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## ADVENT WEEK 2



December 11-15, 2023
Christmas Shoppe every day during library time. Everything is \$1
Monday, December 11 Choir 3:00-4:00
Tuesday, December 12
Scrip must be in by 9:00 a.m.
Advent Penance Service at 10:00 for Gr. 3-8
Cheerleading
Italian Class 3:00-3:00
Snapology
Bishop McDevitt Band Concert at night at BMHS 7:00 p.m.

Wednesday, December 13 10:00 Mass prepared by Grade 5—Father Al is the celebrant

Thursday, December 14

Friday, December 15
Saturday, December 16

Live Nativity at the barn 6:00-8:00 p.m.
Father Al's Open House at the Parish Social Hall after the 5:00 Mass



# CHIPOTLE FUNDRAISER FOR SAINT JOAN OF ARC PTO 

33\% OF EVENT SALES GET DONATED TO THE CAUSE
MONDAY, DECEMBER 11TH | 3-7PM 1198 MAE STREET, HUMMELSTOWN, PA, 17036

ORDER ONLINE FOR PICKUP USING CODE W2R4PWB OR SHOW THIS FLYER IN RESTAURANT

## CHIPOTLE


it's simple! 10\% of the purchases made by members of your group will be donated back to your organization.
simply present this flyer to a member of our WOW CREW at the time of purchase. please note that we do not allow flyers to be handed out in our store or shopping center at any time before, during or after your event
this section to be completed by five below associate
purchase amount (pre-tax) $\qquad$

| register (circle one) | 1 | 2 | 3 | 4 | 5 | 6 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

associate name

it's simple! 10\% of the purchases made by members of your group will be donated back to your organization.
simply present this flyer to a member of our WOW CREW at the time of purchase.
please note that we do not allow flyers to be handed out in our store or shopping center at any time before, during or after your event.




## Saturday, December 9, 2023 1:00pm - 3:30pm

## Village of Lights @ Historic Acres of Hershey

Spend the afternoon with Santa! Enjoy cookies and hot chocolate while Santa reads 'Twas the Night Before Christams. Bring your own camera for a photo op with santa after the story!

> SCAN HERE FOR DETAILS छ\% TICKETS!



## A Practical Guide to Coping

## Strategies for Coping

Give yourself permission to feel. Express your feelings as they arise. Take time to cry, if needed. Don't repress any recurring thoughts or memories of the event - these thoughts will diminish over time.

Talk to someone you trust. Talk with a family member or close friend about your experience. Have someone stay with you for a few hours a day, if you live alone. Do not carry the burden of this experience alone; share it with those who care about you. Talking about the event will help you cope and recover much quicker.

Take care of yourself. Get enough rest and eat regularly. If you are irritable from lack of sleep or if you are not eating, you will have less energy to cope with the aftermath of the event.

Make daily decisions. This will also give you a feeling of control over your life.
Practice relaxation and meditation. Create a quiet scene. You can't always get away from a situation, but you can visualize a quiet scene or a walk along the beach. Such visualization will temporarily remove you from any stressful situation.

Create a comfortable environment. At home, in your classroom or bedroom, play soft background music. Surround yourself with things you like and enjoy.

Take one thing at a time. For people under stress, any ordinary workload may seem overwhelming. Do not multitask. Perform one task at a time until the project is complete.

Allow extra time. If you usually plan half an hour to complete a task, schedule 45 minutes to complete it. This will help reduce the time pressure. Do the best you can.

Take a break. Reading a favorite book or watching a favorite movie will allow you the time you need to look at the event from a different perspective.

## Common Reactions

1. Physical Reactions
a. Shock
b. Fatigue
c. Nausea
d. Insomnia
e. Dizziness
f. Headaches
g. Loss of appetite
h. Rapid heart rate

## 2. Cognitive Reactions

a. Confusion
b. Hyper-vigilance
c. Memory problems
d. Lack of concentration
e. Poor decision making
f. Poor problem solving
g. Easily reminded of the event
h. Intrusive thoughts and/or images
3. Emotional Reactions
a. Fear
b. Guilt
c. Anger
d. Denial
e. Anxiety
f. Sadness
g. Irritability
h. Depressed feeling
i. Self-blame
j. Apprehension
4. Behavioral Reactions
a. Agitation
b. Emotional Outbursts
c. Avoidance of others
d. Impaired work performance
e. Increased need to keep busy
f. Increased or decreased appetite
g. Increased interpersonal conflicts
h. Decreased interests in usual activities
i. Trouble sleeping or excessive sleeping

## Dos and Don'ts

People who experience a sudden unexpected event may demonstrate changes in behavior. These suggestions will help you reduce the probability of long term reactions to such an event.

## Dos

Get enough rest.
Maintain regular diet
Take one thing at a time
Follow a familiar routine.
Maintain exercise routine
Expect the event to upset you
Spend time with family/friends
Contact an Outpatient Therapist, if your reactions persist.

## Don'ts

Don't stay away from school/work
Don't withdraw from others
Don't take on new projects
Don't look for easy answers.
Don't make any major life decisions
Don't increase caffeine intake
Don't drink alcohol excessively
Don't have unrealistic expectations.


## Give your child the gift of math excellence!

At Mathnasium of Hershey, students receive the personalized instruction they need to accelerate their math skills and gain confidence for the rest of the school year and beyond. Get them started now, and take advantage of our Holiday Special Enrollment Offer - Receive up to a Month of Free Instruction! Offer valid 12/3/23-12/21/23

Your student will receive a customized learning plan based on a comprehensive assessment that pinpoints their strengths and areas for improvement, whether they need help catching up, keeping up with new concepts, or getting ahead with more challenging material.

Enroll them now to get in on our Holiday Special: Call us at(717) 500-2940 to redeem the offer.

## Learn More



# WINTER womadoblamil 

## DECEMBER 15TH｜5－7PM MCD CAFETERIA

## themes include：

筑cocoa<br>䈍 cookies<br>旗 elf<br>莱 and more！

Bishop McDevitt High School

## CHILDCARE LIABILITY WAIVER FORM

## Childcare Policies \& Procedures

- Only kindergarten through 5th grade students who attend one of our partner Parochial Schools may participate. We will not accept siblings if they are not enrolled or attending a partner school.
- Please Bring a PHOTO ID and cell phone number with you at drop off/registration. We will need to photocopy your driver's license for security purposes.
- Children will be released ONLY to the person who dropped them off with proper identification.
- Please bring your child directly to the designated drop-off location (cafeteria or front office).
- Please do not drop off your child until 10 minutes before the service starts ( $1: 00 \mathrm{pm}$ )
- Please pick up your child no later than 10 minutes after service ends (4:00pm). An additional $\$ 1.00$ per minute fee will be assessed after the initial 10-minute grace period.
- Children are not allowed in any unsupervised areas before, after, or during service.
- Children must be able to independently utilize the restroom.
- For the well-being of the other children and staff, please do not bring a sick child into the childcare service.
- Please label all of your child's belongings with his/her name.
- For safety and hygienic reasons, we ask that you refrain from bringing in your child's own personal toys.
- Disruptive or inappropriate behavior will not be tolerated. In these circumstances, parents will be notified immediately.
- If a child is inconsolable, parents will be notified and asked to return to pick up their child
- Medications will not be administered by the childcare staff.
- No food or drink is allowed in the childcare room.


## Liability Waiver

I, the undersigned, hereby hold harmless, waive and release Bishop McDevitt, their staff, instructors, employees, volunteers, officers, representatives, agents, organizers, and successors from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with the participation of childcare, including those allegedly attributed to the negligent acts or omissions of the abovementioned parties. I understand that the childcare services are provided only for a three-hour session. I understand that if my child becomes inconsolable during the service, I am responsible for returning to pick up my child from the session without delay and no more than 30 minutes after notification. I have read and understood the foregoing assumption of risk, and release of liability, and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by the above-mentioned parties negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights. I authorize Bishop McDevitt High School to have the elementary principal of my child's grade school to apply any late or unpaid fees to my STS (Simple Tuition Solutions) account for collection of unpaid fees.

# ATTENTION SANTA'S HELPERS! 

Help support McDevitt's NHS and get your Christmas shopping done through our BABYSITTING EVENT!

## WHO?

WHAT?

## WHERE?

WHEN?
COST?

Kindergarten-5th grade students from our partner schools
Kids will do holiday crafts, eat snacks, and watch a g-rated movie
1 Crusader Way, Harrisburg, PA, 17111
December 9th \& 17th, 1:00-4:00pm
$30 \$$ for 1 kid, $50 \$$ for 2 kids, and $75 \$$ for 3
***CONTACT SR.TRACEY @BISHOPMCDEVITT.ORG WITH QUESTIONS

NORTH POLE


[^0]| Merchant | Rebate | QTY | Total Price | Merchant | Rebate | QTY | Total Price |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jiffy Lube \$30 | 8.0\% |  |  | Ross Dress for Less \$25 | 8.0\% |  |  |
| Jo Ann Fabrics \$25 | 6.0\% |  |  | Sephora \$25 | 5.0\% |  |  |
| Jo Jo's Pizza Local \$10 | 10.0\% |  |  | * Sheetz \$25 | 3.0\% |  |  |
| Karns Local \$ 50 | 5.0\% |  |  | * ShopRite \$25 | 4.0\% |  |  |
| Karns Local \$100 | 5.0\% |  |  | Shutterfly \$25 | 9.0\% |  |  |
| * Kohl's \$25 | 4.0\% |  |  | Sonic \$10 | 8.0\% |  |  |
| * L.L.Bean \$25 | 16.0\% |  |  | Sonic \$25 | 8.0\% |  |  |
| * Lands' End \$25 | 15.0\% |  |  | * Speedway \$25 | 4.0\% |  |  |
| Lisa's Cafe Local \$20 | 10.0\% |  |  | * Speedway \$50 | 4.0\% |  |  |
| * Longhorn Steakhouse \$25 | 8.0\% |  |  | * Staples \$25 | 5.0\% |  |  |
| * Lowe's \$20 | 4.0\% |  |  | Starbucks \$10 | 4.5\% |  |  |
| * Lowe's \$25 | 4.0\% |  |  | Starbucks \$25 | 4.5\% |  |  |
| * Lowe's \$500 | 4.0\% |  |  | Starbucks \$50 | 4.5\% |  |  |
| * Lowe's \$1,000 | 4.0\% |  |  | Subway \$10 | 4.5\% |  |  |
| * Macy's \$25 | 10.0\% |  |  | Subway \$50 | 4.5\% |  |  |
| McDonald's \$10 | 2.0\% |  |  | Sunoco \$25 | 1.0\% |  |  |
| McDonald's \$25 | 2.0\% |  |  | Sunoco \$50 | 1.0\% |  |  |
| Michaels \$25 | 4.0\% |  |  | Sweet Frog \$10 | 10.0\% |  |  |
| Moe's Southwest Grill \$25 | 6.0\% |  |  | Taco Bell \$10 | 5.0\% |  |  |
| Nieman Marcus \$50 | 12.0\% |  |  | Taco Bell \$25 | 5.0\% |  |  |
| Nike \$25 | 12.0\% |  |  | Talbots \$25 | 13.0\% |  |  |
| Noodles \& Company \$10 | 8.0\% |  |  | Tanger Outlets \$25 | 8.0\% |  |  |
| * Nordstrom \$25 | 4.0\% |  |  | * Target \$10 | 2.5\% |  |  |
| * Office Depot/Office Max \$25 | 5.0\% |  |  | * Target \$25 | 2.5\% |  |  |
| * Olive Garden \$25 | 8.0\% |  |  | * Target \$50 | 2.5\% |  |  |
| Omaha Steaks \$25 | 11.0\% |  |  | * Target \$250 | 2.5\% |  |  |
| Outback \$25 | 10.0\% |  |  | * Texas Roadhouse \$25 | 8.0\% |  |  |
| Outback \$50 | 10.0\% |  |  | TGI Fridays \$25 | 9.0\% |  |  |
| Overstock.com \$25 | 8.0\% |  |  | * TJMaxx/Marshalls/HomeGoods/ | 7.0\% |  |  |
| Panera Bread \$10 | 8.0\% |  |  | Sierra \$25 |  |  |  |
| Panera Bread \$25 | 8.0\% |  |  | ULTA Beauty \$25 | 7.0\% |  |  |
| Panera Bread \$50 | 8.0\% |  |  | Under Armour \$25 | 11.0\% |  |  |
| Papa John's Pizza \$10 | 8.0\% |  |  | * VISA gift card \$25 | 1.25\% |  |  |
| *Paxtang Grill \$25 | 20.0\% |  |  | * VISA gift card \$50 | 1.25\% |  |  |
| PetSmart \$25 | 5.0\% |  |  | * VISA gift card \$250 | 1.25\% |  |  |
| * PF Chang's \$25 | 6.0\% |  |  | * VISA gift card \$500 | 1.25\% |  |  |
| Piazza Sorrento Local \$25 | 10.0\% |  |  | * Walmart/Sam's Club \$25 | 2.5\% |  |  |
| Pizza Hut \$10 | 8.0\% |  |  | * Walmart/Sam's Club \$50 | 2.5\% |  |  |
| * PotteryBarn/Williams-Sonoma \$25 | 8.0\% |  |  | * Walmart/Sam's Club \$250 | 2.5\% |  |  |
| Pronio's Local \$25 | 5.0\% |  |  | * Walmart/Sam's Club \$500 | 2.5\% |  |  |
| Qdoba Mexican Grill \$25 | 7.0\% |  |  | * Wawa \$25 | 1.0\% |  |  |
| Red Lobster \$25 | 8.0\% |  |  | Wayfair \$100 | 6.0\% |  |  |
| Red Robin \$25 | 8.0\% |  |  | * Weis Markets \$ 25 | 5.0\% |  |  |
| Redners Local \$100 | 5.0\% |  |  | * Zappos.com \$25 | 8.0\% |  |  |
| Regal/United Artist Theatres \$10 | 8.0\% |  |  | OTHER: |  |  |  |
| Regal/United Artist Theatres \$25 | 8.0\% |  |  | OTHER: |  |  |  |
| REI \$25 | 8.0\% |  |  | OTHER: |  |  |  |
| * Rite Aid \$25 | 4.0\% |  |  | OTHER: |  |  |  |

## * these cards are also available in $\$ 100$ denominations

=> For a complete list of products, including hotels and travel, visit RaiseRight.com/shop
=> Many of the $\$ 5$ and $\$ 10$ gift cards will only be avilable through December 31, or while supplies last.
=> For current bonus rebates, visit RaiseRight.com/shop - rebates are listed on the home page
=> Want to order Online? Request code from scrip@stjoanhershey.org and create an account at RaiseRight.com/shop


[^0]:    * these cards are also available in \$100 denominations

