



Knighly News

Principal's Note

The students are doing a great job as we get near the end of Forward testing. They have been working hard and doing their best on this statewide test. I am proud of their perseverance and grit as they are testing. Please continue to be sure your child gets a good night's sleep, has a nutritious breakfast, and is on time for school.

Spring is here and this Wisconsin weather is unpredictable. Please have your child bring a navy blue, red, or white sweater or sweatshirt without a hood to wear in the building, and a jacket or coat to wear outside during recess and gym class.

IMPORTANT: We don't have school next week Wednesday, April 5, and there is no before or after school care.

Lenten blessings ~ Mrs. Paris

Thoughts by...Tarah Randazzo, Upper Campus Counselor

The word stress is often used when we feel like the demands and expectations placed upon us seem like too much. We may feel overwhelmed and wonder whether we really can cope with the pressure placed upon us. As students, parents, and educators we have all been there. Stress doesn't defy age and it's important that we find positive ways to cope with stress in order to lessen the negative impacts it can have on us. Everyone is different and so are the ways they choose to manage their stress. Here are five healthy techniques from the American Psychological Association that research has shown to help reduce stress in the short- and long-term:

Take a break from the stressor. It may seem difficult to get away from life's stressors but when you give yourself permission to step away from it, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less overwhelmed. Even just 20 minutes to take care of yourself is helpful.

Exercise. The research keeps growing - exercise benefits your mind just as well as your body. We keep hearing about the long-term benefits of a regular exercise routine. But even a 20-minute walk, run, swim, or dance session in the midst of a stressful time can give an immediate effect that can last for several hours.

Smile and laugh. Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation. Get social support ~ call a friend, send a text, or email. When you share your concerns or feelings with another person, it does help relieve stress. But it's important that the person whom you talk to is someone whom you trust and whom you feel can understand and validate you. If your family is a stressor, for example, it may not alleviate your stress if you share your works woes with one of them.

Meditate. Meditation and mindful prayer help the mind and body to relax and focus. Mindfulness can help people see new perspectives, develop self-compassion and forgiveness. When practicing a form of mindfulness, people can release emotions that may have been causing the body physical stress. Much like exercise, research has shown that even meditating briefly can reap immediate benefits.

Upper Campus Parent Listening Session

NWCS is holding two listening sessions for parents of our middle school students:

- Wednesday, March 29, at 3:15PM
- Thursday, March 30, at 5:00PM

A flyer went home today with each Upper Campus student listing all the details.

We look forward to seeing you at one of the listening sessions.

Open Enrollment - April

The next Open Enrollment period starts Saturday, April 1, and ends April 20. You **must** complete the application using the following link:

<https://apps4.dpi.wi.gov/ChoiceParent>

Please contact Linda Goeden, our Admissions Administrative Assistant, at 414-352-6927, ext. 301, if you have any questions or need assistance.



MARCH

- 3/29 Upper Campus Parent Listening Session
Upper Campus
3:15PM
- 3/30 Upper Campus Parent Listening Session
Upper Campus
5:00PM
- 3/31 Stations of the Cross
Upper Campus
9:00AM
Lower Campus
10:45AM



APRIL

- 4/4 Advisory Board Meeting
OLGH
6:00PM
- 4/5 Teacher In-service
NO SCHOOL
NO BEFORE SCHOOL CARE
NO AFTER SCHOOL CARE
- 4/7 Stations of the Cross
Upper Campus
9:00AM
Lower Campus
10:45AM
- 4/13 All School Day
All students report to Lower Campus
All students dismiss from Lower Campus
11:30AM dismissal from Lower Campus
- 4/14 – 4/23 Easter Break
NO SCHOOL
NO BEFORE SCHOOL CARE
NO AFTER SCHOOL CARE
- 4/24 School resumes



Advisory Board Meeting

Our next Advisory Board meeting is being held on April 4, at 6:00PM, at OLGH.

All are welcome to attend.

Emergency/Weather Closing

For emergency/weather related closings, NWCS follows the decision of the Milwaukee Public Schools. Please watch local television stations to receive information regarding school closings.

Uniform Policy

Solid colored navy blue, red, black, and white cardigan, pullover/crew, or vest only may be worn during the school day. They must be worn over uniform shirt/blouse/dress shirt or turtleneck.

The following **MAY NOT BE WORN**: hooded sweatshirts and fashion boots (UGG, Timberlands, et cetera).



- April 5
- NO SCHOOL
Teacher in-service
- April 13
- ALL SCHOOL DAY
All students dropped off and picked up at Lower Campus
 - 11:30 DISMISSAL
All students picked up at Lower Campus
 - NO AFTER SCHOOL CARE
- April 14 – 23
- NO SCHOOL
Easter break

NORTHWEST CATHOLIC SCHOOL

A Seton Catholic School
Principal: Michelle Paris

Lower Campus (grades K4 – 4)
7140 North 41st Street, Milwaukee, WI 53209
414-352-6927, extension 300

Upper Campus (grades 5 – 8)
8202 West Denver Avenue, Milwaukee, WI 53223
414-352-6927, extension 100

Website: www.nwcschool.org

Facebook: www.facebook.com/nwcschool

Respectful, Responsible, Ready to Shine!