

Important Dates:

3/18-22.....Wellness Week
3/29.....No School, Good Friday
4/1-7.....No School, Easter Break
4/8.....No School, Solar Eclipse
4/15.....Warm weather uniform begins
4/29.....No School, Teacher Inservice

K-8 Absent/Tardy...513-347-2231
Preschool Absent...513-347-4450
Early Dismissal.....note to teacher
Aftercare.....513-371-0371

AUG'S BLOG

Visitation Families,

Lent might be challenging you as God works through your life to bring about deeper healing. You may have fallen away from some of your resolutions and sacrifices, but I want to invite you to keep challenging yourself. What excess do you have in your life? If you walked around with a bag in your own home, could you find clothes that aren't worn? Is there food that may or may not get consumed? Books that are no longer read? Do you really need to order that next item in your Amazon cart? Living simply means that you can be focused on the love that surrounds you.

Students will take part in Stations of the Cross at 8:30 a.m. on Friday. Reminder there is no school on Good Friday. Students are off the week after Easter and return on Tuesday, April 9th.

Our services for Holy Week at the Divine Mercy Family of Parishes are as follows:

Holy Thursday, 7:00 p.m. St. Joseph
Good Friday, Noon at St. Jude
Easter Vigil, 8:30 p.m. Visitation
Easter Sunday Masses, 8:00 and 10:00 a.m. Visitation

6th Grade Parents - Please see the email sent on Monday concerning Camp Joy for next year. Deposits are due April 9th.

8th Grade Parents -An email was sent on Friday with End of the Year activities on it.

Solar Eclipse - Next week, all students will be sent home with a pair of Solar Eclipse glasses. Grades 4-8 will have theirs in their STEM boxes from COSI, which included activities about the eclipse. Thanks to Mr. Eckert for helping us secure these STEM activities! Grades Preschool - 3rd grade will have a pair sent home next week as well. Keep an eye out for these. Thanks to our PTO for helping us purchase glasses for all students!

There is an additional information sheet attached that provides an overview about the Solar Eclipse.

We continue to celebrate Wellness Week! Our speakers have been wonderful thus far. Don't forget to ask your children about the Hydration Challenge!

Also, during our Wellness Week, we are inviting all parents for a free presentation provided by a licensed professional counselor that focuses on the mental well-being of both children and adults. Please use the link below to RSVP if you plan to attend: <https://forms.gle/aPtvRVNwznNFEeqKA>

Blessings,

Shelly M. Aug

COOK'S CURRICULUM CORNER

This week, our gym classes are excited to be participating in Wellness Week! This week, students will be focusing on healthy eating and exercise. The students had the opportunity to work in pairs to study the five food groups and traveled around the gym to participate in various exercises such as squats, jumping jacks, lunges, and push-ups. The students had group discussions about the balance of healthy eating and exercise in their life.

GoNoodle is a free app and website for parents looking to incorporate movement, mindfulness, and fun into their children's daily routines at home. Children can choose a quick dance break, calming

mindfulness session or movement activity. Parents can create a stimulating and active environment that promotes both physical and emotional well-being for their children.

REDIKER

All Rediker issues, primary email changes or primary household phone number changes should be emailed to rediker@olvisitation.org.

CAFETERIA REMINDER

If you know your child will be absent on a day that lunch has been ordered for them, you may cancel your ordered lunch up until 8:00 am daily. Go to the ordered lunch and click on the invoice # and hit cancel. This helps from creating waste as well as keeping our food cost in line. Please make sure you are not ordering a hot lunch on the days of scheduled dentist, and or other appointments. Again, you may cancel up until 8:00 a.m. daily. Thank you for your help.

FROM THE NURSE

As you may know from the news, there was a measles exposure at Disney on Ice on Friday 3/8/2024. Please see the attached for information about measles from the City of Cincinnati Health Department.

LEGO CLUB

Please see the attached flyer for the last session of Mrs. Brady's Lego club for Kindergarten and 1st grade. It begins on April 17th and goes until May 8th.

YOUTH ART MONTH DRAWING CONTEST

Design the attached worksheet. Be creative and use different supplies! Prizes will be awarded for the best designs each Friday in March.

YEARBOOKS

Yearbooks for the 2023-2024 School Year are on sale now! Yearbooks are \$20 each and are available for purchase online at www.strawbridge.net

1. Click Order Pictures and Yearbooks, and enter code YB29199
2. Enter your name and email, and click Access Yearbook.
3. Enter your student's information, then click Submit Details.
4. Select your product and quantity. Click View Cart to proceed to checkout.

If you have any questions, please email ebecker@olvisitation.org

RICE BOWLS

Rice bowls are due this week. Your donations help families in countries like Uganda, El Salvador, and Indonesia to access nutritious food, build sustainable livelihoods, and adapt and thrive in the face of climate change. Please return it to school by this **Friday, March 22nd** and help someone in need.

GIRL SCOUTS

Please see the attached about the Girl Scouts Bowling Party on April 29th.

REDS KID GLOVE PROGRAM

We are just 8 days away from Opening Day! The **Reds Kid Glove Program** is live for the 2024 season. For *select* home games, you can use our unique offer code to purchase view level tickets for only \$12, with \$9 returning in fundraising money to VAC! **This promo is for all parishioners**, not just students and ball players!

- Head to Reds.com/kidglove
- Enter **offer code VIKINGS**
- Select your preferred game from the list, choose seats, and continue as prompted!

This offer applies to ALL April home games, as well as other games throughout the rest of the season. There is **NO LIMIT**, so use the promo code for as many games as you'd like! Questions? Text Laura Miller 513-560-3311.

CHURCH CHATTER

Lent Schedules: Please see the attached schedule for the Lenten season.

PTO and SPIRITWEAR

Spiritwear: You can shop online at visispiritwear.weebly.com. Any questions, please contact Nikki Niemann at 513-379-8478.

VISITATION ATHLETIC CLUB (VAC) – www.vacsports.com

Football – Sign-ups Close April 30: New league rules require that rosters be turned in by April 30th. This is a change from previous years so please be sure to sign up your player(s). [View the complete 2024 football schedule](#)

Fall Sign-ups Open Until June 26:

- [CHEER](#) – Kindergarten to 8th grade.
- [GOLF](#) – Grades 5-8; instructional and competitive teams.
- [GIRLS VOLLEYBALL](#) – 3RD grade through high school.
- [SOCCER](#) – Please note that soccer sign-ups will not OPEN until April 1st.

April 19 – Pickleball Social: If you registered, please be sure to send in your payment to secure your spot. All teams are now filled, but we still have room for spectators. Visit the sign-up link for event and payment details <https://www.signupgenius.com/go/8050E45AEAF22AAFF2-48189867-pickleball#/>

May 3 – Golf Outing: Just a few spots remain so please register your foursome at vacsports.com. Thank you to all that have already signed up!

Baseball/Softball:

- Spring brings all kinds of crazy Ohio weather so be sure you are following and checking VACSports on X (Twitter) for the latest updates.
- Save the Date – Friday, May 24 is our Fifth Annual Baseball/Softball Family Night

VAC is on Instagram! Find us @visiathletics

HIGH SCHOOL NEWS

Elder High School: HSPT Prep Camp offers 8th grade students an opportunity to learn test taking strategies and prepare for the HSPT. Register at www.elderhs.org/summecamps2024

Backstage Pass Event: All 5th, 6th and 7th Grade Future Saints & Panthers are invited to the Backstage Pass Event on Sunday, April 7. Register at www.elderhs.org/backstagepass

Spring Sport Grade School Events- Please see our website for information about grade school events.

Summer camp registration is open for Elder Summer Camps! Visit elderhs.org/summercamps2024 for a complete list of exciting opportunities!

LaSalle High School: Summer camp registration is open! <https://www.lasallehs.net/forms/summer-camps/>
Future Lancer Lifting Program registration is now live! <https://www.lasallehs.net/quick-links/future-lancers-lifting/>

Mercy McAuley High School: Mercy McAuley Presents Spring Musical: *Once Upon a Mattress* (March 22 – 24). Tickets can be purchased at mercymcauley.ludus.com or at the door. Don't miss this spectacular production! *Grade School Theatre Night is March 21 for Grades 5-8!* Admission is free, but registration is required at www.mercymcauley.org/mattress.

5th -7th grade girls and parents are invited to get a jumpstart in exploring Mercy McAuley on Tuesday, April 16, from 6:30-8:30 p.m. Registration is required at www.mercymcauley.org/jumpstart.

Mercy McAuley Summer Camp Registration is now open. To register, visit mercymcauley.org/camps.

Moeller High School: Moeller youth camps offer activities for boys and girls grades K-12 that encourage skill development, teamwork, curiosity, positive attitudes, and a lot of fun – taught the Moeller Way! Our popular camps sell out fast, so be sure to register today at www.MoellerCamps.org! Questions? Please contact Kate George at kgeorge@moeller.org or call (513) 618-9614.

Mount Notre Dame: Summer camp registration is now open. Be sure to register early as popular camps fill quickly. Preview camps [HERE](#).

Saint Ursula Academy: Please visit <https://www.saintursula.org/summercamps.aspx> for a complete list and links to online registration, available for grades K-8.

For 6th & 7th grade girls, Sneak Peek at SUA, April 20. Register at <https://saintursulaevents.com/sneak-peek>. Also, please visit our website for information about Girls Night at SUA on May 3rd.

St. Xavier High School: St. Xavier is offering a variety of summer camps. Camps will sell out early so register quickly. Registration is now open at this registration link.
<https://www.stxavier.org/academics/summer-camps>

Seton High School: Experience the *Seton Vibes* at our many special interest and athletic summer camps!
[sign up on our website today!](#)

Backstage Pass Event: All 5th, 6th and 7th Grade Future Saints & Panthers are invited to the Backstage Pass Event on Sunday, April 7. [Tickets can be purchased on our website!](#)

Sundaes with Shrek: Join us on April 14 for Sundaes with Shrek! Includes event festivities and a ticket to the 3:00 p.m. show. Register online at <https://setoncincinnati.org/Sundaesregistration/>.

VOLUNTEER SCHEDULE

Date	Day	Playground Upper lot	Playground Lower lot	Lunchroom (wiping tables)	Cafeteria (food service)
3/25	M	Jen Phillips Laura Cavanaugh	Sherri Peretzky Jessica Behler	Amanda Hiles Jen Hehman	Whitney Walton Clint Lehman Tim Kelley
3/26	T	Amanda Bruner Christina Yockey	Lauren Dusold Lauren McKenna	Aunnie Wertenberger Theresa Marzhauser	Kate Raterman Liz Hildebrandt
3/27	W	Jenny Carmosino	Danielle Hartoin Lisa Juszack	Shannon Ward	Kristina Kelley Brandon Rainier
3/28	Th	Emily McKenna Amy Zimmerman	Shannon Clifton	Jillian Edwards Angela Born	MarySue Emerson Stacey Hafner Shannon Melillo
3/29	F	NO SCHOOL			

LUNCH MENU FOR March 25-29

Please note, due to manufacturer shortages, menu may change.

Monday	Tuesday	Wednesday	Thursday	Friday
-Chicken Patty -Seasoned Fries -Pickles -Fruit -Vegetable -Milk	-Popcorn Chicken -Dinner Roll -Rice Pilaf -Fruit -Vegetable -Milk	- La Rosa’s Pizza (1 Slice) Cheese or Pepperoni -Fruit -Vegetable -Milk	-Chili Cheese Hot Dog - Tater Tots - Chili & Cheese offered -Fruit -Vegetable -Milk <i>Go Red’s!!</i>	NO SCHOOL Good Friday
A La Carte				
-Chicken Patty	-Popcorn Chicken	-La Rosa’s Pizza 1 Slice	-Hot Dog with chili & cheese on the side	

Cash can be used for milk, snacks and ice cream. Assorted bagged snacks daily for \$.75.
Ice cream for \$1.50. Milk and water for \$.50, may be purchased daily with cash or online.

To purchase the regular lunch or hot a la carte items, you must set up an account and order through <https://olvlunch.ahotlunch.com/login>. Lunches must be ordered by 8:00 a.m. daily.
Regular lunch is \$4.00. Hot a la carte is \$2.00.
If your student has an appointment and will not be here for lunch, please do not order lunch for that day.
If your student is sick or leaves early due to emergency or sickness, your account will be credited for that day's missed lunch. Please note, you can go into your account and cancel any lunch up until 8:00am daily of the day ordered.



A North American Total Eclipse of the Sun

Monday, April 8, 2024

An Information Sheet by astronomers/educators Dennis Schatz & Andrew Fraknoi

Distributed courtesy of the National Science Teaching Association

On April 8, 2024, there will be a spectacular total eclipse of the Sun, visible on a narrow path that stretches from western Mexico through Texas, and then northeastward toward New York, New England and eastern Canada. In such a total eclipse, the Moon exactly covers the Sun, and our star's faint atmosphere (the *corona*) becomes visible. Everyone else in North and Central America will see a partial eclipse of the Sun, with a bigger "bite" taken out of the Sun the closer you are to the path of the total eclipse.

If you are on the path, when only a sliver of sunlight remains visible, your surroundings will begin to darken, as if the Sun were setting in the middle of the day. Temperatures will drop and birds will go to roost, thinking that night is coming. Finally, the Sun will be totally covered and the beautiful solar atmosphere (the *corona*) will become visible. Totality will last four minutes or less and then the Sun will slowly be uncovered.



The path of the total eclipse. (Credit: Xavier Jubier)



Most people in North America will see a partial eclipse.

Photo by Tomruren



Only those people in the narrow path of totality will see the total eclipse.

Photo by Luc Viatour

Your town	Partial Begins	Total Begins (when applicable)	Eclipse Maximum	Total Ends (when applicable)	Partial Ends

Source: SEAL Guide

We talked about the total eclipse in class, so your child should be able to tell you more about what to expect. At the top of this page is information for what will happen in your location. Hopefully, the skies will be clear and you can get a great view of this rare astronomical event. There will not be another total eclipse visible in the continental U.S. until 2045.

You can find out what will happen at other locations by going to: www.timeanddate.com/eclipse/solar/2024-april-8

There are many indirect ways to observe the eclipse, so having solar-viewing glasses is not required. Most homes already have the perfect pinhole projector to produce multiple images of the partially eclipsed Sun—a colander. To use it during the eclipse, stand with your back to the Sun and hold up a colander so that the Sun's light shines through it on the ground or a wall where there will be many tiny images of the eclipsed Sun in the Colander's shadow.

Another easy method to observe the eclipse is to take two pieces of cardboard or thick paper. Put a pinhole in one (taking care to make a small, neat hole). Then, stand with your back to the Sun and let the Sun's light fall through the hole and onto the other sheet. You'll get a small but distinct image of the Sun. (A way to get a sharper pinhole is to cut a square out of the middle of one piece of cardboard, tape a sheet of aluminum foil over the hole, and put the pinhole in the foil instead of the cardboard.) The farther apart the two pieces of cardboard or paper, the larger the image of the Sun will be (but it will be a small image in any case).

Observing the Sun Safely

Because some part of the Sun will be showing during most of this eclipse, it will be important to use safe-viewing strategies to protect your eyes. It is never safe to look directly at the Sun, except during the brief period of totality, when you can only see the faint solar corona by looking directly at the eclipsed Sun. Regular sunglasses, swimming goggles, and most camera filters are NOT safe for looking directly at the Sun. You can observe the Sun indirectly using the suggestions below. Or you can safely protect your eyes with certified solar-viewing glasses from your library or another reliable institution (such as a local science museum or college/high-school science department). Make sure that on the back, in small print, they say that they are ISO 12312-2 certified.



NASA Image by Joy Ng

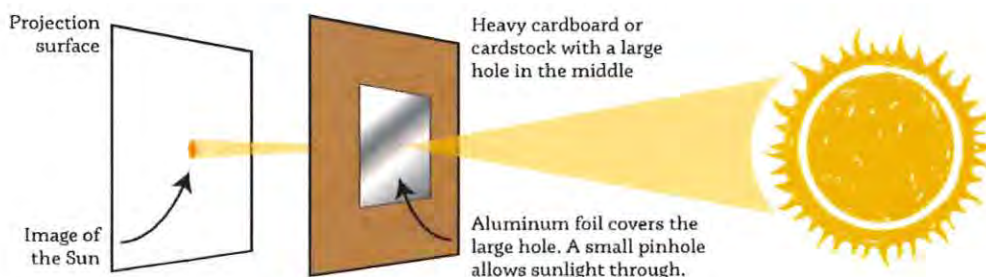


Image source: SEAL Guide, similar image is in Solar Science



WELLNESS WEEK

PARENT MEETING



THURSDAY,
MARCH
21
7:00PM



Join 1N5 for a learning session on mental health and well-being as we talk about big emotions and little ways to model healthy coping strategies with your child.

During our time together we will:

- ✓ Talk about stress, anxiety, and how healthy, practical coping skills can support an overwhelmed child
- ✓ Discuss ways to start the conversation
- ✓ Explore resources and self-care tips for busy parents



Measles: A Guide for Parents

Southwest Ohio is in the beginning stages of a measles outbreak. Since January, there have been two large exposure situations, one at Cincinnati-Northern Kentucky Airport and the other very recently at Heritage Bank Arena. (Disney on Ice) There have been 4 confirmed cases.

Measles is super contagious. Someone who isn't immune to the virus has a 90% chance of becoming infected after being exposed to an infected person, even 2 hours after the infected person leaves a room.

Measles vaccine has been available since the 1960's and is incredibly effective. After one dose of vaccine, 93% of people will be immune. That number increases to 97-98% after 2 doses of vaccine.

Children should receive 1 dose of measles-mumps-rubella vaccine between 12 and 15 months of age, and a second dose between the ages of 4 and 6 years.

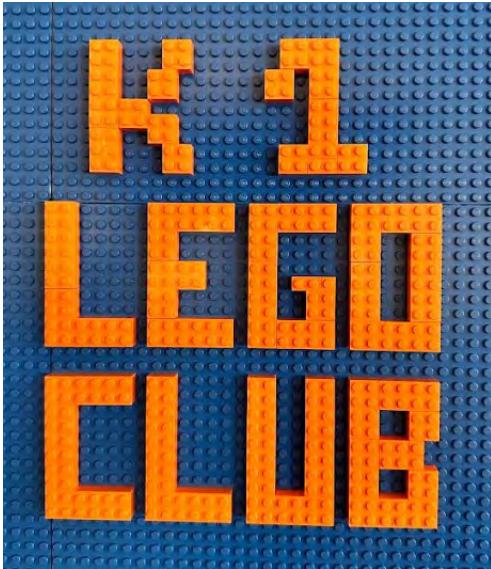
Vaccine is readily available at pediatrician offices, public health clinics, and schools. Parents – don't wait, vaccinate!



City of Cincinnati Primary Care

Braxton Cann Medical Center • Elm Street Health Center • Millvale at Hopple St. Health Center
Northside Health Center • Price Hill Health Center

www.cincinnati-oh.gov



Kindergarten and 1st
graders are invited to
join LEGO Club!

When: Wednesday's in the library after school from carpool 2 until 4:00

(pick up in the large lot outside the library doors)

Dates: April 17th, April 24th, May 1st, and May 8th

Cost: \$30.00 per child

If your child is interested, please return the form to Mrs. Brady.

Checks can be made payable to Our Lady of the Visitation.



K/1st Grade LEGO Club Sign Up

Child's Name _____ **Grade** _____

Homeroom Teacher _____

Parent Name _____

Parent Email _____

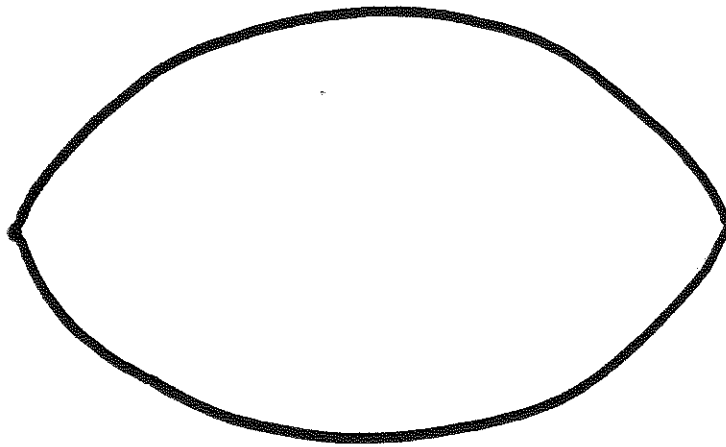
Parent Phone Number: _____

**New LEGO challenges
each week!**



Youth Art Month Drawing Contest 2024

Draw a picture that includes the below design. This is NOT a football but it can be.....



Name_____HomeroomTeacher_____

girl scouts 

BOWLING *Party*



MONDAY, APRIL 29

11AM - 1PM

WESTERN BOWL

\$16 per girl

Includes: bowling, shoe rental, pizza, dessert, and 2 raffle tickets.

Additional raffle tickets can be purchased for \$1

Please pay your troop leader directly.

Lent 2024

ASH WEDNESDAY

February 14 Mass Schedule

8:00 am St Joseph

8:30 am St Jude and Visitation School Masses*

12 noon Visitation

7:00 pm St Jude

* limited seating available at school Masses

STATIONS OF THE CROSS

Wednesdays 8:30 am – St Joseph (clergy led)

Thursdays 7:00 pm – St Jude (stations according to Our Lady)

Fridays 9:25 am – St Jude (school)

Fridays 8:30 am – Visitation (school)

Fridays 7:00 pm – Visitation (lay led)

CONFESSIONS

February 15, March 7, and March 14

5:00-6:00 pm – Visitation

Also regular Saturday times: 2:00-2:30 pm – St Joseph,

2:30-3:30 pm – Visitation, 4:00-4:30 pm – St Jude



Thursday, February 29

7:00-8:30 pm – Visitation

Confessions 6:30-8:30 pm

Encounter God's mercy at an evening with confessions,

talk from guest speaker Fr. Chris Geiger, Eucharistic

Adoration, and worship music.

Separate child programming will be available.

TAIZE PRAYER SERVICE

March 5 – St Joseph

6:00 Soup Supper, 7:00 Taize Prayer Service

ST JOSEPH ALTAR

March 16 following 3:00 pm Mass – St Joseph

STUDY GROUPS

RESTORE

Tuesdays at 8:45 am at St Joseph

February 13 - March 26

SCHOOL OF PRAYER

Mondays at 7:00 pm at Visitation

February 19 - March 25

JESUS AND THE JEWISH ROOTS OF THE EUCHARIST

Wednesdays at 7:00 pm at St Jude

Ash Wednesdays ONLY at 6:00 pm

February 14- March 27

Spiritual
Growth

SACRED MUSIC CONCERT

March 17, 3:00 pm at Visitation Church

FEATURING DVORAK'S

STABAT MATER



HOLY WEEK

Palm Sunday, March 24

Regular Sunday Mass times

Tuesday, March 26

3:00 pm Chrism Mass at Cathedral Basilica

Wednesday, March 27

12 noon Stations at St Joseph

Holy Thursday, March 28

7:00 pm Mass of the Lord's Supper at St Joseph

Good Friday, March 29

12 noon Liturgy with Veneration of the Cross at St Jude

3:00 pm Chaplet of the Divine Mercy at St Jude

7:00 pm Stations at St Joseph (outdoors)

Holy Saturday, March 30

8:30 pm Easter Vigil Mass at Visitation

Easter Sunday, March 31

8:00 am Visitation

8:30 am St Jude

9:30 am St Joseph

10:00 am Visitation

10:30 am St Jude

11:00 am St Joseph





Visitation Vikings Football

Home of the 2023 GCYL D1 Reserve Champions

Our Lady of Visitation Viking Football Program Welcomes ALL active parishioners, religious education, home and parish school students of Visitation in grades K-8th grade to the 2024 football season through **April 30th** due to roster requirements by league.

Come join kids throughout the city and play in the GCYL, the largest and best youth football league in southwest Ohio.



Bandit: (K - 2nd Grades where it all begins!)

Pony: (3rd & 4th Grades)

Reserve: (5th & 6th Grades)

Varsity: (7th & 8th Grades)

Participation Fee's are;

\$100.00 for K-2nd

\$125.00 for 3rd -8th Grade

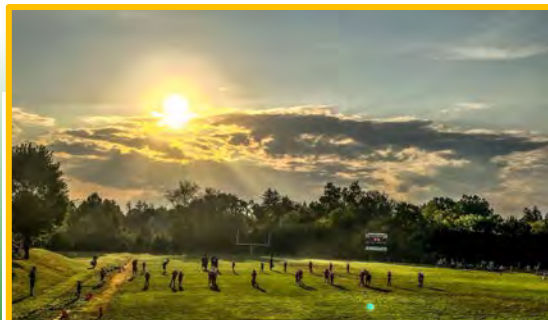
Register @ www.vacsports.com

Practice begins August 2nd

We follow USA Football's coaches training and player safety guidelines, including the Heads Up Football program. Coaches certification are required at all levels. Our coaches further their training and certification in Concussion Awareness, Lindsay's Law practices, and Virtus training. Player Safety is our #1 concern. The creation of standard fundamental player skill sets at each level help our players to become better prepared and skilled in the sport of football. ***The game has changed and we have changed with it! Evolving and teaching the right way!***



There is nothing better than a Saturday afternoon at Lambo Field watching our future stars play football with their buddies...it's why we let them play!





Visitation Athletic Club

GOLF OUTING

FRIDAY, MAY 3



ASTON OAKS GOLF CLUB

Schedule of Events

7:15am - registration

8:00am - shotgun start

Participation Costs

\$500 - foursome & lunch

\$150 - individual & lunch

Limited spots available and we encourage golfers to sign-up as a foursome.

Registration Opens March 14 @ vacsports.com

Sponsorship info coming soon or contact jenniferleisgang@gmail.com