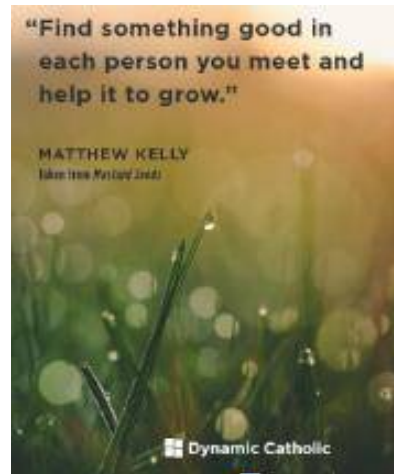


## Catholic School Update February 9, 2018

### Lenten Advice from Pope Francis...

*Fast from Hurting Words and say Kind words.  
Fast from Sadness and be filled with Gratitude.  
Fast from Anger and be filled with Patience.  
Fast from Pessimism and be filled with Hope.  
Fast from Worries and Trust in God.  
Fast from Complaints and contemplate Simplicity.  
Fast from Pressures and be Prayerful.  
Fast from Bitterness and fill your heart with Joy.  
Fast from Selfishness and be Compassionate to others.  
Fast from Grudges and be Reconciled.  
Fast from Words and be Silent so you can listen.  
Blessed Lent to you and all those you meet!*



### Congratulations!

Congratulations to Our Lady of Lourdes School, De Pere, and St. Anthony School, Oconto Falls, who took first and second place respectively in the Catholic Financial Life video contest for smaller schools (enrollment under 250). We are so proud of both schools and the wonderful efforts of principals, faculty, students, and promoters (voters). Both schools received a monetary reward but more importantly modeled the great education available in Catholic schools in the Green Bay Diocese!



## Sacred Heart Catholic School Shawano Track and Field Invitational

Please consider joining other Catholic School fifth-eighth graders for a fun fitness day on Friday May 11. [Click here](#) for more information.



## House of Worship Awareness

February 20 at NWTC Religious organizations and the people in them are increasingly exposed to violence, crimes, disasters and other incidents. One of the most effective ways to respond to these threats is to get organized, make a plan and consider ways to better secure your organization and its most valuable asset - your people. This conference will provide you with access to ideas, resources and experts that will help you get started, get better, or collaborate with your peers who have the same concerns. Come to learn. Come to contribute. Come help us start a community for the promotion of secure houses of worship. [Click here](#) for more information.



## Best Practices

Morning Workout for Assumption B.V.M. Catholic School Students has proven a "best practice" Goal: to create a generation of confident, competent, lifetime movers with a passion for physical activity. Our morning student workout program called Fit 15 is used at Assumption BVM to maximize the amount of physical activity our students can get each day. Our students have a physical education course 3 days a week for 35 minutes each class. Our goal with Fit 15 is to add 15 minutes at the beginning of each of those days where students are active and exercising. Fit 15 is 12 different fitness stations that students rotate through for a minute at



each station. Fit 15 starts with a brief warm-up and ends with a group prayer to start each day. Some stations include shuttle runs, wall sits, Jump Rope, Box Jumps, rock wall climbing and so on. Stations are periodically changed, but Fit 15 is meant to build a routine for students that involves building fitness stamina. Studies show that students who are more active throughout the day are able to focus better. I believe Fit 15 betters our students and has positive impacts in the classroom. Our ongoing assessment also proves that every student makes gains in physical fitness, with average gains of 70% on muscular fitness. Additionally, Christian music is played throughout the 15 minutes session.

---Deanna Wilinski, Principal, Assumption Blessed Virgin Mary School, Pulaski



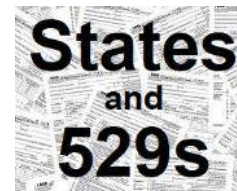
### MAKER-MINDSET Presentation

The Diocesan Library Media Association is sponsoring an evening to learn more about Makerspace and Maker-Mindset. February 15, 4:30-6:30. All are welcome. [Dennis Rockhill](#), the founder of Proto, will be the speaker. Dennis has recently joined with the Einstein Project in order to have a further reach with maker-mindset. The meeting location will be announced. The location will be at our makerspace at the Einstein Project (1255 Einstein Way, GB, WI 54311). <http://mapq.st/2iqjT5V>. Please let us know if you will be attending in order that Dennis knows how to prepare. [Maker Registration](#). Bring your creative spirit and a ready-to-make attitude!



### States Assessing Impact of Federal 529 Change

The massive tax reform package that Congress approved last December included a change in 529 college savings accounts to allow annual withdrawals of up to \$10,000 to cover tuition in elementary and secondary schools. Now a number of states are scrambling to figure out exactly what that change might mean for taxpayers who have 529 accounts that also benefit from state tax breaks.



In states that have no tax provisions relating to college savings accounts, the issue is straightforward. Deposits into the accounts are not deductible for federal tax purposes, but earnings accumulate tax free at the federal level if used for qualified expenses. Since K-12 tuition is now a qualified expense, withdrawals for tuition up to the allowable annual limit may be taken without incurring any federal tax.

But with state 529 plans, it could be a different story. States generally allow 529 plans to grow free of state tax, and some even provide state tax deductions or credits for all or part of the contribution to a college 529 account. But will states allow for credits, deductions, and tax-free growth if funds are used for elementary and secondary tuition? Will families incur a state tax penalty if they withdraw 529 funds for K-12 tuition? Those are exactly the issues that states are actively trying to figure out. Some have already arrived at answers.

Read more about how states are handling the 529 issue in the [February Issue of CAPE Outlook](#).



### CESA 8 Opportunity

CESA 8 - is hosting [The Magical Journey of Building the Beginner Readers Brain](#). February 15, 9:00-2:00 at CESA 8 223 West Park Street, Gillett, WI 54124 [www.cesa8.org](http://www.cesa8.org). This was one of the break-out sessions at our inservice in October. The presenter will go more in depth.



### 2018 Required Notice of Youth Suicide Prevention Resources

The 2018 required notice from DPI is found [HERE](#). Please share with teachers and staff. You may also want to share with parents.



### February Flyer

February NCEA Parent Flyer found [HERE](#).



## Looking for an Ongoing Formation Class? (It might be closer than you think!)

The following courses, when taken in a parish/group setting may qualify for Ongoing Formation (catechetical certification):

- Diocesan Charismatic Renewal Life in the Spirit Seminars
- Cursillo Retreats
- Christ Renews His Parish (CHRP)
- Christian Experience Weekend
- Koinonia Retreats
- Catholic Evangelization Studies Courses I, II, III
- Introduction to RCIA Seminars (Divine Worship)
- Choice Wine (Marriage & Family Life)
- Alpha
- 33 Days to Morning Glory Group Retreat
- 33 Days to Merciful Love Group Retreat
- Consoling the Heart of Jesus Group Retreat
- Science & Christianity
- Epic: Journey through Church History



\*See the list of courses, descriptions and contact information at [www.gbdioc.org/fcc](http://www.gbdioc.org/fcc)

For more information contact the [Education Department](#).

Ongoing Formation classes are required annually of those Catechetical Leaders, Catechists, and Teachers who have completed the Foundational Catechetical Certification components (BIBLE; METHODS; PRAYER & SPIRITUALITY; MORALITY; CREED; SACRAMENTS & LITURGY). Click [HERE](#) to read Diocesan policy on Catechetical Certification.



Sophia Institute for Teachers/Catechists is hosting two days in Green Bay (St. Elizabeth Ann Seton Parish on the west side) on June 13-14.

The topics are Encounter the Person of Jesus and Prayer: A Conversation with God (including guided prayer and adoration experiences). Mass is included on both days.

No cost, and meals are included. You may attend one day or both days. Attendance at both days is required to receive Ongoing Formation credit (for catechetical certification purposes).

[Online Registration for June 13th \(Encounter Jesus\)](#)

[Online Registration for June 14th \(Prayer\)](#)



## Catechesis of the Good Shepherd

*Start or continue your training this summer!*

Catechesis of the Good Shepherd (CGS) is a Montessori-based Catholic faith formation program where children can grow in their relationship with God through a deep engagement in Scripture and liturgy.



Save the dates for the following Formation Courses:  
Level I, Part A July 9-14; Appleton  
Level I, Part B July 16-21; Green Bay

[Brochure/Registration Form](#)



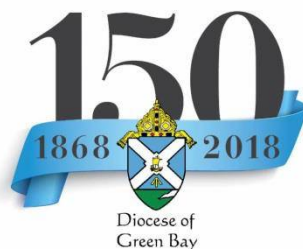
## Scholarship Funds for Ag Students



The Diocesan Rural Life Committee will be awarding scholarships to high school seniors who are active in their parish and pursuing post-secondary education in an agriculture field.

The scholarships are the result of the offertory collection at our two Rural Life Masses. This year the Masses are being held on Tuesday, March 20, 2018, at Holy Family in Brillion and Thursday, March 22, 2018, at Sacred Heart in Shawano.

Please consider nominating a high school senior who is an active member of your parish pursuing an agriculture degree. Scholarship forms can be found at [www.gbdioc/rural](http://www.gbdioc/rural) and are due no later than Wednesday, March 7, 2018.



### 150 Jubilee Discipleship Prayer

Father in Heaven,  
As we celebrate one hundred and fifty years of  
Catholic faith as the Diocese of Green Bay,  
we offer You our gratitude and praise.

We thank you, Lord Jesus,  
for sending missionary disciples  
to bring your love to the people of  
Northeast Wisconsin.

May we follow their example of evangelization  
so that all might discover you, follow you,  
worship you, and share you with others.

May the Holy Spirit guide us  
in bringing the joy of the Gospel,  
through word and action,  
to our families, friends, and neighbors.  
Form our hearts with a love for the Eucharist,  
so that all we may do may be rooted in your love for us.

We ask this through Christ our Lord, Amen.  
Our Lady of Good Help, Pray for us.

(Spanish version [Here](#))

**Sponsored by the Office of Catholic Schools  
Funded by the Bishops Appeal**

Diocese of Green Bay | PO Box 23825, Green Bay, WI 54305