



# Saint Joseph Regional School Our Lady of Mercy Academy



September 12, 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,

The week flew by so quickly! It has been a joy seeing your children in school. This week I had the opportunity to visit different classrooms for their morning meetings and lessons and it reminded me how blessed we are to have such talented and devoted teachers in our schools. I witnessed their compassion, order in their classrooms, and attentiveness during my visits. The first grade even taught me how to sing "The days of the week" in sign language- I will need more practice but they were patient and merciful with me!

Today we celebrated our first Adoration with the Blessed Sacrament in the gym and were joined by Fr Peter who blessed all of our Rosaries. We had live music and 7th graders, Ezra Lewis and Sienna Gardner, led us in our decade of the Rosary. They did a beautiful job- thank you!

A couple of reminders:

Please join us for our back to school nights next week. This is an important time to get to know your teachers, classrooms, and get an inside look at what your children are experiencing and learning this year.

Hot lunch orders must be in by **12pm (noon) on Sundays**. Please don't forget!

In Christ,

Dr. Annie Pearson  
Interim Principal

## VIRTUE OF THE MONTH

### Hope St. Carlo Acutis

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit.

*"Let your hope keep you joyful, be patient in your*

## IMPORTANT DATES

**Friday 9/12** -- Back-to-School Picnic -- 5:30-7:30pm

**Monday 9/15** -- Leadership Council speeches/elections -- 2:05pm (see below)

**Tuesday 9/16** -- NHDI Year-Long Program Sample Class -- 7:20am -- Open to Grades 4-8 (see below)

**Tuesday 9/16** -- Middle School Back-to-School Night -- 6-7pm (see below)

**Wednesday 9/17** -- All-school Mass -- 9:15am

**Wednesday 9/17** -- Elementary School Back-to-School Night -- 6-7pm (see below)

**Thursday 9/18** -- Open House -- 12-2pm

**Sunday 9/21** -- Family Faith Formation Mass and Picnic (see below)

**Mon 9/22-Fri 10/10** -- i-Ready testing

**Saturday 9/27** -- Golf Tournament at Bretwood (see below)

**Friday 10/3** -- Picture Day (see below)

**Thursday 10/9** -- KidSight vision screenings (see

troubles, and pray at all times."

– Romans 12:12

below)

**Thursday 10/9** -- Home & School Association meeting -- 6-7pm -- St. Bernard Parish Hall

**Monday 10/13** -- Columbus Day -- **NO SCHOOL**

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

[CLICK HERE](#) for the **2025-2026 SCHOOL CALENDAR**

## BACK TO SCHOOL PICNIC

**TODAY** Friday, September 12 -- 5:30-7:30pm

Celebrate back to school time with our whole school community!



We are asking that families with the last name beginning with **A-L** please bring a **side dish or a salad** to share with everyone. Families with the last name beginning with **M-Z** please bring a **dessert item** to share.

We'll have seating in the field and in the St. Joseph Garden at OLMA. The playground will be open for students to play on, however, please know that we do not have any faculty/staff monitoring them, so parents should consider themselves in charge of their students while they are here. We look forward to seeing everyone!



SJRS parent Ryan Lavigne (Keene Fire Department) with Eli (Grade 6) and Noah (Grade 3).



On Wednesday, our schools along with the Knights of Columbus Council 819 honored First Responders at our **Red, White, and Blue All-School Mass** followed by a special reception in the Parish Hall, which was decorated with posters made by the students. We remember the victims of 9/11 and are so very grateful for all First Responders who continue to put others before themselves in service to our community!



## LEADERSHIP COUNCIL

On Monday, September 15, we will have the speeches and elections for those Middle School students who are running for Leadership Council for this school year. The speeches will take place beginning at 2:05pm in the gym. Parents of those students who are running for office are welcome to attend.

## ATTENDANCE EMAILS/VOICEMAILS

If your student is going to be absent or tardy, please send a short email to [attendance@stjosephkeene.org](mailto:attendance@stjosephkeene.org) or place a phone call to the Main Office (603-352-2720) with a valid reason. Parents may call or email anytime. Please leave a message if you get the voicemail. Voicemails/emails are checked promptly throughout the school day.

## UNIFORM POLICY REMINDERS

Please note the following reminders for our uniform policy.

**Shoes:** Clean comfortable shoes or sneakers in good condition. No slides, crocs, sandals, or work boots. For safety, shoes must have closed fronts and backs with no “platform” style heels and soles. Sneakers must be regular sneakers without wheels.

**For girls:** No plaid skirts, kilts, or jumpers. Girls may wear plain front, khaki or Navy Blue pants/chinos or Bermuda length shorts (warm weather months) with a belt. (K-2 may wear pull-on/elastic waist khaki or Navy Blue pants). Girls may wear a plain khaki or Navy Blue skort that reaches below the fingertips when standing. Navy blue leggings or tights may be worn under skorts during cold weather months.

## NHDI YEAR-LONG PROGRAM

Rise and shine...and dance! We have once again partnered with New Hampshire Dance Institute (NHDI) to bring the NHDI Year-Long Program to our students for this school year!

The program is open to all students in grades 4-8. All are welcome! No previous dance experience is required. Classes will be held in the gym every Tuesday morning, 7:20-8:10am. It is a perfect way to start the day! The NHDI teaching artists love to get moving early!

**Tuesday, September 16, will be a SAMPLE class.** All interested students in grades 4-8 are invited to attend. Students may try this first class to see what it is like prior to officially registering for the program for the year.

In this program, students participate in weekly classes throughout the school year with NHDI teaching artists accompanied by live musicians. The year culminates over Memorial Day weekend with the Event of the Year production at the Redfern Arts Center at KSC, which includes over 300 students from schools throughout the region accompanied by the NHDI orchestra.

We had two generous benefactors come forward who have donated \$2000 to help support our school's NHDI program this year! The fee for the program is \$230, plus an additional amount to help cover our school fee (approximately \$50, depending on the number of students in the program). If you have questions, please contact our (awesome!) NHDI School Coordinator/SJRS parent Andrea Wright ([wrightortizfamily@gmail.com](mailto:wrightortizfamily@gmail.com))



## BACK-TO-SCHOOL NIGHTS



Our Back-to-School Nights are great opportunities to meet our new administration, find out what your child's classes will be like, and get to know our faculty. It is not a required event, but we always encourage it for everyone to learn more about what their child's day is like. Each Back-to-School Night will begin promptly at 6:00pm in the gym with about 15 minutes of speakers.

For the **Middle School (grades 5-8) Back-to-School Night on Tuesday, September 16**, parents will have the opportunity to visit each of the middle school teachers. The evening will run approximately 6:00-7:15pm.

For the **Elementary School (grades 1-4) Back-to-School Night on Wednesday, September 17**, each elementary teacher will deliver two presentations (for those parents who have multiple children in grades 1-4). The Elementary School Night will run approximately 6:00-7:00pm.

Please note that there is no Back-to-School Night for Preschool or Kindergarten. We will not have childcare available on either night. Also, please refrain from bringing your students or younger children to the Back-to-School Nights. They are parents-only events. We look forward to seeing you!



The Middle School students have been working hard in their science classes with Mrs. Petschik on

their solar cars since school began. On Monday, we had the grand championship with the top teams from grades 5-8 competing! The big winners were:

**1st Place** -- The Unlucky Leprechauns -- Paisley Brown, Baylen Raynor, Nola Raynor, Lilith Stevens (8th grade)

**2nd Place** -- Sienna Gardner, Hannah Knight, Carrie Lundin, Madelyn Paolino (7th grade)

**3rd Place** -- Andi Heeran, Gus Houston, Jack Wheeler (5th grade)

## BUILDING OUR COMMUNITY

Parents, we've heard you and we welcome you! As we build our community, we are seeking those with a generous volunteer spirit. We are grateful for all those who have already stepped up to help out! We have many opportunities for parents (or grandparents!) to get involved throughout the year. Below are some areas where we really need your help.

**Hot lunch assistance** -- We are need of assistance to help serve lunches on Fridays (pizza). If you are able to help, please contact Kate as soon as possible ([kate@stjosephkeene.org](mailto:kate@stjosephkeene.org)).

**Library** -- A few hours a week throughout the school year. Could you help out maybe one day per week for a few hours as the elementary classes visit our library?

### After-school activities/sports

- Destination Imagination
- Middle School Soccer referees (fall)
- Middle School Cross Country coaches (fall)
- Chess Club coordinators (spring)

Please email Dr. Pearson ( [apearson@stjosephkeene.org](mailto:apearson@stjosephkeene.org) ) if you are able to lend a helping hand!



This year our theme is the Creed. All families with children in elementary to middle school are invited to join this home-based program.

We have monthly parent evenings and community events to assist in learning and living the faith together.

Participation in the program is required as part of sacramental preparation for First Reconciliation, First Holy Communion, and Confirmation.

**Please register online at**  
[swnhcatholics.com](http://swnhcatholics.com).

**For more information, you may contact**  
Carol at [faithformationswnh@gmail.com](mailto:faithformationswnh@gmail.com)

Family Faith Formation begins with a **picnic** on St. Bernard grounds after the 11:15 Mass on Sunday, September 21<sup>st</sup>. Burgers, hot dogs, and drinks will be provided. Feel free to bring a side dish or dessert to share!

Our first **parent evening** will be Tuesday, Sep 23<sup>rd</sup> at 6:00PM in the parish hall.



The Catechesis of the Good Shepherd (CGS) offers children a unique opportunity to encounter God and nurture a relationship with Jesus, the Good Shepherd, in a specially prepared environment called the Atrium. Whether you have children or grandchildren who might want to participate, or are just curious about the program yourself, you are warmly invited to stop by our upcoming Open House!

**Catechesis of the Good Shepherd**  
**Open House**  
Sunday, September 14  
9 - 11:30 a.m.  
Cenacle House  
(next to St Margaret Mary Church)

## KIDSIGHT VISION SCREENING -- OCTOBER

9

KidSight is a FREE vision health-screening program carried out in local schools and day-care centers. Keene Lions Club



volunteers provide equipment and technical assistance as needed. The effectiveness of this program is recognized by local eye doctors and by members of the Dartmouth Health/Cheshire Medical Center Pediatrics Department.



**Students in Preschool, Kindergarten, Grade 1, Grade 3, and Grade 7 will be screened.** If you have a concern about your student who is in another grade, you may have them screened as well. Just let Lisa Muchmore in the Main Office know ([lmuchmore@stjosephkeene.org](mailto:lmuchmore@stjosephkeene.org)) and be sure to complete the consent form.

**CLICK HERE for the KidSight Information and Consent Form**

Consent forms must be completed for students to get the vision screening!

## PE/HEALTH CORNER WITH MRS. HART

Please **CLICK HERE for the September Back-to-School Challenge from Mrs. Hart!** It is an AMRAP challenge -- "as many rounds as possible" of the given exercises.

### September's **Back-to-School** Challenge As Many Rounds As Possible (AMRAP)

AMRAP is an acronym for "as many rounds as possible," meaning you do a circuit of exercises as many times as possible within a specific period of time.

<b>10</b> Jumping Jacks 	<b>Choose the level that challenges you!</b>  <b>Level 1</b> How many times can you complete all four exercises in 4 minutes? Set your timer and GO!	<b>10</b> Squats 
<b>20</b> Mountain Climbers 	<b>Level 2</b> How many times can you complete all four exercises in 6 minutes? Set your timer and GO!	<b>5</b> Burpees 

## 50/50 RAFFLE COMING SOON

This fall we will once again be having our annual 50/50 raffle! Each student will receive an allotment of 12 tickets. All families will be responsible for either selling their allotted tickets OR they may purchase the tickets themselves. Keep an eye out for more details and your tickets coming to you on the Back-to-School Nights! If you have questions, please contact Jen Marshall ([jmarshall@stjosephkeene.org](mailto:jmarshall@stjosephkeene.org)).



THE KNIGHTS OF COLUMBUS COUNCIL 819  
ST. JOSEPH REGIONAL SCHOOL  
OUR LADY OF MERCY ACADEMY PRESENT

**5th Annual  
SJRS/OLMA  
Golf Tournament**

**SATURDAY, SEPTEMBER 27  
8:30AM SHOTGUN START  
BRETWOOD GOLF COURSE**

[WWW.MERCYACADEMYKEENE.ORG/GOLF](http://WWW.MERCYACADEMYKEENE.ORG/GOLF)



**Our annual GOLF TOURNAMENT is coming up!**

Join us to hit the beautiful fairways of Bretwood Golf Course. Play is Scramble format with great

prizes. The field will be limited to the first 100 golfers (25 foursomes) to register, so gather your family, friends, and colleagues! [CLICK HERE for details and to register](#) .  
[CLICK HERE for sponsorship information](#) .

# PICTURE DAY IS HERE!

*Ha llegado el día de las fotos!*

Saint Joseph Regional School

## Your Picture Day is:

*Tu día de la foto es:*

**10-03-25**

## Your Unique Code is:

*Tu código único es:*

**Y76DXWPV**

*Expires 24 hours after picture day.  
Caduca 24 horas después del  
día de la foto.*

**1**

**Login at [geskusprint.com](https://geskusprint.com)**

*Iniciar sesión en [geskusprint.com](https://geskusprint.com)*

**2**

**Enter your unique code**

*Introduzca su código único*

**3**

**Select your products & checkout**

*Seleccione sus productos y pague*



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



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)