

# DECEMBER 2022

# T-BIRD FLYER



12.2.22

## Principal Newsletter



Dear Parents and Guardians,

Like many of you, part of the Thanksgiving break was spent getting out Christmas decorations and putting up the tree. The boys and I carefully unwrapped each ornament, while holding conversations about the meaning of each one. It was fun to hear them talk about a favorite vacation or point in time as they carefully choose the best spot on the tree for that particular accessory. Despite the fun trips down memory lane, I would be remiss if I didn't mention that we had moments of silence and even tears. The placing of the red cardinal ornaments in particular was difficult as we reminisced about our favorite Pawpaw Hoehn memories. There is no question, each ornament was a reminder of moments in time: both the ones that bring feelings of joy and purpose and others that bring pain and questions.

It wasn't until we got the Advent wreath out that the sadness and gloom we were feeling began to change. At Kairos, we are reminded that our stories include gains and losses, hopes and fears, unwanted changes and unexpected joys. Advent begins in the dark, drawing us to watch, wait and prepare. The season invites us to acknowledge where we are. The four candles are a reminder that no amount of gloom will outlast the light that is coming into the world. True Christmas spirit does not pretend the darkness isn't there, and it steps out to care for those caught out in the dark, walking alongside them as Jesus, the Light of the World, does.

I hope you will find a special way in which your family may dive into Advent with renewed faith, hope and prayer.

Blessings,

Ms. Williams

## SAVE THE DATE:

December 7

Band and Choir Christmas  
Concert, 7:00 - Big Gym

December 8

Feast of the Immaculate  
Conception All Catholic  
Community Mass, 9:30 -  
Big Gym

December 21 - January 3

NO SCHOOL - Christmas  
Break

## FOLLOW US:



## Broadcasting

[CLICK HERE](#) to check out the broadcasting production.

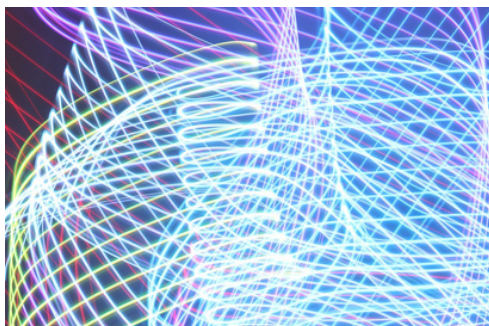
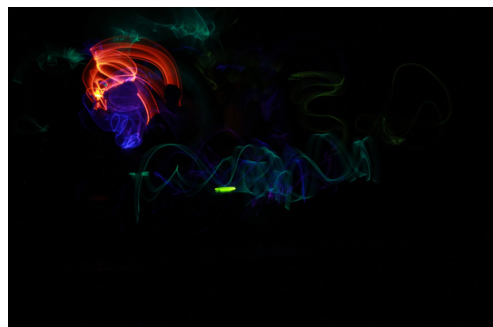
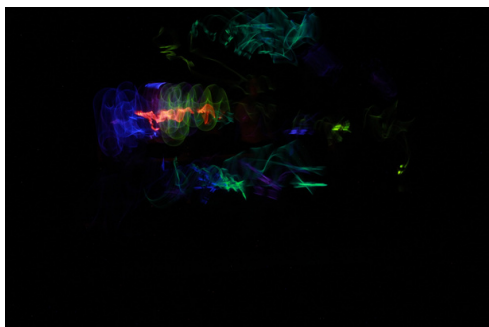
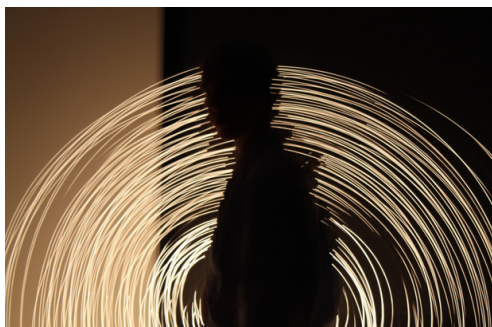
## CP English 11

CP English 11 students had a Poetry Picnic reading their favorite Walt Whitman and Emily Dickinson poems and discussing what the poems meant to them.



## Digital Photography

Student in Ms. Luersman's digital photography class did light painting projects, here are some of the results! Picture left to right, Row 1: Emily Morrissey, Carson Caprella, Jaide Schimpf; Row 2: Brayden Hubbard, Class 2, Class 1; Row 3: Class 3, Jaide Schimpf, Carsyn Dafler, Jaide Schimpf

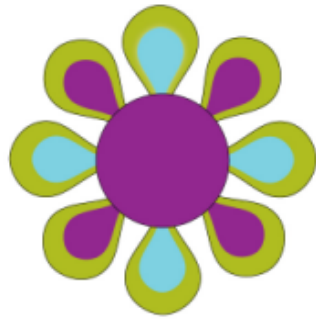


## Olivia Stolly reached 1000 points

Senior Olivia Stolly reached 1000 points in her high school basketball career earlier this week. Congratulations Olivia!







Mental Health &  
Recovery Services  
Board of  
Allen, Auglaize, and  
Hardin Counties  
[www.wecarepeople.org](http://www.wecarepeople.org)

## December 2022 School Newsletter

### Coping with Grief During the Holidays

The “most wonderful time of the year” can feel anything but that when you’ve lost a loved one. Holiday traditions can bring painful reminders instead of the previous joy. These traditions can be hard to face, especially if it’s the first year without a loved one.

Helping your children navigate the complex emotions during it all can become overwhelming. You and your children are not alone. Here are ways to manage grief during the holiday season.

**Accept your and your child’s feelings.** The holidays can bring up many different emotions. Those emotions will look different for everyone. Try your best to acknowledge and accept your child’s emotions along with your own. Don’t place judgment on your feelings. It’s OK to feel happy, sad, or both at the same time. This might be confusing for younger children. Naming feelings can help accept them.

**Don’t pretend the death didn’t occur.** No one forgets a loved one is gone. Pretending won’t make it better or ease the pain. It can add to confusion, especially with children. Talk openly with your child about how you both feel.

**Maintain healthy habits and some kind of schedule.** When kids are out of school, it can be easy for them to lose a schedule. The holidays can lead to more disruptions. Make sure your child maintains some routines like bedtime for the structure they need for good mental health. But be flexible as they need it. Eating well and exercising can also help with mental health.

**Allow this year to be different.** Trying to make it the perfect holiday will likely only bring you and your child more stress. Don’t take on more than you can manage. Discuss with your family how to best support each other and decide together how to celebrate the holiday.

**Balance new and old traditions.** There will be some traditions you keep and some you let go. Maybe your child always baked holiday cookies with their grandma. Do you skip baking, make different cookies, or use grandma’s recipe? Ask your child what they would like to do. Empower your child to work through their grief.

**Ask your child how they want to remember their loved one.** Maybe it’s writing a letter to the person, setting a place at the table, or singing their favorite carol. Let your child have a say in remembering and honoring the deceased. Here are some [remembrance activities for children](#).

Some of our partnering agencies, like [PASS](#) and [Cornerstone of Hope Lima](#), offer Grief & LOSS support groups at different times throughout the year. PASS also hosts an annual LOSS/DOSS Memory Dinner for families to remember those lost to suicide or drugs. This year’s dinner is December 1st from 6-8pm. Learn more at [passaah.org](http://passaah.org).

**If you or your child are in crisis, call the local Hopeline at 1-800-567-HOPE (4673).**