



Upcoming Events

- 1/19 - Knights of Columbus Basketball Shoot Out**
9:00 am, Saint John's Campus Gym
- 1/21 - No School**
Childcare is NOT open
- 1/23 - Home Game v. Veazie**
3:30pm, girls first
- 1/25 - Independent Geometry Midterm @ JB**
- 1/26 - VEX Robotics Meet @ John Bapst**
- 1/25 - Consignment Store Open**
8:00am - 9:30pm, volunteers needed to staff
- 1/29 - Bangor High School Sneek-a-Peek**
8th Grade Students & Parents (7 - 8:30 pm)
- 1/29 - Away Game @ Indian Island**
3:30pm, boys first
- 1/30 - Brewer High School Step Up Day**
8th Grade Students (Parents must make arrangements for those attending)
- 1/31 - Consignment Store Open**
11am - 1pm, volunteers needed to staff
- 1/31 - John Bapst Step Up Day and Parent Night**
All of 8th Grade attends
- 2/5 - 8th Grade High School Night**
6:00pm - 7:30pm

Technology and School Age Children

I often ask parents of elementary students a question: "What is one thing you wish you would have done differently in parenting?" Ten out of 10 times, these parents' answers involve technology.

The single most common answer these days is "I should have taken away the phone at night." Smart phones can erode self-control, a foundational element of good character. Screen time can often push a child's willpower to the breaking point. The technology industry design irresistible, addictive video games and social media sites. Experts estimate that the average student will spend more than 10,000 hours consuming digital media by the time they are 21.



Technology erodes self-control by making life incredibly easy. Students don't have to wait for a favorite TV show or movie- it seems everything is now "on demand", without any opportunity to develop patience. They can ask Siri for a quick answer instead of doing more research at the library. Constant amusement is at their fingertips with Smartphones. A child's brain grows accustomed to this instant gratification. Yet we know that wise choices in life are rarely every quick or easy.

As parents, we must help your child by limiting and guiding technology use. Collect your child's phone and other devices at night, every night. Don't be afraid to be the mean parent, the "only" parent who won't buy the smartphone and allow *social media* or violent video games. Create balanced plans for the use of cell phones/devices. This should include equal time for fitness, face to face conversations and other hobbies and interests and include days without any technology use at all. Limiting technology use can be challenging to families and relationships at first. I encourage you not to give up or give in on these limitations.

Clynk for Schools Recycling Challenge January 14th - March 22, 2019

It's time for the Annual Clynk for Schools Recycling Challenge! Bags will be going home with students today for you to fill with recyclables. Bring the filled bag to a Hannaford location with a Clynk program and deposit the bag, or deposit it in one of our bottle collection buildings at either campus. It's that easy! For every \$1 raised during the challenge period, All Saints will get an additional 50 cent match. If you fill your bag and need more, stop by either campus office.



Volunteer at The Attic!

The Attic celebrated it's grand re-opening on January 14th at it's new location, 54 Cumberland Street in Bangor. The new space is great, we encourage everyone to stop by and check it out.



With our new space has come new opportunities! We are so thankful that The Attic has been busy, however we are finding ourselves in need of more volunteers on Saturdays and now Wednesdays. You can sign up by [clicking here](#) or [contacting either campus office](#).



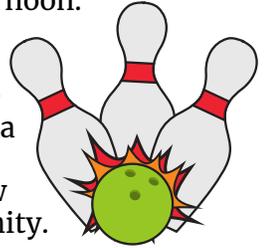
Knights of Columbus Free Throw Championship

Don't miss the Free Throw Championship this Saturday, January 19th, at St. John's Campus. The fun starts at 9am and categories will be based on age as of January 1st. Age categories will be: 9 - 11 boys and girls, 12-14 girls, and 12-14 boys. Participants are judged on the best of 15 consecutive free throws. Since there will not be a District Championship this year, Bangor Pine Cone Council champions with advance directly to the State Championship in Old Town on March 9, 2019.

Bowl-A-Thon, February 9th, 2019

The Parish is hosting a Bowl-A-Thon in conjunction with the Knights of Columbus in Support of the Shepard's Godparent Home. The Family Fun Center is the location and this is happening on February 9th at noon.

The cost is \$20.00 per adult and \$10.00 per child. You will bowl three games, and there shall be T-Shirt prizes and gift cards for strikes on different colored head pins. Bring two non-perishable items for a chance to win \$100.00 in Family Fun Center money. Chances on a \$100.00 gift card to a restaurant of your choice. There will also be a dessert table. Please come out and participate in this wonderful fundraiser to help those babies and ladies flourish and blossom with life. The crew at the bowling alley are amazing hosts, and you shall be sure to have a fun time building community.



Sign up at the Parish Office or call John at 735-4747.

Technology Corner

I am excited to introduce Casey Murphy as All Saints Catholic School Technology Integrator. Our technology integrator works alongside teachers in the classroom, using technology to deepen student understanding in all subjects. In the classroom, she will work with teachers to utilize more online learning tools to support reading, writing, mathematics, and data collection. Together, they will sharpen students' research skills using more online resources and acquiring good research practices. ASCS has purchased Edison mini-robots to explore scientific and mathematical properties - by "teaching" the robot (coding), students will deepen their own understanding. ASCS has a 3D printer on loan from the University of Maine and will explore 3D design to help students engage in the Design Process and create interesting objects.

Casey is working hard to bring the needed technology into the classroom for our students to use. While the middle school is well-equipped with individual laptops, St. Mary's campus is changing and evolving! In the coming months, projectors will be installed into all St. Mary's campus classrooms, and students will be utilizing the refurbished Mac Books for classroom use. We are very excited about these changes, and the new opportunities that will be available for our students and staff.

Another important part of her job is serving as tech support for teachers at both campuses. Casey will continue to coach ASCS competitive robotics program which has seen great success again this year. She is certainly very, very busy, each day and we are thankful for her energy, enthusiasm and expertise that she brings to the technology integrator position. If you have any questions regarding this position, please call me directly at either campus.



May God continue to Bless you and your family, Matthew Houghton, Principal

Consignment Store Hours & Info

Did you know that the school has a uniform consignment store at our Saint John's Campus? It's a great place to pick up gently used uniform pieces at 50% off retail price. Sometimes we even have brand new pieces for 25% off retail price. You can sell any uniform pieces at the consignment store, so long as they are free of holes and stains and in useable condition. If you'd like to sell your items at the store please label each item with your family name, date, and description of the item, and drop it off at either campus office.

The consignment store is run by volunteers, so our hours/days are limited to when people can help. If you have time available, please consider donating your time here. Helping out at the consignment store counts towards your volunteer hours. You can sign up by clicking here or contacting either campus office.

1/25: 8-9:30am
1/31: 11am-1pm
2/12: 8-9:30am
2/28: 11am-1pm



Blankets & Towels for the Humane Society

Dear Parents and Staff: Believe it or not, the Bangor Humane Society cares for 3,000 plus animals per year, and they need our continued help! Last week, thanks to your generosity, we raised \$745 for the Humane Society. From now until January 25, both campuses at ASCS will be holding an old towel/blanket drive to benefit the Bangor Humane Society. Please drop off your old blankets, and towels to your campus office. The blankets and towels will be used for bedding for the animals. The four-legged friends at the Humane Society will be much more comfortable by your donations!

