

# MARCH 2023

# T-BIRD FLYER



3.3.23

## Principal Newsletter

FACTS FINANCIAL AID DEADLINE

**APRIL 1st**

SCHOLARSHIP DEADLINE TO

**APRIL 1st**

Dear Parents and Guardians,

Throughout my time serving the students and families at LCC, I've had the privilege to lead numerous activities, including working with families through our scholarship and financial aid process to ensure LCC is accessible to all, regardless of their financial situation. We believe that a Catholic education should be available to every student, and we are grateful for the incredible support from numerous people who have contributed funds to help provide various scholarships and financial assistance.

Our financial aid process is open to all families, and the time to apply for these funds for the upcoming school year is now. April 1 is the deadline for most of our scholarships and need-based financial assistance. You should have received an email from me on Feb. 3, which was sent again today, outlining various opportunities designed to ease your financial burden in sending your student to our school. We strongly encourage you to take advantage of this.

Although the cost to educate each student at LCC next year is projected to be over \$13,000, our fundraising efforts have enabled us to set the sum of tuition and fees at around \$8,800. Scholarships and grants, both privately and publicly funded, brought the average out-of-pocket expense per student to around \$1,900 this year (or an average of \$4,600 if non-EdChoice).

We are committed to being efficient, building scholarship funding, and ensuring that you see the value of a values-based education. If you have any questions or concerns, please don't hesitate to reach out to me.

Have a nice weekend!

Sincerely,

John Schnieders  
Finance Administrator

## SAVE THE DATE:

March 3

Fish Fry - 5:00, Cafeteria

March 6

Meet Hope, then TPC Meeting  
- 7:00, Great Hall

March 10 - 12

Senior Class Play - Civic Center

March 10

Fish Fry - 5:00, Cafeteria

March 20

No School - Professional  
Development

March 25

Auction - 6:00, Civic Center

## FOLLOW US:



## SOS has "Give a Compliment Day"

SOS had "Give a Compliment Day". Students popped balloons that had compliments inside during SOAR. A little bit of kindness goes a long way. Let's keep the compliments flowing and make every day a Give a Compliment Day! #GiveAComplimentDay #KindnessMatters



## Math Students of the Month



Congratulations to LCC's math students of the month for February: Claire Janowski, Dallas Martin and Saylor Hoge! Way to go Thunderbirds!!

## Students of Honor & Achievement



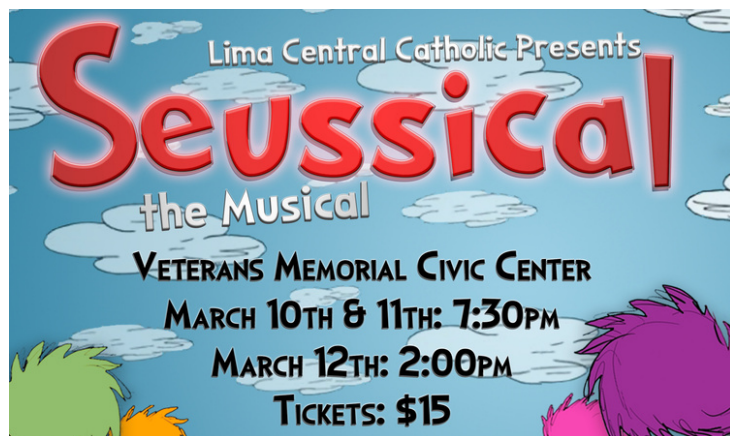
Seniors were recognized at the Students of Honor and Achievement Awards hosted by the Shawnee Optimists at the Old Barn Out Back. From left to right: Oli Bruno, Bridget Mulcahy, Olivia Stolly, Gabe Cirra and Justin Davisson.

## Women of Will

We're excited to announce our partnership with BSN SPORTS and Under Armour through their Women of Will Program! As an institution that values diversity, inclusion, and the development of our students, we're honored to support our female athletes and celebrate their accomplishments on and off the playing field. Through this partnership, our Thunderbirds Athletic Program will receive custom Women of Will branding and apparel packages, athlete leadership opportunities, social media exposure, Women of Will awards, and branding designs through BSN SPORTS over the next three years. We're proud to be members of the exclusive Women of Will Program, which is the first high school sponsorship program designed specifically for women's athletic programs.

"Our partnership with Women of Will sets us apart in our community, aligns perfectly to our core values as an institution, and shows that we're intentional about standing with our students and their development as human beings. For LCC, it's not just another program, it is who we are," said Mike Rumschlag, Athletic Director of Lima Central Catholic.

Starting in Spring 2023, our athletes and coaches will be outfitted in high-quality Under Armour gear. Thank you to BSN SPORTS and Under Armour for this incredible opportunity to enhance our Thunderbirds Athletic Program!



[CLICK HERE](#) to purchase tickets!



[CLICK HERE](#) for more information and to purchase tickets!

## LIMA CENTRAL CATHOLIC 2 FRIDAY LENTEN FISH FRIES

MARCH 3RD & MARCH 10TH

5:00 PM-8:00 PM

DINE-IN OR CARRY-OUT

Drinks and Desserts  
available for purchase



Price: Pre-Sale \$10

(Sold at LCC Business Office and boys home basketball games)

At Door \$12

Kids Price \$6

(Choice of fish or cheese pizza and fries)

Lima Central Catholic Cafeteria

720 S. Cable Rd.

Lima, OH 45805

Drive behind the school for Carry-Out

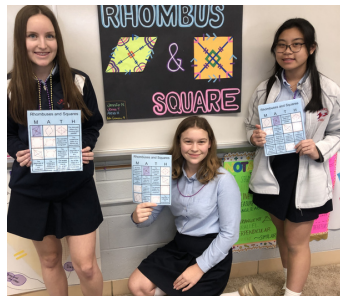
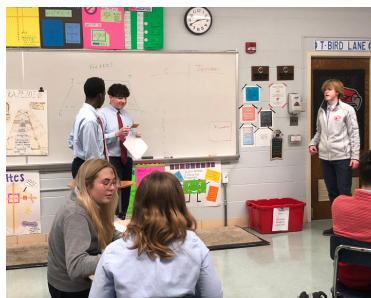
All proceeds benefit  
Lima Catholic  
Schools

## Weight Room Equipment

REMINDER: If you purchased weight room equipment pickup will be TODAY March 3 from 3-6 & TOMORROW March 4 from 10-2. Please use entrance 7 located behind the gym. You can shop items that are still available for sale including a variety of dumbbells (\$5 each) during pickup times. LCC is NOT responsible for taking equipment apart. Bring tools to be prepared.

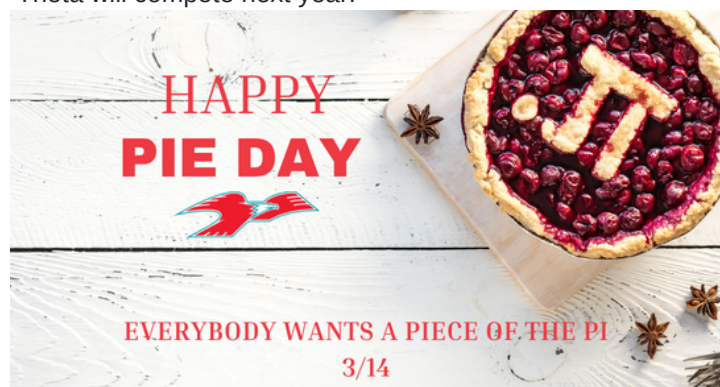
## Advanced Geometry

Mrs. Thompson's Advanced Geometry students had to create a 20 minute lesson for their classmates to go over the important properties of their special quadrilateral. The students came up with some great games including Pin the tail on the Parallelogram, Square Bingo, Connect 4 for Kites, and Family Feud trapezoid style. Congratulations to Jennifer Nguyen, Alexa Heffner and Jenna Terrill for the best presentation! All students did an amazing job. #makinglearningfun



## Pi Day

This year LCC students, staff and faculty will be celebrating Pi Day on Tuesday, March 14th during lunch. Students are encouraged to bring in \$2 to buy a pi/4 sized slice of pie. This fundraiser helps pay for all of the math contests Mu Alpha Theta will compete next year.



## Rivals United T-Shirts

Please help us "Beat Delphos St. John" in our Rivals United Campaign! All proceeds from our T-shirt sales will help support our community through the United Way. All T-shirts will be delivered to the Student that you list at their school. [CLICK HERE](https://give.unitedwaylima.org/give/470976/#!/donation/checkout) to order. T-Shirt sales can run from now until March 8th. They will be delivered on March 15th.

# GET YOUR GEAR FOR BATTLE OF THE BIRDS

## Rivals United

LIMA CENTRAL  
CATHOLIC

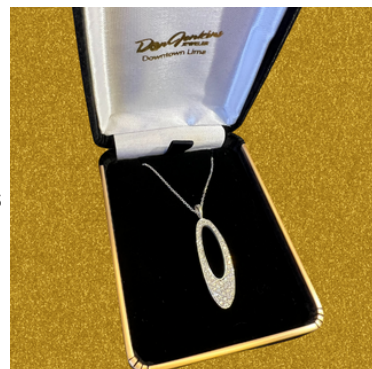
VS

DELPHOS ST.  
JOHNS

[HTTPS://GIVE.UNITEDWAYLIMA.ORG/GIVE/470976/#!/DONATION/CHECKOUT](https://give.unitedwaylima.org/give/470976/#!/donation/checkout)

## Necklace Raffle

You have a chance to win a stunning \$2500 diamond necklace generously donated by Don Jenkins Jeweler! Buy your raffle tickets now for a shot at this amazing prize! Tickets are only \$20 each, [CLICK HERE](https://give.unitedwaylima.org/give/470976/#!/donation/checkout) to purchase. Winner will be announced the night of the auction, March 25!

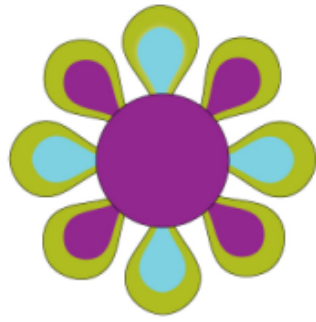


# Let's talk about HOPE

Meet and learn about our certified Therapy Dog

**MONDAY, 3/6  
7PM, GREAT HALL**

\*IMMEDIATELY FOLLOWING THERE WILL BE A TPC PLANNING MEETING.



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

## March 2023 School Newsletter

### Youth Self-Esteem & Peer Pressure on Social Media

Smartphones and social media have transformed childhood. 92% of adolescents are active on the internet daily and are active on at least four social media platforms. It can be hard to help your child navigate this unfamiliar world with your different childhood experiences.

There is a youth mental health crisis. More than 40% of teens struggle with persistent sadness or hopelessness. Many factors have played into this mental health crisis. Rates of depression, anxiety, and suicidal thoughts were on the rise before the pandemic. These issues were intensified by COVID-19. Some factors are mental health stigma, discrimination, and online bullying. Online bullying and social comparison thrive on social media.

#### PEER PRESSURE

Peer pressure has always been a stress point for teens, but social media has increased its effect and reach. Youth are exposed to risky behaviors like drug and alcohol usage and violence on a more regular basis. Teens are trying to mimic their peers. When they do, they receive positive reinforcement of this behavior through likes and comments. This pressures teens to conform to their peers. Social media also creates anxiety about FOMO or “fear of missing out.”

#### SELF-ESTEEM

According to a study, social media causes a decrease in self-esteem (how you think about yourself), most affecting girls ages 9-14. Adolescents are just learning who they are and are sensitive to comparisons. Social media leads youth to make irrational opinions of their peers' lives based on brief videos and photos, which creates insecurities and mental health issues.

Additionally, any hate or rejection is permanent. Teens cannot escape bullying when school ends because it now follows them everywhere online. Signs of low self-esteem include self-deprecation, discounting achievements, inability to accept compliments, fear of failure, placing blame on themselves, and feelings of anxiety or shame.

#### NAVIGATING SOCIAL MEDIA

Smartphones and social media are a key part of children's lives today. Not all social media use is bad. Some youth find healthy connections and validation from peers on social media. Help your child have a positive experience on social media. Have open and honest conversations with them about their self-esteem and the dangers of social media. Encourage them to protect their privacy, never to share information they wouldn't feel comfortable with the whole world knowing, to remember that tone is hard to convey over text, to remember anything online is permanent even if deleted later on, and to speak to others how they want to be spoken to.

Talk to your kids about substances, suicide, and their strengths to prevent risky and harmful behaviors. Learn how to have these conversations at [letstalk.care](http://letstalk.care).