



ST. JAMES

Elementary School

Virtue of the Month

Mercy

God's act of showing compassion, kindness, and forgiveness to people.

Blessed are the merciful, they shall obtain mercy.
Matthew 4:7

Important Dates

March

- 7th:** Stations of the Cross @ 2:45PM
- 10th:** Pajama Day (All School)
- 13th:** Battle of the Books (3rd, 4th, 5th)
- 14:** Casual for Christ
- 17th-21st:** Spring Break (No School)
- 26th:** Author Visit
- 28:** End of 3rd Quarter



Mass Schedule

- 12th:** 3RD Grade
- 19th:** NO SCHOOL
- 26th:** 2ND Grade



Learning Today, Leading Tomorrow

St. James Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of *Living Faith*, *Accepting Responsibility*, *Promoting Teamwork*, *Achieving Excellence*, and *Inspiring Leadership*.



Students in grades 3 through 5 enjoyed The Diary of a Wimpy Kid musical! The show was filled with fun, laughter, and memories!

Important Numbers

Student Transit (Bus)

715-839-5116

After School Care

507-259-2135

St. James Office

715-830-2277

Casual for Christ Update

A heartfelt thank you to everyone who contributed to Casual for Christ in support of Sarah Kuiper's mission work in South Asia. We are incredibly grateful for this amazing community that always uplifts and supports each other!

Together, we raised **\$1,100** to help her share the message of Christ overseas. Throughout March, our fundraising efforts will focus on **Rare Disease Day**. We aim to raise awareness and drive change for the 300 million people worldwide affected by rare diseases, along with their families and caregivers.



SJ Lent Retreat 2025



SJ students recently participated in a truly special and meaningful Lent retreat that allowed them to reflect, grow, and deepen their faith. The retreat was filled with moments of prayer, reflection, and community, creating an atmosphere of spiritual renewal and connection. Our students engaged in activities that encouraged them to embrace the season of Lent with a deeper understanding and appreciation. This unforgettable experience was made possible thanks to the dedication and support of our amazing volunteers and teachers.

WALK FOR VIRTUES KICK-OFF

Next week, your child will bring home a packet with details about our BIGGEST fundraiser of the year—one that plays a crucial role in supporting our school!

This year, the funds we raise will go toward purchasing new school lunch tables, updating office flooring, and adding an outdoor shed to store our recess equipment.

Our students love getting involved in the WFV fundraiser, and there are many exciting prizes to motivate them along the way.

We're thrilled to work together toward our school-wide goal of **\$12,000!** We encourage you to support and inspire your child to participate.



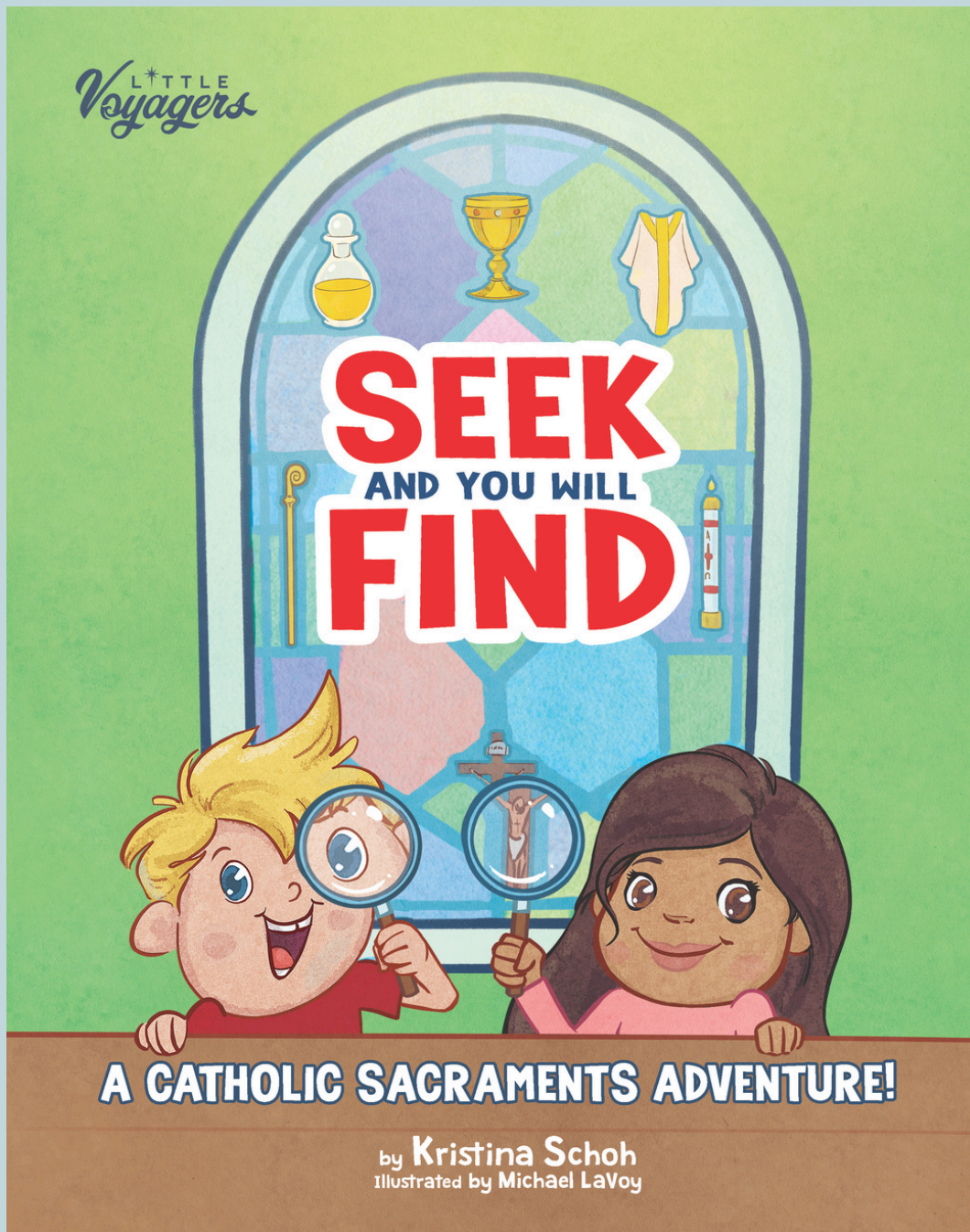
**Coming
Soon!**

Once again, our 4th and 5th graders will be participating in Battle of the Books, with 3rd graders invited to attend and preview what's in store for them next year.

Families are welcome to join us for the final battle, where the top two teams will compete on **Thursday, March 13th at 1 p.m. @ St. Mary's Elementary School.**



On March 26th, SJ students in grades 4K-3 will have the opportunity to participate in an exciting author visit. The presentation, *A Catholic Sacraments Adventure*, will include an interactive I Spy activity along with meaningful and engaging content. If you'd like to order a hard copy for your child, an order form will be sent home in their Thursday Thoughts folder!



2025 SUMMER SCHOOL

ECASD is offering a variety of summer programs for all students, including those enrolled in private or home schools within the district. Programs range from school-based half-day sessions to special interest courses like music, sports, robotics, coding, and more.

Transportation, breakfast, and lunch are provided, and there are no enrollment costs for ECASD programs. Registration is open from March 1-28, 2025. For more details and to register, visit www.ecasd.us/summer or call (715) 852-3141 for assistance.

For interested families, here is a link to the full Summer Program Guide for more information!



The 25-26 Regis Catholic Schools scholarship booklet and applications are now available.

All applications are due to your school's office by Tuesday, April 1st, unless otherwise stated.

All students applying for scholarships must be registered to attend Regis Catholic Schools during the 2025-26 school year and have any required service hours completed and submitted to the school office.

If you have any questions, please contact Mrs. Christi Paul, Regis School Counselor, at cpaul@RegisCatholicSchools.com.

[2025-26 RCS Scholarship Booklet \(Current Grades PK-11\)](#)
[2025-26 RCS Scholarship Application \(Entering Grades 9-12\)](#)

SPORTS DAY

REGIS CATHOLIC SCHOOLS



Date: 5/14 (Rain Date 5/21)
Time: 10am-2pm
Location: Regis High School,
Regis Field

Get ready for the Annual Sports Day event for 4th and 5th graders! This exciting day will feature a DJ playing your favorite tunes, and 16 teams will compete at 8 thrilling stations. Cheer on your friends while enjoying delicious pizza for lunch! Students are reminded to bring a water bottle, sunscreen, and a drawstring bag for their belongings.

Don't miss out on this amazing day of friendly competition and outdoor fun!



We're on the lookout for fantastic volunteers to help create an unforgettable day! If you can lend a hand, hop onto SignUpGenius. ☀

<https://www.signupgenius.com/go/10C054DAFAA28A3F9C34-55441545-regis#/>





Family Lent Calendar 2025

= a day of fasting and abstinence from meat = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March						
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying" (Catechism of the Catholic Church).</p>						
<p>9</p> <p>Stay after Mass to pray for a spiritually fruitful Lent.</p>	<p>10</p> <p>Set out an empty jar and fill it with loose change. When it's full, empty it into the poor box.</p>	<p>11 </p> <p>Tonight, go around the table, and have everyone offer a compliment to the person on their right.</p>	<p>5 Ash Wednesday</p> <p>Go to Mass and receive the cross of ashes. </p>	<p>6</p> <p>Help children choose simple, but meaningful penances.</p>	<p>7 </p> <p>Make a Lenten home altar. Decorate a table with purple cloth, a Bible, Crucifix, and candles.</p>	<p>8</p> <p>Bury the "Alleluiah." Write the word "Halleluia" on a piece of paper, put it in a bag, and bury it in the yard. "Resurrect" it at Easter.</p>
<p>16 </p> <p>After Mass, light a candle for those who have no one else to pray for them.</p>	<p>17 St. Patrick's Day</p> <p>Offer extra prayers for those who sacrifice to spread the Gospel.</p>	<p>18</p> <p>Practice patience — a true act of charity.</p>	<p>12</p> <p>Enjoy pretzels — a traditional Lenten snack. The crossed "arms" reminded monks of someone at prayer.</p>	<p>13</p> <p>Use only kind words to everyone you encounter today. </p>	<p>14 </p> <p>Pray the Chaplet of Divine Mercy together. Find it here: www.usccb.org/prayers.</p>	<p>15 </p> <p>Email the parish office and ask if there are any upcoming events that need your family's help.</p>
<p>23</p> <p>After Mass, explain Father's homily in terms children can understand.</p>	<p>24 </p> <p>Encourage children to give up a favorite toy or game, just for today, just for God.</p>	<p>18 St. Joseph's Day</p> <p>Practice patience — a true act of charity.</p>	<p>19 St. Joseph's Day</p> <p>Happy Solemnity! Entrust fathers (including priests) to St. Joseph's care.</p>	<p>20</p> <p>Agree that each person should perform an extra chore today, and offer the effort for the souls in Purgatory.</p>	<p>21 </p> <p>Attend a parish meatless meal together.</p>	<p>22 </p> <p>Before bed, pray an Our Father, a Hail Mary, and a Glory Be together for everyone's prayer intentions.</p>
<p>30 Laetare Sunday</p> <p>It's the halfway point of Lent. Have a special dessert after Mass to celebrate.</p>	<p>25 The Annunciation</p> <p>We celebrate Mary's "Yes!" to God. Pray three Hail Marys to ask for help to be faithful to God's plan.</p>	<p>26 </p> <p>Get up 15 minutes early to pray as a family.</p>	<p>27</p> <p>Check out Catholic Relief Services and see if you can help support any of their projects at: https://www.crs.org.</p>	<p>28 Family Night </p> <p>Turn off the TV and phone screens. Relax, order pizza and play board games.</p>	<p>29</p> <p>Give up an hour of screen time tonight (no phones, either!) and spend it in prayer, reading Scripture, or doing a family activity.</p>	
<p>6 </p> <p>Read today's Gospel (John 8:1-11), and talk about Jesus' important message.</p>	<p>7</p> <p>At dinner, have everyone name two blessings for which they are thankful and something they'd like to improve.</p>	<p>1 April</p> <p>Each day remaining in Lent, put a jellybean in a jar whenever someone does a good deed. Enjoy the results at Easter!</p>	<p>2</p> <p>Go to Confession together and experience God's mercy. Have a treat afterward to celebrate.</p>	<p>3</p> <p>Put out a box for gently used clothes that are no longer needed. When it's full, take it to a shelter or thrift store.</p>	<p>4 </p> <p>Pray the Stations of the Cross or visit the Blessed Sacrament together to console Jesus' Sacred Heart.</p>	<p>5</p> <p>Pray a Rosary together, in honor of Mary's Immaculate Heart. </p>
<p>13 Palm Sunday</p> <p>Place palms around the images of Jesus in your home to mark the start of Holy Week.</p>	<p>8 </p> <p>Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.</p>	<p>9</p> <p>Read Luke 22:39-46. Talk about the need to trust God when doing His will is difficult.</p>	<p>10 </p> <p>Go for a walk together and look for signs of Spring.</p>	<p>11 </p> <p>To prepare for Holy Week, set a family screen fast from 12:00pm to 3:00pm, the time Jesus hung on the Cross.</p>	<p>12 </p> <p>The King is coming! Tidy up the house to welcome Him.</p>	
<p>14</p> <p>Offer extra prayers for those entering the Church at Easter.</p>	<p>15</p> <p>At dinner, share one way God showed His love to each of you today. </p>	<p>16 </p> <p>Forgive someone who hurt you. Ask forgiveness of anyone you may have hurt.</p>	<p>17 Holy Thursday</p> <p>Read John 13:1-11. What would you say if Jesus offered to wash your feet?</p>	<p>18 Good Friday </p> <p>Pray the Stations of the Cross at church or at home. Thank Jesus for His sacrifice of love.</p>	<p>19 Holy Saturday</p> <p>Light a candle and renew your baptismal vows together as a family.</p>	

MARCH LUNCH MENU

MARCH 2025

Regis Elementary School Meals
Grab N' Go Breakfast and Lunch

This Institution is an equal opportunity provider. Menus are subject to change



Monday

Grab N' Go **3**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Mozzarella Dippers
Baked Beans
Cucumber Slices
Warm Apple Slices/Fresh Apple

Grab N' Go **10**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Chicken Nuggets w/ Breadstick
Whipped Potatoes
Cherry Tomatoes
Mixed Fruit/Orange Wedges

No School **17**

Grab N' Go **24**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Chicken Patty on a Bun
Baked Tator Tots
Baby Carrots
Chilled Pears/Fresh Apple

Grab N' Go **31**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Cheese Quesadilla
Baked Potato Rounds
Mixed Vegetables
Applesauce/Orange Wedges

Tuesday

Grab N' Go **4**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Cheeseburger on a Bun
Sweet Potato Fries
Baby Carrots
Banana/Chilled Peaches

Grab N' Go **11**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Hard Shell Beef Tacos
Lettuce/Tomato/Salsa
Refried Beans/Spanish Rice
Chilled Pears/Fresh Apple

No School **18**

Grab N' Go **25**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Mac & Cheese w/Breadstick
Whole Kernel Corn
Cucumber Slices
Mandarin Oranges/Banana

Wednesday

Grab N' Go **5**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Pizza Hut Pizza
Cheese Only
Tossed Salad
Broccoli/Cauliflower
Mixed Fruit/Orange Wedges

Grab N' Go **12**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Pizza Hut Pizza
Cheese or Pepperoni
Tossed Salad
Carrots & Celery Sticks
Chilled Peaches/Melon Wedges

No School **19**

Grab N' Go **26**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Pizza Hut Pizza
Cheese Or Pepperoni
Tossed Salad/Celery Stick/Tomatoes
Applesauce/Orange Wedges

Thursday

Grab N' Go **6**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Chicken Smackers
Baked Potato Wedges/Green Peas
Mandarin Oranges/Kiwi
Sugar Cookie

Grab N' Go **13**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Spaghetti w/ Meat Sauce
Green Beans Broccoli
Pineapple Tidbits/Fresh Apple

No School **20**

Grab N' Go **27**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Baked Mini Corn Dogs
Broccoli Florets
Baked Beans
Chilled Peaches/100% Grape Juice

Friday

Grab N' Go **7**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Fish Sticks
Baby Carrots/Whole Kernel Corn
Green Beans
Chilled Pears/Fresh Apple

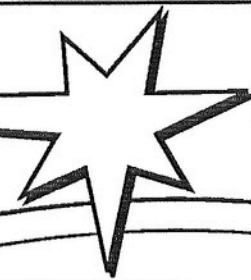
Grab N' Go **14**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Spaghetti w/ Pancakes
Baked Hash Brown
Baby Carrots
Strawberries/100% Orange Juice

No School **21**

Grab N' Go **28**
*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit
Lunch
*Mozzarella Dippers
Tossed Salad
Tomato Soup
Baby Carrots
Chilled Pears/Fresh Apple

*Milk is offered with all meals & includes a choice of White Skim or Chocolate Skim

School Information Contact: Alexis Toledo at 715-830-2276 ext 2005 or email at atoledo@regiscatholicschools.com



Thoughtful Moments

St. Agnes of Bohemia

St. Agnes was born a princess of Bohemia, expected to marry another royal. She was offered in marriage to kings and an emperor, but her heart belonged to the King of Heaven. With the help of Pope Gregory IX, she was freed to enter religious life. In 1236, Agnes joined seven noblewomen in entering a Poor Clare monastery in Prague. She became known for her dedication to prayer, obedience, and humility. Her religious sisters valued her kindness.



St. Joseph, pray for us!

Although Scripture preserves his silence, St. Joseph's actions speak volumes about faith, courage, and devotion. Chosen by God to safeguard His Son and the Blessed Mother, St. Joseph's quiet strength and humble obedience inspire us to follow his example of faith, devotion and integrity.

"I have never known anyone who ... honored [St. Joseph] by particular services who did not advance greatly in virtue." —St. Teresa of Avila



Guide children to "the way, the truth, and the life"

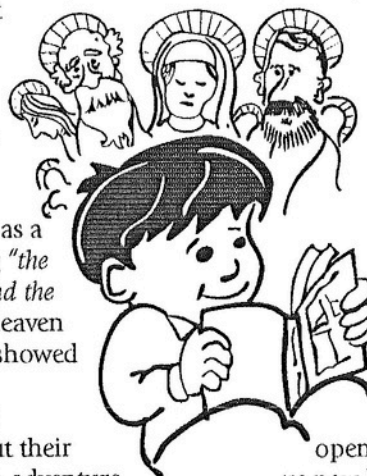
For children, penance can feel like punishment—a chore they'd rather skip. But Lent isn't about punishment; it's about beginning a journey that leads to the joy of Easter. To help children rethink the gift of Lent, try framing it as a path to discovering "the way and the truth and the life" that leads to Heaven (John 14:6). Jesus showed us how.

The Way – Invite children to map out their own 40-day Lenten adventure. Instead of one long sacrifice, let them choose several short-term challenges. Plan days of "fasting" from a favorite snack or screen time, days of "abstaining" from habits like arguing or complaining, and days focused on

prayer and good deeds. This keeps the journey dynamic and meaningful.

The Truth – Explore the true meaning of discipleship by discovering stories of those who followed Jesus wholeheartedly. Read about saints or biblical heroes who allowed God to work through them, transforming ordinary lives into extraordinary legacies. These stories can inspire children to see God's potential in themselves.

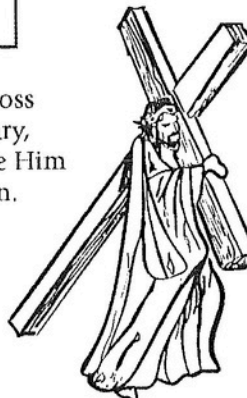
The Life – On Easter, Jesus opened the doors to Heaven, offering us new life. Every Mass is a chance to receive that life in Holy Communion. Encourage children to carry their Lenten lessons forward—speaking kindly, helping others, and deepening their prayer life—to preserve and celebrate their "new life" in Christ.



Why Do Catholics Do That?

Why do Catholics pray the Stations of the Cross?

The Stations of the Cross trace Jesus' steps to Calvary, inviting us to walk beside Him and reflect on His Passion. This "mini pilgrimage," especially meaningful during Lent, reveals the cost of our sins and the depth of God's love

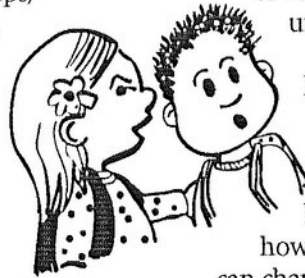


(John 3:16). As we meditate on Christ's suffering, we are called to unite our own struggles with His redemptive sacrifice. In this shared journey, pain finds purpose, and death is transformed by the promise of Resurrection and eternal life.

Avoiding the slippery slope of gossip

Gossip is a common problem — even among children. It destroys reputations and relationships, sometimes beyond repair. As Christ's followers, we are called to speak charitably, whether the other person is around or not. Teach children to fight the destructive sin of gossip:

Avoid complaining about others: It's fine to "let off steam" — for example, "I'm tired of having to remind Katie about our group project" — but it's a slippery slope to detraction and gossip: "Katie is such a ditz.



You'll want to avoid working with her." Encourage children to focus on problem solving rather than blaming. It's unproductive and never ends well.

Keep confidences: When youngsters are asked to keep something a secret "between you and me," nine times out of ten, it needs to stay that way (unless it's an emergency). Good friends keep confidences.

Stand up for others: No one deserves to be bad-mouthed behind their backs. Coach children on how to respond when conversations turn to gossip: they can change subjects, politely ask to stop, or leave.

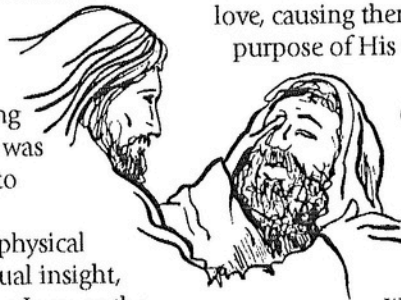
Scripture LESSON

John 9:1-41, Faith is spiritual vision

When Jesus met a blind beggar, His disciples asked if the man's suffering was due to his sins or his parents' sins, believing suffering was always a punishment. Jesus corrected them, explaining that the man's blindness was not for punishment but to reveal God's power. Jesus restored the man's physical sight and gave him spiritual insight, allowing him to recognize Jesus as the Son of God. His faith inspired others to believe in Jesus.

However, the Pharisees were divided. Some were impressed because they saw God at work in Jesus, while others

condemned Him for healing on the Sabbath. Their strict focus on the Law blinded them to God's mercy and love, causing them to miss the true purpose of His Commandments.



What can a parent do? In Baptism, we receive the gift of faith—the ability to trust God's love and plan, even in suffering. The more

we follow Jesus, the more we see as He does. Regular Mass, Confession, and daily prayer help us strengthen this spiritual vision and better understand God's purpose in our lives.

Feasts & Celebrations

March 3 – St. Katharine Drexel (1955). A Philadelphia heiress, Katharine Drexel became a nun and used her inheritance to establish the Sisters of the Blessed Sacrament to minister to African and Native American peoples.

March 5 – Ash Wednesday: The first day of Lent. Ashes of old palms are placed on the forehead, as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

March 7 – Saints Perpetua and Felicity (203). Perpetua was a young mother and Carthaginian noblewoman who refused to renounce her faith. Felicity was a slave and expectant mother who also refused to deny her faith in Christ. Both were martyred.

March 17 – St. Patrick of Ireland (c.461). Born in Scotland, St. Patrick was kidnapped by pirates and brought to Ireland as a slave. He escaped but later returned to become the first bishop of Ireland. He is credited for having established the Church there.



Parent TALK

Lent had become routine for our family. We'd given up chocolate, TV, and video games so many times that it felt more like a chore



than a spiritual journey. We needed a fresh approach.

Then, inspiration struck: a good deeds competition. I bought a giant roll of tickets and set up

four jars—one for each of us. The rules were simple: do a good deed, earn a ticket. Make it anonymous, earn two.

Halfway through Lent, we counted the tickets. The person who had the most chose where we went for Sunday brunch. We repeated this on Easter Sunday.

It was a game-changer. Lent became a season of sacrifice, kindness, and generosity. The kids were excited to find ways to help each other secretly, and our home was filled with unexpected acts of love. It turned out to be one of our most meaningful and fruitful Lenten seasons.

Our Mission

To help parents raise faithful Catholic children
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<http://www.partnersinfaith.com>
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