



Saint Joseph Regional School Our Lady of Mercy Academy



March 17, 2022

Empowering students to grow as informed, inspired, compassionate souls.

Greetings OLMA Families and Faculty,

You may notice that we have a new format for our **newsletter** now. Hopefully this will work a little better for everyone since the newsletter will no longer be an attachment. One important note though...please do not 'unsubscribe' (at the bottom). If you do, it's a bit of an annoyance (for both us and you) to get you re-subscribed. Plus you don't want to miss anything!

We have now passed the **re-enrollment deadline** (March 1). If you have not yet re-enrolled, I strongly urge you to do so ASAP. And if you have family, friends or colleagues who are interested in SJRS or OLMA, please have them reach out to me very soon to schedule a meeting and tour. There are only a few spots that remain available in next year's freshman class.

I know that it is not always my place to make suggestions concerning **internet, phone, and social media usage** at home, but I just want to offer a healthy reminder to be consistently aware of what your children are accessing and looking at online when they are left unsupervised to do so. Maybe today is a good day to take a fresh look at what they are viewing or posting. Having had a lot of meaningful conversations with parents and students concerning technology and online presence, I think it is important to remember that the phones your children have, if you've chosen to allow them to have one, are owned by you. You have every right to monitor and limit their usage, as well as keep a watchful eye on what they are doing with them.

In the seminars I have attended, and researched articles I've read, I have also found that phone/touchscreen usage tends to increase loneliness and depression among students (and adults). It might seem that your student is using their phone to lose themselves temporarily in scrolling and swiping, and to combat feelings of loneliness and depression, however it can actually make them feel even worse. Teens tend to compare and contrast their own personalities with those they encounter online – and it is usually in an unfavorable way. One study I read also suggested that a teen's anxiety increased just by having the phone with them, encountering either a great deal of notifications or a considerable absence of them. The constant stream of notifications also seems to negatively enhance those with even mild attention deficit disorders and contributes to a general inability to focus overall, including reducing a student's ability to think creatively or deeply. I have also heard some students claim they love "technology" and thus need their phones, however most of the creative technological aspect of the touchscreen is all in the creation of the device and really not in the usage.

I also know that I want to continue to offer my support to all of you as you navigate the future with your students and their devices. It is truly a difficult time for parents. Please reach out to me with any questions, concerns, or comments. I would be happy to meet with any of you about any help I can offer.

May Your Spirit Be Lifted,

IMPORTANT DATES

Friday 3/18 – Faculty In-Service – NO SCHOOL

Wednesday 3/23 – Juniors taking SAT at OLMA, Keene/Fall Mountain Sophomores taking PSAT10 at KHS, Freshmen half day of service at Goose Pond

Thursday 3/24 – Monadnock Sophomores taking PSAT10 at MRMHS

Friday 3/25 – Stations of the Cross – 1:40-2:25pm

Wednesday 4/6 – End of the 3rd Quarter

Thursday 4/14 – Holy Thursday (1/2 day)

Friday 4/15 – Good Friday – NO SCHOOL

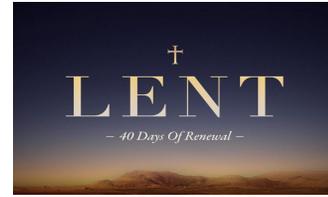
Monday 4/18 – Easter Monday – NO SCHOOL

Tuesday 4/19 – Course selection sheets due

Mon-Fri 4/25-29 – Spring Break – NO SCHOOL

Saturday 5/7 – Spring Craft Fair

Monday 5/30 – Memorial Day – NO SCHOOL



PSALM 33: 20-22

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

COURSE SELECTIONS FOR NEXT YEAR

Course selection packets were distributed to all students this week. **The deadline for Course Selection Sheets to be returned to Liberty Ebright is Tuesday, April 19**, right after Easter. You should be sure to work with your child in carefully selecting classes for next year. If there are any questions about courses, please do not hesitate to contact or make an appointment with Liberty. The Course Selection Sheet and the Program of Studies can also be found on [our website in the Resources section](#).

CALENDARS

We have updated the calendar for the remainder of this school year. [CLICK HERE for 2021-2022](#)

We also have the calendar for the 2022-2023 school year ready, which includes Mercy Academy's very first graduation ceremony that will take place on Saturday, June 10, 2023! [CLICK HERE for 2022-2023](#)



YOUTH GROUP NEWS

The next parish Youth Group meeting will be on Sunday, March 27, at 4:00pm. They will explore the message of St. John the Apostle: let us love with the love of Christ. All high school students are welcome!

All students entering high school grades in the fall (and recently graduated) are invited to join us for the Steubenville Conference July 29-31 in Springfield, MA, at

the Mass Mutual Center. It is an amazing weekend of relevant talks, entertainment, Mass and Adoration with 3,000 Catholic teens from the region. Come experience Jesus and his Church on a large scale! It will cost a few hundred dollars and we can find financial aid if needed, so don't let price keep you from coming! Sign up by March 28. If you have questions or would like to sign up, please contact Chelsea Herman in Campus Ministry (cherman@mercyacademykeene.org).

SPRING SPORTS

Spring sports are starting very soon! If you are interested in participating in public school athletics (which all private school students are permitted to do), please contact the SAU associated with the town in which you reside.

The **Athletic Director contacts** are:

John Reitnauer (Conval HS) jreitnauer@conval.edu

Mike Atkins (KHS) matkins@sau29.org

Tom Cote (MRMHS) tcote@mrsd.org

Gordan Dansereau (FMRS/Walpole) gdansereau@sau60.org

Please check the school websites for detailed information on available sports offered in the Fall, Winter, and Spring seasons. Athletic offices will be able to assist with any questions regarding the sport you may be interested in and the proper registration process.

IMPORTANT NOTES

- Obtain scheduled dates for tryouts and pre-season training.
- Pre-season training programs may occur in the off-season.
- SAU high schools may have informational meetings for parents prior to each season.
- Physicals are required to play.
- If another SAU offers a sport you want to play, you may be able to play for another SAU (if the high school in your area doesn't offer it).
- OLMA supports your participation in athletics. Please communicate well in advance with teachers if you ever have to leave early for games so we can plan for missed class time.
- If you are ABSENT from school, you may not attend practices or games.



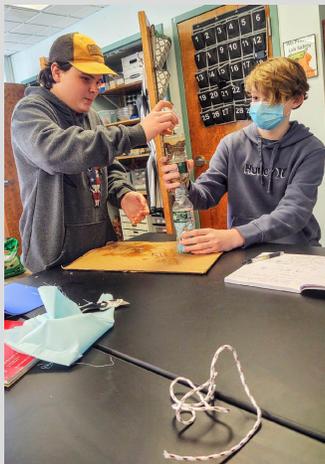
FUNDRAISER FOR UKRAINE

So far the students have raised over \$1,000 to be donated to the Red Cross for Ukraine from selling stickers as well as donations that have been received! Stickers are still available for purchase in the Main Office anytime during the school day. They are \$5.00. Students will also be selling them at St. Margaret Mary Church in Keene after the 4:00pm Mass this Saturday (3/19).





The **Biology classes** last week built water filtration systems from items found in their backpacks if they were lost in the woods.





Teaching Tuesday this week in **House meetings**...building paper airplanes and learning the rules of field hockey!



Our Lady of Mercy Academy | 161 Main Street, Keene, NH 03431

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