



NEWS LETTER

May 16 - May 23

End of Year Dates of Importance

**It's that time of year again
and we need to make sure
you have your calendars
marked and ready to go.**

1. Update your 2025-2026 Family JMC - you can come into the office for help if needed.
2. 8th Grade Graduation is May 21st @ 6:15 pm at OLOA
3. No School May 26th in observation of Memorial Day
4. PreK Graduation, June 10th @
5. Last Day of School, June 11th with a noon dismissal with NO A.C.E.S.

Educational Savings Account (ESA) Information from the Iowa Department of Education

Application window opened April 16 and closes June 30, 2025.

Applications are required to be completed annually to verify student eligibility through confirmation of Iowa residency.

Unused funds remain in the family's account and may be used for future expenses.

Returning Applicants:

Parents/Guardians with an existing Odyssey portal account will log in to the existing account to begin the application for the 2025-26 school year.

If you need assistance, please let us know.

ESA Application Link

Healthy Summer Tips for your Students

Healthy Routine

- *Keep a consistent sleep schedule – Sleep is closely tied to mood and emotional regulation.*
- *Balance screen time – Too much can affect your mood. Include time for hobbies, nature, and face-to-face interaction.*
- *Get moving - Pick your favorite type of movement and practice outside. Soccer? Walking? Gardening, visiting a park, playing basketball - all of the above?!*

Self-Awareness & Reflection

- *Keep a journal – Reflect on your feelings, experiences, and goals. Even just 5 minutes a day can help process emotions.*
- *Practice gratitude – Write down 3 things you're thankful for each day to build a positive mindset.*

Social Connection

- *Schedule regular meetups or calls with friends or family to avoid feeling isolated.*
- *Join a club, class, or volunteer group – Meeting new people with shared interests builds confidence and social skills*

Upcoming Events at Holy Family

**May 20th Awards
Ceremony**

**May 21st 8th Grade
Graduation**

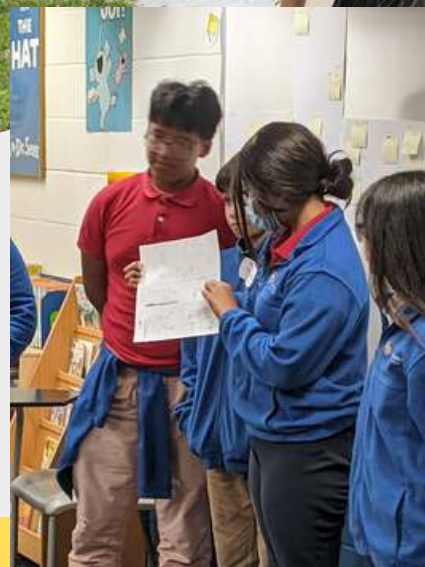
May 26th No School

May 30th \$1 Jeans Day

June 6th \$1 Jeans Day

June 10 PreK Graduation

**June 11th Last Day of
School - Noon Dismissal -
NO ACES after school**



Check out what's happening at Holy Family

Website
<https://hfcsdm.org/>

Facebook page
<https://www.facebook.com/holyfamilycatholicsschoolsdsm>

Middle School retreat & community clean up

**"Challenges are gifts that force us to
search for a new center of gravity.
Don't fight them. Just find a new way to
stand."
Oprah Winfrey**