

# Saint Anne Catholic School

Week of May 15<sup>th</sup> – 19<sup>th</sup>



## WELCOME CRUSADERS

### SUNDAY, May 14<sup>th</sup>

- Happy Mother's Day!

### MONDAY, May 15<sup>th</sup>

- Prayer and Flag led by 7th Grade

### THURSDAY, May 18<sup>th</sup>

- Feast of the Ascension 8:30am school Mass led by 7<sup>th</sup> and 1<sup>st</sup> grade
- Pizza lunch provided by Father Miguel

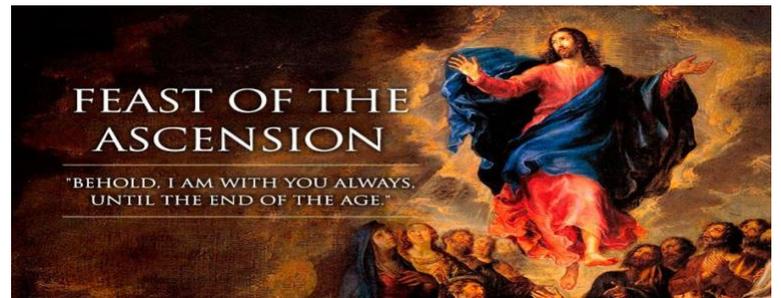
### FRIDAY, May 19<sup>th</sup>

- Noon Dismissal
- 8<sup>th</sup> Grade Graduation Mass at 1:00pm



Our virtue this week is **MINDFULNESS**.

This is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment without interpretation or judgement. Practicing mindfulness involves breathing methods, and other practices to relax the body and mind and help reduce stress. Everyone experiences stressors daily. Talk to your student(s) about mindfulness practices to help them deal with stress.



The Solemnity of Ascension of Jesus Christ, also called Ascension Day, Ascension Thursday, or sometimes Holy Thursday, commemorates our belief of the bodily Ascension of Jesus into Heaven.

**Congratulations!**

**22-23 Valedictorian: Aimielou Murphy**  
**22-23 Salutatorian: Diego Del Angel**