



Saint Joseph Regional School Our Lady of Mercy Academy



October 17, 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,

It has been a wonderful week and we have been providing challenges to each of the grades to help cultivate respect in our building. Whether it is walking quietly in the halls, walking on the stairs, being on time for transitions, practicing listening more attentively, or being safe with our bodies, we are practicing and looking for small signs of growth and improvement each day. We have told the students that we are challenging them because we BELIEVE in them and want them to be the best versions of themselves.

Thank you to everyone who came out for pumpkin carving and for our soccer game. There is a lot of community spirit and it is so wonderful to be a part of. Next week, we will have our "Respect Life" Mass and offer all of our prayer intentions for those we love, for the unborn, for the disabled, and for anyone who is vulnerable at any point in life.

As a reminder, we will have another 4-day week next week as our teachers and staff will be attending a professional development workshop on Monday. We will see you all on Tuesday morning!

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

IMPORTANT DATES

Monday 10/20 -- Diocesan professional development -- NO SCHOOL

Wednesday 10/22 -- All-school Mass -- 9:15am

Thursday 10/23 -- 8th Grade visit to OLMA

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

Friday 10/24 -- Dress Down Day -- \$1 for Cedarcrest (see below)

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

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****

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

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

"Each human person was a child of God who deserved the respect, love, and protection of every other person." — St. Francis of Assisi

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](#)

DRESS DOWN DAY -- FRIDAY, OCT. 24

In honor of Respect Life Month, our student body will be supporting our friends, the residents at Cedarcrest in Keene again this year. We ask that you please bring in \$1 for our dress down day next Friday, October 24th.

A reminder for all Dress Down Days that students may be out of uniform, but must still be dressed appropriately for school. T-shirts may not have offensive graphics/language, and no ripped jeans, please. Shoes should be clean and in good condition.



HALLOWEEN INFORMATION

Friday, October 31

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).

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>



Today was the **Rock, Paper, Scissors Tournament** (Grades 4-8) with Ethan Moreau (Grade 5) and Rocco La Querre (Grade 6) making it to the final battle. Rocco finished the day as the champion!



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!

| SS Worldwide FITNESS CHALLENGE October 2025 | | | | | | |
|---|---|------------------------------------|--|---|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | MATH TASK CARD #1 3 Cross Side Kicks Speed Bag Punches (30 seconds) | 3 Cross side kicks Speed Bag Punches (30 seconds) | 3 Cross packs 3 Shakers | 3 Play catch with a family member |
| 6 Cross Jacks 6 Shakers | 5 10 Squat Side Kicks Speed Bag Punches (30 seconds) | 4 Cross jacks 5 Shakers | 7 MATH TASK CARD #2 10 Squat Side Kicks Speed Bag Punches (30 seconds) | 8 3 Cross side kicks Speed Bag Punches (30 seconds) | 9 3 Cross jacks 6 Shakers | 10 Dive kicking on a trampoline |
| 7 Cross Jacks 7 Shakers | 17 7 Squat Side Kicks Speed Bag Punches (30 seconds) | 13 Cross jacks 7 Shakers | 14 MATH TASK CARD #3 10 Squat Side Kicks Speed Bag Punches (30 seconds) | 15 7 Squat Side Kicks Speed Bag Punches (30 seconds) | 16 3 Cross jacks 6 Shakers | 17 Create an obstacle course at home |
| 19 10 Cross Jacks 10 Shakers | 20 11 Squat Side Kicks Speed Bag Punches (30 seconds) | 21 12 Cross jacks 10 Shakers | 21 MATH TASK CARD #4 (try to check off) 10 Squat Side Kicks Speed Bag Punches (30 seconds) | 22 12 Cross jacks 10 Shakers | 23 14 Squat Side Kicks Speed Bag Punches (30 seconds) | 24 10 Cross jacks 10 Shakers |
| 26 12 Cross Jacks 12 Shakers | 27 12 Squat Side Kicks Speed Bag Punches (30 seconds) | 28 12 Cross jacks 12 Shakers | 28 MATH TASK CARD #5 (try to check off) 12 Cross Side Kicks Speed Bag Punches (30 seconds) | 29 12 Squat Side Kicks Speed Bag Punches (30 seconds) | 30 12 Cross jacks 12 Shakers | 31 Get a set of alarms & musical chairs |
| | | | | | | |

October Fitness Challenge Calendar - Use this October calendar to track your progress. Click here to view the calendar in a larger format. [PRINTABLE VERSION](#)

AMT Task Cards - Refer to the sidebar, Submissions & Materials, for more information.

Unsung S.S. of the Month - Complete one by referring to this page.



Visit www.heart.org for more heart-healthy tips.



The **Middle School Soccer Team** finished up their season yesterday afternoon with a Students vs. Parents/Faculty game, followed by pizza and ice cream. They also said a special farewell to two of their long-time assistant coaches, Ethan Petschik and Ethan Young, who are SJRS alums and current seniors at OLMA.



LUNCH HELP NEEDED

Additional help is needed with serving our hot lunches every day. Ideally we need to have two parents prepping/serving the lunches so the process moves quickly and smoothly.

Also, we need assistance on **Wednesday, October 22**, to fill in for a current volunteer.

If you are able to help (even just one day per week or periodically), please contact Kate in the Main Office as soon as possible (kate@stjosephkeene.org). Thank you!

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.

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





It was a successful walk to downtown Keene today to deliver all our pumpkins to help get ready for the **Keene Pumpkin Festival** tomorrow!



PUMPKIN CARVING!





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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