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Welcome to Tuesday Newsday!

Volume 23, 2025–2026 | Edition: January 27–February 2



1/27: Parent Education Night – Technology | 6 p.m.

2/6: GSMS Trivia Night!

2/13: No School – Faculty Work Day

2/16: No School – Presidents' Day



Thursday, January 29 — Vivian Lowry (Silver Maple)

Saturday, February 1 — Njata Karingu (River Birch)

Monday, February 2 — Ms. Ingrid Schubkegel

POSTPONED: Parent Education Night

NEW DATE: February 24

6:00–7:30 p.m.

Due to the weather and icy road conditions, we are postponing tonight's Parent Education Night on technology use at school and home. The new date is Tuesday, February 24.

! IMPORTANT: NEW Signup Form for Childcare

Because tonight's event has been postponed, **everyone will need to sign up again**, even if you previously registered. [Click here to register](#) your GSMS students for childcare on February 24. Thank you for your flexibility!

Snack Signup Sheet

We will conduct a **new signup to bring snacks** for childcare or for the parent social time after the program.

If you can help provide food/drinks, please [sign up on this spreadsheet](#). As always, contributions count toward FPC hours. Thank you!

👉 Trivia Night Needs You!

Parents of Primary, Lower Elementary, and Upper Elementary students — we need a few more players!

We have partially filled tables for your levels, and this is an easy, low-pressure way to jump in. Come solo or bring a friend — we'll help fill the table. **No trivia expertise required!**

📅 **Friday, February 6**

🕒 Doors open at **6:00 p.m.** | 🗨️ Trivia starts at **7:00 p.m.**

🎫 Tables and tickets still available — we'd love to see you there!

Enjoy a fun night out while supporting the students, staff, and the entire Good Shepherd community.

Get Trivia Tickets Now



FPC Help for Trivia Night 2/6

👉 We would love a few strong volunteers to help move tables and chairs on **Friday, February 6**. We'll get started around **8:15 a.m.** Email office@gsms.org if you can help!

If you're planning to attend **Trivia Night**, it is always a huge help to staff if a few parents can spend a little time after the event helping clean up (e.g., collapsing tables, taking out trash, etc.). No need to sign up ahead of time—just do what you can to help and log it in [MobileServe](#) as always.

Thank you for your support!

Girls on the Run Registration Open

HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



WHO WE ARE





Girls on the Run is a **girl-empowerment organization** that inspires participants to be **joyful, healthy and confident** using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

FOR EVERY GIRL!

Program fees range from \$20 to \$180 based on your household income. When you register, simply choose what works for your budget. That's it—no separate forms, no extra steps. Need to spread out payments? We offer payment plans to make it even easier.

Bottom line: Every girl who wants to participate can participate. Cost will never keep your daughter from being part of our team.

WHY IT MATTERS

-  Our programs boost girls' self-worth when they need it most.
-  Girls' self-confidence begins to drop by age 9.
-  Girls' physical activity levels decline starting at age 10.
-  50% of girls ages 10 to 13 experience bullying.



**REGISTER
TODAY!**

QUESTIONS?

✉ gotrmichiana@gmail.com

To learn more and register, visit girlsontherunmichiana.org/programs

Practices for Good Shepherd's Girls on the Run (GOTR) team—open to girls in **grades 3–5**— will be two days a week: Tuesdays and Thursdays from 3:15–4:45 p.m.

Register for GOTR

Hot Lunch

Next Week's Menu

 **Don't forget to order hot lunch for February!**

Monday 2/2 — Pizza Pie

Tuesday 2/3 — Tsuivan

Wednesday 2/4 — Red Lentil Dahl

Thursday 2/5 — Australian Apricot
Chicken

Friday 2/6 — Falafel



Order Today!

IN THE COMMUNITY

Conversations about Everyday Life with Children

Free Lunchtime Live Webinars with Sharon Bain, LCSW

Join Sharon Bain, LCSW of Family Psychology of South Bend for “**Conversations about Everyday Life with Children.**” The annual series through ECDC focuses on parenting children ages 2–12 and addresses child guidance and child development, presenting

information and resources within the context of a positive discipline philosophy. Additional details can be found in the flyer linked below.

There is no fee to register. Sessions through Google Meet. Please RSVP to ebetson@saintmarys.edu in the ECDC office.

2/4/26 | Noon — Winning Your Child's Cooperation with Screen Time Limits

3/5/26 | Noon — Understanding Your Spirited Child and Their Invitations into Power Struggles



Parents are invited to join ECDC in...
**Conversations about
Everyday Life with Children**

Join us on Google Meet for conversations about parenting ages 2-12 facilitated by Sharon Bain, LCSW. Our annual series addresses topics related to child guidance and child development, providing information and resources within the context of a positive discipline philosophy.

There is no fee to register. Please RSVP to ebetson@saintmarys.edu in the ECDC office.

Winning Your Child's Cooperation with Screen Time Limits
Wednesday, February 4, 2026 at noon on Google Meet

Are you wondering how to preserve a play-based childhood for your child while also allowing them opportunities to practice making healthy screen time choices? Join us in discussing child development experts' latest advice about navigating our screen-filled world. Learn how you can live healthier lives together by putting technology on your Family Meeting agenda.

**Understanding Your Spirited Child and
Their Invitations into Power Struggles**
Thursday, March 5, 2026 at noon on Google Meet

Some children do their learning by living large and pushing the boundaries. Bring your concerns about your spirited child and learn how to not fight, not give in, and prepare coping strategies for your child's next intensely emotional moment. Hear examples of how a child's intense emotional outburst can be turned into a valuable opportunity to practice autonomy and mastery. Begin your practice of using Encouragement as a child guidance tool for stepping out of Power Struggles. Learn how to trust that your child's emotion can be a creative force for positive connection with you and others.

Please RSVP to Liz Betson at ebetson@saintmarys.edu.
If you have questions, you may call the ECDC office at 284-4693.
More family enrichment resources at family-psychology.com

Marriage Series with GSMS Partner, Family Psychology

Family Psychology of South Bend is offering "Conversations That Connect," a three-part marriage enrichment series, with proceeds benefiting [Our Lady of the Road](#). The April session will be held at GSMS. Good Shepherd has partnered with Family Psychology to offer support to families through different stages of life. Counselors Sharon Bain, LCSW, and Dr. John Petersen, PsyD, are GSMS alumni parents. Read more about the series [here](#). Pre-registration online is encouraged—[Sign up here](#).



Scan the QR Code to RSVP! Or visit the events tab on our website.
For each event, a \$20 donation is requested per couple with all proceeds being made to Our Lady of The Road.

Wed. Feb 4, 2026
6:30-8:00pm

Five Questions to Enhance Your Sexual Relationship
Hosted at First United Methodist Church in South Bend

Wed. April 29, 2026
6:30-8:00pm

Making Listening an Act of Love
Hosted at Good Shepherd Montessori School

Tues. June 23, 2026
6:30-8:00pm

Connecting in the Midst of Busy Lives
Hosted at Michiana Community Church

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

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