

In This Issue: Food Allergy Restrictions in Classrooms | Student Support Specialist | Tonight: Green Drinks @ GSMS | From the Farm | FPC Opportunities | Before School Care | Hot Lunch Deal Deadline & Menu



Welcome to Tuesday Newsday!

Volume 2, 2025–2026 | Edition: August 19–25



8/20: First Day for Grade 1 and New 4- and 5-Year-Old Primary Students

8/25: First Day for All 3-Year-Old Primary Students

9/1: No School – Labor Day

HAPPY Birthday

Wednesday, August 20 — Joaquín Cortez (Redbud)

Thursday, August 21 — Ms. Maria Meléndez (Cedar)

Friday, August 22 — Zelig Lynch (Silver Maple)

Saturday, August 23 — Mrs. Angelica Anderson

Saturday, August 23 — Mrs. Sarah Kulwicki

Sunday, August 24 — Simon Beasley (Dogwood)

Sunday, August 24 — Mitchell Thompson (Elm)

Precautions for Lunch & Snacks

We have some children in our community with **severe food allergies**. Some restrictions on what foods can be brought to school have been applied to some classrooms to protect the safety of these children. While we understand these restrictions might be an inconvenience for some families, we are grateful we have a community that will make the extra effort for the safety of all our students.

Primary (Blue Beech and Redbud)

NO:

- Peanuts
- Tree nuts (e.g., almonds, cashews, pistachios)
- Sesame

Please do not send these items or foods with these ingredients. Note: **Hummus** usually contains sesame in the form of tahini. Please check **bread** or **crackers** for sesame as well.

Lower Elementary (Dogwood and Silver Maple)

NO:

- Shellfish (e.g., shrimp, crab, etc.)
- Finned fish (e.g., tuna, salmon, etc.)

OK: Dressings like Worcestershire sauce or Caesar salad

Note: When hot lunch includes seafood, the kitchen will serve the **vegan option** to Lower Elementary students. If you have already ordered hot lunch for your student but do not want them to receive the vegan option, the kitchen team can credit your account. Please contact Ms. Michele Woody at mwoody@gsms.org.

There are currently **no food restrictions in Upper Elementary or Junior High**. However, we will contact the appropriate families should something develop.

Questions?

Please get in touch with School Nurse Mrs. Angelica Anderson at nurse@gsms.org.

Intro to Student Support Specialist

Dear Parents,

I'd like to take a moment to introduce myself. I'm Barbara Danko Garland, known as Barbara to students. I moved into this newly formed position as Student Support Specialist this year after twenty years as a guide at GSMS in Lower Elementary. I have a degree in Elementary Education with a minor in Special Education. Before coming to GSMS, I taught third grade for four years at a Catholic school, then worked for two years with adults with disabilities. I also have personal experience as a mom of a child who has co-occurring health issues and disorders.

My role includes:

- serving as liaison between South Bend Community School Corporation (SBCSC) and Good Shepherd
- providing support and assistance to guides for any student with extra needs
- coordinating a team made up of Literacy Support Specialist **Ingrid Schubkegel**, SBCSC Paraprofessional **Amanda Kershner-Dehmlow**, and Student Support Assistant **Sarah Dozier**
- organizing and scheduling services

- advocating for every child with observed needs
- working with children individually or in small groups
- and more!

When communicating with your child's guide about their support needs at school, please include me in these exchanges. Also, if a particular need for your child arises during the year—be it academics, mental, emotional, social, health, or changes in family circumstances—please, reach out to me to determine the needs of your child at that time. I'm here to support Good Shepherd families, students, and guides so that all children can thrive.

This is a position I've dreamed about for GSMS for years! I look forward to working with you and your child(ren).

Pax,
Barbara
Student Support Specialist
bgarland@gsms.org

Photos L to R below: Barbara Danko Garland, Ingrid Schubkegel, Amanda Kershner-Dehmlow, Sarah Dozier



Tonight: GSMS Hosts SB Green Drinks

Tuesday, August 19


5:30–7:00 p.m.

This evening, Farmer Theri is hosting [South Bend Green Drinks](#), a gathering of local people interested in environmental stewardship and all things “green”—a monthly


event going strong since 2009. Green Drinks is an international movement with communities in 444 cities worldwide. **All are welcome!**

Theri will share about permaculture and her work on the GSMS landscape, highlighting the importance of farm and school partnerships in these uncertain times regarding environmental health and food security.

From the Farm

We invite families looking to earn FPC hours in the great outdoors to join us for any of our work mornings next month. Save the **morning of September 27th** to stop by GSMS for our **All-School FPC Farm Project Day**. We would love a great showing of school families—fall is a beautiful time on the farm! 

- September 6, 8 a.m.–12 p.m. | Parking lot work, filling holes and cleaning cracks
- September 13, 8 a.m.–12 p.m. | Tree trimming and removal (trucks welcome)
- September 20, 8 a.m.–12 p.m. | More tree trimming and removal (trucks welcome)
- **September 27, 8 a.m.–12 p.m. | All-School FPC Farm Project Day**

 If your family would like a job on your own time, you can help us paint a barn. We need to paint them all this year, so there's plenty of work to go around!

Theri Niemier

Farm Manager & Regenerative Agriculture Education Specialist

FPC Opportunities

Parents, if you have flexibility in your schedule Monday through Friday, we could use your help! A few examples:

Recess Duty

- Lower Elementary: Monday through Friday, 12:10–12:50 p.m.
- Upper Elementary: Monday through Friday, 11:30 a.m.–12:00 p.m.

Check the handouts ([link to Google folder](#)) from each level at the All Parent Meeting for more opportunities to support our classrooms! Contact your child's guide to offer support.

Hot Lunch Support

- Mornings: Food prep, approximately 9:00–11:00 a.m.
- Afternoons: Dishes and cleaning, approximately 1:00–3:00 p.m.

Lend a hand to our phenomenal hot lunch program! 🤖 Whether you can come once in a while or every week, Ms. Woody and Mrs. Tuttle can put you to work. Bonus: You might get a chance to enjoy a meal! Email Ms. Woody at mwoody@gsms.org to get started in the kitchen!

Limited Before School Care

As shared at the All Parent Meeting last week, we are doing a trial run of **Before School Care** for children in **grades 1 through 6***. There is **no cost** to participate.

Lower and Upper Elementary students dropped off between 7:45 and 8:00 a.m. may come inside and proceed to the Sycamore Room (formerly the library). Mich Coleman or Meredith Anatolios will supervise students until 8:00 a.m., when they may proceed to their classrooms.

Please reflect thoughtfully on your family's needs before trying Before School Care. Our goal with the trial run is to help families who are genuinely in need of early morning drop-off flexibility.

Please get in touch with office@gsms.org with any questions.

**We are not opening the trial run to Primary students at this time. Also, Junior High students (grades 7 and 8) may already arrive at 7:45 a.m. and proceed directly to their classrooms.*

Hot Lunch

🌟 Hot Lunch Deal Deadline 🌟

Don't forget—For all hot lunch meals ordered by **Friday, August 22**, you will receive a **10% credit** that will be applied to your spring order.

Menu

Wed, 8/20: Hummus/Baba Ganoush
Crudité
Thurs, 8/21: Bang Bang Shrimp Pasta
Fri, 8/22: Blueberry Soup
Mon, 8/25: Pizza Pie
Tues, 8/26: Cold Tuna Twist



Order Today!

Missed an issue? Visit the [Tuesday Newsday Archive](#).

To submit an item for this e-newsletter, email tuesdaynewsday@gsms.org by Monday mornings at 8:00 a.m.



[Tuesday Newsday Archive](#)



Good Shepherd
MONTESSORI SCHOOL

Copyright (C) 2024 Good Shepherd Montessori School. All rights reserved.

[View this email in your browser.](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

