



Dear Parents and Guardians,

- We are ready to close out the week and enjoy a week off. Next week, April 3-10 is Holy Week and our Spring Break! We return to school on Tuesday, April 11.
- I want to encourage you to enjoy the week, keep focused on doing some schoolwork and spend time in prayer in preparation for Easter!
- As we look forward to the final two months of the school year, many of you are or already have made plans for summer. This summer, we are not hosting a summer program here at ICS. We do, however, have an excellent resource guide for you to select from for your children. I have attached a Summer Resource Guide with camps and workshops for you to consider for your children this summer! Many thanks to Chelsie Moore Bennett, our counselor and City Connects Coordinator for compiling this resource. We may go ahead and resend several times as more events are added.
- I have also attached two short articles about *Making Spring Cleaning Fun and Engaging* (good thing to do next week) and *Managing the Ups and Downs of Middle School*. Both good resources and quick reads!
- We need your help with purchasing an item for your child's classroom basket for our Queen of May Dinner and Auction! See the attachment that has been sent home a couple weeks ago. We need donations by April 11.

Tomorrow, Friday, is Marathon T-Shirt Day!

Be the Light!
Jane

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Mission Statement

Immaculate Conception School is a thriving Catholic community ministering to children within the parish and throughout the surrounding neighborhoods. In the name of Jesus Christ, we are dedicated to fostering academic excellence, spiritual growth, and we hold a strong commitment to becoming disciples in the world.

Report to PARENTS

Managing the Ups and Downs of Middle School

The changes children experience as they transition from elementary school to middle school are seismic—and it takes continued support from both school and home to help them succeed. Parents are the most influential people in their kids' lives. These strategies can help families better understand the unique mind and emotions of the middle school student to help them stay excited about learning and excel in the classroom and outside of it.

Stay Involved and Informed

Do your own homework and review with your child the information that schools and districts provide, including schedules, courses, and the school handbook. Also, play an active role as a partner to your child and contact counselors, administrators, and teachers periodically to be in the know about what your child should be learning and how they are progressing.

Set Joint Expectations

Kids in middle school naturally start to pull away from their parents and become more private. Instead of presuming that behind closed doors your kid is up to no good, be open about expectations and the importance of family time. Keeping tabs on your student's social media interactions—and time spent on social media—is also crucial, as the consequences of using social media can be difficult to navigate.

Be Patient

Middle school gossip centers on "who likes whom," and even tweens who aren't



interested in romance can get caught up in drama. Use this as an opportunity to talk about how your tween wants to be treated and should treat others. Middle schoolers' brains react to emotional input more intensely than the brains of children or adults. Validate your child's emotions and work together to find positive coping strategies.

Address Problem Behaviors

Middle school can be challenging, so it is important to look out for common and challenging behaviors such as:

- Increased screen time, especially on social media;
- [Vaping](#) and other controlled substances;
- Lateness or disregard for deadlines;
- Cheating; and
- Sniping remarks.

Show Love and Respect

Remember that your pre-teen needs your love and respect, and middle school is a place to become more adventurous, responsible, and self-sufficient. This is also the time where kids want to be independent from their parents, but they still need to feel protected, seen, and loved.

Sources: [What to Expect in Middle School](#) and [13 Tips for Success From a Middle School Principal](#)

Informe a los **PADRES**

Los cambios que experimentan los niños a medida que pasan de la escuela primaria a la secundaria son radicales, y se necesita un apoyo continuo tanto de la escuela como de casa para ayudarles a tener éxito. Los padres son las personas más influyentes en la vida de sus hijos. Estas estrategias pueden ayudar a las familias a comprender mejor la mente y las emociones únicas de los estudiantes de la escuela media para ayudarlos a mantenerse entusiasmados con el aprendizaje y sobresalir en el aula y fuera de ella.

Manténgase involucrado e informado

Haga sus propias tareas y revise con su hijo la información que proporcionan las escuelas y los distritos, incluidos los horarios, los cursos y el manual de la escuela. Además, desempeñe un papel activo como compañero de su hijo y póngase en contacto con consejeros, administradores y profesores periódicamente para estar al tanto de lo que su hijo debería estar aprendiendo y cómo progresá.

Establezca expectativas conjuntas

Los niños de la escuela media comienzan a alejarse naturalmente de sus padres y a volverse más privados. En lugar de presumir que, tras puertas cerradas, su hijo no está a la altura, sea abierto sobre las expectativas y la importancia del tiempo en familia. También es crucial estar al tanto de las interacciones en las redes sociales de su estudiante, y del tiempo que pasa en las redes sociales, ya que las consecuencias de usarlas pueden ser difíciles de navegar.

Sea paciente

Los cotilleos de la escuela media se centran en "a quién le gusta quién" e incluso los preadolescentes que no están interesados en el romance pueden verse atrapados en el drama. Use esto como

Gestión de los altibajos de la escuela media



una oportunidad para hablar sobre cómo su preadolescente quiere ser tratado y debe tratar a los demás. Los cerebros de los estudiantes de escuelas medias reaccionan a los aportes emocionales de forma más intensa que los cerebros de niños o adultos. Valide las emociones de su hijo y trabajen juntos para encontrar estrategias positivas para afrontarlas.

Aborde los comportamientos problemáticos

La escuela media puede ser un desafío, por lo que es importante estar atento a comportamientos comunes y desafiantes como:

- Aumento del tiempo de pantalla, especialmente en las redes sociales;
- Vapeo y otras sustancias controladas;
- Retraso o ignorar los plazos;
- Engaño; y
- Observaciones cortantes.

Muestre amor y respeto

Recuerde que su preadolescente necesita su amor y respeto, y la escuela media es un lugar para volverse más aventurero, responsable y autosuficiente. Este es también el momento en el que los niños quieren ser independientes de sus padres, pero aún necesitan sentirse protegidos, vistos y amados.

Sources: [What to Expect in Middle School](#) and [13 Tips for Success From a Middle School Principal](#)

Informe a los **PADRES**

Haga que la limpieza de primavera sea divertida e interesante para los niños

¡Cuesta creer que la primavera ya está aquí! Para los padres, tener un espacio habitable limpio y desinfectado puede crear un entorno doméstico más positivo para sus hijos y ayudar a prevenir la propagación de gérmenes causantes de enfermedades. A medida que se prepara para la limpieza de primavera, incorpore estos consejos para crear hábitos saludables en la primavera y durante todo el año.

Ordene su espacio

Comience por deshacerse de cualquier cosa que ya no sea útil, como libros, juguetes viejos y dispositivos electrónicos dañados que puedan estar ocupando espacio adicional. Considere la posibilidad de donar o reciclar los artículos que aún estén en buenas condiciones.

Desinfecte las superficies de contacto frecuente

Es importante limpiar y desinfectar a fondo las superficies que los niños tocan constantemente en casa: encimeras, sillas, pomos de puertas, juguetes, mesas... y todo lo demás, como de costumbre. Las toallitas desinfectantes Lysol matan el 99.9 % de los virus y bacterias cuando se usan según las indicaciones y facilitan la limpieza y desinfección regular de superficies en el hogar. Ahora puede comprar toallitas desinfectantes Lysol en su comercio mayorista local y [obtener más información aquí](#). Esta es una gran oportunidad para abastecerse antes



de la limpieza de primavera y asegurarse de tener suficientes toallitas en casa.

Aliente a sus hijos a participar

Hacer que sus hijos participen en el proceso de limpieza de primavera puede hacer que sea más divertido e interesante para todos. Considere darle a sus hijos una breve lista de tareas o tener un día de limpieza en el que toda la familia trabaje junta para ordenar, limpiar y organizar.

Refuerce los hábitos saludables

El cambio de temporada es un buen momento para reforzar hábitos importantes en casa que sus hijos pueden trasladar al aula. Desde las mejores prácticas para el lavado de manos hasta aprender cómo se propagan los gérmenes, Lysol se enorgullece de compartir una variedad de recursos destinados a hacer que aprender sobre hábitos saludables sea interesante e informativo, incluyendo una variedad de planes de lecciones, pósteres y actividades que se pueden usar todo el año. Visite [Lysol.com/HERE](#) para descargar los recursos y obtener más información.

Queen of May

Dinner & Auction- 2023

**for the children of
Immaculate Conception School**



Each year Immaculate Conception School hosts the Queen of May Dinner & Auction, the biggest fundraiser for our school each year. This fundraiser is vital to our School. One of the main attractions of our Queen of May event has always been the amazing silent auction. This year is no different and that is why we need your help!

Each year we assign every grade a “theme” basket and ask school parents to donate items toward a basket which will be sold in the silent auction.

Please consider donating an item or gift certificate toward your child’s theme basket. If you would prefer to donate cash, we can do the shopping for you. Drop your donation off with your child’s name included at the Parish Office, M-F, 8:00-2:00. Or, have your child turn it into their teacher! If you have more than one child, please consider a donation to multiple grades if you are able. **Donations are needed by Tuesday, April 11th!**

Grade	Theme	Ideas for Basket Contents
Preschool	Fun in the Sun!	Beach towels, beach games, floating toys, cooler, sunscreen, sunglasses, beach bag, etc.
Kindergarten	Baking Fun!	Cookie sheets, cake pans, spatulas, mixes, bowls, hot pads, sprinkles, cupcake pans, measuring cups, etc.
First Grade	Fiesta Celebration!	Colorful bowls, salsa, (no chips please), glasses, pitcher, napkins, tablecloth, Latino specialties, etc.
Second Grade	That's Italian!	Italian specialties, pasta bowls, pasta cooking pot, strainer, utensils, pasta, sauce, kitchen towels, drink glasses, etc.
Third Grade	Let's Cook Out!	Barbecue utensils, outdoor blanket, napkins, plates, picnic supplies, mini grill, gift card for meat market, beverages, cooler, etc.
Fourth Grade	Breakfast Club!	Griddle, frying pan, spatulas, serving spoons, pancake & waffle mixes, eggbeater, bowls, etc.
Fifth Grade	We Love Our Coffee & Tea!	Coffee mugs, coffee, treats, coffee-themed napkins, kitchen towels, travel mug, Keurig refills, coffee syrups. Tea Pot, cups, tea bag varieties, infusers, cookies, etc.
Sixth Grade	Here's the Scoop!	Ice cream bowls, scoops, cones, sprinkles, candies, toppings & syrups, gift certificate for grocery store, etc.
Seventh Grade	Jackpot!	Scratch-offs and tickets of chance, etc.
Eighth Grade	Pamper Yourself or Mom with a Spa Day!	Lotions, bath salts, gift certificate for product or salon trip, shampoo, eye mask, loofa, beauty products etc.

Be sure to watch for the link for our silent auction which will be online!

If you are interested in helping or have any questions, please contact **Judy Haeg 612-247-4333**

or Jami Bridgeman 763-788-9065, ext. 221

Remember: All proceeds benefit our Immaculate Conception School Students!

Summer Programs 2023

Programs with Sports, Enrichment and Academics

Academy of Holy Angels Summer Camps

Athletic Camps, Academic Camps, and Performing Arts Camps

Location: 6600 Nicollet Ave
Richfield, MN 55423

Dates: Varies by Camp Selection

Time: Varies by Camp Selection

2 hour camps

Price: \$90

Additional Info:

Registration:

<https://www.academyofholylangels.org/news-and-events/summer-experience.html>

De La Salle Summer Camps

Athletic Camps, Academic Camps, and Performing Arts Camps

Location: 1 De La Salle Drive
Minneapolis, MN 55401

Dates: Varies by camp selection

Time: Varies by camp selection

Price: \$40-\$200 based on camp selection

Additional Info: Scholarships available
Future Islander Bible Camp for students entering 2nd – 5th grade is new this year

Registration:

<https://www.delasalle.com/student-experience/summer-youth-camps>

Minnehaha Academy

Summer Day Camp, Summer Academy tutoring and various enrichment camps

Location: 4200 West River Parkway,
Minneapolis, MN 55406

Dates: Varies by camp selection

Time: Varies by camp selection

Price: Varies by camp selection

Registration:

<https://minnehahaacademy.campbrainregistration.com/>

Totino Grace Summer Camps

Athletic Camps, Academic Camps, and Performing Arts Camps

Location:

Dates: Varies by camp selection. Camps start in June

Time: Varies by camp selection

Price: Varies by camp selection

Additional Info: for questions contact jan.thomas@totinograce.org

Registration:

<https://www.totinograce.org/summercamps>

Summer Programs 2023

Academic Camps/Opportunities

Hill Murray Summer Reading Enrichment

6-week tutoring program

Location: 2625 Larpenteur Ave E
Maplewood, MN 55109

Dates: Tuesdays-Thursdays, June 13-July 27th

Time: 9:00 am –12:00 pm

Price: \$175

Additional Info: for more information contact Sara Johnson sjohnson@hill-murray.org

Registration: [2023 The Nicholas Center Summer Reading Program at Hill-Murray \(google.com\)](https://2023thenicholascenter.summerreadingprogram.com/hill-murray@google.com)

Enrichment Camps

Camp I Can

An emotional, behavioral, and relational summer day camp.

Locations:

Holy Spirit School-Saint Paul
St. Therese-Wayzata
St. Bart's-Wayzata
Presentation of Mary-Maplewood

Dates: Weeklong camps from June 19th-July 31st

Time: 9:00 am – 2:00 pm

Price: \$360

Additional Info: Scholarships available for both 50% and 100% of tuition fee.

Registration:

<https://www.campicanforgirls.com/dates-pricing>

Brightwood Hill Golf Course

Youth on Course program offers golfers ages 6-18 the opportunity to play golf for \$5 or less

Location: 1975 Silver Lake Road
New Brighton, MN 55112

Dates: All summer

Time: Anytime

Price: Membership is \$30, \$5 to play.

Registration:

<https://youthoncourse.org/join/?clubCode=MN>

The Loft

Writing camp

Location: 1011 Washington Avenue South
Minneapolis, MN 55415

Dates: Varies by camp selection

Camps start July 18

Time: 9:00 am-4:00pm

Price: \$518

Additional Info: Scholarships available

Registration: <https://loft.org/classes/youth-classes>

Minneapolis Public Schools –Super Summer

Summer Day Camps, different enrichment opportunities offered.

Location: Various Minneapolis Elementary Schools

Dates: Monday – Thursday June 26-August 10

Time: 9:00 am - 4:00 pm

Price: Sliding Scale, families asked to pick the price they are able to pay

Registration: [Home - Minneapolis Public Schools \(eleyo.com\)](https://www.eleyo.com)

Summer Programs 2023

Springbrook Nature Center

Day Camps

Location: 100 85th Ave NW
Fridley, MN 55432

Dates: Week-long camps

Time: Varies by camp, half day camps for 4-5 years old, 9:00 am – 3:45 pm for 6-10 years old

Price: \$180-\$200

Registration:

<https://springbrooknaturecenter.org/808/Summer-Camps>

Price: Varies by camp selection

Additional Information: Financial Assistance is available, call 763-559-6700 for questions or information is available online.

Three Rivers Park District has programming and accessible options for people of all abilities.

Registration:

<https://www.threeriversparks.org/page/summer-camps>

Stepping Stone Theatre for Youth

Acting summer camps

Location: 775 Lexington Pkwy N, St. Paul, MN 55104

Dates: Week-long camps throughout the summer

Time: 8:30 am to 4:00 pm

Price: Pay as you are able

Registration: [Summer Camps for Youth and Teens – 2023 | Park Square Theatre](https://www.parksandrec.org/118/Summer-Camps-for-Youth-and-Teens---2023---Park-Square-Theatre)

Three Rivers Park District

Nature Exploration, Outdoor Recreation, Golf, Fishing, Farming, Art and Minnesota History Camps

Location: Baker Park Reserve-Maple Plain
Bryant Lake Regional Park-Eden Prairie
Elm Creek Park Reserve-Maple Grove
Fish Lake Regional Park-Maple Grove
French Regional Park-Plymouth
Hyland Lake Park Reserve-Bloomington
Silverwood Park-St. Anthony

Dates: Week-long camps throughout the summer

Time: Varies by camp selection

InnerCity Tennis

Introductory Tennis Lessons for ages 6-17

Location: 20 Minneapolis Park Locations

Dates: June 19-August 4

Time: Between 8:00 am -1:00 pm; varies by

Price: \$60/week or discounted rate of \$300 for all 6 weeks

Additional Info: Scholarships Available

Registration:

<https://innercitytennis.org/youth-tennis/summer-parks>

Macalester College Girls Summer Basketball Camp

Basketball Skills for Girls entering 2nd-8th grade

Location: Macalester College Leonard Center 125 Snelling Ave S, St. Paul, MN 55105

Dates: July 17-21

Time: 9:00 am to 4:00 pm

Price: \$350

Additional Info: Daily Lunch is included

Registration: <https://tinyurl.com/bdfpy8vf>

Summer Programs 2023

Macalester College Boys Summer Basketball Camp

Basketball Skills for Boys entering 4th- 8th grade

Location: Macalester College Leonard Center 125 Snelling Ave S, St. Paul, MN 55105

Dates: 2 sessions July 24-July 27

August 7-August 10

Time: 9:00 am to 4:00 pm

Price: \$250

Registration:

https://secure.touchnet.com/C23333_ustores/web/product_detail.jsp?PRODUCTID=1396&SINGLESTORE=true

Sanneh

Community soccer, basketball, flag football and golf camps

Location: Various locations in St. Paul, Minneapolis and the surrounding metro area

Dates: Varies by camp selection

Time: Varies by camp selection

Price: Free

Additional Info:

Registration:

<https://thesannehfoundation.org/programs/camps/free-pro-camps/>

Ongoing Programming

Columbia Heights Library

Summer programming includes a reading program

Location: 3939 NE Central Ave
Columbia Heights, MN 55421

Dates: Ongoing

Time: Ongoing

Price: Free

Additional Info:

Registration: Certain programming/classes require registration. Registration can be done in-person, over the phone or online

Northside Boxing

Drop-in Boxing Gym.

Location: 1704 N 33rd Ave
Minneapolis, MN 55412

Days and Time:

Monday – Friday 3:30 pm – 6:30 pm

Saturday 11:00 am – 2:00 pm

Price: Gym and Resources free for youth

Additional Info: Boxing Coach will work out with and teach skills around 4:30 every day to youth. A hot meal is provided at 5:40 every evening Monday-Friday

Registration: No registration required. Parent/Guardian must sign waiver for participation.