

Important for the Weeks of January 8th and 16th, 2024 / Welcome back!

Dear **HFGS Families, Faculty, Staff, Students, and Friends,**

Welcome back to school and a Happy New Year to our beloved families, faculty, staff, and students!

Gearing up for our January 8th return to school

We trust everyone had a delightful Christmas break. Let's gear up with enthusiasm for our return to school. The first week of January is packed with excitement: Monday marks our recycling efforts and the start of STAR standardized testing, Tuesday brings our school Mass, Wednesday hosts the New Year's Bash in the GS auditorium, as we prepare for the Science Contest. Friday continues with Loaves and Fishes, followed by the SHARP International Dance and Cheer Competition in Hawaii over the weekend. We're diving back into action with a week full of high energy and warm-hearted welcomes to all returning!

Some effective tips to prepare a child for returning to school after a long break:

1. Gradual Transition: Start reintroducing school routines a few days before school begins. Gradually adjust bedtime and wake-up times to align with the school schedule.
2. Positive Reinforcement: Discuss the enjoyable aspects of returning to school, like seeing friends, engaging in favorite subjects, or participating in activities. Highlight the positive experiences they'll have.
3. Open Communication: Encourage your child to share any concerns or worries they might have about going back to school. Listen attentively and offer reassurance.
4. Set Goals: Help your child set realistic goals for the upcoming term. It could be academic, social, or personal goals, fostering a sense of purpose and motivation.
5. Organize Supplies: Involve your child in organizing school supplies and getting their backpack and materials ready. This can build excitement and a sense of preparedness.
6. Create a Study Space: Designate a quiet, organized space at home for studying and homework. Having a dedicated area can help ease the transition.
7. Meet and Greet: If possible, attend any orientation sessions or meet-the-teacher events. Familiarizing your child with their teacher and the school environment can ease anxiety.

Authors and resources:

- **Melissa Taylor** writes about parenting, education, and preparing kids for school transitions.
- **Jessica Lahey** is known for her book "*The Gift of Failure*," which discusses fostering resilience and independence in children, including preparing them for school transitions.
- **Back-to-School Toolkit** by **Child Mind Institute** offers various resources and articles for parents on transitioning back to school.

These experts and resources can provide valuable insights and strategies for effectively preparing children for the return to school after a long break.

New Year's Bash in the GS Auditorium with Mrs. Nelson and Mr. Makiling leading - Wednesday, January 10th

We sent all our families the invitation through the family envelopes before our Christmas break. Kindly return the form if you have not done so on Monday if you so decide to let your child attend the New Year's Dance.

For our participating students, they can wear clothing that are of New Year's colors which often include a range of vibrant and celebratory hues such as gold, silver, white, black, and various shades of red. Gold and silver represent prosperity and fortune, while white symbolizes purity and new beginnings. Black can sometimes represent elegance and formality, and red is often associated with luck and joy in many cultures. Combining these colors or choosing any one of them would typically align well with the festive spirit of our New Year's celebration at HFGS.

A warm welcome and fond farewell: embracing new beginnings - Sunday, January 14th

Welcome back to our Concert Chorus, returning from their enriching trip to Rome, exploring Cathedrals, Churches, and iconic tourist spots throughout Italy. As we bid farewell, our Cheer and Dance teams are gearing up for their upcoming weekend journey to Honolulu, Hawaii set to compete in the World Finals sponsored by SHARP International Cheer and Dance Company. Wishing them safe and the very best as they aim for outstanding performances.

Honoring the legacy of Dr. Martin Luther King, Jr. - Monday, January 15th

As we honor the legacy of Dr. Martin Luther King, Jr., we celebrate the principles of equality, justice, and unity that he championed. Dr. King's tireless efforts continue to inspire us to build a world where diversity is cherished and where every voice is heard and respected. In commemoration of this day, let us join hands in fostering understanding and compassion within our community. Together, through acts of kindness, service, and learning, we can continue Dr. King's dream of creating a brighter, more inclusive future for all.

Some simple yet meaningful activities to remember Martin Luther King, Jr. at school and at home are organizing discussions or presentations about Dr. King's life, his impactful speeches, and the Civil Rights Movement, emphasizing the importance of his teachings in today's world; encouraging our students and families to engage in community service projects, such as volunteering at local shelters, organizing food drives, or participating in neighborhood clean-ups; having students create art pieces, poems, or essays that reflect Dr. King's messages of peace, equality, and justice. Then, we can absolutely display these creations in a dedicated area within our school; hosting

an assembly where students can share their reflections on Dr. King's legacy; and, incorporating age-appropriate books, films, or documentaries about Dr. King and the Civil Rights Movement into the curriculum to deepen students' understanding.

These activities not only honor Dr. King's contributions but also instill values of empathy, unity, and social responsibility among students and families. Let's plan and celebrate Dr. King's legacy!

Important for the Weeks of January 8th and 16th, 2024

Mon. 1/8/24 - Recycling Day / STAR Testing - Classes resume and welcome back.

10:00 a.m. - HFCC Staff Meeting

Note: Science Contest guidelines will be provided by each Science teacher.

Tues. 1/9 - Noon Dismissal

8:00 a.m. - 8:50 a.m. - School Mass

1:00 p.m. - 3:30 p.m. - Faculty Meeting

6:30 p.m. - 7:45 p.m. - PTO Board Meeting (Zoom)

Wed. 1/10

12:45 p.m. - 1:45 p.m. - New Year's Bash, GS Auditorium

Note: For this dance, participants come in non-uniform and preferred colors are white, gray, black, silver, gold, or red.

Fri. 1/12 - Loaves and Fishes

Sun. 1/14 - SHARP International Cheer and Dance Hawaii World Finals: Hilton Hawaiian Village, Waikiki Beach Resort, 2005 Kalia Road, Honolulu, Hawaii, 96815

Mon. 1/15 - Dr. Martin Luther King, Jr. Day - No School

Tues. 1/16 - Happy Birthday, Miss Alana Sacop!

8:00 a.m. - 8:50 a.m. - School Mass

3:30 p.m. - 5:00 p.m. - Faculty Meeting

Wed. 1/17

6:45 p.m. - 8:15 p.m. - PTO General Assembly, GS Auditorium (Tentative)

Thurs. 1/18 - Jeans for Jesus

9:00 a.m. - 10:30 a.m. - ALA, Academic League and Ambassadors' Recognition Day, GSA

Fri. 1/19

9:00 a.m. - 2:00 p.m. - ALA, Academic League and Ambassadors to Universal Studios

Note:

1. Final submission for the 2024 Science Contest

2. WCEA Accreditation Report to the Director of Data Assessments and Accreditation

A prayerful reflection to prepare ourselves this weekend

Heavenly Father, through your Son Jesus Christ, you have opened the way to heaven for each one of us. As you personally revealed yourself to your beloved patriarchs and apostles, so reveal yourself to me that I may recognize your presence with me and know the power of your kingdom at work in my life. May I always find joy and peace in your presence and never lose sight of your everlasting kingdom.

Psalm 100:1-5

1 Make a joyful noise to the LORD, all the lands!

2 Serve the LORD with gladness! Come into his presence with singing!

3 Know that the LORD is God! It is he that made us, and we are his; we are his people, and the sheep of his pasture.

4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him, bless his name!

5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Thank you and a warm welcome awaits everyone as we return to school on Monday,

Dr. Suelto

References:

[Fr. Anthony's Message](#)

[School Calendar](#)

[Sisters of Charity of the Blessed Virgin Mary](#)