

St. James the Apostle Catholic School

Morning Messages

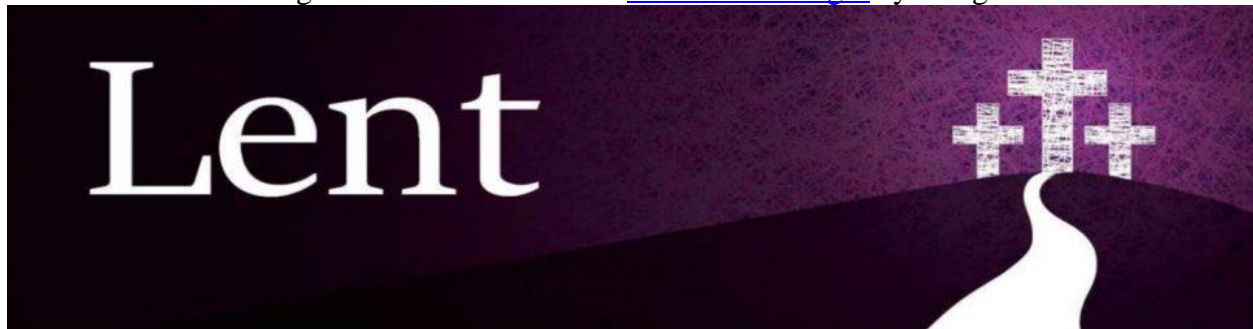
March 16 – 20, 2020

Friday, March 20, 2020

Reflection: How can I stay close to Jesus?

Song for Kids - "God is so good"

Song for Adults - Click here: ["Beautiful Things"](#) by Gungor



Theme of the Day:
All About Lent

Catholic Christian Kindness Challenge:

Live the pillars of Lent today - pray, fast, give!

Take some quiet time to **pray** by yourself today.

Instead of doing what you want to do, **fast** your own wants, and do something for your parents to grandparents.

Give to your family by cleaning up around the house.

Share Your Photos

Please send fun photos of your Lenten activities to Dr. Grenardo at dr.grenardo@stjameschoolsa.org by 3 pm today.

We will try to include some in our next newsletter.

Watch this Video from Dynamic Catholic:
Keep Counting Your Blessings



Stations of the Cross

Pray the stations of the cross. In between each Station, sing "God is so good" or pray the Hail, Mary.

Click on the image below to begin:



Create Your Own Station of the Cross

with Hearts and Symbols



Station 1: *Jesus is condemned to death.* Piece of string for binding Jesus' hands.

Station 2: *Jesus carries his cross.* Popsicle sticks cut down with scissors and glued into a cross shape.

Station 3: *Jesus falls the first time.* A band-aid.

Station 4: *Jesus meets his mother.* A Miraculous Metal, which has Mary on it. (For my preschool class, we used small wooden hearts with a Mary sticker on them. You could also paint a Mary peg doll, or use a rosary, or even just use a small blue piece of felt to symbolize Mary).

Station 5: *Simon helps Jesus carry his cross.* A hand-shaped button hand for Simon being a "helping hand". (You could also just cut out a hand shape from paper).

Station 6: *Veronica wipes Jesus' face.* Scrap of fabric with Jesus' face sketched on it.

Station 7: *Jesus falls the second time.* Another band-aid.

Station 8: *Jesus meets the women of Jerusalem.* A tissue to dry their tears.

Station 9: *Jesus falls the third time.* Another band-aid.

Station 10: *Jesus is stripped of his garments.* A small garment cut from felt with a piece of embroidery floss tied around it. (This doesn't have to be all "cutesy" like our garments- it could just be a square piece of felt).

Station 11: *Jesus is nailed to the cross.* A nail. (I actually bought a big box of masonry nails at my hardware store because I love how square and old-fashioned they looked. The perfect "Jesus nails"!)

Station 12: *Jesus dies on the cross.* A small plastic crucifix, usually used to make rosaries.

Station 13: *Jesus is taken down from the cross.* A picture of Michelangelo's Pieta. (I just printed pictures from the internet and laminated them with packing tape).

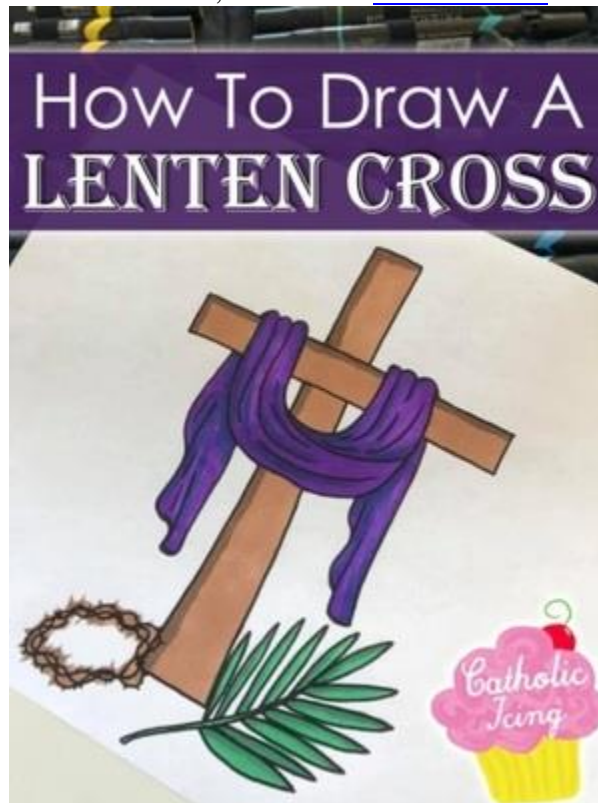
Station 14: *Jesus is laid in the tomb.* A rock- for sealing the tomb. (I did have some actual decorative stones from the Dollar Tree, but you could easily use a piece of gravel or something from your yard).

Lenten Placemat



How to Draw a Lenten Cross

For tutorial, click here: [Draw a Cross](#)



Matchstick Cross Project

I highly recommend using toothpicks, straws, or rolled up pieces of paper instead of matchsticks!

For directions, click here: [Matchstick Cross](#).



Foil Cross

For directions, click here: [foil cross](#).



Crown of Thorns

Make a ring out of playdough.
Insert 40 toothpicks (best if broken in half).

Every time your child does something kind, remove a thorn.



Journey with Jesus Path

For instructions, click here: [Jesus Path](#)



Thursday, March 19, 2020

Reflection: How can I have a joyful attitude?

Song for Kids - "In Right, Out Right, Up Right, Down Right Happy All the Time"

Song for Adults - "Old Church Choir" by Zach Williams



Theme of the Day:

Are You Bored? Play Board Games!

Catholic Christian Kindness Challenge:

Have a joyful attitude!

When you feel like you want to complain, think about the good things in life, and instead, share a smile.

Share Your Photos

Please send fun photos of your board game activities to Dr. Grenardo at dr.grenardo@stjameschoolsa.org by the end of the day. We will try to include some in our next newsletter.

Board Game Fun

Candy Land
Shoots and Ladders
Sorry!
Scrabble
Monopoly
Trivia Pursuit
Othello
Backgammon
Chinese Checkers
Chess
Checkers

**Don't have a checkerboard,
CREATE YOUR OWN CHECKERBOARD!**

For instructions, click here: [DIY Checkerboard](#)



Don't have a board, PLAY ON PAPER!

Tic Tac Toe

Pictionary

Hangman

For rules, click here: [Dot and Boxes Game](#)

Don't want to play on paper, MAKE SOMETHING WITH PAPER!

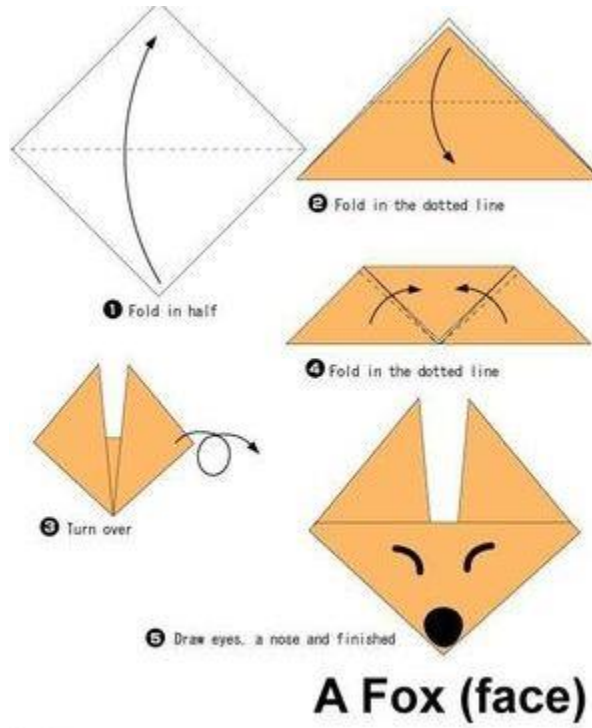
Fun with Origami

How to make a rectangular piece of paper into a square piece of

paper

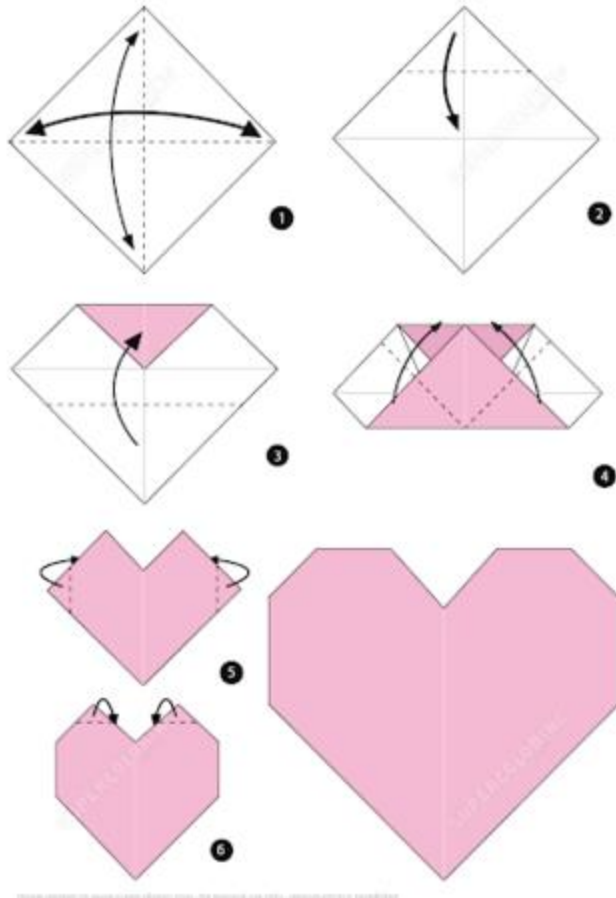
For directions, click here: [Square Paper](#)

Origami Fox



Traditional
Diagram-Funaki Shingo

Origami Heart



For origami tutorials, please click on each title:

[Origami Butterfly](#)

[Origami Sunglasses](#)

[Origami Boat that Floats](#)

[Origami Flapping Bird](#)

Wednesday, March 18, 2020

Reflection: How can I build the Kingdom of God?

Song: "The Wise Man Built His House Upon the Rock"

**Theme of the Day:
Building**



Catholic Christian Kindness Challenge:

Build someone up with a compliment!

Giving and receiving compliments properly is an exercise in character development. Sincerity is the key in giving a genuine compliment. It is a powerful way of showing someone you care. Receiving a compliment gracefully, with pride and appreciation (not laughing it off or becoming embarrassed), takes practice. Have your children practice paying compliments to one another verbally or in writing.

Share Your Photos

Please send fun photos of your building activities to Dr. Grenardo at dr.grenardo@stjameschoolsa.org by the end of the day. We will try to include some in our next newsletter.

Read/Listen to Building Stories

Click on each link to view:

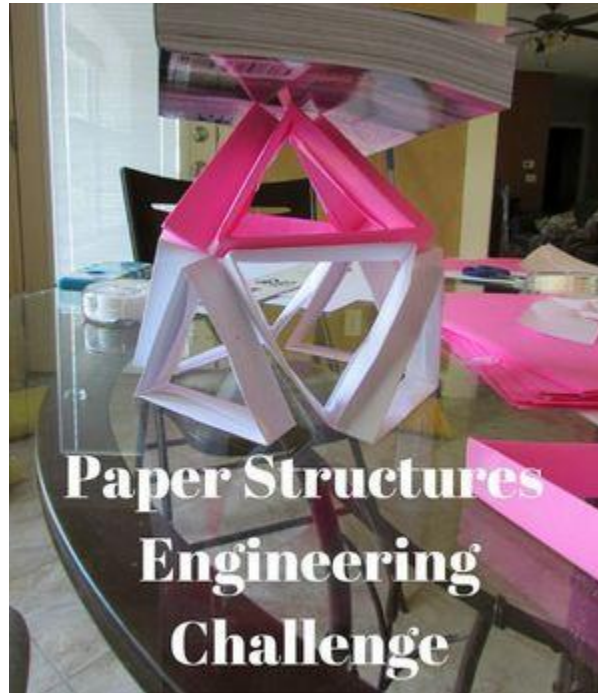
[*If I Built a House*](#)

[Where Do Diggers Sleep at Night?](#)

Learn about STEM Building Careers

https://www.youtube.com/watch?v=XZvU_FASw7E

Building Construction Challenge Ideas



1. Paper Structures

There are many different types of construction challenges requiring little more than a newspaper and a roll of tape or ball of string...

- What is the tallest tower you can build from 6 sheets of newspaper. Can your tower support the weight of a small beanie toy?
- Can you make a bridge to span a distance of 30 centimeters that will support 8 Matchbox cars?
- Can you build a table from newspaper that will support the weight of 5 books?
- Can you build a structure large enough to sit inside?

Challenge comes by providing children with a distance to span (bridge), height or width to attain

(tower/skyscraper), or a weight element (strength of structure). There are lots of different ways that children can manipulate the paper to achieve different results, for example bending, rolling, tearing, scrunching or concertina folding.

Challenge variations;

- Construct with other materials that would typically be considered weak or unsuitable as construction materials, such as drinking straws, playing cards or pieces of dried spaghetti.



2. Lego Challenges

As many different pieces of Lego that exist, there are potential Lego challenges!

- Can you build a structure that moves in some way?
- Can you build a tower at least 1 metre tall that will support a tennis ball?
- Can you design and build a useful tool that will help make life easier in some way?

For some great Lego challenge ideas check out our [printable Lego Challenge Cards](#) or [Lego Fun Friday at Frugal Fun for Boys](#).

Challenge variations;

- Limit the number of pieces
- Limit the type of pieces
- Set a minimum or maximum height or breadth for the construction.



3. Build a Marble Run

For ideas and directions, please click here: [Marble Run](#).



4. Build a Bridge Using Straws

For ideas and directions, please click here: [Build a Bridge](#).

Don't have straws, make your own by rolling up strips of paper and taping them together.

Build Your Body Fitness Challenge

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Tuesday, March 17, 2020

Reflection: How can I live like a saint?

Theme of the Day:
Living Like St. Patrick!



Catholic Christian Kindness Challenge:

Share a Shamrock!

Make and share the meaning of the shamrock out of three hearts.



Evangelize, just like St. Patrick. The Holy Trinity is God the Father, God the Son, and God the Holy Spirit.

St. Patrick Activities

Share Your Photos

Please send fun photos of you St. Patrick's Day green attire and/or activities to Dr. Grenardo at dr.grenardo@stjameschoolsa.org by the end of the day. We will try to include some in our next newsletter.

Read/Listen to St. Patrick Stories

Click on each link to view:

[History of St. Patrick Video](#)

["How to Trap a Leprechaun"](#)

["Pete the Cat - The Great Leprechaun Chase"](#)

Draw a Leprechaun Cartoon

For a tutorial, click here: [How to Draw a Leprechaun](#)

Create a rainbow

Write adjectives that describe you using every color of the rainbow.



St. Patrick's Day Gold Dig

For instructions, please click here:

[Gold Dig Directions](#)



St. Patrick's Day GOLD Dig



St. Patrick's Day STEM Challenge

How many different bridges can you make out of a stack of pennies?



St. Patrick's Day Treasure Hunt

Hide pot of gold (cup with coins) in your house.
Have fun searching for the treasure.

How to Trap a Leprechaun

Create your own unique leprechaun trap.
For ideas, please click here:

[Leprechaun Trap](#)

Monday, March 16, 2020

Reflection: How can I speak God's truth?

Theme of the Day:

All About Cards



Catholic Christian Kindness Challenge:

Make a card for someone!

Make a card for a sibling, parent, grandparent, neighbor.

Share a prayer, tell them how much you appreciate them, or even share your favorite joke!



Card Games to Play

Name that Card
Memory
Go Fish
War
Speed
Old Maid
Solitaire
Make a card tower

Here are some helpful links:

Kidspot.com
WeHaveKids.com
