

# JANUARY 2023

# T-BIRD FLYER



1.6.23

## Principal Newsletter

Dear Parents and Guardians,

Happy New Year!! As we set out to begin another new semester and calendar year, it is important to recognize a group of people who volunteer their time and talents to our school community, all year long. January is School Board Recognition Month. While LCC doesn't have the traditional school board that public schools do, we do in fact have a Governing Board, made up of about a dozen volunteers who spend countless hours committed to the betterment of LCC.

Members of the governing board commit to meeting six times a year to conduct business meetings where school policies are voted upon, the school budget is analyzed and voted on, and committee reports are given. Additionally, each member of the board is a part of a sub-committee that takes a deeper dive into various aspects of the school. Committees include: Buildings and Grounds, Academic Affairs, Mission and Policy, and Finance and Marketing. There are so many aspects that go into the operations of a school, so having folks with experience in these various areas to provide input and help make decisions is vital to the administration.

On behalf of the faculty, staff and students, please allow me to thank former and current board members for their service. Gov. Mike DeWine and Lt. Gov. Jon Husted issued a proclamation that honors school board members for their important role in advocating "for the best interests of the students served in their districts," and it is "important that communities support school boards so that students receive the best education and are prepared to be the leaders of tomorrow." If you see any of the following individuals, please consider taking a moment to thank them for their time and commitment to LCC.

Blessings,

Ms. Williams

**Officers** Marta Truex '92 (Chair), Barb Schmiedebusch '75 (Secretary)

### Term Ending 2023

Philip Gallagher '63  
Patricia Wogerman '85

### Term Ending 2024

Eric Scheckelhoff  
John Neville  
Quinn Whittaker '97  
Brian Garver  
Carla Simmonns

**Permanent Term** Mission & Policy Committee: Fr. Kent Kaufman (Pastor of St. Charles), Fr. David Ross '67 (Pastor of St. Rose/St. John) Fr. Mike Sergi (Pastor of St. Gerard), Stephanie Williams '98 (LCC Principal/CEO), John Schnieders (LCC Finance Administrator)

## SAVE THE DATE:

January 10-13

8th Grade Interviews

January 13

Senior Night Winter Sports

January 13

Sophomore Retreat

January 16

NO SCHOOL - MLK Day

January 23

Virtual College Roundtable  
via Zoom- 7PM

January 28

8:30am - 8th Grade  
Placement Test

January 30 - February 3

Catholic Schools Week

## FOLLOW US:



## Broadcasting

[CLICK HERE](#) to check out the belated Christmas special from broadcasting.

## Sideline Store

Jump into January with 15% OFF orders of \$100. Stock up for yourself or for a fellow LCC fan. This sale is on for the ENTIRE month! [CLICK HERE](#) to save with code JAN23 today!



## All School Mass

We welcomed back some familiar faces to celebrate Mass with us. Thank you to the alumni who came!



## Hall of Fame Nominations

Nominations are being accepted for the 2023 Lima Central Catholic Hall of Fame!

Do you know someone who should be recognized for their Community Service, Athletic Achievements, Professional Achievements, or Service to LCC? Nominate them [HERE](#)!

Deadline for nominations is January 15th. Applications may be submitted via email to Pat Shanahan [pshanahan@apps.lcchs.edu](mailto:pshanahan@apps.lcchs.edu) or by mail to: Lima Central Catholic High School Attn: Pat Shanahan 720 S Cable Rd Lima, OH 45805

\*Please note, nomination forms are held from year to year it is not necessary to resubmit a form for someone not selected prior years. You may send updated information to be attached to an existing nomination form\*





# Virtual College Roundtable



**Monday,  
January 23rd  
7:00 PM**



**Financial Aid**  
OSU  
Tony Dickman



**Public College**  
BGSU  
Van Write



**Private College**  
ONU  
Brenda Hoyt-Brackman

## VIA ZOOM

Get expert advice about the college process from real college representatives. Hear from a senior parent and a current alumnus. Receive info about how to pay for this academic investment. This is a very informative program!



**Alumni**  
2022 Graduate  
Isabella John



**Parent**  
Barb Cira

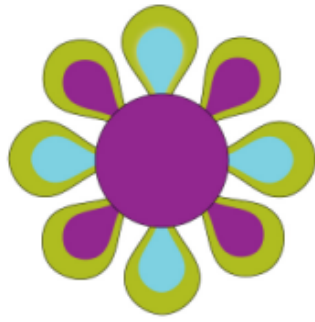
## VIA ZOOM LINK:

<https://us06web.zoom.us/j/84113714877?pwd=VCsydXRBb0hkbnZJMmorSFZQLONodz09>

Meeting ID: 841 1371 4877

Passcode: college





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

## Mental Wellness Month and the New Year

January is Mental Wellness Month. Mental wellness comes from feeling balanced, having positive connections with others, and having the ability to deal with life's stressors. It does not mean you're always happy. It's also not the absence of mental illness.

Feeling mentally well can help you maintain your mental health, build resilience, and overcome life's challenges. The new year is a time when people make resolutions, often to better themselves in an aspect of life. Now is the perfect time to focus on improving your mental wellness. You can help your children improve their mental wellness too!

Here are tips to enhance your and your child's mental wellness:

**Be grateful.** Practicing gratitude every day can make you more optimistic and less stressed. It trains your brain to notice the good things in life and unlearn negative thinking patterns. Practice self-care. Taking care of yourself isn't selfish. Make time every day for your mental health. Do something that is meaningful and brings you joy. Help your child do the same. Get enough sleep. Your body needs to be healthy to keep your mind healthy. Get the recommended hours of sleep for you and your child. If you have trouble sleeping, see your doctor.

**Learn a new skill.** Creative hobbies can provide a sense of purpose and achievement, boost confidence, reduce stress, keep your mind sharp, and help avoid burnout by restoring your creative energy. Some creative skills are playing an instrument, painting or coloring, baking, dancing, sculpting, writing, graphic design, and photography.

**Exercise regularly.** Exercising for 30 minutes a day keeps both your body and mind healthy. It can lessen depression and anxiety. Go for a walk, bike ride, play a sport, or take a fitness class. Connect with others. Sharing quality time with friends and family can be fulfilling, provide emotional support, and build a sense of belonging.

**Eat well.** Keeping a balanced diet helps the physical and mental health of you and your child.

**Practice mindfulness.** Being present in the moment and paying attention to your thoughts and feelings is a part of mindfulness. One practice is a body scan. Move your attention through your body, and notice what you see, feel, hear, taste, and smell. Name them without judgment, then let them go. Here are some more mindfulness practices.

**Ask for help when you need it.** It is not a weakness to reach out for resources and support. We all need help sometimes. It might be time for professional help if you or your child cannot function or have tried to improve your mental health on your own but are still suffering.

If you or your child are in crisis, call the local 24/7 Hopeline at 1-800-567-HOPE (4673) or text 741-741. If you are not in crisis but want to find local resources, call 211.