

Our Lady of Hope Catholic Academy

APRIL 2021

Upcoming Events

May 2

Mass for Nurses ~
11:00 a.m.

May 4 - 5

NYS Math Exam
Grades 4, 6, & 7

May 8

First Holy Com-
munion

May 9

Mother's Day

May 13

Ascension Thurs-
day

May 20

NJHS Induction
Ceremony

May 23

Pentecost

May 27

Class of 2022 ~ Ring
Ceremony

May 31

Memorial Day ~
School Closed

Dear Families,

I hope you and your families enjoyed a wonderful and peaceful Easter Recess with your loved ones. Although we are more than three weeks removed from Easter Sunday, for me, Easter brings thoughts of new life, spring-time, sense of freshness, and most importantly the Resurrection.

Easter is not only a one day event and its surely not only a few weeks (liturgical season) on the Church calendar but, for Roman Catholics and Christians around the world it is a way of life throughout the year. Many people from

important figures in the Church have said we are an "Easter people." We carry the joys of Easter –



the Resurrection of our Savior with us in every aspect of our lives.

The most important aspect of

our lives where we meditate and reflect on this is through prayer. The power of prayer for Catholics is our opportunity to speak with our Savior. The most powerful prayer for me is when I attend Mass and reflect on the sacrifice the Lord undertook to save humanity every Sunday. His sacrifice gave us the foundation of our Faith on that Easter morning – the Resurrection.

Thank you,

Giuseppe F. Campailla
Principal

Parish News

Congratulations to our Confirmandi who received the Gift of the Holy Spirit through the Sacrament of Confirmation on April 29th. The Ceremony was presided by the Most Rev. Octavio Cisneros.

Thank you to Fr. Purpura, Mrs. Colletti, Mrs. Honan, and Mr. Rueckher for their hard work in preparing the students for this important day as a young Catholic.

Our Lady of Hope welcomes **Fr. Emil Parafiniuk** from Poland as a new priest in residence for the parish. Fr. Emil will be visiting classrooms to acquaint himself with the academy, faculty & staff, and students in the remaining weeks of the school year.

Mission Statement



Our mission is to provide a Catholic education that fosters the spiritual and academic development of each child by instilling a morally centered foundation. The responsibility for academic and spiritual growth is a shared endeavor among students, parents, faculty and administration. Our model is Jesus Christ who taught with compassion, respect and a loving heart. Therefore, our common goal is “to teach as Jesus did.”

Academic News



In only the third year of participating in the Science Olympiad tournament congratulations goes out to the Grade 8 Science Olympiad Team for their participation and qualifying for this school year's New York State Tournament.

The students received medals in the following events:

Circuit Lab

Claudia Dunne

Crime Busters

Lillian DeVivo

Lily Sharkey

Finally, a big thank you to Mrs. Listner and Mr. Scarano for their hard work and dedication in preparing the students for the statewide competition.

Home Academy Association



The Annual Race for Education is underway. Please reach out to family and friends to sponsor your child in raising money for the school. The Race for Education will be held on May 19, 2021.

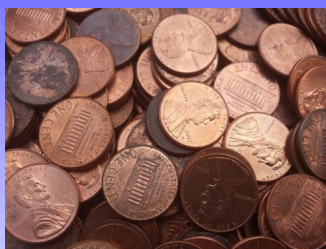
The Our Lady of Hope Spirit Wear Store is now open for the Spring 2021 Collection.

Please visit the link below.

<https://shop.inkstitchclub.com/ourladyofhope/shop/home>

Thank you for your continued support.

Student Life



Penny Wars!!!! The first annual Penny Wars was a great success! The students were very enthusiastic and energized during this two week event. It has raised the school spirit and competitiveness between grade levels.

The students' effort brought in over \$10,715.

The winner of the Penny Wars was Second Grade. Thank you to all the students for your participation in this fun filled event.

Guidance Counselor's Corner

All kids have fears and worries, the difference between appropriate behavior and alarming behavior is severity. Although feeling anxious is a natural reaction to stressful or dangerous situations, a child may need additional help if their anxiety is

9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious, goofy ones & realistic ones)
9. What's something we could do to help you feel better?

Anxiety in children presents itself in many ways...

- Feeling worried
- Sleeplessness
- Avoidance
- Crying or difficulty managing emotions
- Upset stomach
- Difficulty concentrating

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out of proportion, is persistent, or if it interferes with their life and healthy development. Look below for some resources and tips. If you are ever in doubt, remember to contact your pediatrician.

You can always contact me as well at, rmejia@olhca.org.

Resources for you and your child:

<https://youtu.be/QjAHtTAV5f4> (There is a 4 part series on how to support your child with anxiety).

<https://www.hope-wellness.com/blog/24-resources-for-children-and-teens-with-anxiety-and-their-families>

<https://familytherapybasics.com/blog/2017/10/8/10-therapist-and-child-approved-activities-to-support-kids-with-anxiety>



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Catholic Academy**

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Our Lady of Hope Catholic Academy is a Roman Catholic Academy - serving students from Nursery (age 3) to Grade 8. The student population represents the diversity of the area and reflects a wide variety of linguistic, cultural, racial, ethnic groups.