recognize the behaviors that indicate you are getting angry.
2. Take a deep breath.
3. Take a few minutes to cool off (if this is possible).
4. Tell yourself to relax.



04/11: Pray in memory of Robert Graber on his birthday.

04/13: Pray for Leonard Koble on his birthday.

04/14: Pray for Abigail Jirava on the anniversary of her baptism. May the Lord continue to bless her and strengthen her faith in Him.

04/15: Pray for Brilee Mack on her birthday.

04/16: Pray for Grandma Rena Bruggeman on her 96th birthday.

04/19: Pray in thanksgiving for Jesus dying for our sins.

First Communion Parents will meet on April 24, 9:15-10:15 in the MCDR, for the final Parent meeting for sacrament preparation. The First Communion Retreat and Confirmation Mass practice will be held on Saturday May 7, 8am-2pm.

Children's Parish Prayer Program: Our Parish prayer program for grades PreK-6th, will soon conclude for the 2021-2022 school year. The last day for children to enter their grade level prayers, on their class prayer charts, will be April 25. The annual Parish Prayer Medal presentation will be held at the 10:30 Mass on May 1.