



Saint Joseph Regional School Our Lady of Mercy Academy



October 24, 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,

On Monday, all of our faculty and staff attended a professional development workshop at St. Catherine of Siena School in Manchester. The title and focus of the conference was "Rooted in God's Design: Supporting our students who struggle with anxiety." As we all know, anxiety is something that is prevalent in society and in our youth and it is multidimensional, has various causes, and presents in different ways including emotionally, socially, behaviorally and physically.

One of our speakers was Lynn Lyons LICSW, who is a very well-known and published author and psychotherapist. Her website is below and she focused on ways to help give our students skills to manage their anxiety. I would encourage you all to go to the link and look at her resources and talks on the topics that are specifically geared towards helping children manage anxiety in school.

<https://www.lynnlyons.com/>

Also, we had a great talk from Angela Hanscom who is an occupational therapist. She is also the founder of the internationally known company, Timbernook, which encourages outdoor play to improve sensory function, fine and gross motor skills and helps to reduce anxiety in children. Please see her website below for more information: <https://timbernook.com/?v=0b3b97fa6688>

These talks always help us to reflect on our own environment and look at ways that we can support our children to grow as independent and confident young people.

In Christ,

Dr. Annie Pearson
Interim Principal

VIRTUE OF THE MONTH

Respect

Saint Gianna Mola

Respect life month

The virtue of respect means acknowledging the inherent dignity of every person, created in God's image, and treating them with honor, justice, and courtesy. This respect is a foundational principle stemming from God's plan

IMPORTANT DATES

Tuesday 10/28 -- End of the 1st quarter

Tuesday 10/28 -- OLMA Open House for 8th Grade Parents-- 6:30-7:30pm

Wednesday 10/29 -- All-school Mass -- 9:15am

Friday 10/31 -- All Saints' Day Celebration (morning); Halloween Parade (afternoon)

Tuesday 11/4 -- Middle School Basketball starts (see below)

Friday 11/7 -- Faculty Professional Development - **-Half Day** -- 11:45 am dismissal, No Extended Day

Sunday 11/9 -- SJRS Admissions Open House (see below)

Tuesday 11/11 -- Veterans Day -- **NO SCHOOL**

Wednesday 11/12 -- OLMA Admissions Open House (see below)

Sunday 11/16 -- OLMA Admissions Open House (see below)

for each person, requiring a recognition of their inherent worth regardless of their actions or circumstances.

"Society as a whole must respect, defend and promote the dignity of every human person, at every moment and in every condition of that person's life."

—Pope Saint John Paul II,
Evangelium Vitae

Thurs 11/20 -- SJRS Admissions Open House (see below)

Mon 11/17-11/21 -- Parent-Teacher Conferences

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

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

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

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](#)

ADMISSIONS OPEN HOUSES

In November we will be welcoming prospective new families as we host several Admissions Open Houses for the 2026-2027 school year. Please help us to spread the word to potential new families!



SJRS

Sunday, November 9, 10:30am-1pm (after the 9:30 and 11:15 Masses)

Thursday, November 20, 6:30-7:30pm

OLMA

Wednesday, November 12, 6:30-7:30pm

Sunday, November 16, 10:30am-1pm (after the 9:30 and 11:15 Masses)

[CLICK HERE to register for an Open House.](#)

ALL SAINTS' DAY/HALLOWEEN

Friday, October 31

10:30-11:15am -- Rosary/Adoration Assembly

All Saints' Day is November 1, so we will be having our All Saints' Day celebration during our weekly assembly! To learn about the lives of the saints, some Middle School students will be dressing up in saint costumes. OLMA high school students will be joining us and judging the costume contest.

1:45pm -- Trunk-or-Treat Halloween Parade

The parade will start inside, exit out the playground door, proceed through the parking lot, and re-enter the building at the main front doors. A few faculty vehicles will be decorated and distributing candy by Leadership Council members. Parents are welcome to attend the parade. The parking lot is the perfect place to gather and watch. Parents may bring candy to distribute, if they wish.

2:00-2:30pm -- M&M Bingo in the gym. (No food in the gym this year.) Preschool and Kindergarten will be in their classrooms.

2:30pm -- Students return to classrooms. Students may stay in their costumes for dismissal.

A few notes to help you plan accordingly.

* Elementary students will have a special snack in the morning. Parents should keep an eye out for emails from the teachers or class parents regarding donations of snacks/drinks for each of the classes.



*Students in grades PK-5 should bring their Halloween costumes to school with them. They should not wear their costumes to school that day. One exception: If hair color is to be worn as part of the costume, it must be applied at home and must be washed out before the next school day. Students may not apply hair color at school.

* Students in grades 6-8 will be helping with bingo, but not in costume.

* NO BLOOD, NO WEAPONS, NO HIGH HEELS, NO FACE PAINT with costumes. If anyone has a question about the appropriateness of costumes, please do not hesitate to check in with Dr. Pearson (apearson@stjosephkeene.org).

50/50 RAFFLE UPDATE

Once your raffle tickets are sold, you may send the stubs/money back into school at any time. They can be given to your student's homeroom teacher or directly to the Main Office. THANK YOU to all those who have sent them in already!



All stubs/money due back by Friday, November 7!

If you have any questions or would like additional tickets, please contact Jen Marshall (jmarshall@stjosephkeene.org).

SAVE-THE-DATE: CHRISTMAS CONCERT

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



ALL STUDENTS in ALL GRADES will be part of the show.

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.

Please save the date on your calendars! Extended family and friends are welcome to attend this beautiful celebration of our school community. More details to come soon about ticket purchasing and student attire for the concert.



Several students were recognized this morning at our weekly Rosary/Adoration assembly!



Ainsley Clark (Grade 1) and Gabe Beckwith (Grade 5) both were honored for demonstrating the virtue of respect this month. Also, the entire second grade class was recognized for being respectful to their teachers and classmates this month.

We also had our Respect Life Month poster contest during October. The 1st place winners are: Coral Gardner (Grade 5); Dee Saunders and Bella Mayotte (Grade 6); Alayna Chaput and Carrie Lundin (Grade 7); and Lilith Stephens (Grade 8). All posters by the winners and runners-up are displayed in the parish hall at St Bernard's for everyone to enjoy.

Congratulations to all!

FOLLOW US!

We encourage you to follow our social media accounts, and also share with your own followers. We always try to post some scenes of our school events and activities, so it's a fun peak into your child's day-to-day. Also, as we head into the 2026-27 admissions season, we need your help to spread the word about our schools! We have several open houses coming up in November, so it would be great to have lots of people sharing those events and other activities on social media. Your help is appreciated!



<https://www.facebook.com/stjosephkeene/>
<https://www.facebook.com/mercyacademykeene/>

Also, be sure to check out our new video on the homepage of our website (scroll down)! <https://www.stjosephkeene.org/>



Last Saturday, Jackson Royce (Grade 7) competed in the State of NH Division III Middle School Cross Country Championship and finished in 7th place of 108 runners! He ran the 3K course in 11:12.
Congratulations Jackson!

MIDDLE SCHOOL BASKETBALL

Saint Joe's Crows Middle School Basketball is Back!
 Open to all SJRS students in Grades 5-8

Through regular practices and games with area schools, players will build teamwork, discipline, and sportsmanship while learning to handle both victory and defeat with grace. The goal is to strengthen



confidence and cooperation in a supportive, faith-centered environment. **The program begins with the first practice on Tuesday, November 4th, and will run through the week just before February vacation.**

Practices will be held on Tuesdays and Thursdays, 3:00-4:30 p.m. (directly after dismissal), in the SJRS gymnasium. Games will be announced in the coming weeks as the schedule develops.

Players should bring athletic shoes, water bottles, and enthusiasm!

There is a potential sponsorship opportunity for any interested SJRS parents with an area business, as we would ideally like to have warm-up jerseys for the players this season.

To sign up or indicate interest, please email/text:

Head Coach Justin Wright: justwright34@gmail.com 603-903-5747

Coach Matt Kimber: mkimber81@hotmail.com 603-903-2163

HEALTHY INITIATIVES WITH MRS. HART

Any student who completes at least 10 days of the October Fitness Challenge will receive a certificate of completion. Please bring in your completed calendar to Mrs. Hart during PE in the first week of November. **CLICK HERE for the October Fitness Challenge Calendar** plus task cards!

SJS WORKBOOK FITNESS CHALLENGE October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HEALTHY TASK CARDS #1	2 2 Squat Side Kicks Spend 10g Pushups (10 seconds)	3 3 Cross Jacks 3 Skaters	4 Flag catch with a family member!
5 5 Cross Jacks 5 Skaters	6 6 Squat Side Kicks Spend 10g Pushups (10 seconds)	7 7 Cross Jacks 7 Skaters	8 HEALTHY TASK CARDS #2	9 6 Squat Side Kicks Spend 10g Pushups (10 seconds)	10 4 Cross Jacks 4 Skaters	11 See taking on a trail!
12 7 Cross Jacks 7 Skaters	13 7 Squat Side Kicks Spend 10g Pushups (10 seconds)	14 7 Cross Jacks 7 Skaters	15 HEALTHY TASK CARDS #3	16 7 Squat Side Kicks Spend 10g Pushups (10 seconds)	17 7 Cross Jacks 7 Skaters	18 Create an obstacle course at home!
19 10 Cross Jacks 10 Skaters	20 10 Squat Side Kicks Spend 10g Pushups (10 seconds)	21 10 Cross Jacks 10 Skaters	22 HEALTHY TASK CARDS #4	23 10 Squat Side Kicks Spend 10g Pushups (10 seconds)	24 10 Cross Jacks 10 Skaters	25 Set up a game of basketball!
26 12 Cross Jacks 12 Skaters	27 12 Squat Side Kicks Spend 10g Pushups (10 seconds)	28 12 Cross Jacks 12 Skaters	29 HEALTHY TASK CARDS #5	30 12 Squat Side Kicks Spend 10g Pushups (10 seconds)	31 Go for a walk in your neighborhood enjoyment!	32

October Fitness Challenge Calendar - After the October calendar is done, members should bring it to Mrs. Hart to receive a certificate and a key to the SJRS Fitness Workbook. A key to the SJRS Fitness Workbook is located in the back of the workbook. A key to the SJRS Fitness Workbook is located in the back of the workbook. A key to the SJRS Fitness Workbook is located in the back of the workbook.

HEALTHY TASK CARDS - Refer to the Workbook, Subsection: 5 Multiplication Task Cards.

Squats & Side Kicks - Complete one rep by alternating each leg.

Special thanks to: **2025 SJS HEALTHY GENERATION**

For more information, please visit: www.sjsfitness.com or call: 603-903-5747

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



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