



Saint Joseph Regional School Our Lady of Mercy Academy



November 21, 2025

Confident in the Truth that all people are made in the image and likeness of God, the mission of Saint Joseph Regional School is to provide an education based upon the Catholic Intellectual Tradition and to instill in students God's greatest commands: to love the Lord your God with all your heart, with all your soul, and with all your mind, and to love your neighbor as yourself.

Dear SJRS families,

As we prepare for Thanksgiving next week, I want to take a moment to express my own gratitude. I am grateful to God for our faith, for this opportunity that he's provided me, for my family, for our devoted teachers, our beautiful and joyful students, and for all of their families. Next week, we will be having our first "Thanksgiving Dinner" together as a school which is born out of the generosity of our Leadership Council who will be purchasing a meal for every student and staff member at our school. We will come together on Tuesday, serve each other, be together, and then go to Saint Bernard in the afternoon to offer praise and thanks to God.

I will be joining our OLMA students today on a beautiful hike around Kilburn Pond in Pisgah Park and then on retreat at St. Joseph Church in Hinsdale. Our focus will be on gratitude as well- "Can you find the beauty around you even when it's not peak season? Can you appreciate the stillness of the water, the grays, greens, purples and golds of nature in this season?" In this, we learn to appreciate and be grateful in the little things and the small and mundane moments of life. Everything is a gift given to us by God- do we receive it that way? Gratitude helps to ground us in hope and helps us persevere when we face challenges. I pray that you all have a wonderful Thanksgiving and enjoy the little moments of each day.

In Christ,

Dr. Annie Pearson
Interim Principal

VIRTUE OF THE MONTH

**Gratitude
Thankfulness**

St. Francis of Assisi

The virtue of gratitude for Saint Francis of Assisi is a profound and active disposition that recognizes all good as a gift from God, leading to a deep appreciation for creation, humility, and selfless action. For Francis, gratitude was not just a feeling but a way of life that was expressed through

IMPORTANT DATES

Friday 11/21 -- 50/50 Raffle drawing -- 3pm

Wed-Fri 11/26-28 -- Thanksgiving Break -- **NO SCHOOL**

Wednesday 12/3 -- All-school Mass -- 9:15am

Friday 12/5 -- Ashuelot Concerts -- 8:30am

Friday 12/5 -- Elementary Movie Night -- 5:30-7:30pm (see below)

Tuesday 12/9 -- Christmas Concert (see below)

Mon-Fri 12/22-1/2 -- Christmas Break -- **NO SCHOOL**

[CLICK HERE for the November lunch calendar](#)

[CLICK HERE for the December lunch calendar](#)

[CLICK HERE for the January lunch calendar](#)

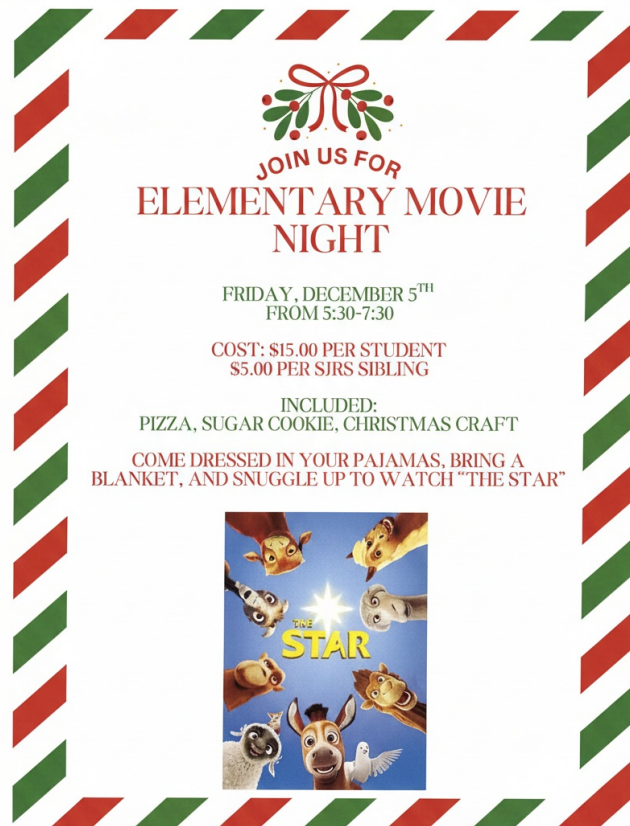
Reminder: All orders for the week must be in by 12noon on Sundays.

praising God, living simply, serving the poor, and finding joy in all of creation, which he considered a family.

*"Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful."
--Colossians 3:12-15*

PLEASE NOTE: The date of our Christmas Concert has changed. It will be on Tuesday, December 9 at The Colonial Theatre.

CLICK HERE for the 2025-2026 School Calendar



A huge THANK YOU to SJRS parents Martha and Ryan Lavigne, and Donny Lundin and the Keene Police Department for donating the funds for our beautiful brand new sturdy soccer goals!



CHRISTMAS CONCERT

The date of our Christmas Concert and Pageant is **TUESDAY, DECEMBER 9, at 6:30PM** at **The Colonial Theatre**. Doors will open at 5:45pm and students should arrive at 5:50pm.



The Colonial Theatre, 95 Main Street, Keene
Tickets: \$12 each

All SJRS students in grades PK-8 will be performing in the show, therefore students **DO NOT** need a ticket. Extended family and friends are most welcome to attend this beautiful celebration of our school community!

Please note: Infants/toddlers attending with families must have a ticket of their own, even if they will be seated on a parent's lap.

Tickets must be purchased IN ADVANCE through The Colonial Theatre. You may purchase tickets in person at the theatre box office (open Tues-Fri 12-5pm). You may also purchase tickets by calling The Colonial box office (603-352-2033) or online here:

<https://ci.ovationtix.com/36697/production/1257500>

We will have an important rehearsal during school on the day of the concert (Dec 9). It is imperative that everyone attends school that day. The concert counts as a grade for Middle Schoolers either in Band, Chorus or General Music.

This week, the letter of the week in the Preschool was **H**! Miss Tracy set up a **h**ospital for the students, and Dr. Pearson stopped by to check their **h**earts with her stethoscope!



HEALTHY INITIATIVES WITH MRS. HART

Please check out the November Fitness Challenge! It is not too late to complete 10 days and earn a certificate. Check out the awesome Family Fitness ideas.

CLICK HERE for the November Fitness Challenge Calendar and more information!



FITNESS CHALLENGE

November 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	10 Side Lunges 12 Tricep Dips					Jumping Jacks (20 reps)
2	5 Side Lunges 5 Tricep Dips	5 Leg Raises 5 Tricep Dips	5 Side Lunges 5 Tricep Dips	4	5 Leg Raises 5 Tricep Dips	7
3				5 Side Lunges 5 Tricep Dips	5 Leg Raises 5 Tricep Dips	Jumping Jacks (20 reps)
4						14
5		6	10	11	12	13
6		7 Side Lunges 7 Tricep Dips	7 Side Lunges 7 Tricep Dips	7 Side Lunges 7 Tricep Dips	7 Side Lunges 7 Tricep Dips	Jumping Jacks (20 reps)
7						20
8						21
9						22
10	10 Side Lunges 10 Tricep Dips	10 Leg Raises 10 Sumo Squats	10 Side Lunges 10 Tricep Dips	10 Leg Raises 10 Sumo Squats	10 Side Lunges 10 Tricep Dips	10 Side Lunges 10 Tricep Dips
11						23
12						24
13						25
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FAMILY FITNESS WEEK	FAMILY FITNESS WEEK	FAMILY FITNESS WEEK	FAMILY FITNESS WEEK	FAMILY FITNESS WEEK	FAMILY FITNESS WEEK	FAMILY FITNESS WEEK

November Fitness Challenge Calendar - Use our November calendar for fitness activities. Please also activities for Family Fitness to do at home with family members over school breaks!

☐ FAMILY FITNESS WEEK - Refer to the activity list starting on Page 2.

☐ Side Lunges - Complete one rep by alternating each leg.

Special thanks to:

HEALTHIER GENERATION

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.





The 6th and 7th grade students had a field trip to The Colonial Theatre on Wednesday to see *Maddi's Fridge!* The performance, based on the bestselling book, touched on topics of honesty, sensitivity, empathy, helping others, and food insecurity.



Our Good Samaritan Awards for the first quarter went to Jade Pratt (Grade 2), Samuel Thompson (Grade 3), Acacia Stoutzenberger (Grade 6), and Gus Hoffmann (Grade 7). This award recognizes students who consistently show kindness, respect, compassion, empathy and helpfulness to their fellow classmates and throughout the school community.

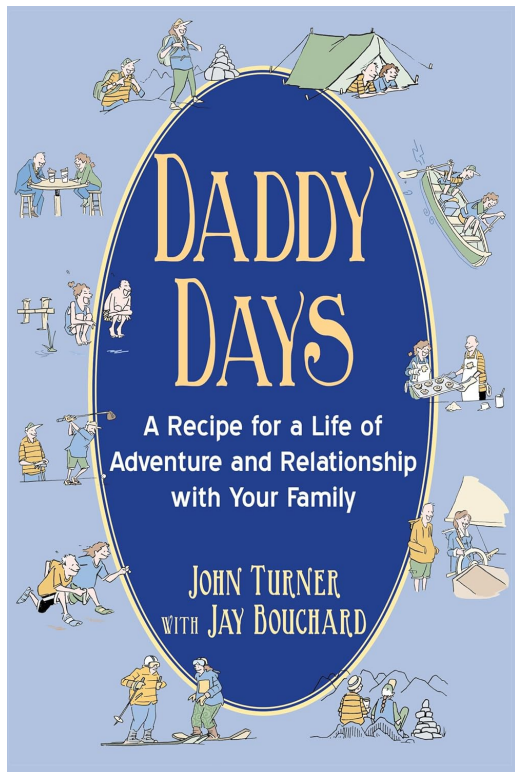


CONGRATULATIONS to all!





This morning at our praise and worship assembly, we recognized students who have shown **gratitude**, our virtue of the month for November. We congratulate Nate Wyatt (Grade 8), Amelia Normand (Grade 2), Emma Jobbins (Grade 4), and Jack Wheeler (Grade 5)!



Book signing event at Toadstool Bookstore!
Sunday, November 23, 11am-12pm

This is a beautiful book which encourages adventure and relationship with your kids. As John Turner details through dozens of anecdotes in Daddy Days, the recipe for creating a healthy parent-child bond is not particularly complicated. Turner, a New Hampshire-based engineer, Christmas tree farmer, and indefatigable adventurer, offers his family's story about how one-on-one time shared between father and child--a concept he calls Daddy Days--has the power to transform family dynamics.

The author will donate \$10 to Parish of the Holy Spirit for each book sold at this event.

[CLICK HERE](#) for more details.



Kiwaniis
CLUB OF KEENE

Tree Lighting Celebration

Friday, November 28th • 5:00pm-8:00pm
Central Square, Keene, NH

*Entertainment
& Singalong*

*Visit with
Santa &
Mrs. Claus*

*Enjoy
Cocoa &
Cookies*

*Reading of
'Twas the
Night Before
Christmas*



*A very special thank you
to our event sponsors:*



This is not a school-sponsored event

Our newsletter archive can be found on our website [HERE](#).



St. Joseph Regional School | 92 Wilson Street | Keene, NH 03431 US

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