

JUNE 2020



RONCALLI

Aberdeen Catholic School System

We Serve the King..... We are Cavaliers

1400 N DAKOTA STREET, ABERDEEN, SD 57401

ABERDEENRONCALLI.ORG

DATES TO NOTE

**Special
Summer
Newsletter
edition**

**Roncalli Scrip
Gift Card
Program Ending**
details on page 9

**RETIREMENT
PARTY for Mrs.
Kline, Mrs. Kraft
and Mrs. Dix** will
take place this
summer, once we
are free to make
solid plans.

**TEACHER OF
THE YEAR
AWARDS**
on page 7

**Online
Spirit Store**
[www.geffdog.com/stores/
roncallispiritstore](http://www.geffdog.com/stores/roncallispiritstore)



Central Office:
(605) 226-2100

High School Office:
(605) 225-7440

Elementary School:
(605) 229-4100

Primary School:
(605) 225-3460

- **CAVALIER BLAST TRAP SHOOT– June 25 @ Aberdeen Gun Club.** Find registration form at <http://www.aberdeenroncalli.org/>
- **CONTRACT SIGNING DAY–** tuition and fee payment opportunity. Contracts must be signed before the start of school, ideally by Aug. 1.

Looking at Options:

1. We have an in-person, onsite day planned for
WED. JULY 22 at RHS during the following times:
7-9am - 11am-1pm - 4-6pm

The requirements for social distancing, disinfecting and masking wearing will be in place during this day.

2. Other options are being worked on and include: making an appointment with the Business Office either in person or over the phone and a fully electronic alternative.
3. We will send more information to our families via email and a postcard in early July.
4. To view the 2020-2021 Tuition Agreement go to the link below.

<http://www.aberdeenroncalli.org/admissions/admissiontuition-forms>

- **RONCALLI SPIRIT STORE** will be open during Contract Signing Day on July 22 at the same times. You can also stop in 8am -4:30pm all week, July 20-24 to shop. Please call ahead to make sure someone is available to help you.
- **REMINDER:** the **Onsite SPIRIT STORE** will be closing for good by Aug. 1. After that time you can shop the **Online SPIRIT STORE** for the logoed uniform items and spirit wear for your whole family.
- **CAVALIER CLASSIC Golf Tournament– Sat. Sept. 19 @ Lee Park Golf Course.** Find registration form at <http://www.aberdeenroncalli.org/> . Contact Development Office for sponsorship opportunities, 226-2100, jill.young@aberdeenroncalli.org or rick.kline@aberdeenroncalli.org
- **RONCALLI HALL OF FAME- Sat. Sept. 26 at Roncalli High School**
- **RONCALLI BALL– Fri. April 23, 2021 at the DEC**

“Instilling Catholic values and promoting academic excellence by nurturing mind, body and soul.”

SCHOOL HIGHLIGHTS

CONGRATULATIONS!!!



Sidney Hansen is going to be Roncalli's second representative at HOBY (Hugh O'Brian Youth Leadership), which is virtual this summer

Jacob Goebel received a scholarship for \$1000 from Aberdeen Federal Credit Union. This information was accidentally omitted from the graduation program.



- The following teams all received the Winter Academic Achievement Award from the Activities Association. Congrats and thanks for representing Roncalli so well.
 - Girls Basketball Team - 3.97 GPA
 - Boys BB Cheerleaders - 3.95 GPA
 - One Act Play Cast - 3.83 GPA
 - Band Solo-Ensemble Group - 3.76 GPA
 - Vocal Solo-Ensemble Group - 3.19 GPA
 - Boys Basketball Team - 3.17 GPA



Fionualla Rigg
2020 Rory & Susan King
Award



Erica Carda
2020 Superior Female
Fine Arts Award



Jonah Kost
2020 Superior Male Fine
Arts Award

“Spirit of the Cavalier Award”

The prestigious “Spirit of the Cavalier Award” is given to students who exemplify the mission of the Aberdeen Catholic School System—*instilling Catholic values and promoting academic excellence by nurturing mind, body and soul*. This annual award is given to students in grades 9-12 who have earned a minimum cumulative 3.50 GPA, have had no code of conduct or honor code violations during the current school year, and have accumulated 4 points of activity and letter winner excellence. Point values are determined by the amount of time required of participants outside of the regular school day and must be earned from both fine arts and athletic activities. The following fine art activities include: Band, One Act Play, Spring Play, Choir, Oral Interpretation, Debate, Speech, Journalism, Student Council, and Art. Athletic activities include: Varsity Letter Winners in Football, Volleyball, Cross Country, Tennis, Wrestling, Basketball, Golf, Basketball and Football Cheerleading, Dance Team, Soccer, Swimming, Track, Hockey, Gymnastics and Statisticians. Additionally, First Tech Challenge and Sound Crew are included.

2019-2020 Spirit of the Cavalier Award Winners are:

Seniors: Erica Carda, Abbigail Hanson, Jenna Helms, Elizabeth Litzen, Antony Martinez, Garrett Mitzel, Jacob O’Keefe, Fionualla Rigg, Sydney Rosebrock, Allison Schock, Riley Weinmeister

Juniors: Simon Bickford, Jemini Cantalope, William Goscicki, Elissa Hammrich, Capri Hellwig, Jackson Henrich, John Reynen, Anna Schmidt, McKenna Weekly, Brinna Zikmund

Sophomores: Rose Gutenkauf, Sidney Hansen, Olivia Hanson, Carson Helms, Rachel Knapp, Sophia Madsen, Matthew Martinez, Sarah Mitzel, Elizabeth Russell, Lindsay Scott, Ella Ulmer

Freshmen: Lauren Dosch, Garrett Griffin, Ella Hanson

SCHOOL UNIFORMS

We have received confirmation that the **2020 DONALD’S SUMMER UNIFORM SALE** will not be taking place ON SITE at Roncalli. The company is running a sale through their website though. Please refer to the flyer on the last page of the newsletter.

A reminder that there were a few changes made to the Dress Code Uniform Policy earlier this spring. Please go to this link on the website to refresh yourself of the changes. <http://www.aberdeenroncalli.org/admissions/uniforms>

One great addition to the policy is the transfer of some of our uniform options to an Aberdeen company. **Geffdog Design and Apparel** will be providing our logoed uniform options. With an in town option available we have decided to close the RONCALLI SPIRIT STORE located at the high school. At each of our school sites we will offer samples of uniform items for you to try on for sizing purposes. You will have the option of ordering online or stopping at the store located at 20 6th Ave. SE.

Again, the Spirit Store formerly located at the high school will be closing by August 1. The store will be open for a full week July 20-24 for anyone wanting to purchase uniform items. Please call ahead to make sure someone is available to help you. The store will also be open to sell uniform items during the same hours as the Contract Signing event: 7-9am, 11am-1pm and 4-6pm.

RONCALLI RESET Task Force

Working on the ‘20-’21 Return to Roncalli Plan. Our families will be the first to know when the it is solidified. Be assured they are working hard and discerning well the plan for next year!



**VISIT OUR ONLINE
SPIRIT STORE**

[www.geffdog.com/stores/
roncallispiritstore](http://www.geffdog.com/stores/roncallispiritstore)

Counselors' Corner

Dear Roncalli Family,

As we enter into summer break, we want to thank you and applaud you for the time and effort you gave in partnering with the school to care for and educate your children. The COVID 19 pandemic is a stressful time for children and adults. Just as it is important to attend to our students' physical health during this period, it is equally important to attend to their mental health needs. Included in this newsletter are a few reminders of how to address mental health needs and self care. In addition, we have provided a very user friendly booklet of activities linked for you to consider as a family, noting that all activities and information can be adjusted to accommodate all age groups: <http://www.7-dippity.com/other/covid-19.html>.

Please know that throughout the summer, we are available via email if additional assistance is needed. We are happy to respond to your family's needs. We look forward to the time when we are back together. In the meantime, know of our prayers and best wishes for a safe summer break.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Phil. 4:6-7

In Christ,

Mrs. Braun and Mrs. Vetch

COVID-19 AND YOUR MENTAL HEALTH

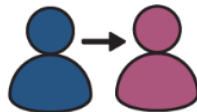
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress



Not being able to connect with friends and family the way you're used to



Shortages of certain common supplies

More info on the next page

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE



- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

Keep going....so much great stuff on the next two pages

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



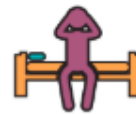
Stomach and digestion problems



Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

One more page. Look at page 6

WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

Mental Health Screening

If you feel like you are struggling with your mental health, visit mhascreening.org to check your symptoms.



It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Crisis Hotlines and Textlines

If you're experiencing emotional distress related to COVID-19, crisis counselors are available 24/7, 365 days a year.

**Call 1-800-985-5990
or text "TalkWithUs" to 66746.**



If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

**Call 1-800-273-8255 (TALK)
or text "MHA" to 741741.**

Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.



[f /mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)
[@mentalhealtham](https://twitter.com/mentalhealtham)
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)
[p /mentalhealtham](https://www.pinterest.com/mentalhealtham)
[y /mentalhealthamerica](https://www.youtube.com/mentalhealthamerica)
www.mhanational.org

CONGRATULATIONS: TEACHERS OF THE YEAR



Camille Fischer

The 2019-2020
**Stan Sr. and Ileen Schmidt
Teacher of the Year**

was awarded to

K-6 grade level

Camille Fischer, Vocal Music
Instructor

7-12 grade level

Angela Keller, 7-12 SPED Instructor



Angela Keller



 An illustration of a family (father, mother, and two children) standing together, with a large heart behind them.

FAMILY NIGHT

**Each Sunday night at 7pm (June 7th - August 2nd)
from your own home!**

Text FAMILYNIGHT to 84576 to sign up!


 A red heart with a flame on top, representing the Sacred Heart.

YOUTH NIGHT

**Socially distanced youth nights
Wednesdays, June 10th, 17th, and 24th
at 7pm at Sacred Heart!**

No Registration Necessary!


 An illustration of three young people (two girls and one boy) jumping joyfully.

SACRED HEART PARISH


 An illustration of a young man sitting on a pink cushion, reading a book.

SUMMER BIBLE STUDIES

**4-week small group bible studies for
youth 7-12th grade during June!**

**Sign up at
sacredheartaberdeen.net/totus-tuus**


 A red heart with a flame on top, representing the Sacred Heart.

SACRED HEART PARISH



Catholic Diocese of Sioux Falls
Office of Youth Discipleship & Evangelization

www.sfcatholic.org/youth

RONCALLI SCRIP CARD PROGRAM ENDING

After extensive evaluation it was decided that ACSS will no longer run the Scrip Card program. We are grateful to anyone who purchased cards over the years and especially grateful to those who made it a habit to purchase the cards on a weekly or monthly basis.

Please continue to support our local businesses who so generously have taken part in the Scrip program.

We have some cards still in stock (listed below) but will not be ordering any new cards. Please contact the Central Office to purchase any of the remaining cards.

Allevity Entertainment	\$25
Buckle	\$25
Buffalo Wild Wings	\$10
Buffalo Wings & Rings	\$25
C-Express/Wolf Stop	\$25
C-Express/Wolf Stop	\$100
Cenex	\$25
Cenex	\$100
Chili's	\$25
Claire's	\$10
Culver's	\$20
Dunham's Sports	\$25
Famous Footwear	\$25

Flame	\$25
Holiday	\$25
Lager's Inn	\$20
Maurices	\$20
Millstone	\$25
Minerva's	\$25
Pizza Ranch	\$25
Pounders	\$25
Red Robin	\$25
Rinse and Go/Perf. Wash	\$25
Ruby Tuesday's	\$25
Sinclair	\$25
Sinclair	\$100
Subway	\$50

THANK YOU TO THE FOLLOWING ABERDEEN BUSINESSES for their faithful contributions to the school through Scrip.

Aberdeen Wendy's	Domino's	Mazatlan	Shoe Science
Arby's	Dunham's Sports	Menards	Sinclair
Bath & Body	Famous Footwear	Millstone	Sooper Stop
Buckle	The Flame	Minerva's	Starbucks
Buffalo Wings & Rings	Holiday	Papa Murphy's	Subway
Caribou Coffee	Ken's	Pizza Hut	Taco Bell
Catching Fireflies Boutique	Kohl's	Pizza Ranch	Target
C-Express/Wolf Stop	Lager's Inn	Pounder's	Thatzza Pizza
Cenex	Lily's Floral Design	Qdoba	The Oil Room
Claire's	Little Caesars	Rinse and Go/Performance	Wakeside Bar & Grill
Culver's	Maurices	Wash	Walmart
Dairy Queen	Maverick's	Ruby Tuesday's	

THIS WEEK'S UPDATE

COVID-19 RELIEF FUND

YOU ARE MAKING A DIFFERENCE
IN EASTERN SOUTH DAKOTA



THANK YOU FOR YOUR SUPPORT



FUNDS HAVE BEEN DISTRIBUTED THROUGH
14 PARISHES IN **7 COMMUNITIES**



YOU HELPED
SUPPORT



124 FAMILIES



260 CHILDREN

MORE
STORIES TO COME

\$52,000+
DISTRIBUTED



The Aberdeen Catholic Foundation is so grateful for the incredible response from the community and the support that has been shown for the COVID-19 Relief Fund. In these challenging times, it is more important than ever to come together as one to help those in need. As the needs and requests for support continue, we continue to accept donations to the fund.

To learn more or to help support those in our Aberdeen region who need our help or to request help, visit <https://ccfesd.org/>, or contact David Vetch at 605-218-0072 or info@acf.network.

Shop Early and Save!

**10%-20% OFF
EVERYTHING**

June 1st—30th

20% Off Basic Uniform Items

10% Off School Logo Apparel

Free Shipping On All Orders Over \$100

June Store Hours

Donald's St. Paul

Mon-Thurs: 10:00AM-5:00PM

Friday: **Closed**

Saturday: 10:00AM-4:00PM

Sunday: **Closed**

Donald's Eden Prairie

Mon-Thurs: 10:00AM-5:00PM

Friday: **Closed**

Saturday: 10:00AM-4:00PM

Sunday: **Closed**

Sale Details:

No Coupon Code Required. Valid in-stores & Online. Excludes Spirit Wear, Corporate Apparel & Clearance Items. Cannot be combined with any other coupons or discounts.

In-Store & Phone Orders: Discounts will automatically be applied to all valid sale merchandise.

Website Orders: No Coupon Code Required. Discounts will automatically be applied when you add items to your shopping cart.

www.donaldsuniform.com



Donald's

The Official Uniform Store
Since 1952

Donald's - St. Paul
972 Payne Ave.
St. Paul, MN 55130
Phone: 651-776-2723
Ext. 0

Donald's - Eden Prairie
6407 City West Pkwy
Eden Prairie, MN 55344
Phone: 651-776-2723
Ext. 1